



John 20

19-20 Later on that day, the disciples had gathered together, but, fearful of the Jews, had locked all the doors in the house. Jesus entered, stood among them, and said, "Peace to you." Then he showed them his hands and side.

20-21 The disciples, seeing the Master with their own eyes, were exuberant. Jesus repeated his greeting: "Peace to you. Just as the Father sent me, I send you."

22-23 **Then he took a deep breath and breathed into them. "Receive the Holy Spirit,"** he said. "If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?"

ICEBREAKER

How do you feel about Haunted Houses or Scary movies? Why do you think people love them?

Conversation Guide

1. Where do you go when you are afraid? What happens in your body? What happens in your spirit? What happens in your speech?
2. Have someone read this aloud. "Portions of our brains were designed to warn us of Woolly Mammoths and Saber Tooth Tigers. When none of these big dangers appear, this center of our brain gets bored and looks for trouble."
 - a. Is this true for you? Why or why not?
 - b. Could remembering this about our brains help us? How? With kids? Work? Future? Control? Lack of control?
3. Could remembering we are prone to look for things to fear, actually blind us to the very real fears of our neighbors?
 - a. How can we, without shaming ourselves or others become more active in fighting for people who are truly in danger? From poverty, racism, injustice, oppression?
4. Have someone read John 20 aloud.
 - a. What stood out for you? What makes you curious?
 - b. What do you think the fearful people in the room thought or felt after this encounter?
5. Have everyone in the group close their eyes. Have someone read this to the group.

Release your shoulders away from your ears.
Unclench your jaw.

Drop your tongue from the roof of your mouth
Breathe deep the peace of God.

6. What does it mean for you to be sent by Jesus in peace to the world?