

### **John 20 verses 19-31 followed by a short reflection**

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

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

24 Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. 25 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."

26 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!" 27 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."

28 Thomas said to him, "My Lord and my God!"

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

30 Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. 31 But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

### **A short reflection on John 20 verses 19-31**

May the peace of God's love be with you.

Jesus visits his community of disciples behind locked doors. As He stands with them, He says, "Peace be with you!" Initially, they must have been quite alarmed. Then as he said the words "Peace be with you!" and showed them his wounds, they were said to be overjoyed. Again, Jesus uses the words, "Peace be with you!" He also adds, "As the Father has sent me, I am sending you." Then he breathed on them to receive the Holy Spirit.

On returning to the room Thomas was greeted by the rest of the disciples saying that, "Jesus has been here. We have seen Him. He has shown us His wounds! Thomas is classed as being doubtful even unbelieving.

In a time where we are constantly reminded of the terrible news of how many people have died from the Corona Virus. We need God's love and peace more than ever. People who we know have also lost loved ones recently, from illnesses that we have become accustomed too, some are also grieving for those that have died in an accident or foul play.

The fact that Jesus died and rose again was purely for our benefit. God wants us to know that He was willing to give His only son for us!

During this time of 'Lockdown' we have all been forced to live differently, it is now more than ever that important, WE BELIEVE that Jesus died for us and wants to give us His peace and forgiveness.

We are all Gods disciples and it is us He calls to do His work. "Just as the Father sent me. I am sending you!" God sends us. Through our trust and belief in God. Through the love and comfort that we show to others and through sharing Gods peace. GOD WILL BREAK THROUGH.

We may feel that we are like the disciples, behind locked doors in fear. We may also feel like Thomas missing out on those visitors from our different communities that we would love to see. Take heart and know that no matter how locked away you feel, God is with you, standing with you. Just as He did with the disciples behind their locked door.

Now is not the time to lose heart, now is not the time to doubt.

Now is the time to truly acknowledge that God loves you. God cares for you. God wants you to receive His peace and through us all praying for each other. We can all have joy in our hearts knowing that He is our Saviour.

Dear Lord and Father

Grant us all peace of heart.

Keep us safe in the knowledge of your love for us all.

Help us to pray for each other.

In Jesus name Amen.