

BELIEVE: JESUS AND THE DISCIPLES

John 20:19-31

Awareness

Before listening, reflect:

- What does it mean to “doubt”?
- Do you think faith is helped or hindered by doubt? What about by fear?

The disciples were some of the first individuals to believe and have faith in Jesus. We often think of them as unshakable pillars of faith, but when observing their interactions with Jesus after his resurrection, we can relate to their experiences of fear and doubt. We can also witness how their faith grew from these experiences and discover hope for our own seasons of faith today. Believing in Jesus isn't always easy, but the story of Doubting Thomas offers us comfort and assurance that Jesus is not angry when we ask for proof. Instead, he will meet us where we are at. Our belief in Jesus is the bedrock of our faith, and the gift of faith from the Holy Spirit helps us keep on believing even in seasons when it's hard.

Listen: [*Believe: Jesus and the Disciples*](#)

Reflection

After listening, consider:

- In segment 1, hosts Scott and Darrell comment on some of the theories theologians have offered to explain why the disciples were afraid when Jesus appeared. Consider your life and how you're living. Would you be afraid if Jesus showed up like that today? Why or why not? How do you think you would react?
- Consider these two statements Darrell makes in segment 1: “Jesus is alive and that he gave them authority in this moment, is really what teaches us that ordinary people can do powerful and extraordinary things with this power.” and “God is not restricted by locked doors or locked hearts.” What are your thoughts on these statements? Which one gives you encouragement for your faith during this season of life?
- In segment 2, Darrell says, “Jesus gives Thomas exactly what he needs in order for his faith to grow. I believe that the fact that Jesus was willing to show him exactly what he needed, that was enough for Thomas.” What do you think you need for your faith to grow right now? Do you have the courage to ask for it? Why or why not?
- There is a cyclical relationship between our belief and our faith. Believing in Jesus cultivated the disciples' faith in Jesus. The gift of faith from the Holy Spirit helped them and it helps us to believe, when believing isn't easy. Why is this relationship crucial to help us keep on believing as John instructs ([John 20:31](#))?

Related Passages

- **Isaiah 53:4-5**
- **1 John 5:13-20**
- **Hebrews 11:1-12:3**

Conclusion

Spend some time reflecting on how your faith has affected your circumstances and how your faith has been affected by the circumstances of your life and current events. What keeps you from believing or makes it challenging to keep on believing? Have you experienced any obstacles or seasons in life when believing in Jesus was particularly difficult? Close your time in prayer, giving thanks for the gift of faith and the Holy Spirit, and boldly ask God for what you need to help your faith grow.

<https://groundworkonline.com/episodes/believe-jesus-and-the-disciples>

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