

Resurrection Peace Luke 24:36–43

Intro: Peace is one of the most desired and least experienced realities in our lives.

We look for peace:

- By creating outcomes
- By controlling events
- By resolving circumstances

But Luke 24 shows us a different kind of peace.

This passage finds the disciples in

- fear,
- confusion, and
- uncertainty.

A resurrected Jesus steps into that moment and speaks peace to those he loves.

So, this passage answers an important question: “*What kind of peace does Jesus actually give, and how does He give it?*”

First: The Peace of Jesus Comes to Fearful People (v. 36–37)

As they were talking about these things, Jesus himself stood among them, and said to them, “Peace to you!”³⁷ But they were startled and frightened and thought they saw a spirit.

Jesus appears among them and says, “*Peace to you.*”

a) Defining Peace

1 – GR / εἰρήνη (eirēnē) =

- absence of war
- social or political tranquility
- a state of calm or order

So, on its own, Greek “peace” tends to be external and situational. “I bring you peace in this moment and in this situation.

But Jesus is not speaking in a vacuum. He is a Jewish Messiah speaking to Jewish disciples.

2 - Behind *eirēnē* stands the Hebrew word *shalom*.

- εἰρήνη = absence of conflict
- שלום = presence of life

It means:

- Reconciliation with God
- Wholeness and restoration
- The end of hostility
- Life brought back into right order under God

This is crucial. Jesus is not saying, “*Relax, it’ll be okay*” He is saying, “*Everything that stood against and will ever stand against you has been dealt with.*”

When Jesus stood in that room and said “peace,” He was not calming their nerves. He was announcing that through His death and resurrection, everything broken between them and God had been made whole.

b) This is not a calm room. The disciples are:

- gathered behind closed doors
- confused by reports of the resurrection
- startled and frightened by Jesus’ appearance

And the room becomes even less calm because Luke says they thought they were seeing a spirit.

But the important point here is that the peace of Jesus is not given –

- after their fear is resolved.
- It is given in the middle of fear.

He comes into their confusion and speaks peace into it.

APP: If you are waiting for fear to be eliminated before you have peace, you won’t ever have peace.

- The peace of Jesus is not the reward for calmness.
- It is the gift He gives in the midst of fear and doubt.

Second: The Peace of Jesus Confronts Our Fear (v. 38–40)

And he said to them, “Why are you troubled, and why do doubts arise in your hearts? 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.” ⁴⁰ And when he had said this, he showed them his hands and his feet.

Jesus responds directly to their inner struggle: “*Why are you troubled, and why do doubts arise in your hearts?*”

Then He shows them:

- His hands
- His feet
- He invites them to touch Him.

- Jesus does not ignore doubt or shame their fear.
- He confronts it with the resurrection, as if to say, “*Is there anything a resurrected Savior cannot do/calm?*”

IMP: This means the resurrection is not presented as an idea to believe, which we often see it as, but it is a reality to embrace so that it changes the way we interact with life.

APP: In other words, you don’t overcome fear by pretending it does not exist. You overcome it by remembering that Jesus has come back from the dead. If God can do that, what can’t he do?

Where are doubts rising in your heart?

- about God’s goodness
- about your future
- about the truth of the gospel

Jesus meets your doubt and fear with his resurrection.

Third: The Peace of Jesus is Grounded in His Real Resurrection (v. 41–43)

And while they still disbelieved for joy and were marveling, he said to them, “Have you anything here to eat?”⁴² They gave him a piece of broiled fish,⁴³ and he took it and ate before them.

- a) Luke tells us Jesus’ followers still struggled to believe, “for joy.”

The word “*disbelieved*” here does not mean rejection or skepticism in the usual sense. It is not the same kind of unbelief that resists Jesus. It is closer to this idea: “*This is too good to be true.*”

- So, they are not pushing Jesus away.
- They are struggling to take in what is right in front of them.

For joy” explains the disbelief and Luke tells you *why* they are struggling to believe:

- not because they doubt Jesus’ character
- not because they reject the resurrection
- but because the reality is so overwhelming

Their joy is so great that it actually slows their ability to fully process what they are seeing. It's like saying, "*This is too good to be true.*"

b) So, Jesus takes it further. He asks for food and eats in front of them.

