



# Peace and Mission: Jesus Appears to His Fearful Disciples



Explore Jesus' appearance behind locked doors, His gift of peace, and the commissioning of His disciples for mission after fear and grief.

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## Introduction

*“Peace be with you.”* These words spoken by the risen Jesus to His disciples behind locked doors echo through the centuries, offering profound comfort and a calling that continues today. After Jesus’ crucifixion, His followers were overwhelmed by fear, grief, and confusion. Walls of doubt and worry surrounded them, much like the physical locked doors where they gathered. Yet Jesus breaks through those barriers—both seen and unseen—to bring peace to troubled hearts and commission His followers for a vital mission.

In the Gospel of John 20:19–23, we witness this astounding moment: Jesus appears despite closed doors, greeting His frightened disciples with peace, showing His wounds, and breathing the Holy Spirit upon them. This event encapsulates the heart of the Gospel message—a transition from fear to peace, from hiding to mission.

As you journey through this 7-day study, immerse yourself in the emotional depth of Jesus’ resurrection appearance. Reflect on how pain and fear can give way to peace through Christ’s presence and how His peace always carries a purpose. We will explore the meaning of His greeting “Peace be with you,” the significance of His wounds, the gift of the Holy Spirit, and the calling to share forgiveness and reconciliation with others.

Each day invites you to enter the story anew, to feel the relief and joy the disciples experienced, and to discover how the same peace and mission speak powerfully into your life today. Whether you are wrestling with fear,



grief, or uncertainty, remember that Jesus stands among us still—behind any locked doors, offering peace and sending us onward into the world.





## Day 1: 🕊️ Encountering the Risen Lord



Day 1: 🕊 Encountering the Risen Lord

## Your Verse

*John 20:19 "On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, 'Peace be with you!'"*

## Supporting Scriptures

- *Luke 24:36 'While they were still talking about this, Jesus himself stood among them and said, "Peace be with you."'*
- *Mark 16:14 'Later Jesus appeared to the Eleven as they were eating; he rebuked them for their lack of faith and their stubborn refusal to believe those who had seen him after he had risen.'*



Day 1: 🕊 Encountering the Risen Lord

## Devotional: Jesus Brings Peace Amidst Fear

**Fear to Peace:** The disciples were frightened, hiding behind locked doors, unsure of what would come next. Yet Jesus breaks through their fear, simply standing among them and offering peace. This greeting is more than a polite hello—it's the reassurance that the resurrection has triumphed over death and despair.

In our own lives, fear can feel just as confining as locked doors. Maybe it's fear of the unknown, failure, or rejection. Jesus meets us there. His peace is not the absence of trouble but the presence of Himself. As we remember this first encounter with the risen Christ, we can be encouraged that no fear is too great for His peace to reach us.

Take time today to invite Jesus to stand among your own fears and doubts. Allow Him to say the words, "Peace be with you," personally and powerfully.



Day 1: 🕊️ Encountering the Risen Lord

## Reflect and Apply

1. What fears or worries am I hiding behind today?

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2. How does Jesus' greeting, "Peace be with you," speak into my current situation?

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3. In what ways can I open the locked doors of my heart to Jesus' presence?

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Day 1: 🕊 Encountering the Risen Lord

## Journaling Prompts

1. Describe a time when you felt paralyzed by fear and how Jesus' peace might have helped you.

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2. Write about what “peace” means to you personally in light of Jesus' words.

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3. List areas in your life where you need Jesus' peace to enter today.

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Day 1: 🕊 Encountering the Risen Lord

## Prayer for Today

**Lord Jesus**, thank You for coming to us even when we are afraid and hiding. Thank You for Your gift of peace that calms our anxious hearts. Help me to receive Your peace deeply today and to trust that You stand with me no matter my circumstances. Open the locked doors of my heart so I can experience Your presence fully. Fill me with Your peace that surpasses all understanding.

*Amen.* 🕊️❤️🙏





## Day 2: ✂️ Jesus Shows His Wounds



## Day 2: ✝️ Jesus Shows His Wounds

## Your Verse

*John 20:20 "After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord."*

## Supporting Scriptures

- *Luke 24:39 'Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.'*
- *Isaiah 53:5 'But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.'*



Day 2: ✝️ Jesus Shows His Wounds

## Devotional: Healing Power Through Jesus' Wounds

**The Reality of Resurrection:** Jesus doesn't just appear as a spirit; He reveals His wounds—visible proof of His suffering and victory. These scars tell a story of love, sacrifice, and redemption. The wounds remind us that Jesus truly died and rose again, conquering death for us.

Sometimes, when we face pain or grief, it's tempting to hide our wounds or believe God is distant. But Jesus shows us that our wounds don't disqualify us from His presence—in fact, He bears His wounds as a symbol of solidarity with our pain.

Seeing Jesus' wounds restored the disciples' hope and joy. Likewise, we can allow Jesus' wounded hands to heal our hurts and replace sorrow with joy. His scars declare that suffering is not the end; resurrection life is.



