

What the Resurrection Practically Changes - Spring 2026 D-Groups

*For Wednesday, April 1, 2026 -
"The Resurrection Addresses Our Doubts"*



The Big Picture - Our Theme for This Six-Week D-Group Session

As a reminder, this six-week D-Group session as we wrap this semester focuses on Jesus' resurrection ... more specifically, that this event brings about a massive transformation. As we put it in week #1, **"this changes everything!"** - focusing then on this basic foundation that our stories are changed because God raised Jesus from the dead. The truth of this even shifts our perspective and how we practically live; that's the focus of this session overall. Given the significance of this event (it's a worthy theme, for sure!) and where we are on the calendar (Easter is April 5), this is a great topic for us to consider during these six weeks. **This week, we begin to focus on a specific aspect of faith impacted by Jesus' resurrection: it addresses our doubts.** It's just one of the many ways that our lives are transformed by this beautiful good news!

Introductory Reflection

In your opinion, is something wrong if a believer in Jesus has DOUBTS? Why or why not?

NOTE: As we come to this theme, let's make a key distinction: the NT critiques unbelief or willful rejection of Jesus. It likewise warns against "drifting away." Those are much different realities than having uncertainty or wrestling through faith-related questions - how we're defining doubt. Here is Gary Habermas' definition: **"doubt [is] a lack of certainty concerning the teachings of Christianity or one's relation to them."**

How does that understanding of doubt influence your answer to the above question?

If we connect DOUBT with uncertainty (as opposed to flat-out rejection or unbelief), what are some specific areas of faith that you wrestle with - think in terms of truths of our faith that are harder for you to accept or realities that are more personally difficult for you to embrace?

What kinds of negative results can such DOUBT create in our lives of faith?

This Theme in God's Word

Here's a basic framework for understanding how Jesus' resurrection addresses (or confronts or, on some level, even answers) our DOUBTS.

- At its very foundation, our Christian faith is about a person, Jesus Christ, including specific claims about a unique and foundationally-significant historical event, His resurrection.
- **If Jesus has not been raised**, then it undermines *everything* about our faith in Him (this is Paul's argument in 1 Corinthians 15:12-19 - *it would be worth some time reflecting on how much this event is a "linchpin" to our faith*).
- **But, if Jesus has been raised**, then it affirms Him and our faith in Him - it means that **He is who He claims to be and is worthy of all that He deserves from us**. Given the importance of the resurrection to our faith, there is great value in apologetic content that provides evidence for this event (not "certain proof" which can only come by sight - though, that's what the earliest eyewitnesses had according to Acts 1:3 - but evidence that points toward belief in the resurrection as being "reasonable"). *There are many valuable apologetic materials available - for example, The Case for Easter by Lee Strobel ... or, what's called a "Minimal Facts Approach" that provides simple verifiable truths as basic evidence - see an example here: <https://crossexamined.org/the-minimal-facts-of-the-resurrection/>.*
- Even further, if (since!) Jesus has been raised, then whatever personal DOUBTS we may have in our lives of faith, these can now be approached from a much different starting point: ***I can accept whatever Jesus Himself teaches (either directly as recorded in the Gospels or more broadly through Scripture which He affirms) over my own reason/logic, over worldly wisdom, over my own feelings, etc.***
 - For example, that can help us address our uncertainty over theological/intellectual questions - like how God created or how hell fits with the love of God or how does a good God allow the evil/suffering that exists in the world or questions about the Bible.
 - It can help us address uncertainty about more personal/emotional struggles - like salvation ("am I really saved?") or God's love ("does He really love me?").
 - In other words, there isn't a *direct* answer fully provided for every question we may have; yet, we do have a *direct* answer specifically about Jesus ... and that re-frames the uncertainty that we might wrestle through in our lives of faith!
 - **This seems to be what it all boiled down to for Jesus' original followers: their belief in the resurrection (based on the evidence in front of them) affirmed who Jesus was ... and that starting point became the basic cornerstone for their lives!**

For this session, take some time to focus on John 20:19-29 - the story of Jesus' appearance to 10 Disciples, and then, to Thomas ... READ this text and spend some time reflecting on Thomas' experience: from uncertain and even skeptical to fully embracing Jesus (note the strength of his response in verse 28); *make sure you note Jesus' BLESSING that applies to you and me as well!*

Questions for Further Reflection

Spend some time considering how the basic answer to the "Jesus question" can speak to the broader doubts/uncertainty that are causing (or have caused) you struggles in your faith journey?

In your group, take some specific forms of doubt/uncertainty being faced and reflect together on how Jesus' resurrection helps answer that.