



## Easter Sunday – Facing My Doubts Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at [info@wschurch.org](mailto:info@wschurch.org).

### Scripture:

#### The Resurrection

<sup>20</sup> Early on Sunday morning, <sup>[a]</sup> while it was still dark, Mary Magdalene came to the tomb and found that the stone had been rolled away from the entrance. <sup>2</sup> She ran and found Simon Peter and the other disciple, the one whom Jesus loved. She said, "They have taken the Lord's body out of the tomb, and we don't know where they have put him!"

<sup>3</sup> Peter and the other disciple started out for the tomb. <sup>4</sup> They were both running, but the other disciple outran Peter and reached the tomb first. <sup>5</sup> He stooped and looked in and saw the linen wrappings lying there, but he didn't go in. <sup>6</sup> Then Simon Peter arrived and went inside. He also noticed the linen wrappings lying there, <sup>7</sup> while the cloth that had covered Jesus' head was folded up and lying apart from the other wrappings. <sup>8</sup> Then the disciple who had reached the tomb first also went in, and he saw and believed— <sup>9</sup> for until then they still hadn't understood the Scriptures that said Jesus must rise from the dead. <sup>10</sup> Then they went home.

<sup>24</sup> One of the twelve disciples, Thomas (nicknamed the Twin), <sup>[a]</sup> was not with the others when Jesus came. <sup>25</sup> They told him, "We have seen the Lord!"

But he replied, "I won't believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side."

<sup>26</sup> Eight days later the disciples were together again, and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them. "Peace be with you," he said. <sup>27</sup> Then he said to Thomas, "Put your finger here, and look at my hands. Put your hand into the wound in my side. Don't be faithless any longer. Believe!"

<sup>28</sup> "My Lord and my God!" Thomas exclaimed.

<sup>29</sup> Then Jesus told him, "You believe because you have seen me. Blessed are those who believe without seeing me."

John 20:1-10, 24-29

### Reflection Questions:

- What stood out to you from the Easter worship services and from celebrating Jesus' resurrection?
- Read John 20. What do you notice? What do you feel as you read it?
- What stands out to you about this moment in Jesus' story? Is there a detail or theme that resonates with you?

- Eddie shared that Thomas acknowledged his doubt. Do you have friends with whom you can be honest and transparent about your questions and doubts? Who are they, if so?
- Jesus asked some of his followers (Luke 24:38), *"Why are your hearts filled with doubt?"* Could you answer that question? Do you know WHY you doubt? Here are some of the possibilities Eddie listed:

- personal PAIN
- spiritual SELF-NEGLECT
- SECOND-HAND doubt
- a product of our PRIDE

Do any of those resonate with you today? Any others you would add?

- What else challenges you from the story of Jesus' resurrection and of Thomas? What encourages you?
- If you're discussing and reflecting with others, how can you encourage one another toward faith – while still remembering that faith and doubt can coexist?
- If you're reflecting on this on your own, who is a spiritual friend you can talk with about your questions about faith? Send them a text or a note this week.
- What's one way you want to celebrate Jesus' resurrection this week?