

“Peace be with you”

John 20:19-29

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?

Why are the doors locked, and what are the first words Jesus says when he stands among the disciples?

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

What fear has you behind locked doors right now, and what are you hiding from?

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

What door will you open this week because the risen Jesus stands with you?

4. Who will I tell?

Like Thomas, who needs to see evidence that Jesus is alive — and how could your peace be part of that evidence?

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

Risen Jesus, you came through locked doors to stand among your frightened friends. Come into the room where my fear has shut me in, and speak your peace.



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