

<sup>36</sup>As they were talking about these things, Jesus himself stood among them, and said to them, "Peace to you!" <sup>37</sup>But they were startled and frightened and thought they saw a spirit. <sup>38</sup>And he said to them, "Why are you troubled, and why do doubts arise in your hearts?" <sup>39</sup>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." <sup>40</sup>And when he had said this, he showed them his hands and his feet. <sup>41</sup>And while they still disbelieved for joy and were marveling, he said to them, "Have you anything here to eat?" <sup>42</sup>They gave him a piece of broiled fish, <sup>43</sup>and he took it and ate before them.

<sup>44</sup>Then he said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled." <sup>45</sup>Then he opened their minds to understand the Scriptures, <sup>46</sup>and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, <sup>47</sup>and that repentance and forgiveness of sins should be proclaimed in his name to all nations, beginning from Jerusalem. <sup>48</sup>You are witnesses of these things. <sup>49</sup>And behold, I am sending the promise of my Father upon you. But stay in the city until you are clothed with power from on high."

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Jesus asks: Why are you troubled, and why do doubts arise in your hearts?

Introduction: Who did he ask?

1) An unbelievable sight

2) Doubts dispelled when all can be seen

- Jesus opens the mind to understand