

Before & After

Week #1: The Cure (for Doubt)

Text: John 20:24-29

1) There's a **skeptic** inside of all of us.

- John 20:24-25— *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.”*
- 1 Corinthians 12:3 - *No one can say, “Jesus is Lord,” except by the Holy Spirit.*

2) There's no earthly cure for **doubt**.

- James 1:6-8 - *But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.*

3) Doubt disappears when you “fix your eyes on **Jesus**”.

- John 20:26-28— *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!”*
- John 20:29-31 - *Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.” 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.*
- Hebrews 11:1 - *Now faith is being sure of what we hope for and certain of what we do not see.*
- Hebrews 12:2 - *Fix your eyes on Jesus, the author and perfecter of our faith.*

Points to Ponder

- 1) For whom was Thomas' request for proof more beneficial...you or him? Why did you answer the way you did? (Consider it from the other perspective as well)
- 2) How does Jesus chase away your doubts? How does he transform you into someone who strongly believes in him, like Thomas did after he saw him?

Homework: Acts 4