

## **Catching Your Breath**

**Scripture used:** [John 20:19-23 \(NIV\)](#); [Matthew 10:28-31](#)

## **OVERVIEW**

Today Rev. Liz Walker reminded us that after Jesus' crucifixion, the disciples found themselves hiding behind locked doors, overwhelmed with fear, uncertainty, and grief. In many ways, they were experiencing an identity crisis. They had forgotten who they were and what Jesus had spoken over them. The fear of the unknown caused them to shut down emotionally and spiritually.

Rev. Liz connected this moment to our world today, where many people are living anxious, overwhelmed, and exhausted lives. While culture often pressures people to avoid suffering or simply "think positive," Jesus shows us that suffering is a real part of life and faith. Rather than ignoring pain, Jesus enters directly into it. He walks through locked doors, meets the disciples in their fear, and speaks peace over them.

Jesus offers a spiritual solution to an emotional problem. Through the presence of the Holy Spirit, we are reminded that God is near — as close as our very breath. As followers of Jesus, we are called not only to receive healing and peace, but also to become healers and carriers of hope for others.

## **KEY POINTS**

- 1. Fear can make us forget who we are.** The disciples were hiding behind locked doors because fear had overtaken them. In moments of chaos, uncertainty, or suffering, we can lose sight of our identity and God's promises over our lives.
- 2. Jesus meets us in our fear.** Jesus did not wait for the disciples to "get it together." He entered the room they were hiding in and said, "Peace be with you." Jesus knows exactly what we are carrying and meets us with compassion and peace.
- 3. Suffering is part of the human experience.** Faith does not eliminate suffering. Sometimes unhealthy ideas about faith can make people feel ashamed for struggling. But suffering is not proof that God has abandoned us. Jesus Himself suffered and walks with us through pain.
- 4. The Holy Spirit is as close as our breath.** Jesus breathed on the disciples and gave them the Holy Spirit. Rev. Liz reminded us that many of us need to recover both our physical breath and our spiritual breath. Slowing down, resting, praying, and being aware of God's presence helps us reconnect with peace.
- 5. Our wounds can become places of healing for others.** Jesus showed His wounds to the disciples, not to glorify pain, but to demonstrate transparency and healing. We do not share our wounds for competition or resentment, but to help others know they are not alone.
- 6. God calls His people to be healers and carriers of hope.** In a hurting world, followers of Jesus are called to bring peace, healing, hope, and compassion. One of the greatest ways we can love others is through listening well and being present with people in their

pain.

## DISCUSSION

- 1) **HEAR** - Take a quiet moment and ask one or more of the following questions. Share with your group if you feel comfortable. Where has fear or uncertainty caused me to forget who I am? What “locked doors” am I hiding behind right now? Where do I need the peace of Jesus in this season?
- 2) **UNDERSTAND** - Why do you think Jesus responded to the disciples’ fear with peace instead of correction? What does it mean to you that the Holy Spirit is “as close as your breath”? How can our wounds become places of healing instead of shame?
- 3) **DO** - This week, intentionally slow down and make space to breathe physically and spiritually. Spend a few quiet moments each day inviting God’s peace into your mind and heart. Ask God to help you become a person who brings hope and healing to others through compassion, presence, and listening.