

SERIES: Jesus is Risen – Now What?

<p>Week 1: Take a Deep Breath (John 20:19-31)</p>	
 <p>5 – 10 min</p>	<p>Icebreaker suggestion:</p> <p>What was one highlight of spending time with family & friends over Easter? OR: What is your favourite activity to do with friends or family (eg. eat, swim, walk/hike, bike ride, lego, dance, watch sport, play sport, play cards/board games, play music.)</p>
<div style="border: 1px solid black; padding: 2px; display: inline-block;">WORSHIP</div> <p>10 – 15 min</p>	<p>Song Suggestions (<i>Feel free to choose other songs or do something totally different</i>)</p> <ul style="list-style-type: none"> • Happy Day (Tim Hughes) https://youtu.be/R_9QiWorBaY • Great Are You Lord (All Sons & Daughters) https://youtu.be/vQLMnPYoR9k • When You Walk In The Room (Bryan & Katie Torwalt - Jesus Culture Music) https://youtu.be/8Zqg5k_GUx4 (This one might work well to reflect with following the Bible & Application time)
 <p>5 min</p>	<p>Bible: John 20:19 – 31</p> <p>Everyone needs the same version of the Bible passage for this reading. (NIV version to print out is on next page.)</p> <p>The events of this passage take place on the evening of Resurrection Sunday, not days later. After the massive events of that morning I imagine Jesus' friends and followers are a bundle of mixed emotions. They've all been <i>told</i> that Jesus has risen, but what does that really mean? Mary Magdalene (John 20:14-16) and the two disciples who were on the Emmaus road have actually seen the risen Jesus, but the others have not. The two who had been headed to Emmaus have just returned to the group at Jerusalem and are telling of their experience of meeting the resurrected Jesus when Jesus appears there in the room (Luke 24:33-36).</p> <p>Ask for volunteers to read the words of the Narrator, Jesus, & Thomas. Everyone else becomes "the other disciples". Read John 20:19-31 out loud.</p>
 <p>20 min</p>	<p>Discussion/Application:</p> <p>Share one thing that stood out for you in the reading. (No need to explain why.)</p> <p>Now roll that thought around in your heart and mind in silence for a few minutes. Ask the Holy Spirit to give you more insight into why that particular thought, fact, word or concept stood out to you at this time.</p> <ul style="list-style-type: none"> • How and why is it connecting with you? • How does it relate to following Jesus and encouraging others to follow Jesus? (As an individual, but also as a church community) • What is God saying to you through this? What action step do you need to take in order to respond to Him? <p>Share individual insights with the group.</p> <ul style="list-style-type: none"> • Is there a common theme or particular point that emerges as you share your thoughts and insights? Is there something God is nudging you to take action on? Pray into this and commit to a next step of action or accountability.
 <p>10 min</p>	<p>Corporate Prayer & Looking Out:</p> <p>What in the world or your neighbourhood needs prayer?</p>

John 20:19 – 31 (NIV)

¹⁹ On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!”²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

²¹ Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” ²² And with that he breathed on them and said, “Receive the Holy Spirit. ²³ If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.”

²⁴ Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. ²⁵ So the other disciples told him, “We have seen the Lord!”

But he said to them, “Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.”

²⁶ A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!” ²⁷ Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.”

²⁸ Thomas said to him, “My Lord and my God!”

²⁹ Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”

³⁰ Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. ³¹ But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.