



Finding Hope in Easter

 **Purpose:** Offer hope and encouragement to those struggling with doubt, helping them see Easter as an anchor for faith.

 **Time:** ~30-45 minutes

Scripture Focus:

- **Mark 9:24** – *“Lord, I believe; help thou mine unbelief.”*
- **Alma 7:11-13** – Christ knows our pain because He suffered for us.
- **Luke 24:36-39** – *The resurrected Jesus invited Thomas to see and feel for himself.*

Lesson Outline:

1 Opening Discussion: When Faith Feels Uncertain

- Ask: *Have you ever felt distant from God?*
- Share how even Christ’s closest disciples doubted—Thomas needed to see for himself (**John 20:24-29**).

2 What Easter Teaches Us About Doubt & Faith

- The disciples didn’t expect Jesus to rise again—they were **confused, afraid, and unsure**.
- Faith crises are often **moments of transformation**—when faith matures, it sometimes needs to be rebuilt.
- Easter reminds us that **even when things seem lost, hope is not gone**.

3 The Resurrection as a Personal Invitation


- Jesus didn’t reject Thomas for doubting—He **invited him to see and feel**.
- Christ’s resurrection is an invitation to **ask, seek, and rediscover faith**.
- Read **Alma 7:11-13** – Christ understands personal struggles, including doubt.

4 Finding Easter in Our Own Lives

- Ask: *Where have you seen small moments of light, healing, or renewal?*
- Share a personal experience of faith being restored through Easter’s message.

5 Invitation to Act

- Encourage a **small faith experiment**: Read a favorite Easter scripture and **write down thoughts/feelings**—whether faithful or doubtful.
- Testify that **faith isn’t the absence of doubt—it’s choosing to seek light despite it**.

 **Key Takeaway:** Faith crises are not faith endings. Easter teaches that **there is always a second chance to rediscover Christ**.