

RISE UP

:and believe [John 20:24-29 & Judges 6:11-17]

SUMMARY: Bring your doubts and questions to Jesus and listen to what he says

1.Be honest about your doubts and questions

Thomas refused to get swept along by what others were saying - he wanted to know for himself, to see Jesus for himself and physically see Jesus's wounds (John 20:25). Gideon questioned how God could be with them when circumstances were so bad (Judges 6:12-13). It's not our doubts that matter, so much as what we do with them. Rather than letting them define us, might we be open to the possibility that there is an invitation in them to draw us deeper into relationship with God? To learn more about who God really is rather than who we've assumed or imagined him to be and how we think he should answer our prayers?

2.Listen for God's reply

God heard both Thomas and Gideon, and responded to each of them in different ways. In both cases their faith was confirmed and strengthened. Sometimes we may hear a direct response from God to our questions. Sometimes we don't hear God's response immediately, or we miss it because He's not answering in the way we expect or want Him to. Might we need to reflect more deeply with God and ask ourselves - what is the question behind my question? What does the question say about my character? My understanding of God's character?

DISCUSS

Starter: Where is God calling you to Rise up and believe?

Where is this the biggest challenge for me?

What have I learnt that I want to hold on to?

How am I going to put it into practice?

Digging Deeper: Reflect on Rilke's poem 'Live The Questions'. What questions are you living with?
<https://www.goodreads.com/quotes/717-be-patient-toward-all-that-is-unsolved-in-your-heart>

We believe our God-given vision is to thrive like a Spring Field.

**Becoming communities: overflowing with abundant life,
where everyone can belong and find hope in Jesus.**

Group Sunday message notes 2026