

## Rebuilding Your Confidence Small Group Guide

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. Generally speaking, are you a confident person? Explain.
2. What is one thing you were afraid of as a child?

**Read the following passage:** John 20:24-29.

After Jesus' crucifixion, Thomas wasn't sure what to believe. Thomas had likely built a number of expectations of what his future was going to look like, and, in the span of a few hours, it all fell apart. Crisis can take a toll on our confidence as well. But just as Jesus rebuilt Thomas's confidence, he can rebuild ours.

**Questions for Discussion** (Choose several that are relevant for your group):

1. In John 14:1, Jesus told his disciples: "Believe in God; believe also in me." Why was this such a striking thing for a first-century Jewish man to say? What does it mean to believe in Jesus?
2. Nicodemus was a Jewish leader who couldn't quite wrap his mind around who Jesus was. Jesus' actions and claims threatened many of Nicodemus's cherished beliefs. At key moments in life we may similarly find ourselves wrestling with important elements of our worldview. Can you think of times when this has happened in your life? Explain. What are some aspects of life or reality that are difficult to make sense of apart from God? Even more specifically, what are some aspects of life that are difficult to make sense of apart from Jesus' incarnation, life, suffering, and resurrection?
3. In John 4 Jesus helps restore a woman who had a great deal of brokenness in her relationships. Are you in a relationally healthy place in your life right now? Explain. What are some ways Jesus impacts our relationships with others?
4. In John 5 Jesus heals a man who had been an invalid for thirty-eight years. It is difficult for most of us to maintain hope over such a long period of time. Overall, how would you rate your overall sense of hopefulness? Explain. How can Jesus help us live with greater hope?
5. When Mary Magdalene went to Jesus' tomb, it appeared that Jesus' body had been stolen. To Mary, this had to feel like evil was winning again. How can Jesus' resurrection affect our hope that good will ultimately win out over evil? Explain. Do you have confidence that Jesus can work through you to bring light into dark places in the present? Explain.

6. After Peter denied Jesus three times, Jesus gave Peter an opportunity to affirm his love for Jesus three times. What are some ways we can demonstrate our love for Jesus? Are you confident that Jesus loves you? Explain.
7. What are some areas in which you think God wants to grow your confidence? What does it look like to have a confidence that is ultimately grounded in a relationship with Jesus?

**Pray**