



DISCUSSION GUIDE

BLESSED ARE THOSE WHO BELIEVE

SPEAKER: Bo Stern Brady

DATE: April 5, 2026

TEXT(S): John 20:19-20 with 20:24-25,
11:14-16, 20:26-29, and 20:31

***HOW TO USE THIS GUIDE:** This resource is designed to help you, and your group, step through a progression of engagement with the Bible passage(s) and the speaker's message.*

Our goal is to help you better understand and apply B4's teaching.

MESSAGE SUMMARY + DISCUSSION PROMPTS

Pastor Bo's Easter message reframes "Doubting Thomas" as a man whose belief was deeply shaped by loss, disappointment, and a singular encounter with Jesus. Once boldly committed, Thomas' faith faltered after the crucifixion. Even so, Jesus met him in his doubt, not with rebuke, but invitation. His declaration, "My Lord and my God," reveals a personal and deeply restored faith. This teaching emphasizes that belief is a process, not a moment, and it is formed through struggle, not its absence. Doubt doesn't disqualify us. In fact, it can lead us to Jesus. True belief brings life, the full, purposeful, abundant life promised by Jesus.

LEAN IN: *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5 minutes.*

1. What comes to mind when you hear the phrase "Doubting Thomas"?
2. What's something you once believed strongly but later questioned?
3. Who is someone you trust deeply? Why?
4. Do you think doubt is a positive or negative contribution to our search for truth, and why?
5. Have you ever been identified for one moment in your life? Maybe not your best? How did that feel?

LOOK DOWN: *These are questions about the Bible passage(s) above. Spend about 10 minutes discussing your choice of two or three questions:*

1. What stands out about Jesus' first words to the disciples in John 20:19?
2. How does Thomas' response in John 20:25 reflect both skepticism and pain?
3. Compare Thomas in John 11:16 and John 20:25. What changed?
4. Why is Thomas' statement of belief, "My Lord and my God," so theologically significant?
5. How does John 20:31 define the purpose of belief?

LOOK OUT: *These questions help connect the world of the Bible to today. Spend about 10 minutes discussing your choice of two or three questions:*

1. How does our culture typically treat doubt, as something to explore or a defect to suppress?
2. Why do you think some people often feel pressure to appear certain?
3. How can disappointment or loss reshape a person's belief system today?
4. In what ways does your culture distrust "messengers" of truth?
5. Where do you see people settling for "survival" instead of "abundant life"?

LOOK IN: *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Where are you currently in your journey of belief: confidence, doubt, or somewhere in between?
2. What would it look like for you to honestly bring your doubts to Jesus?
3. How have you experienced Jesus meeting you in a difficult season?
4. What does "My Lord and my God" mean personally for you right now?
5. What step of trust or belief is Jesus inviting you into this week?

LIVE IT OUT: *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5 minutes:*

1. Practice an honest Thomas Prayer: Each day this week, openly name one doubt, a fear, or a question you have for Jesus. After doing so, pray something like this, "Jesus, please meet me here. Show me Your hands and help me believe." Finish this intentional time with Jesus by sitting quietly, inviting His presence rather than forcing certainty.
2. Declare your faith aloud: Twice daily for the next week, when you wake up and before you go to sleep, slowly pray something like this, "Jesus, You are my Lord and my God. Lead me into the life You died and rose again to provide for me." Focus your attention on personal trust and surrender rather than mental assent to a disembodied truth.

You can find B4's [Series Resources here](#).

