

“QUESTIONS JESUS ASKS: WHY ARE YOU TROUBLED...?”

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JESUS ASKS QUESTIONS THAT LEAD PEOPLE TO A DEEPER TRUST IN HIM.

As they were talking about these things, Jesus himself stood among them, and said to them, "Peace to you!" ³⁷But they were startled and frightened and thought they saw a spirit. ³⁸And he said to them, "Why are you troubled, and why do doubts arise in your hearts?" (Luke 24:36-38)

1. WHEN JESUS FIRST APPEARS TO THE DISCIPLES THEY ARE IN SHOCK AND FEAR.

A. HOW DO YOU REACT TO SEEING JESUS IN YOUR LIFE?

- i. Cleopas and another disciple: Don't recognize it is Jesus
- ii. Woman at the well: Guilt that Jesus knows everything about me
- iii. Woman caught in adultery: Shame and humiliation of what I have done

B. JESUS WANTS TO KNOW WHY ARE YOU TROUBLED?

2. JESUS PROVES HIMSELF TO BE TRUE.

"See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have." ⁴⁰And when he had said this, he showed them his hands and his feet. (Luke 24:39-40)

A. JESUS SHOWS US LOVE.

And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet and worshiped him. (Matthew 28:9)

B. JESUS REACHES OUT TO US IN OUR DISBELIEF.

But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear. ²⁷But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid." ²⁸And Peter answered him, "Lord, if it is you, command me to come to you on the water." ²⁹He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. ³⁰But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." ³¹Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" ³²And when they got into the boat, the wind ceased. ³³And those in the boat worshiped him, saying, "Truly you are the Son of God." (Matthew 14:26-33)

C. THE HOLY SPIRIT EMPOWERS US TO SHARE HIS TRUTH.

And divided tongues as of fire appeared to them and rested on each one of them. ⁴And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance. (Acts 2:4)

D. HE CALLS US TO BE BOLD IN FAITH.

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ⁸For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened." (Matthew 7:7-8)

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. ⁶But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. ⁷For that person must not suppose that he will receive anything from the Lord; ⁸he is a double-minded man, unstable in all his ways. (James 1:5-8)

3. JESUS CONTINUES TO APPEAR IN OUR LIVES.

A. TRIALS:

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." (John 16:33)

B. TRUTH:

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." (John 14:6)

C. RENEWAL:

We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down, but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. (2 Corinthians 4:8-10)

D. JOY:

Rejoice always, ¹⁷pray without ceasing, ¹⁸give thanks in all circumstances; for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:16-18)

BOTTOM LINE: JESUS IS THE PROOF OF GOD'S FAITHFULNESS

GOING DEEPER

1. How do you see God working in your life? What is your reaction when He appears to you?
2. Over the week pick a text from point 3 each day to meditate on in prayer.
3. Explore scripture to find another bible reference to remember Jesus is always with you.