

“Being Grounded” Part 3
Mount of Olives | April 19, 2026 | John 20:19-23
Pastor John Steward

Prayer of the Day

Heavenly Father, as we worship You today and prepare to begin another week, we open our hearts and minds, ready to receive Your love and guidance. We pray that You would strengthen our faith and our trust in You; even when we face challenges and uncertainty. In Jesus’ name, Amen.

Scripture Reading

John 20:19-23

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

Message Notes

John 14:27

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

John 20:19-23

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Study Questions – Read John 20:19-23

ICEBREAKER – Getting started:

1. What's a moment in your life when you went from feeling afraid to suddenly feeling at peace?
2. If you could walk through a locked door like Jesus did, where would you go first?
3. What helps you calm down when you feel anxious or overwhelmed?
4. Who is someone whose presence alone brings you comfort?

Based on John 20:19-23, answer the following questions:

OBSERVATION – What does the text say?

1. As you read **John 20:19-23**, what comes to mind? What stands out? What is interesting to you and why?

2. In one sentence, how would you summarize this text?
3. What lesson or message do you think the author is trying to convey?

INTERPRETATION – What does the text mean?

1. What were the disciples afraid of in verse 19, and why were the doors locked?
2. What is the significance of Jesus greeting them with “Peace be with you”?
3. Why do you think Jesus showed them His hands and His side?
4. How did the disciples respond when they saw the Lord?
5. Why do you think Jesus repeated “Peace be with you” in verse 21?
6. What does Jesus mean when He says, “As the Father has sent me, I am sending you”?
7. What is the significance of Jesus breathing on them in verse 22?
8. How does this moment connect to the giving of the Holy Spirit?
9. What does verse 23 teach about forgiveness and the role of the disciples?
10. How does this passage reflect both Jesus’ compassion and His mission for His followers?

APPLICATION – How can you apply the text?

1. Where in your life do you need to hear Jesus say, “Peace be with you” right now?
2. How can you move from fear to faith like the disciples did in this passage?
3. In what ways do you feel God is sending you to others, just as Jesus sent His disciples?
4. How are you relying on the Holy Spirit in your daily life?
5. Is there someone you need to forgive or extend grace to, in light of what Jesus teaches here?