



# EASTER TO TRINITY SUNDAY

JOURNEY WITH US FROM EASTER TO TRINITY SUNDAY

5 April - 31 May 2026

WEEK 1 – 5 APRIL	Jesus Has Risen
WEEK 2 – 12 APRIL	Jesus Appears to His Disciples
WEEK 3 - 19 APRIL	On the road to Emmaus
WEEK 4 - 26 APRIL	The Good Shepherd and His sheep
WEEK 5 – 3 MAY	Jesus is the way to the Father
WEEK 6 – 10 MAY	Jesus promises the Holy Spirit
Ascension Day May 14, 2026	
WEEK 7 – 17 MAY	Jesus Prays for His Disciples
WEEK 8 – 24 MAY	Jesus appears to His Disciples
WEEK 9 – 31 MAY	The Great Commission



## HOME GROUPS AND CLASSES GUIDE:

1. Open in Worship and Prayer: this is to invite God into the meeting. For example, you can light a candle, sing together, or use a YouTube Hymn or song.
2. Open your Bibles and read the Bible verses for this week (take turns?) see below.
3. Reflect on the Bible verses and the reflection written by a Minister or Lay Preacher.
4. Connect with each other and take the reflection deeper by answering the Questions.
5. Works out: What have we learned that we can apply in our lives in this session? Keep each other accountable for promises made or important steps taken. Pray for and over each other (after taking prayer requests).

## WORSHIP SONG:

King's College Choir - Thine be the glory (Haendel) [https://youtu.be/lXzmjNE-yLA?si=J42YRxVkyfHjw\\_pp](https://youtu.be/lXzmjNE-yLA?si=J42YRxVkyfHjw_pp)

## WEEK 2

## SUNDAY - April 12

### Bible Readings



Acts 2:14a, 22-32  
 Psalm 16  
 1 Peter 1:3-9  
**John 20:19-31**

John 20:19-31 New International Version

### Jesus Appears to His Disciples

<sup>19</sup>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!" <sup>20</sup>After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. <sup>21</sup>Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." <sup>22</sup>And with that he breathed on them and said, "Receive the Holy Spirit. <sup>23</sup>If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."

## Jesus Appears to Thomas

<sup>24</sup> Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. <sup>25</sup> So the other disciples told him, “We have seen the Lord!” But he said to them, “Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.” <sup>26</sup> A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!” <sup>27</sup> Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.” <sup>28</sup> Thomas said to him, “My Lord and my God!” <sup>29</sup> Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”

## The Purpose of John’s Gospel

<sup>30</sup> Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. <sup>31</sup> But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

## SCRIPTURE REFLECTION:

### Written by: Local Preacher – Tony Matthee

Have you ever wondered why Jesus did not appear to Caiaphas, or Annas, or Herod, or even Pilot after his resurrection? I think it would have had huge negative effects on those individuals, but it would have had no effect on the Kingdom of God. However, appearing to his disciples would alter the course of human history and have a huge impact on the spreading of the Kingdom of God. Try to imagine the scene: the disciples are afraid, confused and meeting behind locked doors when Jesus suddenly “stood among them.” He didn’t come through a doorway or perhaps through an open window; he just suddenly appeared. How absolutely scary that must have been for those disciples.

They had deserted him and were afraid of being next to being arrested and executed. They had heard the testimony of Mary (*but she was just a woman, and women didn’t count in those days*), and they had reliable information about an empty tomb. If he was alive, could they even face him when they had deserted him in his hour of need? They deserved reprimand, yet Jesus stands among them and his first words to them are “Peace be with you!” No chastening, no shouting, no finger pointing, just peace be with you. That is what they needed to hear more than anything else. Don’t stress, don’t worry, don’t feel guilty. I am here for you. I care for you. I love you! In the busyness of our lives, wouldn’t those words of Jesus be just as meaningful to us? Peace be with you! Don’t fret, don’t worry, I have everything under control.

