

"The Resurrection Calms All Our Fears"

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!" ²⁰After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. ²¹Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²²And with that he breathed on them and said, "Receive the Holy Spirit. ²³If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven." ²⁴Now Thomas (called Didymus), one of the Twelve, was not with the disciples when Jesus came. ²⁵So 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." ²⁶A 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!" ²⁷Then 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." ²⁸Thomas said to him, "My Lord and my God!" ²⁹Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed." ³⁰Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. ³¹But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name. – **John 20:19-31**

What is behind the doors of unhealthy fear?

Door #1: Worry.

- **Literally:** "To be pulled or drawn in different directions.
- **Result of worry:** dreams, sleeplessness, restlessness.

Door #2: Fear of the unknown.

- The fear of the unknown will rob you of the joy that God desires to give you today.

Door #3: Regrets.

- Worry, fear of the unknown, and regrets: They all increase your burdens today, because you're borrowing trouble from tomorrow.

How can we break free from the locked room of fear?

1) Look to the Lord:

- What happens when we look to Christ?
 - Our fears our calmed.
 - Jesus says: " Peace be with you!"

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. – **Philippians 4:6-7**

- Jesus will give us the Holy Spirit.

"If you love me, you will obey what I command. ¹⁶And I will ask the Father, and he will give you another Counselor to be with you forever— - **John 14:15-16**

- The Holy Spirit is someone who will stand by your side; He is your defense and your defender.

2) Put your hope in the Lord.

"There are none who are as deaf, as those who do not want to hear."

Barry Leventhal

Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed." – **John 20:29**

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." – **John 16:33**

QUESTION: What do I need to do?

ANSWER: Believe.

That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. ¹¹As the Scripture says, "Anyone who trusts in him will never be put to shame." – **Romans 10:9-11**

Jesus will calm your fears, take your worries and give you His peace.