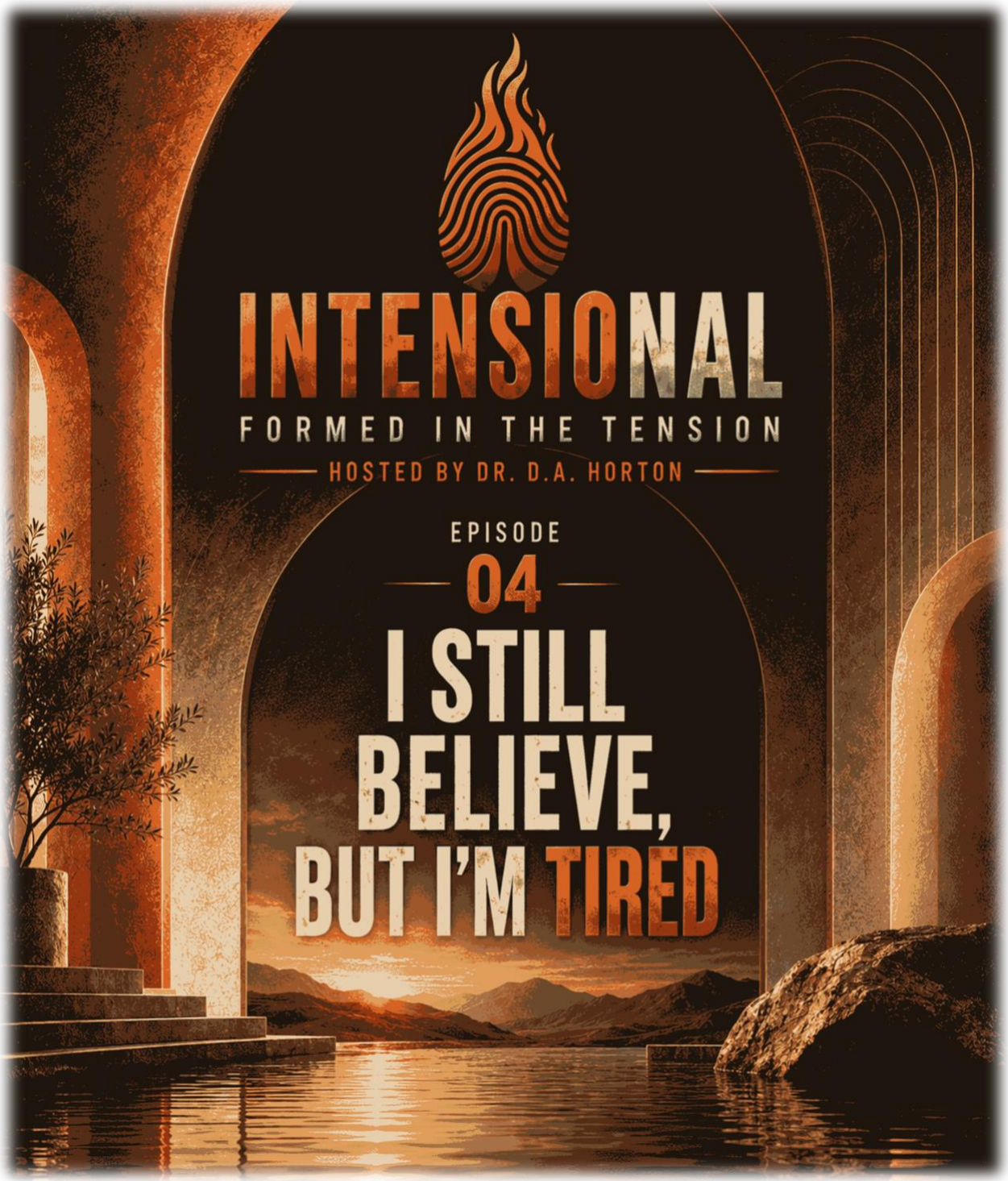


SCRIPTURE ENGAGEMENT GUIDE

ONE CONVERSATION · FIVE DAYS · THREE PACES

John 20:24-29 / Wounded faith · Honest questions · Resurrection hope

WELCOME / START HERE

Jesus does not shame wounded faith.

He meets it with wounded hands.

Episode 4 is not mainly about generic busyness. Its deepest tension is the exhaustion that can follow disappointment, religious harm, unanswered questions, and the pressure to keep performing certainty when trust has been wounded.

This guide keeps John 20:24-29 as the controlling text. Lament, mercy, safe community, rest, accountability, and resurrection hope support that center rather than competing with it.

