

### John 20:19-31 NLT

That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! “Peace be with you,” he said. As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord! Again he said, “Peace be with you. As the Father has sent me, so I am sending you.” Then he breathed on them and said, “Receive the Holy Spirit. If you forgive anyone’s sins, they are forgiven. If you do not forgive them, they are not forgiven.”

One of the twelve disciples, Thomas (nicknamed the Twin),<sup>[a]</sup> was not with the others when Jesus came. 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.”

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. 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!”

“My Lord and my God!” Thomas exclaimed.

Then Jesus told him, “You believe because you have seen me. Blessed are those who believe without seeing me.”

The disciples saw Jesus do many other miraculous signs in addition to the ones recorded in this book. But these are written so that you may continue to believe<sup>[d]</sup> that Jesus is the Messiah, the Son of God, and that by believing in him you will have life by the power of his name.

### For Reflection and Prayer:

As you listened to the text, was there a word, phrase or image which caught your attention? Gently allow it to linger, giving it room to form and settle deeply in your body and heart.

Reflect on what you heard. Relish the words. Notice how the word or words affected you. Which emotions are stirring within you? Notice what is happening in your body as you linger with how the text is affecting you. You might begin to describe that and choose to journal about what you are experiencing.

Respond to what you noticed and reflected on in your prayer with God. Might there a prayer that rises within you?

Rest in God as you simply be and entrust yourself to God in the quiet.

### **John 20:19-31 The Message**

Later on that day, the disciples had gathered together, but, fearful of the Jews, had locked all the doors in the house. Jesus entered, stood among them, and said, “Peace to you.” Then he showed them his hands and side.

The disciples, seeing the Master with their own eyes, were awestruck. Jesus repeated his greeting: “Peace to you. Just as the Father sent me, I send you.”

Then he took a deep breath and breathed into them. “Receive the Holy Spirit,” he said. “If you forgive someone’s sins, they’re gone for good. If you don’t forgive sins, what are you going to do with them?”

But Thomas, sometimes called the Twin, one of the Twelve, was not with them when Jesus came. The other disciples told him, “We saw the Master.”

But he said, “Unless I see the nail holes in his hands, put my finger in the nail holes, and stick my hand in his side, I won’t believe it.”

Eight days later, his disciples were again in the room. This time Thomas was with them. Jesus came through the locked doors, stood among them, and said, “Peace to you.”

Then he focused his attention on Thomas. “Take your finger and examine my hands. Take your hand and stick it in my side. Don’t be unbelieving. Believe.”

Thomas said, “My Master! My God!”

Jesus said, “So, you believe because you’ve seen with your own eyes. Even better blessings are in store for those who believe without seeing.”

Jesus provided far more God-revealing signs than are written down in this book. These are written down so you will believe that Jesus is the Messiah, the Son of God, and in the act of believing, have real and eternal life in the way he personally revealed it.