

I'm (not) Fine

Pastor David Uth

Passage: John 20:24-31

[24](#)Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. [25](#)So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe.” [26](#)Eight days later, his disciples were inside again, and Thomas was with them. Although 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, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe.” [28](#)Thomas answered him, “My Lord and my God!” [29](#)Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have believed.” [30](#)Now Jesus did many other signs in the presence of the disciples, which are not written in this book; [31](#)but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.

Background

After Jesus was crucified and resurrected, He appeared to His disciples, who were hiding out in a locked room. One of those disciples, Thomas, wasn't there to see Jesus. When told about their encounter with Jesus, Thomas said he wouldn't be able to believe them unless he experienced it for himself. The beauty of this story, though, is that not only did Jesus visit the disciples again – likely for Thomas' sake – but Thomas gave one of the most beautiful declarations of faith upon seeing Jesus! Today, Pastor David will help us learn to remember that genuine moments of doubt can lead to life-changing encounters with Jesus. So if you are struggling to find the goodness of God in your life right now or if you are unsure that God hears you, sees you, or loves you, our prayer is that you will bring those doubts to Jesus and let him meet you with hope right where you are.

Service Notes

Instructions

This discussion guide is to help you facilitate a conversation with your small group. The “Getting Started” section serves as a quick opener and introduction to the group conversation. In the “Talk it Over” section, feel free to use all or only some of the questions. Our hope is to have meaningful conversations around God’s Word, not simply answer all the questions. Finally, the “Live it Out” section is to help identify a specific next step. Use these questions as a guide to find practical ways to apply the passage to our everyday life.

Getting Started

- Why is spiritual doubt a near universal experience for believers? What are the unhealthy you’ve been told to “deal” with your doubt? What has been the best encouragement?

Talk it Over

- **Read John 20:19-25.** What stands out to you the most in this passage? What about Thomas’ statement of “doubt” do you resonate with? Why do you think Thomas wanted to see Jesus for himself? What can that teach each of us? At what times in your life have you experienced this kind of spiritual doubt? How did you try to deal with it? What did God teach you on the other side of doubt? Is it possible for believers to have a genuine faith in God *and* have seasons of doubt? Why or why not? Why is this important to remember?
- In his book, *Find the Light in a Rotten World*, Henry Drummond said this: **“Christ never failed to distinguish between doubt and unbelief. Doubt is can’t believe. Unbelief is won’t believe. Doubt is honesty. Unbelief is obstinacy. Doubt is looking for light. Unbelief is content with darkness.”** How does this statement strike you? Do you agree or disagree? How can we distinguish between genuine doubt (looking for light) and unbelief (content with darkness)? Where should we turn when we have times of doubt? What are some spiritual practices or specific Scriptures to help encourage us in our doubts?
- **Read John 20:26-29.** Why do you think Jesus came back a second time? How does this encourage YOU when you consider times of doubt in your own life? What did Thomas declare (vs. 28)? What do you think he meant? Why is this important? What do you think Jesus meant when he said, “Blessed are those who have not seen and yet have believed.”? Is this a rebuke or encouragement for Thomas? Who are the ones who have believed but NOT seen? What can this teach us about our faith? How does this story help us genuinely face our doubts today?

Live it Out

- In what ways do you need to address some doubts in your own life this week? What is one statement of encouragement from today’s message that you need to remember this week?