PASTORAL BOUNDARY

This guide is a discipleship resource, not a clinical diagnosis or a substitute for trauma-informed mental-health care. Safety takes priority; healing never requires returning to an unsafe person, leader, or institution.

YOUR NORTH STAR

Name what happened. Bring the real question. Seek safe community. Take one faithful step.

Choose a pace you can carry

PATH	READ	PRACTICE
1 DAY	Day 1 · John 20:24-29	Write the real question.
3 DAYS	Days 1, 3, 5	Bring the question; invite safe support; take one hopeful step.
5 DAYS	All five readings	Lament, mercy, accountability, rest, and living hope.

One day is not a failure. Three days are not a lesser version. Five days are not a badge. Choose consistency over perfection; relationship over performance.

EPISODE OVERVIEW / THE TENSION

I still believe. I am just tired.

What happens when the wound came through a place that was supposed to carry faith?

Some people are not exhausted because they stopped caring about Jesus. They are exhausted because they cared deeply, trusted sincerely, served faithfully, and then discovered that a person, community, or institution they counted on was not safe, truthful, or worthy of that trust. Others are tired because questions have lasted longer than expected.

The central question

CAN WOUNDED FAITH STILL BELONG NEAR JESUS?

The goal is not to make wounded people less honest. The goal is to help honesty stay close enough to Jesus that pain can become prayer, questions can become discernment, and resurrection hope can become a way of living rather than a demand to move on.

JESUS IS THE CENTER

Thomas is a disciple before he is remembered as a doubter. The risen Jesus meets him with peace, shows the wounds, and invites him from resistance toward confession: "My Lord and my God."

By the end of this week, you will be able to...

- Read John 20:24-29 with its resurrection, literary, and theological context in view.
- Distinguish doubt, distrust, disappointment, exhaustion, and cynicism rather than treating them as the same thing.
- Practice the Wounded Faith Rhythm: Name - Write - Ask - Share - Step.
- Use biblical lament without confusing emotional suppression with maturity.
- Identify observable characteristics of a healthy Christian community and wise accountability.
- Choose one realistic Scripture rhythm, one safe relationship, and one concrete next step for the next seven days.

SEASON ONE / EPISODE INTERSECTIONS

The questions keep moving closer to the heart.

Episode 1 asked who gets to name you. Episode 2 asked what happens when responsibility starts convincing you that everything depends on you. Episode 3 brought identity and calling to the family table. Episode 4 asks what happens when trust itself has been wounded and faith feels tired.

FORMATION REFRAIN

Healing does not deny what happened. Healing discovers that what happened does not own the ending.

Why this conversation matters for Gen Z

- Institutions are publicly scrutinized, hypocrisy is archived, and private failures can become visible quickly.
- Digital life rewards certainty, outrage, exposure, and rapid judgment; discipleship requires slower discernment.
- Young adults often carry layered identities and inherited faith traditions while deciding what they actually believe for themselves.
- Healthy formation must make room for questions without making cynicism the final stage of maturity.
- Practices have to be realistic for students, commuters, workers, caregivers, ministry leaders, and people whose attention is already overloaded.

METAMODERN INSIGHT

Faith does not require you to call the wound imaginary. Resurrection hope tells the truth about what happened and refuses to let what happened become the whole story.

OPEN THE WORD / JOHN 20

Read the room before you apply it.

John 20:24-29 - absence, testimony, wounds, peace, confession, and blessing

What happens in the passage

MOVEMENT	TEXT	WHAT JOHN SHOWS
Absence	v. 24	Thomas is not present when Jesus first appears to the gathered disciples.
Testimony	v. 25a	The other disciples tell Thomas, "We have seen the Lord."
Resistance	v. 25b	Thomas demands embodied evidence tied directly to the crucifixion wounds.
Return	v. 26	Eight days later the disciples are together again, Thomas included, behind closed doors.
Encounter	v. 27	Jesus speaks peace, addresses Thomas concretely, and invites movement toward belief.
Confession	vv. 28-29	Thomas answers, "My Lord and my God." Jesus then blesses later believers who trust the apostolic witness.

Historical and literary context

John 20 stands on the far side of crucifixion and burial. The Gospel presents multiple resurrection appearances as testimony to the identity of the risen Jesus. Thomas misses the first appearance; John does not tell us why. When the others report that they have seen the Lord, Thomas asks for embodied evidence tied to the crucifixion. Eight days later Jesus appears again and addresses that demand directly.