Day 2: ✂ Jesus Shows His Wounds

## Reflect and Apply

1. What wounds am I carrying that need Jesus' healing touch?

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2. How does Jesus' openness about His wounds encourage me to be honest about my struggles?

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3. In what ways do Jesus' scars speak hope into my pain or loss?

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Day 2: ✂ Jesus Shows His Wounds

# Journaling Prompts

1. Write about a personal pain or grief and how Jesus' wounds bring comfort.

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2. Reflect on how Jesus' scars show His love for you.

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3. List ways you can bring your brokenness honestly before God.

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Day 2: ✝️ Jesus Shows His Wounds

## Prayer for Today

Dear Jesus, thank You for bearing the wounds that heal my deepest hurts. Help me to trust in Your compassionate presence in my pain. Teach me to bring my brokenness to You and find restoration. Let Your scars remind me that suffering is not the end, but that resurrection and joy are coming. Fill me with hope today. *Amen.* ☩ ❤️ 🙏







## Day 3: Receiving the Holy Spirit



## Day 3: 🙌 Receiving the Holy Spirit

## Your Verse

*John 20:22 "And with that he breathed on them and said, 'Receive the Holy Spirit.'"*

## Supporting Scriptures

- *Acts 1:8 'But you will receive power when the Holy Spirit comes on you; and you will be my witnesses.'*
- *Romans 8:11 'And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.'*



Day 3: 🙌 Receiving the Holy Spirit

## Devotional: The Breath of God: Spirit Empowers Us

**Empowered for Mission:** Jesus breathes on His disciples and imparts the Holy Spirit, signifying the beginning of a new life and mission. This Spirit isn't just a presence but power—a divine enablement to live boldly and carry forward Jesus' work.

After fear and grief, the disciples receive strength and guidance. Similarly, we are invited to receive this Spirit, who renews our hearts and sends us out equipped for whatever calling lies ahead.

The Holy Spirit is our comforter, counselor, and power source for living the Gospel in a world that desperately needs it. As you reflect on this gift, consider areas in your life where you need God's Spirit to breathe new life and courage.



Day 3: 🙌 Receiving the Holy Spirit

## Reflect and Apply

1. How have I experienced the Holy Spirit's presence in my life?

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2. In what ways do I need the Spirit's empowerment to live out my faith?

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3. What fears or obstacles might the Spirit be calling me to overcome?

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Day 3: 📖 Receiving the Holy Spirit

## Journaling Prompts

1. Describe moments when you have felt the Spirit's guidance or strength.

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2. Identify areas where you want to grow in Spirit-empowered living.

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3. Pray for an increased openness to the Holy Spirit working in your life.

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Day 3: 🕊️ Receiving the Holy Spirit

## Prayer for Today

**Holy Spirit**, come breathe new life into my heart. Fill me with Your power and guide me in boldness and love. Help me to live fully in Your presence and walk confidently in the mission Jesus calls me to. Strengthen me to overcome fear and doubt, and let me bear witness to Your grace and truth. *Amen.* 🕊️ 🔥 🙏





## Day 4: 📖 Commissioned to Forgive



Day 4: 📖 Commissioned to Forgive

## Your Verse

*John 20:23 "If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."*

## Supporting Scriptures

- *Matthew 6:14 'For if you forgive other people when they sin against you, your heavenly Father will also forgive you.'*
- *2 Corinthians 5:18 'All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.'*





Day 4:  Commissioned to Forgive

## Devotional: Ambassadors of Forgiveness and Grace

**Called to Reconcile:** Jesus entrusts His disciples—and by extension, all believers—with an incredible responsibility: the ministry of forgiveness. This isn't about holding power over others but serving as agents of God's reconciliation.

Forgiveness opens broken relationships and reflects God's heart. Jesus' words remind us that forgiveness is central to the Gospel mission—restoring peace between God and humanity and among people.

Sometimes forgiveness feels impossible or risky. Yet Jesus empowers and calls us to be channels of His grace, forgiving as we have been forgiven. As you contemplate this commission, ask God how He wants to use you to bring reconciliation in your relationships and community.



Day 4:  Commissioned to Forgive

## Reflect and Apply

1. Who in my life needs my forgiveness or reconciliation?

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2. How have I experienced God's forgiveness, and how does that shape my willingness to forgive?

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3. What fears or barriers do I face in extending forgiveness?

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Day 4:  Commissioned to Forgive

## Journaling Prompts

1. Write about a time God's forgiveness transformed your heart.

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2. List relationships that need healing through forgiveness.

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3. Pray for courage and willingness to be an agent of reconciliation.

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Day 4: 📖 Commissioned to Forgive

## Prayer for Today

**Lord**, thank You for forgiving me and calling me to forgive others. Help me to mirror Your heart of mercy and grace, even when it's hard. Remove bitterness and fear, and fill me with courage to extend reconciliation. Use me to bring peace where there is brokenness. *Amen.* 💛 🔄 🙏





## Day 5: 🔥 From Fear to Boldness



Day 5: 🔥 From Fear to Boldness

## Your Verse

*Acts 4:31 "After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly."*

## Supporting Scriptures

- *2 Timothy 1:7 'For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.'*
- *Psalms 27:1 'The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?'*



Day 5: 🔥 From Fear to Boldness

## Devotional: Spirit-Filled Boldness Overcomes Fear

**Transformation Through the Spirit:** The disciples' fear behind locked doors transforms into boldness through the Holy Spirit. This transition is critical for the spread of the Gospel and is equally essential for our spiritual growth.

