

“Why Are You Troubled?”

Sermon

Luke 24:36–48

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- 1) In the midst of all the disciples’ anxieties, Jesus showed up.

³⁶As they were talking about these things, Jesus stood among them, and said, “Peace to you!” ³⁷But they were startled and frightened and thought they saw a spirit. ³⁸He said, “Why are you troubled, and why do doubts arise in your hearts?” *Luke 24:36–38*

- 2) For all our doubts, he gives reasons to trust.

a. Physical Evidence

³⁹“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.” ...

⁴¹While they still disbelieved for joy...he said, “Have you anything here to eat?” ⁴²They gave him a piece of broiled fish, ⁴³and he took it and ate before them. *Luke 24:39–43*

b. Scriptural Evidence

⁴⁴“These are my words that I spoke to you while I was still with you, that everything written about me in the Law and the Prophets and the Psalms must be fulfilled.” *Luke 24:44*

- 3) If Jesus rose, then our lives have completely changed.

⁴⁵Then he opened their minds to understand the Scriptures, ⁴⁶and said, “Thus it is written, that the Christ should suffer and on the third day rise from the dead, ⁴⁷and that repentance for the forgiveness of sins should be proclaimed in his name to all nations, beginning from Jerusalem. ⁴⁸You are witnesses of these things” *Lk 24:45–48*