Thomas's confession sits close to John's stated purpose for the Gospel in 20:30-31. "My Lord and my God" is therefore more than emotional relief; it is a climactic confession of who Jesus is. The text moves beyond validating questions toward the allegiance, trust, and worship called forth by encounter with the risen Christ.

OPEN THE WORD / INTERPRETIVE GUARDRAILS

The wounds tell the truth. Resurrection tells the ending.

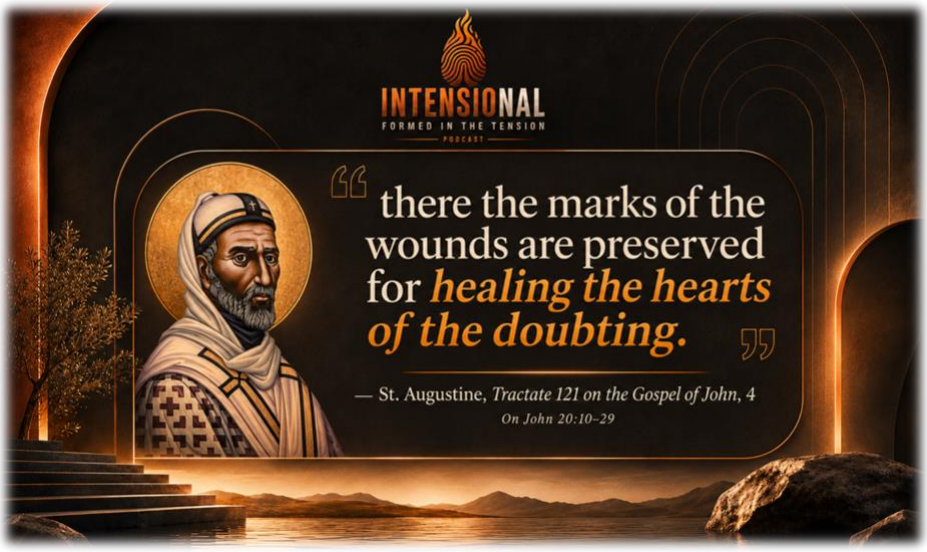
- Thomas is a disciple before he is a doubter. His resistance happens inside a history of following Jesus.
- Thomas asks for continuity between the crucified Jesus and the risen Jesus. The wounds matter because resurrection is not a replacement story with a different person.
- Jesus first speaks peace. The greeting does not erase fear or questions; it establishes the risen Christ's presence in the room.
- Jesus addresses Thomas concretely. The Gospel does not shame the existence of his question, but it also does not leave him permanently inside refusal.
- Thomas's confession is personal and theological: "my Lord" and "my God." Wounded faith is being invited toward worship, allegiance, and trust.
- This passage is not a tool for pressuring someone back into an unsafe church, leader, or relationship. Institutional trust is not rebuilt by demand.

FAITH & FATIGUE NOTE

Sometimes exhaustion is the cost of holding two realities at once: "What happened was real" and "Jesus is still Lord." Mature faith does not solve that tension by lying about either side.

HOPE IN THE MIDDLE

Resurrection does not make Good Friday unreal. It makes Good Friday unable to have the final word.



Augustine of Hippo: the wounds of the risen Christ become medicine for doubting hearts.

DAY 01 / JOHN 20:24-29

BRING THE REAL QUESTION

Honesty can move toward encounter.

OPEN THE WORD

Thomas is remembered for doubt, but John first identifies him as one of the Twelve. The passage does not tell us why he was absent from the first appearance, and it does not tell us whether he ultimately touched Jesus' wounds. It does tell us that he demanded embodied evidence, Jesus addressed him directly, and Thomas answered with confession: "My Lord and my God."

Notice what the text says

- Thomas's question is not asked from outside the story of discipleship; he has already followed Jesus.
- His demand is specific: he wants to know whether the risen Jesus is still the crucified Jesus.
- Jesus answers the actual question and then calls Thomas forward: "Do not disbelieve, but believe."

HOLD THE TENSION

Jesus is not intimidated by the honest question, but His mercy also invites the questioner toward faith.

Reflect

- What wound, disappointment, unanswered question, or experience makes trust feel expensive right now?
- What would it mean to bring your real question near Jesus without editing it for religious people?
- What part of your faith still feels alive, even if it feels small?

Write one sentence you want to remember:

_____

DAY 01 / MOVE FROM INSIGHT TO PRACTICE

Practice

Write the question you have been editing for religious people. Write the real version. Do not solve it today. Keep the question close enough to Jesus that honesty can become prayer rather than isolation.