This is not incidental to what Jesus is doing. It is essential. Jesus is proving

- He is not a spirit
- He is not a vision
- He is physically, bodily alive

Again, Christian peace is grounded in a historical, bodily resurrection. It's not just a fact to believe. It's a reality to bring into your world when you are troubled.

If Jesus is alive:

- sin has been dealt with
- death has been defeated
- God can do anything
- the future is secure

APP: Your peace will only be as stable as what it is built on. What is it built on?

If it is built on:

- circumstances, it will fluctuate
- feelings, it will shift
- control, it will collapse

But if it is built on the historicity of the resurrection of Jesus, and you bring that fact, that reality into your confusion or conflict, it will provide you peace in the midst of fear and doubt.

III: Ebenezer. In 2 Samuel

- In 1 Samuel 4, Israel lost the ark of the covenant
- They experienced defeat and humiliation

But in 1 Samuel 7:

- The people repent
- Samuel intercedes
- God thunders against the Philistines and gives Israel victory

1 Samuel 7:12 - *Then Samuel took a stone and set it up between Mizpah and Shen and called its name Ebenezer; for he said, 'Till now the Lord has helped us.'*

The stone declares:

- God has been faithful up to this point but also,
- Therefore, we trust Him for what lies ahead

An Ebenezer is a visible reminder of God's faithful intervention, set in place so His people do not forget His help.

The empty tomb is God's greatest Ebenezer!

Fourth: The Peace of Jesus Leads to Assurance and Rest

The progression in the passage is important. Is there,

- fear - Jesus speaks peace
- doubt - Jesus reveals Himself
- confusion - Jesus provides assurance

Real peace that will change you comes through encountering the risen Jesus.

APP: Peace is not something you create. Just like salvation, it is something God has created for you and that you receive from Jesus.

This means:

- you don't have to hold everything together
- you don't have to resolve every question
- you don't have to secure your life or future

Jesus has already secured what matters most and his resurrection proves it.

Fifth: Applying the Resurrection to Your Life Now

- So, the question is not: "*Do you have a peaceful life?*"
- The question is: "*Have you received the peace of Jesus?*"
- And for those who have: "*Are you living in the power of his resurrection?*"

ILL: Think about how Paul applied Jesus' resurrection to his life (And this may be the most important part of the sermon).

Philippians 3:10-11 - *that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead.*

Paul means two things here:

- 1 – He wants to live again after he dies.
- 2 – He wants to enjoy the resurrected life now

- “to know” = to participate in the life of Christ
- Knowing Christ means entering His story, not just studying it.
- his is present experiential power, not merely the past event
- It refers to transforming our lives now

What Paul longs for in Philippians 3 is what the disciples are encountering in Luke 24.

- They are not just seeing Jesus alive.
- They are seeing the beginning of the life Paul says he wants to attain.

- In Luke 24, the disciples are standing in the presence of the risen Christ.
- In Philippians 3, Paul is saying, “*I want that life to fully take hold of me.*”

- Luke 24 - Christ stands and says: “You are at peace with God.”
- Philippians 3 - Now Paul says: “Live in the power of that peace.”

- This means the resurrection is something to believe. That’s true.
- But it is also a life to enter, a power to live by, and a future to press toward.

So, the peace of Luke 24 is not the end of the story. It is the beginning of a life lived in the power of the resurrection.

Conclusion: Think about this - The words “*Peace to you*” are not casual. They are purchased. (Hallelujah!). Jesus can speak peace because:

- He went to the cross
- He bore the wrath of God
- He satisfied divine justice
- His resurrection proves he is King of kings and Lord of lords

Gospel for the Unsaved: The peace He offers is not superficial calm. It is reconciliation with God and all the benefits of it.

As Paul says in Romans 5:1 - “*Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.*” You can have that peace!

CG Questions

36 While they were still talking about this, Jesus himself stood among them and said to them, "Peace to you."

37 They were startled and frightened, thinking they saw a ghost.

38 He said to them, "Why are you troubled, and why do doubts rise in your minds?"

39 Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have."

