



The Wounds That Heal Doubt John 20:24-29

The wounds of Jesus don't weaken faith—they awaken it.

Big Idea: Because Jesus' wounds brought healing, our wounds can become testimonies.

I. Jesus Does Not Hide His Wounds

[John 20:26-27]

A. The Wounds Are the Evidence of His Love [Isaiah 53:5]

B. The Wounds Answer Doubt [John 20:28]

II. God Does Not Waste Wounds

[Isaiah 53:10-11]

III. Our Wounds Can Become

Testimonies [John 20:28-29]

The Invitation: Bring Your Doubt to the Wounds [Matthew 11:28]

Study Where do you most identify with Thomas in John 20:24-29 — what specific doubt, question, or struggle is making it hard for you to trust Jesus right now, and how do His wounds (Isaiah 53:5) speak directly to that place?

Challenge Identify one area of personal pain, doubt, or past wound that you've been hiding or avoiding. This week:

[1] Bring it honestly to Jesus in prayer

[2] Reflect on how He may be using it to shape you

[3] Share part of your story with one trusted person as a step toward turning that wound into a testimony.

Prayer Thank God for the wounds He chose to keep—wounds that prove His love. Thank Him for his attention to the places where you struggle, doubt, and still hurt. Ask Him to meet you there, just like He met Thomas, and to help you not to hide your wounds, but to trust that He can redeem them. Ask Him to use your story—to bring hope and healing to others.

[John 20:24-27] Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came.²⁵ So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe."²⁶ Eight days later, his disciples were inside again, and Thomas was with them. Although 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, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe."

[Luke 24:39] See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have.

[Revelation 5:6] . . . between the throne and the four living creatures and among the elders I saw a Lamb standing, as though it had been slain. . .

[Isaiah 53:5] But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

[Romans 5:8] but God shows [demonstrates] his love for us in that while we were still sinners, Christ died for us.

[John 20:28-29] Thomas answered him, "My Lord and my God!"²⁹ Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed."

[Luke 24:38-40] . . . "Why are you troubled, and why do doubts arise in your hearts?³⁹ See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have."⁴⁰ And when he had said this, he showed them his hands and his feet.

[Isaiah 53:10-11] . . . it was the will of the Lord to crush him; he has put him to grief; when his soul makes an offering for guilt, he shall see his offspring; he shall prolong his days; the will of the Lord shall prosper in his hand.

¹¹ Out of the anguish of his soul he shall see and be satisfied; by his knowledge shall the righteous one, my servant, make many to be accounted righteous, and he shall bear their iniquities.

[1 Peter 1:3-5] Peter writes: Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,⁴ to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you,⁵ who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.