A guided rhythm

1	Read John 20:24-29 twice, slowly. Notice the locked room, the greeting of peace, the wounds, Thomas's demand, and his confession.
2	Reflect: What wound, disappointment, or experience makes trust difficult?
3	Pray: "Jesus, meet me where trust became tired. Separate Your voice from the voices that misrepresented You."
4	Contemplate in silence for sixty seconds; then write the real question and leave it before God.

Discuss with someone you trust

- Why do you think Thomas asks specifically for the wounds rather than for a general spiritual sign?
- What is the difference between an honest question and a refusal to move toward truth?

A PRAYER FOR TODAY

Risen Jesus, meet me in the room where trust feels locked. Let me tell the truth without performing certainty. Give me peace before I have every answer, and courage to keep the real question close to You. Amen.

Carry the line

"Jesus does not shame wounded faith. He meets it with wounded hands."

24-hour next step

Write one real question. Keep it visible. Do not force an answer; practice honest attention.

A note to self:

_____

_____

DAY 02 / PSALM 13

LAMENT IS STILL PRAYER

"How long?" can still face God.

OPEN THE WORD

Psalm 13 gives faithful people language for delay. "How long?" is repeated before the psalm turns toward trust. Biblical lament is not pain spoken away from God; it is pain spoken toward God. That matters when religious environments have taught people to confuse emotional suppression with maturity.

Notice what the text says

- The psalm does not begin by pretending the pain has already passed.
- The questions are directed toward God, which means lament itself remains relational.
- The movement toward trust does not erase the unresolved "How long?" that came before it.

HOLD THE TENSION

You can trust God and still tell God that the waiting hurts.

Reflect

- When you say "I am tired," what kind of tired do you mean: physical, emotional, relational, spiritual, institutional, vocational, or some mix?
- What emotion have you been tempted to hide because it did not sound spiritual enough?
- What would honest prayer sound like if you stopped forcing it into a happy ending?

Write one sentence you want to remember:

_____

DAY 02 / MOVE FROM INSIGHT TO PRACTICE

Practice

Pray Psalm 13, then add one uncensored sentence: "God, I do not understand..." "God, I am angry that..." or "God, I miss..." Do not force the sentence into resolution.

A guided rhythm

1	Read Psalm 13 slowly. Notice every "How long?" before you rush to the final verses.
2	Reflect: Which line sounds closest to your present experience?
3	Pray one honest sentence toward God without editing the emotion.
4	Rest for ten quiet minutes. Let your body participate in prayer rather than turning rest into another task.

Discuss with someone you trust

- What is the difference between lament and cynicism?
- How can a church make space for grief without making grief the only identity available?

A PRAYER FOR TODAY

God of steadfast love, receive the prayer I do not know how to polish. Keep me in the conversation when I am tired of pretending. Teach me to trust without denying what still hurts. Amen.

Carry the line

"God can handle a prayer with tears in it. Lament is not leaving the conversation; it is refusing to fake the conversation."

24-hour next step

Pray Psalm 13 once more before tomorrow. Add one sentence that begins, "God, I need..."

A note to self:

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_____

DAY 03 / JUDE 20-23

FIND MERCY FOR THE QUESTION

Doubt should meet mercy, not humiliation.

OPEN THE WORD

Jude combines formation, prayer, hope, discernment, and mercy. The passage does not treat doubt as a reason for humiliation. It calls the community to remain rooted in God's love while responding mercifully to people in spiritual danger or uncertainty. That is a needed alternative to both cancellation and careless relativism.

Notice what the text says

- The community is told to build itself up, pray, remain in God's love, and wait for mercy.
- Mercy toward doubters is part of faithful community life, not an optional personality trait.
- Mercy and discernment belong together; compassion is not the same thing as pretending every conclusion is true.

HOLD THE TENSION

Healthy community can make room for honest questions without making truth negotiable or shame the price of belonging.

Reflect

- What would it feel like to be met with mercy instead of embarrassment for your questions?
- Who in your life can hold Scripture, grief, accountability, and hope together?
- Where has isolation started feeling safer than any form of community?

Write one sentence you want to remember:

_____

DAY 03 / MOVE FROM INSIGHT TO PRACTICE

Practice

Identify one safe person: a mature friend, counselor, pastor, mentor, spiritual director, or trusted family member. Share one honest question - not your entire history. You do not owe anyone total access to your story.

