

Seeing Him in the Fear

John 20:19–23 (CSB)

Big Idea: When fear casts shadows and confines our lives, the risen Jesus reveals Himself—bringing peace, restoring perspective, and sending us with purpose.

1. Partake the Word (Receive / Feed)

Read John 20:19–23 slowly and intentionally.

Pay attention to what unfolds:

- The disciples are gathered in fear with doors locked
- Jesus appears in the middle of their fear
- He speaks peace—not once, but twice
- He shows His wounds as proof
- He sends them with purpose
- He gives them the Holy Spirit

Do not rush this moment.

Sit in the room. Feel the fear... and then feel His presence.

2. Probe the Word (Study / Examine)

I. The Shadow – It Constricts (v. 19a)

- A. It Flocks – Fear pulls inward
- B. It Fortifies – Fear builds barriers
- C. It Fastens – Fear clings to control

Greek Insight

- φόβος (*phobos*) – fear, terror, dread
- κλεισμένων (*kekleismenōn*) – having been shut/locked

Fear doesn't just exist—it closes things off.

II. The Savior – He Confronts (vv. 19b–20)

- A. He Stands – His presence interrupts panic
- B. He Speaks – His voice calms what fear created
- C. He Shows – His wounds confirm what His words declare

Greek Insight

- *εἰρήνη (eirēnē)* – peace, wholeness, completeness
- *ἔστη (estē)* – He stood, took His place

Jesus doesn't remove fear first—He replaces it with Himself.

III. The Sending – He Commissions (vv. 21–23)

- A. He Secures – Peace becomes their foundation
- B. He Sends – From hiding to proclaiming
- C. He Supplies – They go with His power

Greek Insight

- *ἀπέσταλκέν (apestalken)* – sent with authority
- *ἐνεφύσησεν (enephsēsen)* – breathed into (Genesis echo)

The same Jesus who meets you in fear... sends you beyond it.

Gospel Connection

- Jesus enters locked rooms—He is not limited by fear
- Jesus speaks peace—He restores what fear steals
- Jesus sends believers—He transforms fear into mission

The issue is not whether Jesus is present...it is whether we will trust Him.

3. Practice the Word (Live It Out)

The Shadow – It Constricts

- Where has fear caused me to withdraw?
- What “walls” have I built to feel safe?
- What am I trying to control instead of trusting God with...?

The Savior – He Confronts

- Where do I need to hear Jesus say “Peace” over my life?
- What truth from God’s Word do I need to hold onto?
- How does the cross remind me that I am secure?

The Sending – He Commissions

- Where is fear keeping me from stepping forward?
- What is Jesus calling me to do despite uncertainty?
- Am I relying on my strength—or the Holy Spirit?

Heart Application

- Where has fear locked a door in my life?

- Do I believe Jesus is willing to step into it?

- What would it look like to walk forward in His peace this week?

Practice This Week

- Spend time daily in John 20:19–23
- Name one fear and bring it to Jesus in prayer
- Take one step of obedience despite fear
- Remind yourself daily: **His peace is my foundation**

4. Pray & Praise (Depend on God & Declare His Glory)

Lord Jesus,
You see every place where fear has taken hold.
You see every door I've locked.

Step into those places.
Speak Your peace over my life.
Remind me that I am secure in You.

Give me the courage to trust You...
and the strength to follow where You lead.

You are risen.
You are present.
You are my peace.

I praise Your Holy Name!
Amen.