SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

# John

## *Chapter 20*

*My Lord and My God*

MEMORY VERSE · JOHN 20:31

*"but these have been written so that you may believe that Jesus is the Christ, the Son of God; and that believing you may have life in His name."*

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

# This week in John 20

John 20 begins in the dark at an empty tomb and ends with a stubborn man on his knees saying, “My Lord and my God!” This week, let the risen Jesus meet you where you are — grieving, afraid, or digging in — and call you by name.

**How to use this journal**

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The full Deep Dive, the O·I·A study and the slides for this chapter are on the John study page.

WHERE I AM AS I START THIS CHAPTER

**What is going on in my life right now that I want to bring to God this week?**

DAY 1 OF 5

# The Empty Tomb

READ · JOHN 20:1–10

OBSERVE — WHAT DOES IT SAY?

**When did Mary come to the tomb, and what did she see (v. 1)? What did Peter see inside, and what did the other disciple do when he went in (vv. 6–8)?**

REFLECT

**The face-cloth was "rolled up in a place by itself" (v. 7) — no thief had been there. What evidence for the resurrection has helped you most, and what questions do you still carry?**

REFLECT

**John "saw and believed," yet "they did not understand the Scripture" yet (vv. 8–9). Where has your faith gotten ahead of your understanding, and how can you grow in the Word this week?**

RESPOND — TODAY

**Read verses 1–10 out loud and finish this sentence on paper: "Because the tomb is empty, today I …"**

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 20:31)

DAY 2 OF 5

# Called by Name

READ · JOHN 20:11–18

OBSERVE — WHAT DOES IT SAY?

**What was Mary doing outside the tomb (v. 11)? Who did she think Jesus was, and what one word made her recognize Him (vv. 15–16)?**

REFLECT

**Mary did not know Jesus until He said "Mary!" (v. 16). What does it mean to you that Jesus knows you by name — not as a number, a case, or a failure?**

REFLECT

**Jesus sent her to "My brethren" — men who had all run away (v. 17). Who do you need to stop writing off, because Jesus has not written them off — maybe including yourself?**

RESPOND — TODAY

**Like Mary, tell one person today, in your own words, "I have seen the Lord" (v. 18) — what Jesus has done in your life.**

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 20:31)

DAY 3 OF 5

# Peace Behind Locked Doors

READ · JOHN 20:19–23

OBSERVE — WHAT DOES IT SAY?

**Why were the doors shut (v. 19)? What did Jesus say first, what did He show them, and what did He give them (vv. 19–22)?**

REFLECT

**The disciples were locked in "for fear" (v. 19). What fear has you locked in right now, and what changes if Jesus walks in and says, "Peace be with you"?**

REFLECT

**"As the Father has sent Me, I also send you" (v. 21). Where — and to whom — do you sense Jesus sending you this week?**

RESPOND — TODAY

**Ask the Holy Spirit to send you to one man who needs to hear that his sins can be forgiven in Jesus (v. 23). Reach out to him before the week is over.**

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 20:31)

DAY 4 OF 5

# Thomas

READ · JOHN 20:24–29

OBSERVE — WHAT DOES IT SAY?

**Where was Thomas the first time Jesus came, and what did he say he would not do (vv. 24–25)? What did Jesus tell him to do, and what did Thomas say (vv. 27–28)?**

REFLECT

**Thomas missed the meeting and then dug in (vv. 24–25). When have you pulled away from other believers, and what did your heart do while you were alone?**

REFLECT

**Jesus answered Thomas's exact demands without shaming him (v. 27). What honest question or hard refusal do you need to bring to Jesus instead of hiding it?**

RESPOND — TODAY

**Be in the room this week — church, group, or a meeting with a brother. Then say Thomas's words to Jesus as your own: "My Lord and my God!" (v. 28).**

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 20:31)

DAY 5 OF 5

# Written So That You May Believe

READ · JOHN 20:29–31

OBSERVE — WHAT DOES IT SAY?

**Whom did Jesus call blessed (v. 29)? Why does John say he wrote this book (v. 31)?**

REFLECT

**You have not seen Jesus with your eyes, yet He calls believing without seeing "blessed" (v. 29). What helps you trust Him when you can't see Him?**

REFLECT

**John wrote "so that you may believe … and … have life in His name" (v. 31). What does "life in His name" look like in your days right now, and where do you still want more of it?**

RESPOND — TODAY

**Write out the memory verse (v. 31) and give a copy to someone who is where Thomas was — or keep it in your pocket and pray it for him by name.**

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 20:31)

WHEN THE GROUP MEETS

# Questions for the table

FOR THE GROUP · 1

**Mary, John, the ten disciples and Thomas each came to see the risen Lord in a different way. Whose story in John 20 is closest to your own, and why?**

FOR THE GROUP · 2

**Jesus showed His wounds before He gave a mission (vv. 20–21). How do His wounds speak to the wounds and shame we bring into this group?**

FOR THE GROUP · 3

**Thomas went from "I will not believe" to "My Lord and my God!" (vv. 25, 28). What would it take for a man you know to make that same move, and how can we help?**

MY PRAYER

**Risen Lord Jesus, You called Mary by name and met Thomas in his unbelief, so today I bring You…**

CUT OUT · CARRY IT · JOHN 20:31

*"but these have been written so that you may believe that Jesus is the Christ, the Son of God; and that believing you may have life in His name."*