Fear can confine and paralyze, but the Spirit brings confidence, love, and clear purpose. Trusting God's presence and power turns trembling hearts into courageous witnesses.

Reflect on your own fears and ask God to replace them with boldness to live and share your faith. The same Spirit that raised Jesus from the dead equips you for a fearless, impactful life.



Day 5: 🔥 From Fear to Boldness

## Reflect and Apply

1. What fears may be holding me back in my faith journey?

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2. How has God empowered me with boldness in the past?

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3. In what ways can I rely more on the Spirit's strength daily?

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Day 5: 🔥 From Fear to Boldness

## Journaling Prompts

1. Write about a situation where you overcame fear with God's help.

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2. List fears you want to surrender to the Holy Spirit.

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3. Pray for boldness to live out and share your faith confidently.

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Day 5: 🔥 From Fear to Boldness

## Prayer for Today

**God of Courage**, fill me with Your Spirit so that fear will not control me. Help me to walk in the boldness and love You give. Strengthen me to speak and live Your truth with confidence. Remind me daily that You are my stronghold and refuge. *Amen.* 🔥🕊️🙏



## Day 6: Sent to the World



Day 6:  Sent to the World

## Your Verse

*John 20:21 "Again Jesus said, 'Peace be with you! As the Father has sent me, I am sending you.'"*

## Supporting Scriptures

- *Matthew 28:19 'Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.'*
- *2 Corinthians 5:20 'We are therefore Christ's ambassadors, as though God were making his appeal through us.'*



Day 6:  Sent to the World

## Devotional: Sent with Peace to Share Christ's Love

**Commissioned for Mission:** Jesus not only gives peace and forgives sins but sends His disciples into the world just as the Father sent Him. This commissioning reminds us that peace is not only for us to enjoy but to share and extend.

Our mission as followers of Jesus involves going beyond comfort zones and barriers, carrying the light of the Gospel to all peoples and places. This call is both a privilege and responsibility—a joyful participation in God's redemptive work.

Consider how Jesus sends you today. What mission is He entrusting to you in your family, community, workplace, or beyond? Receiving His peace prepares you to go with confidence and love.



Day 6:  Sent to the World

## Reflect and Apply

1. How is Jesus calling me to participate in His mission?

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2. What fears or obstacles might I face in stepping out in faith?

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3. How can I share the peace I have received with others?

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Day 6:  Sent to the World

## Journaling Prompts

1. Write about areas where you sense God sending you to serve or witness.

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2. List practical steps you can take to share Jesus' peace with others.

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3. Pray for boldness and guidance in your mission field.

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Day 6: 🌍 Sent to the World

## Prayer for Today

Jesus, thank You for sending me with Your peace and purpose. Help me to embrace the mission You have given me. Remove any fears or doubts and fill me with love to share Your Gospel boldly. Use my life to reflect Your grace and truth to those around me. *Amen.* 🌍 ✝️ 🙏







## Day 7: Living in Peace and Purpose



Day 7: ❤️ Living in Peace and Purpose

## Your Verse

*Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

## Supporting Scriptures

- *Colossians 3:15 'Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.'*
- *Ephesians 2:10 'For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.'*



Day 7: ❤️ Living in Peace and Purpose

## Devotional: Embodying Christ's Peace and Purpose Daily

**A Life Marked by Peace and Purpose:** The peace Jesus imparts is a guard for our hearts and minds, enabling us to live intentionally and joyfully in His purpose. This peace is not fleeting or fragile, but a deep wellspring sustaining us through challenges.

As His disciples, we are called to embody this peace in every moment—showing love, forgiveness, and boldness in mission. Our identity in Christ shapes our actions and anchors our hope.

Reflect on how you can cultivate God's peace daily and live out the good works He has prepared for you. Commit to walking forward with courage, peace, and a clear sense of God's calling.



Day 7: ❤️ Living in Peace and Purpose

## Reflect and Apply

1. How does God's peace influence my daily decisions and relationships?

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2. What purpose has God prepared for me to fulfill?

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3. How can I remain anchored in Christ amid life's storms?

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Day 7: ❤️ Living in Peace and Purpose

## Journaling Prompts

1. Write about ways to cultivate peace in your heart and mind.

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2. List the good works or callings you sense God has for you.

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3. Pray for strength to live with peace and purpose each day.

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Day 7: ❤️ Living in Peace and Purpose

## Prayer for Today

**Gracious God**, thank You for the peace that guards my heart and mind. Help me to live fully in Your calling, reflecting Your love and grace to the world. Keep me anchored in Christ's presence through every challenge and blessing. May my life bring glory to You as I walk in Your purpose. *Amen.* ❤️ 🙌 🙏





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