40 When he had said this, he showed them his hands and feet.

41 And while they still disbelieved for joy and were marveling, he said to them, "Do you have anything here to eat?"

42 They gave him a piece of broiled fish,

43 and he took it and ate it in their presence.

Observe (What do you see?)

1. What specific actions does Jesus take when He appears among the disciples in verses 36–43?
2. What words does Jesus speak first, and why might that be significant in this moment?
3. How do the disciples initially respond to Jesus' appearance? What emotions are named in the text?
4. What reasons do the disciples give, or assume, for what they are seeing (v. 37)?
5. What physical evidence does Jesus present to them to demonstrate His identity (vv. 39–40)?
6. What surprising request does Jesus make in verse 41, and how do the disciples respond?
7. What does Jesus do with the food, and why is that detail included?

Interpret (What does it mean?)

8. Why does Jesus begin with "Peace to you" instead of explanation or correction? What does that reveal about His purpose in this moment?
9. What does the disciples' fear and confusion reveal about their expectations of the resurrection?
10. Why is it important that Jesus emphasizes His physical body, "flesh and bones"?
11. What does the phrase "they still disbelieved for joy" reveal about the nature of their struggle to believe?

12. Why does Jesus go beyond showing His wounds and actually eat in front of them? What is He proving?

Correlate (How does this connect to the rest of the Bible?)

13. How does Jesus' greeting of peace connect to the broader biblical theme of peace with God, such as Romans 5:1?
14. How does this passage relate to the promise of new life and resurrection power described in Epistle to the Philippians 3:10–11?
15. In what ways does Jesus' physical resurrection fulfill Old Testament expectations about God's redemption of the whole person, not just the soul?
16. How does this moment connect with other resurrection appearances (such as John 20) in confirming the reality of the risen Christ?

Apply (How should this shape our lives?)

17. Where in your life do you struggle to believe what is true about Jesus, not because of doubt alone, but because it feels "too good to be true"? How does this passage speak to that?
18. How does knowing that Jesus brings both peace and resurrection life change the way you view your current struggles, fears, or uncertainties?
19. What would it look like this week to live not merely trying to find peace, but living from the peace Christ has already declared over you?
20. How can you intentionally remind yourself, others in your group and FRANs (friends, relatives, associates, neighbors) that the risen Jesus is not distant, but present and active among His people?



Monday

Read: Luke 24:36–37

Think. Did you notice where Jesus meets them? Not after the fear settles, but right in the middle of it. They are startled, confused, and unsure, and that is exactly when He speaks: “Peace to you.” This peace is not the absence of fear but the presence of Christ in it. He steps into their (our) confusion and declares what is already true because of the cross and resurrection.

Reflect. Where are you waiting for things to calm down before you believe you can have peace? It is easy to assume that peace comes after resolution, after answers, after control is regained. But this passage confronts that assumption. If peace only comes after fear is gone, then peace will always remain just out of reach.

Apply. Name one area where fear or uncertainty is shaping your thinking right now. Instead of trying to resolve it first, bring that specific situation before Jesus and consciously receive His peace in that place. Let His finished work, not your circumstances, define your stability.

Pray. Father, I often wait for my life to settle before I trust you. Thank you that Jesus comes into my fear, not after it. By your Spirit, help me receive the peace Christ has already secured for me. Through Jesus, teach me to rest in what is true, even when I feel unsettled. Amen.

Tuesday

Read: Luke 24:38–40

Think. Jesus does not ignore their fear. He asks, “Why are you troubled?” and then immediately points them to His wounds. He does not correct their emotions with words alone. He grounds

them in the reality of his resurrection. This means it is not presented just as an idea to consider but as a reality to experience.

Reflect. Have you noticed how often you try to deal with fear internally, as if the solution is better thinking or stronger resolve? Jesus takes a different approach. He directs our attention away from the self and toward what He has done. Fear loses its power when you see Him clearly not when you manage it better.

Apply. When fear rises today, pause and deliberately remind yourself of something true about the resurrection. Say it out loud if needed. Let your thinking be anchored in what Christ has done rather than what you feel.

