

REASONS TO BELIEVE

LESSON 5 // I BELIEVE BECAUSE OF THE PROOF HE PROVIDED

Big Idea: Believing isn't feeling. It's making a decision. Jesus says to you today what He said to Thomas: "Stop doubting and believe" (John 20:27b) based on the proof of Jesus' death and resurrection. He experienced physical death and a secure burial. His disciples became reliable eyewitnesses of His resurrection, forever changed by their interaction with Him. For over two thousand years, this message and life-changing power continues to be proclaimed and experienced by many. Jesus proved through His resurrection that He was, is and always will be the Son of God, God Himself, the Savior, who is the way, the truth and the life.

John 20:24-28 (NIV) 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!"

Start Talking:

What has been your journey of coming to believe that Jesus died for your sins and was raised from the dead? What convinced you? What doubts or fears have you faced along the way?

Start Thinking:

Read John 19:30-35; 1 Corinthians 15:3-4. Why is it important to know for sure that Jesus actually died a physical death? What difference does this make for us as His followers?

Read 1 Corinthians 15:17-20. Why is believing in Jesus' physical resurrection essential to the Christian faith?

Read John 20:11-28; 1 John 1:1-4. Based on these verses, what was the eyewitness testimony of Jesus' disciples about His resurrection? In what ways do you also have an "eyewitness" testimony to share about Jesus' resurrection?

How does the continuing power of Jesus to transform lives speak to the reality of His resurrection?

Start Praying:

Pray that God will give you a fresh revelation of the reality and life-changing power of Jesus' resurrection and a stronger faith in Him. Thank the Lord for making this real to you!

Start Doing:

Look for ways to help get the Good News of Jesus' resurrection power out to more people who need to know Him. Find out what outreach ministries and discipleship opportunities are available through your church and take a step to get involved where you can.