In the account that Luke gives, Jesus asks if they have anything to eat and eats fish in front of them, thus showing that he was not a ghost. Then we read that the disciples were overjoyed. Notice that the Bible doesn’t say they were happy to see Jesus; they were OVERJOYED. Happiness is temporary. This was something far more significant and lasting. Such joy does not depend on circumstances. Christians experience joy in the midst of blessing as well as in the fire of trials and tribulation. Paul, while in the midst of trials and persecution, wrote, “*I am greatly encouraged; in all our trouble my joy knows no bounds.*” (2 Cor. 7: 4.) Isn’t there a message for us in this? In our difficulties, we don’t have to pretend that everything is fine, but we can confidently declare that “*I can do all things through Christ who strengthens me.*” (Phil. 4: 13). Then we can have peace in our hearts and our joy will follow.

The next words of Jesus to his disciples are life changing, “*As the Father has sent me, I am sending you.*” What Jesus is in fact saying is that the disciples must carry on doing the work that he was doing. He could have said, “Now stay together, meet regularly, sing hymns and songs, break bread and drink wine as I have taught you, care for each other. All these things are noble and we all do them, but Jesus does not mention one of them. His concern is outward looking – extend the Kingdom of God!! It backs up his previous commission, “*Therefore, go and make disciples of all nations.*” (Matt. 28:19). May I ask, how did you get to know about Jesus? Someone must surely have told you or you heard it in church. Now imagine if that person had not mentioned Jesus to you, or that the church did not exist. The point is that we are all to be witnesses of Jesus to the world and that means not being afraid to speak up for him.

Next comes the ACTION of Jesus; he breathes on them and says, “*Receive the Holy Spirit.*” This is one of the most fascinating aspects of the narrative. Not only does Jesus commission us he also equips us. In our

own strength, we will not be able to do his work effectively. In another passage of Scripture we read of Jesus saying, “*You will receive POWER when the Holy Spirit comes on you.*” (Acts 1: 8). When we ask Jesus to forgive our sins and make him our Lord and Saviour, the Bible tells us that the Holy Spirit takes up residence in us and we therefore have this power that Jesus spoke of. It is not an experience we feel; it is an act of faith that we believe.

Lastly, we consider the case of “Doubting Thomas.” Thomas is always associated with doubt, and it is unfortunate. The other disciples were just as guilty and we also have doubts. Someone has said, “*If you don’t have doubts, you’re either kidding yourself or asleep.*” Jesus dealt with Thomas’ doubts by offering his hands for Thomas to put his finger into, and he will help us to work through our doubts to certainty. But notice the words of Thomas, “*My Lord and my God.*” Where in all the Gospels do we find anyone who saw Jesus as God? Jesus had many titles in the Gospels but not God. The words of Jesus to Thomas affect us directly, “*Because you have seen me you have believed; blessed are those who have not seen and yet have believed.*” The resurrection of Jesus is central to Christianity. If there was no resurrection there would be no Christianity.

### GROUP QUESTIONS :

1. Jesus talks about giving us his peace and this peace is not as the world gives it. (John 14: 27) What is your understanding of this peace that Jesus gives?
2. Joy is one of the fruits of the Holy Spirit and should exist in all of us. What do you understand by the concept “joy”? Is it really possible to have joy in the midst of suffering? Have you had personal experience of this?
3. We cannot all be evangelists, missionaries or ministers. How do you think a housewife can be a witness for Jesus? Is it only through actions? What part do words play?
4. The Holy Spirit gives us power. How do we know if we have this power? What is this power?
5. Doubts are personal. Discuss any doubts you may have in your Christian walk. How do we overcome these doubts?