Pray. Father, when fear rises, I turn inward instead of looking to you. Fix my attention on the risen Christ. By your Spirit, help me see what is true so that my fears are answered by your power. Through Jesus, steady my heart in the reality of the resurrection. Amen.

Wednesday
Read: Luke 24:41

Think. “They still disbelieved for joy.” This is not rejection. They are overwhelmed. The goodness of what they are seeing is almost too much to believe. The resurrection is not just convincing; it is astonishing. (May it be so for us!)

Reflect. Have you ever felt that God’s grace is almost too good to be true? Sometimes the struggle is not doubt in the negative sense, but difficulty absorbing how good the gospel really is. We’ve never encountered anyone like Jesus or power like the gospel.

Apply. Remind yourself that the resurrection is true and has meaning for you today. Do not rush past that thought. Meditate on it all through the day.

Pray. Father, your grace is greater than I often realize. Slow me down so I can see and receive what you have done. By your Spirit, turn my knowledge into wonder. Through Jesus, help me believe the goodness of the gospel more deeply. Amen.

Thursday
Read: Luke 24:42–43

Think. Jesus eats in front of them. That detail matters. He is not a vision or a memory. He is physically, bodily alive. This means that God’s peace is grounded in something real, not abstract.

Reflect. What is your peace built on? If it is built on circumstances, it will shift. If it is built on feelings, it will fluctuate. But if it is built on the historical reality of the resurrection, it can hold.

Apply. Identify what you tend to rely on for stability. Replace that reliance by intentionally grounding yourself in the fact of the resurrection. Let that reality shape how you think about what conflicts you now and your future.

Pray. Father, I build my peace on things that cannot hold me. Anchor me in what is true. By your Spirit, help me rest in the reality that Jesus is alive. Through Jesus, give me a peace that does not collapse. Amen.

Friday
Read: Philippians 3:10–11

Think. Paul takes what the disciples experienced and says, “I want that life to take hold of me.” The resurrection is not just something to believe. It is a life to enter.

Reflect. Do you see your Christian life primarily as something to manage, or something to participate in? (That’s a great question). Resurrection power is not theoretical. It is meant to shape how you live now.

Apply. Where do you need to live in resurrection power today, whether in obedience, endurance, or trust. Take one step that reflects that new life Jesus has given you in his resurrection.

Pray. Father, I do not want to merely believe in the resurrection. I want to live in its power. By your Spirit, form the life of Christ in me. Through Jesus, lead me into a life shaped by His resurrection. Amen.



Monday

Read: Luke 24:36–37

Think.. Did you notice where Jesus meets them? Not after everything settles, but right in the middle of fear and confusion. They are together, yet still unsettled, and that is when He speaks: “Peace to you.” This peace does not depend on the room being calm. It comes from Christ stepping into the room Himself.

Reflect.. As a couple, it is easy to think peace will come when things line up in your life, when conversations go smoothly, when pressures ease. But this passage shows something deeper. Peace does not grow out of perfect conditions. It comes from the presence of Christ shaping how you walk through imperfect ones together.

Apply. Take a few minutes and talk about where life’s pressures or uncertainty about something is affecting your relationship right now. Name it and then bring that situation before Christ together. Let His peace shape how you respond to it, not just how you feel about it.

Pray. Father, you see what we are carrying right now. Thank you that Jesus steps into our lives as they are and speaks peace. By your Spirit, help us receive that peace together and let it shape our relationship. Through Jesus, steady our hearts in the truth of his all-powerful resurrection. Amen.

Tuesday
Read: Luke 24:38–40

Think. Jesus does not move past their fear. He draws attention to it and then points them to His wounds. He brings them back to what He has done. Their peace is tied to His resurrection, not their ability to sort everything out for, in reality, there will always be something else tomorrow.

Reflect. In a relationship, it is easy to turn inward when something feels off. You start trying to solve, fix, or carry things on your own. Over time, that creates distance between the two of you. This moment reminds you that your shared stability comes from looking together to Christ and what He has accomplished. Neither of you is all-powerful. He is.

Apply. When something unsettles either of you this week, pause together and remind each other of what is true about Jesus. Share it together. Let the reality of the resurrection shape your perspective before you try to resolve everything. Then live and work in his strength.

