

RESURRECTION FAITH

SMALL GROUP GUIDE

APRIL 19, 2026

When Jesus Meets Our Doubt

Doubt is a companion many of us encounter on the road of faith, yet it is often something we feel pressured to hide. In John 20:24–31, we meet Thomas, not as an exception to faith, but as a representative of all who struggle to believe without seeing. This scene reminds us that doubt does not disqualify us from faith; instead, it can become a place where Jesus meets us personally and relationally. As we discuss this text together, we will reflect on how doubt grows or shrinks depending on our relationships and how Jesus invites us to believe. Our hope is that this conversation creates space for honesty, grace, and renewed trust in Christ.

- What experiences, assumptions, feelings, and/or narratives do you bring to reading the Bible?
- Read John 20:24–31. In John 20:24–25, Thomas is absent when Jesus appears to the other disciples. How do you see isolation playing a role in Thomas’s doubt? How might that connect to your own experiences of doubt?
- When Jesus appears to Thomas in John 20:26–27, how does His response surprise you, or not? What does this tell us about how Jesus engages people who struggle to believe?
- Thomas’s confession, “My Lord and my God” in John 20:28, is the climactic declaration of the Gospel of John. What do you think shifted for Thomas in this encounter, and what does this confession teach us about the relationship between doubt and faith?
- How do you hear Jesus’s words in John 20:29, “Blessed are those who have not seen and yet have believed”? Do they sound like a rebuke, an invitation, or a promise? Why?
- Who have you shared your doubt with? What made it easier, or harder, to do so? Who has shared their doubt with you? How did you respond, and what did you learn from that experience?
- Who has shared their doubt with you? How did you respond, and what did you learn from that experience?



- What kind of doubt are you facing right now? (Theological questions, disappointment, grief, disillusionment, unanswered prayer, etc.)
- Where do you need Jesus to meet you today? What would it look like to invite Him into that place honestly?

Praying together

Begin by inviting each group member, as they feel comfortable, to name one word or short phrase that describes the doubt they are currently carrying. After each person shares, the group responds together with a simple phrase such as, "Jesus, meet us here."

Then, in open prayer, encourage members to pray briefly for the person to their left or right, asking Jesus to meet them in the specific place of doubt they shared. Close by thanking God that faith does not depend on having all the answers, but on being met by a risen Savior who knows us, loves us, and invites us to believe.