

“My Lord and my God”

John 20:24-31

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Thomas say when he sees Jesus, and how does Jesus respond to his confession?

2. What does it show me about people — and about myself?

After seven claims and an empty tomb, what is your own answer to who Jesus is?

3. What will I obey this week? (a concrete step, with a day)

What will you do this week with John's invitation to believe and have life in his name?

4. Who will I tell?

Who could you tell about what you have discovered in these studies?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, Thomas saw your wounds and called you Lord and God — and you blessed everyone who believes without seeing. I want to be among them.



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