Pray. Father, we often turn inward when we feel unsettled. Draw our attention back to Christ. By your Spirit, help us fix our eyes on what He has done so that we can walk through life with clarity and steadiness. Through Jesus, strengthen our faith together. Amen.

Wednesday
Read: Luke 24:41

Think. “They still disbelieved for joy.” The disciples are not resisting Jesus. They are trying to take in something so good it almost overwhelms them. The resurrection brings a kind of joy that stretches their ability to believe.

Reflect. There are moments in life when God’s goodness feels larger than what you expected. In a relationship, those moments can deepen your joy together if you recognize them. They remind you that your life is not held together by your effort alone, but by what God is doing in and around you.

Apply. Take time to talk about one way you have seen God’s goodness recently, even in a small thing. Allow that joy to shape gratitude and joy in your relationship and how you face the future.

Pray. Father, thank you for the ways your goodness shows up in our lives. By your Spirit, help us notice it and receive it. Through Jesus, deepen our joy and anchor our hope for the future in what you have done at Calvary and in the empty tomb. Amen.

Thursday
Read: Luke 24:42–43

Think. Jesus eats in front of them. He is showing them that He is truly alive. Their peace rests on something real and unshakable. This moment grounds everything that follows.

Reflect. Every relationship builds on something. Over time, you begin to lean on certain things for stability. This passage invites you to see that the strongest foundation is the reality that Jesus is alive. That truth steadies everything else.

Apply. Talk together about what you tend to rely on for stability. Is it your knowledge, ability, bank account? Those things will change and are unstable foundations for your life. Now intentionally bring your focus back to the resurrection of Christ. Let that unchangeable truth shape how you think about your present challenges and your future together.

Pray. Father, thank you that our hope is grounded in something real. By your Spirit, help us build our life together on the great truth that Jesus is alive. Through Him, give us a steady and lasting peace. Amen.

