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## Doubting the Truth

### John 20:19-29

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#### “I'll believe it when I see it”

**T**he middle-aged computer engineer sat across the table as he expressed his struggle. “I was raised as a Christian, attended church and I personally made a commitment to God years ago, at 20. Even today, sometimes I doubt. It's like all of my time and energy in work are related to hard science. Demonstration of results and cause-and-effectiveness is how I think. So sometimes I wonder, ‘is he really there? Does he really want to be involved in my personal life?’ Even though it is hard for a fact-driven person like me to accept things like Christ's resurrection and ascension into heaven, or the fact that he's the Son of God, somehow I manage to accept these by faith. But the fact that he wants to be personally involved in my life! That's a hard one to believe with no evidence.”

I responded with the story of today's Scripture passage: Even Thomas, a disciple of Christ, struggled with doubt. You are not alone!

#### Reflection

When we are consumed with a certain perspective, we try to put all of life into the same box. If all of life were based on proven facts, how would you answer some of the big questions: Where did I come from? Where am I going? If we find our thinking concentrated on only the physical realities of life, then the spiritual, non-tangible will not fit into this paradigm. As we grasp to keep balance, let's remember that Jesus didn't rebuke, but offered his hand of confirmation.

#### Accountability and Application

- What areas of life cause you to question? Have you shared your struggles with another believer?
- What good can come out of doubting and questioning your faith? Write down your thoughts on this.
- If you were the parent of a teenager, how might you help him or her to strengthen his/her belief in a skeptical world?

**Prayer:** *Even the things I can see make me stretch, not to mention those I can't. Lord, let me not be like Thomas—see and believe. The next time I wonder and question, help me to remember the last time you proved your presence and power. Let my questioning lead to a firmly planted faith in you.*

### John 20:19-29 (NIV)

#### Jesus Appears to His Disciples

<sup>19</sup>On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" <sup>20</sup>After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

<sup>21</sup>Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." <sup>22</sup>And with that he breathed on them and said, "Receive the Holy Spirit. <sup>23</sup>If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

#### Jesus Appears to Thomas

<sup>24</sup>Now Thomas (called Didymus), one of the Twelve, was not with the disciples when Jesus came. <sup>25</sup>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 it."

<sup>26</sup>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!" <sup>27</sup>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."

<sup>28</sup>Thomas said to him, "My Lord and my God!"

<sup>29</sup>Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."