

# Faith in Jesus Overcomes our Fear & Doubt

June 28, 2026

**Main Idea:** Jesus provides all we need to overcome fear and doubt. He brings at least four words of encouragement: **Peace, Believe, Receive, Go**

**Memory Verse: John 20:31**

*“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.”*

**Primary Text: John 20:19–31**

**Introduction:**

*The Scene ... Resurrection Sunday evening*

**Text: John 20, Luke 24, Matt 28, Mark 16**

On the evening of resurrection day, the disciples were still grieving and gripped with fear. Hiding behind bolted doors in an upper room for fear of the authorities, the disciples were huddled together in a secure upper room, with the doors firmly locked (likely the same room as the last supper 3 days earlier). They were deeply afraid of the Jewish religious leaders and Roman authorities, anticipating that they could be hunted down and arrested next.

Despite hearing reports of the empty tomb and Mary Magdalene's encounter with the risen Lord, the disciples were heavily burdened by the trauma of the crucifixion. They were grappling with a mix of sorrow, dashed political hopes, and lingering doubts.

Their despair was suddenly shattered when Jesus appeared in their midst. He stands among them, speaks to them, and then shows them His hands and His side, and even eats with them (Luke 24:42-43). The risen Christ does not leave them with a vague impression or a mere inward feeling; He gives visible evidence that the crucified Jesus has bodily risen.

## 1. Jesus Overcomes our Fear: **PEACE**

*The risen Christ brings peace to his fearful disciples, meets honest doubt with grace, and sends His people into faithful witness.*

- a) Jesus gives us His peace – Not the world's peace or just absence of war  
**John 14:1, 27, Philippians 4:6-7**
- b) Jesus warns us that trouble and storms are coming, but to have Peace in Him.  
**John 16:32-33**

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- c) Jesus repeatedly says “Peace” to us and shows he has defeated our greatest fear – death. He shows he has overcome the grave - the last enemy. **John 20:19-21a, 26**

## 2. Jesus Overcomes our Doubt: **BELIEVE**

*Thomas was not present when Jesus first appeared, so he missed both the visible proof shown to the other disciples and the commission Jesus gave them. He had not yet seen Jesus’ hands and side as evidence of the resurrection, nor heard Him say, “As the Father has sent me, even so I am sending you.” But when the risen Christ appears again, He graciously draws Thomas into both truths.*

- a) Thomas was skeptical – it all seemed too impossible. **John 20:24-25,**
- b) He didn’t remember what Jesus would occur. **John 14:28-29, Matthew 20:17-19**
- c) Thomas responds to Jesus with a powerful confession. **John 20:26-28**

## 3. Living the Blessed Life: **RECEIVE**

*Jesus is sending the disciples out on mission, and He is providing them with the power they will need. That power is found in the presence of the Holy Spirit.*

- a) He (the Holy Spirit) will teach you and empower you **John 14:25-26**
- b) He (the Holy Spirit) sends us with the authority to proclaim the genuine Gospel **John 20:21b-23**
- c) Thomas shows us genuine faith **John 20:28-31**
- d) Have you received the Holy Spirit? Have you received Jesus as Lord? **1 Cor 12:3b**

## 4. Jesus is Sending Us: **GO**

*Jesus does more than calm His disciples; He commissions them. “As the Father has sent me, even so I am sending you.”*

- a) Jesus sends us. Will you and I “GO?” **John 14:24, John 17:18, John 20: 21b**

Whatever happened to our friend “Doubting” Thomas?

St. Thomas the Apostle - A Legacy of Faithfulness:

Tradition remembers Thomas as a faithful witness whose devotion endured. While

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historians debate the exact timeline, a long-standing tradition holds that Thomas reached the Indian subcontinent around 52 AD through established Roman-Indian trade routes.

The Nasrani, or ***Saint Thomas Christians***, located primarily in Kerala in southern India, traces its spiritual heritage and founding churches back to the Apostle Thomas. Thomas is traditionally believed to have been martyred (pierced with a lance or spear) in 72 AD near modern-day Chennai, India.