
Luke 24:36-46

“Christ and Your Fears”

1. Christ’s resurrection replaces our doubts with peace, reassuring us of His presence (vv. 36-38).

- “Troubled” means “deeply disturbed, terrified.”

2. Christ’s resurrected body was witnessed by those who authored the New Testament, reassuring us of the Bible’s reliability (vv. 39-43).

- Christ’s crucifixion was prophesied in Psalm 22:16.
- Spirits are incorporeal, meaning they don’t have physical bodies.

3. Christ’s resurrection fulfills Scripture, reassuring us that all God’s promises will be fulfilled (vv. 44-46).

- John 14:1–“Do not let your hearts be troubled. You believe in God, believe also in Me.”
- John 14:27–“Peace I leave with you; My peace I give to you, not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.”
- When we are in trouble, our hearts don’t need to be troubled (terrified).

LIFE LESSON:

Christ’s resurrection reassures us that all of God’s plans will come to pass in His time, so don’t be troubled.