

## Just One More Thing – Fear and Faith

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John 20:19-29

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### **Reflection & Discussion Questions**

#### **Sometimes our fear seems solid enough**

We want to shut the world out and lock the door behind us.

\*How have you felt or reacted in fear during this pandemic? What does this reaction look like for you?

#### **Read and discuss John 20:19-22 (NIV)**

*<sup>19</sup> 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!" <sup>20</sup> After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.*

*<sup>21</sup> Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." <sup>22</sup> And with that he breathed on them and said, "Receive the Holy Spirit.*

\*What is this passage saying? What does it tell us about God? What is it asking of us?

\*How do you identify with the disciples here? What does it seem they are feeling?

#### **Jesus breathed the Holy Spirit on them**

He is sending the disciples on their mission – bringing God's Kingdom to earth.

\*How does our fear keep us from this mission?

\*How has he breathed on you? What does that mean for us?

#### **Read and discuss John 20:26-29 (NIV)**

*<sup>26</sup> 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!" <sup>27</sup> 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."*

*<sup>28</sup> Thomas said to him, "My Lord and my God!"*

*<sup>29</sup> Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."*

\*What is this passage saying? What does it tell us about God? What is it asking of us?

\*How does Thomas seem to be fighting fear?

#### **That place where fear and faith wrestle within our hearts is a vulnerable place**

He shows up and plants some solid things in this fertile ground.

\*Are there places fear has hardened you? Has he revealed places in your heart that are hidden behind locked doors?

\*When has your fear turned to faith because Jesus imparted peace to you? What places has he made fertile?

**Visual reflection (Visio Divina)\*** [Faith Trumps Fear](#) by Sabrina Frey

**Song for reflection** [Breathe on Me, Breath of God](#) by Page CXVI

\*Visio divina – a thoughtful and slow way of contemplating a visual prompt like a piece of art, photograph or image and inviting God to speak to you through it. First, focus on the detail that your eyes are drawn to right away – keep focus there and pay attention to what thoughts and emotions you are having. Then, look at the entire image and consider it as a whole, being aware of thoughts, questions and emotions it provokes. End in silence and prayer, considering your experience and anything you feel called to respond to.