### DAILY MEMORY VERSE AND PRAYER

#### MONDAY, April 13

1 Corinthians 15:20 “*But Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep.*”

**Prayer:** Risen Lord, anchor my hope today in the power of Your resurrection.

#### TUESDAY, April 14

Jonah 1:17 “*And the Lord appointed a great fish to swallow up Jonah.*”

**Prayer:** Father, even in the storms I create, show me Your mercy and purpose.

#### WEDNESDAY, April 15

Matthew 12:40 “*For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.*”

**Prayer:** Jesus, help me trust in the sign of Your death and resurrection.

#### THURSDAY, April 16

Psalms 116:1 “*I love the Lord, for he heard my voice; he heard my cry for mercy.*”

**Prayer:** Lord, thank You for hearing me whenever I call.

#### FRIDAY, April 17

Isaiah 26:4 “*Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.*”

**Prayer:** Eternal Rock, steady my heart in unshakable trust today.

#### SATURDAY, April 18

Isaiah 25:9 “*Surely this is our God; we trusted in him, and he saved us.*”

**Prayer:** Saving God, fill me with joy as I wait and trust in You.

## FAMILY TIME

### Scripture: John 20:19–31 (NIV)

*Jesus Appears to His Disciples*

### Read the Scripture Together

Read John 20:19–31 aloud.

*(You could have someone read verses 19–23 and someone else read 24–31.)*

### Setting the Scene

It was the evening of Resurrection Sunday.

The disciples were:

- Behind locked doors
- Afraid of the Jewish leaders
- Confused about what had happened

And suddenly...

### Jesus stood among them and said, “Peace be with you.”

Not anger.

Not disappointment.

Not “Where were you?”

Just peace.

### Big Truth for the Week: The risen Jesus brings peace into fearful places.

### For Younger Children (3–9 years)

#### Simple Discussion Questions

- Why were the disciples hiding?
- What did Jesus say when He came in?
- Did Jesus shout at them for being scared?
- How do you feel when you are afraid?

#### Simple Teaching

Even when we feel scared:

- Jesus comes close.
- Jesus brings peace.
- Jesus is kind.

#### Object Moment

Have everyone close their eyes and imagine being in a dark, locked room.

Then say softly: “Peace be with you.”

Explain: Jesus can bring peace into our worried hearts too.

### For Teens (10+ years)

#### Deeper Discussion Questions

- Why do you think the disciples were still afraid even after hearing reports of the resurrection?
- What does it tell us about Jesus that His first words are “Peace”?
- Jesus shows them His wounds. Why do you think He keeps His scars?
- Thomas struggled with doubt. Is doubt the opposite of faith?
- How does Jesus respond to honest questions?

#### Reflect Together

Thomas said: “Unless I see... I will not believe.”

A week later, Jesus came back — just for him.

Notice:

- Jesus did not shame Thomas.

- Jesus invited him closer.
- Jesus met him in his doubt.

Ask:

- What doubts do people your age wrestle with?
- How can doubt become a doorway to deeper faith instead of distance?

## **Connecting to the Easter Season**

This week builds on Easter:

### **Easter – The Tomb Is Empty**

Jesus is alive.

### **Week 2 – Peace for Fearful Hearts**

The risen Jesus comes to His people personally.

#### **Also Notice:**

Jesus says: *“As the Father has sent me, I am sending you.”*

Resurrection leads to **mission**.

And then He breathes on them, a beautiful picture pointing ahead to Pentecost, when the Holy Spirit will come in power.

### **Resurrection Changes Everything**

Because Jesus is alive:

- Fear does not get the final word.
- Doubt does not disqualify you.
- Failure is not the end of your story.
- Peace is possible.

### **Family Application**

Ask each person:

- Where do I need Jesus’ peace right now?
- What “locked door” am I hiding behind?
- Is there a doubt I need to bring honestly to Jesus?

Finish this sentence together: “Jesus, bring Your peace into my \_\_\_\_\_.”

### **Closing Prayer**

“Lord Jesus,

You came into a locked room and brought peace.

Come into our fears.

Come into our doubts.

Show us Your scars and remind us of Your love.

Send us out to share Your peace with others.

Amen.”