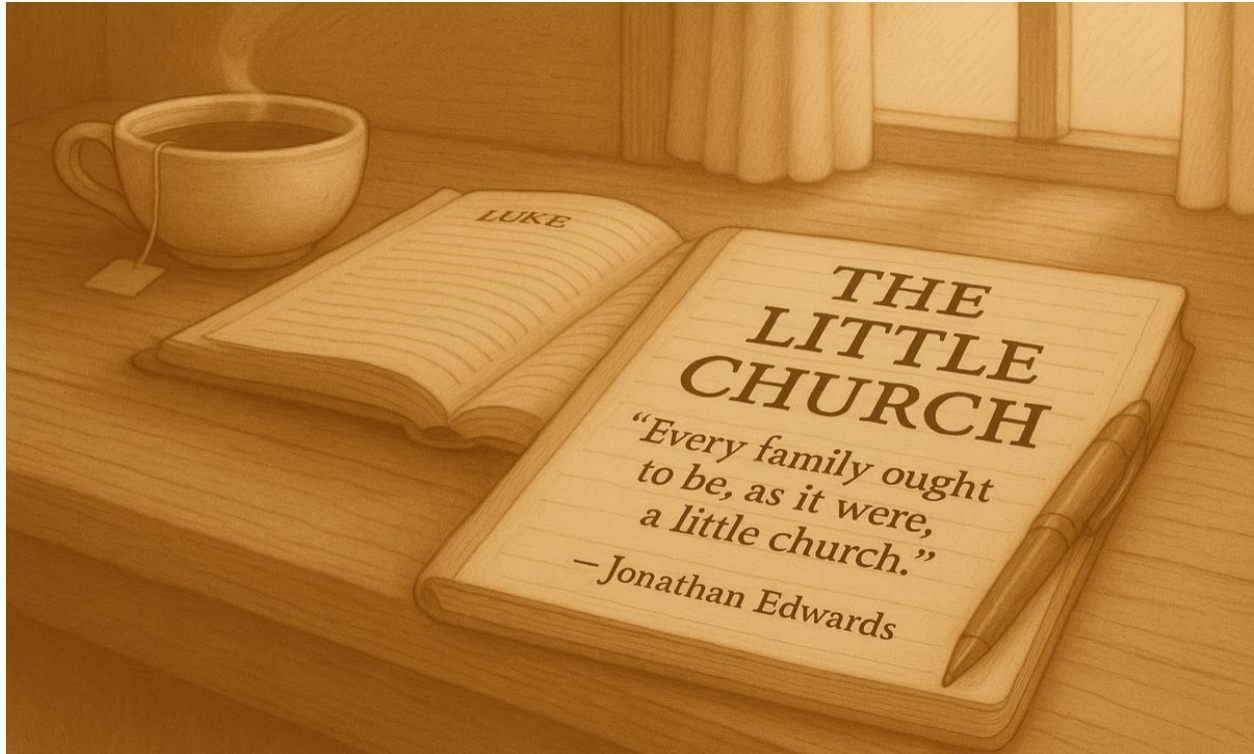
Friday
Read: Philippians 3:10–11

Think. Paul looks at the risen Christ and says, “I want that life to take hold of me.” The resurrection is not only something to believe. It is a life that begins to shape how you live now.

Reflect. As a couple, your life together is being formed over time. The question is what is shaping it most. The resurrection invites you into a shared life marked by trust, endurance, and growing Christlikeness.

Apply. Talk about one area where you want to grow together spiritually. Take a simple, clear step this week that reflects that desire, whether in prayer, Scripture, or serving someone else.

Pray. Father, we want our lives to be shaped by the life of Christ. By your Spirit, form His character in us and in our relationship. Through Jesus, lead us into a shared life marked by His resurrection power. Amen.



Monday

Read: Luke 24:36–37

Think. (Parents speaking to children). Did you notice what Jesus does? The disciples are scared, and Jesus comes right into the room and says, “Peace to you.” He doesn’t wait for them to feel better first. He comes while they are still afraid.

Reflect. Sometimes we feel afraid or unsure too. There are things we don’t understand or can’t control. This shows us that Jesus comes to us in those moments. Ask: “What is something that makes you feel worried or unsure?”

Apply. As a family, name those things out loud and remind each other that Jesus, who is alive and has defeated death, meets us right there with His peace.

Pray. Father, thank you that Jesus comes to us when we are afraid. By your Spirit, help our family trust Him. Through Jesus, fill our home with your peace. Amen.

Tuesday

Read: Luke 24:38–40

Think. Jesus shows His hands and His feet. He helps the disciples see that He is really alive. He wants them to understand what is true.

Reflect. When we feel scared, we can forget what is true. Jesus helps us remember. Ask: “What do we know is true about Jesus?”

Apply. Say together: “Jesus is alive.” And He is our God and our friend. Let that truth shape how you think about your fears today.

Pray. Father, thank you that Jesus is alive. By your Spirit, help us remember what is true when we feel afraid. Through Jesus, give us confidence in you. Amen.

Wednesday
Read: Luke 24:41

Think. The disciples are so happy that it is hard for them to believe what they are seeing. The resurrection brings a kind of joy that surprises them.

Reflect. Sometimes God’s goodness surprises us too. Ask: “What is something good God has done for us recently?”

Apply. Talk about those things together and thank God for them and then turn your hearts toward trusting God for tomorrow and the future.

Pray. Father, thank you for your goodness to our family. By your Spirit, help us see it and be thankful. Through Jesus, fill us with joy. Amen.

Thursday
Read: Luke 24:42–43

Think. Jesus eats in front of them. He is showing them He is really alive. This means everything He said is true.

Reflect. Our hope is built on something real. Ask: “Why does it matter that Jesus is really alive?”

Apply. Remind each other that because Jesus is alive, we can trust Him with our lives.

Pray. Father, thank you that Jesus is alive. By your Spirit, help our family trust Him more each day. Through (like) Jesus, give us strong faith. Amen.

Friday
Read: Philippians 3:10–11

Think. Paul wants to live in the power of Jesus’ life. He wants Jesus’ life to shape his life every day.

Reflect. Jesus helps us live in a new way. Ask: “What is one way we can follow Jesus today?”

Apply. Choose one simple way your family will follow Jesus today and do it together.

Pray. Father, thank you for the new life we have in Jesus. By your Spirit, help our family live in His power. Through Jesus, guide us as we follow you. Amen.