A guided rhythm

1	Read Jude 20-23 slowly. Notice the repeated movement toward mercy.
2	Reflect on one person whose presence has helped you become more truthful and less performative.
3	Pray for wisdom to recognize safe community and courage to receive care without losing agency.
4	Reduce the outrage loop: mute one account that consistently turns Christian content into outrage, shame, fear, or performative certainty.

Discuss with someone you trust

- How can a community make room for questions without becoming shallow, controlling, or afraid of truth?
- What observable behavior makes someone safer to talk with?

A PRAYER FOR TODAY

Jesus, lead me toward people who can hold truth, Scripture, grief, accountability, and hope together. Give me discernment about who gets access to my questions, and teach me to become a safer presence for others. Amen.

Carry the line

"Wounded faith was never meant to heal alone forever."

24-hour next step

Send one message to one safe person and ask for a conversation, prayer, or counsel.

A note to self:

_____

_____

DAY 04 / EZEKIEL 34:1-16

GOD CARES ABOUT WOUNDED SHEEP

Human leadership can fail. God's compassion does not.

OPEN THE WORD

Ezekiel condemns Israel's shepherds - leaders who feed themselves while neglecting the flock. The text should not be flattened into a one-to-one description of every pastor, but its moral logic is unmistakable: God opposes exploitative leadership and identifies Himself with the neglected, scattered, weak, and wounded. He promises to search, gather, feed, bind up, and strengthen.

Notice what the text says

- God names the failure of leaders rather than asking the wounded to pretend the failure did not happen.
- The neglected and scattered are not invisible to God.
- God's own shepherding becomes the standard by which leadership is judged.

HOLD THE TENSION

When human leadership fails, God's compassion does not.

Reflect

- What have you been pressured to call "faith" that may actually be denial, silence, or over-functioning?
- What observable characteristics would you need in order to consider a Christian community healthy?
- Where might wise distance be necessary without becoming permanent isolation?

Write one sentence you want to remember:

_____

DAY 04 / MOVE FROM INSIGHT TO PRACTICE

Practice

Write four observable characteristics you need in a healthy Christian community. Examples already named in Episode 4 include truthful leadership, meaningful accountability, protection of vulnerable people, financial transparency, freedom to ask questions, repentance, clear boundaries, biblical integrity, and compassion. Then choose one realistic next step toward healthier community. Do not rush yourself into trust.

A guided rhythm

1	Read Ezekiel 34:1-16 and underline what the leaders fail to do and what God promises to do.
2	Reflect: Which characteristic of healthy leadership matters most to you right now?
3	Pray for wisdom to distinguish caution that protects from fear that controls.
4	Take one low-risk step: research a community, ask a trusted person for counsel, attend without volunteering, or schedule professional support.

Discuss with someone you trust

- What does accountability look like when a leader or institution has caused harm?
- How can repentance be visible when harm was public?

A PRAYER FOR TODAY

Shepherd of Your people, protect the vulnerable, expose what harms, and teach Your church to repent. Give me wisdom about where to step closer, where to keep distance, and how to seek what is healthy without rushing trust. Amen.

Carry the line

"A torn-down house does not shelter anybody. Healing needs truth, safety, and rebuilding."

24-hour next step

Complete your four-item healthy community audit. Circle the one characteristic you most need to see in practice.

A note to self:

_____

_____

DAY 05 / 1 PETER 1:3-9

WOUNDED HOPE

Living hope tells the truth about grief and keeps walking.

OPEN THE WORD

Peter names grief and trial without making them the final horizon. Christian hope is "living" because it is generated by the resurrection of Jesus. Hope is therefore not a mood and not a prediction that this week will be easy. It is confidence that the future belongs to the risen Christ.

Notice what the text says

- Living hope begins with God's mercy and the resurrection of Jesus, not with emotional self-manufacture.
- Grief and faith are allowed to occupy the same paragraph.
- The unseen Christ can still be loved and trusted while the present remains difficult.

HOLD THE TENSION

Hope is not denying reality. Hope is refusing to let reality have the final word.

Reflect

- Where is Jesus inviting you toward movement without asking you to deny your wounds?
- What part of your story has become so loud that it is trying to become your whole name?
- What sustainable practice could help you remain close to Jesus for the next thirty days?

Write one sentence you want to remember:

_____

DAY 05 / MOVE FROM INSIGHT TO PRACTICE

Practice

Choose one practice you can sustain for the next 30 days: read one Gospel paragraph three times a week; pray Psalm 13 every Friday; meet a trusted mentor twice this month; attend a healthy church gathering without volunteering for anything; or journal one honest question each week.

A guided rhythm

1	Read 1 Peter 1:3-9 slowly. Notice the language of living hope, grief, faith, and unseen Christ.
2	Reflect: Where does resurrection hope challenge both shallow certainty and empty cynicism?
3	Pray: "Risen Jesus, give me hope that tells the truth. Heal what has been wounded and lead me toward what is good."
4	Write one 30-day practice and place the first occurrence on your calendar.

Discuss with someone you trust

- What is the difference between hope and denial?
- How can community help hope become practice rather than a slogan?

A PRAYER FOR TODAY

Risen Christ, give me hope sturdy enough to tell the truth. Keep me from performing certainty and from making cynicism home. Lead me toward one sustainable practice of trust, rest, Scripture, and wise community. Amen.

Carry the line

"You are not holding on to God by yourself. Resurrection hope says God's future is stronger than your present fatigue."

24-hour next step

Put one sustainable 30-day practice on your calendar and tell one trusted person what you chose.

A note to self:

_____

_____

PRACTICE / TAKE IT INTO REAL LIFE

The wound can be named without becoming your whole name.

The Wounded Faith Rhythm: five movements you can rehearse without pressure.

1. **NAME.** Identify the wound or exhaustion with precise language: "I am tired of performing certainty," "I am angry about what happened," or "I am afraid to trust leadership again."
2. **WRITE.** Put the real question on paper without editing it for church people.
3. **ASK.** Turn the question toward God. Use Psalm 13 when your own words feel thin.
4. **SHARE.** Tell one safe, wise person one piece of the story or one question. You do not owe anyone the entire history.
5. **STEP.** Choose one small action toward Jesus, truth, rest, professional care, or healthy community. Small is not fake.

A SENTENCE YOU CAN BORROW

"What happened was real. I do not have to rush trust. I can bring one honest question to Jesus, one safe person, and one faithful next step."

Two ways the practice changes

If the relationship or community is safe but tense: slow down, ask honest questions, seek accountability, and let trust grow through observable patterns rather than promises alone.

If the person, leader, or institution is unsafe, coercive, or abusive: do not use this rhythm to force confrontation or reconciliation. Safety, appropriate reporting, professional guidance, and wise distance may come first.

DISCUSS / COMMUNITY LAB

Make room for truth and tenderness.

A 30-minute group conversation for friends, student leaders, or small groups

TIME	FACILITATOR MOVE
0-4 min	Welcome. Invite one word for the tension: tired, cautious, angry, hopeful, numb, or unsure. Everyone may pass.
4-10 min	Read John 20:24-29 aloud. Ask: What is explicit? What surprises you? What are we adding to the text?
10-18 min	Discuss the difference between doubt, distrust, disappointment, exhaustion, and cynicism. Nobody has to describe trauma.
18-25 min	Complete a Healthy Community Audit: name observable signs of accountability, protection, repentance, truth, mercy, and room for questions.
25-30 min	Pray the responsive prayer. Each person names one private, realistic next step.

Discussion starters

- Why does Thomas ask for the wounds rather than a general spiritual sign?
- How can a church make room for questions without treating every belief as equally true?
- What does accountability look like when a leader or institution has caused harm?
- How do we distinguish wise distance from permanent isolation?
- What would a community look like where truth and tenderness actually belong together?
- Which is hardest right now: naming the wound, writing the question, asking God, sharing with someone safe, or taking a next step?

FACILITATOR SAFETY NOTE

No fixing. No forced disclosure. No defending an institution while someone is describing harm. No using Scripture to rush forgiveness. If someone discloses abuse, prioritize safety and appropriate reporting/support processes over finishing the guide. Everyone may pass.

COMMUNITY LAB / WRITABLE WORKSHEET

Peer-learning exercise: The Trust Map

Use the three columns below to separate the event from the conclusions it created and the needs you can act on now. Keep details at the level that feels safe. Share only what you choose.

WHAT HAPPENED	WHAT IT TAUGHT ME	WHAT I NEED NOW
Name the event or pattern without minimizing it.	What conclusion did you draw about God, church, leaders, yourself, or other people?	Truth? distance? apology? accountability? rest? counseling? Scripture? a safe person? time?
Keep details at the level that feels safe.	Which conclusions are accurate? Which may be trauma-shaped or overgeneralized?	Choose one need you can act on without solving everything.
_____	_____	_____
_____	_____	_____

The wound is not your whole name

What happened to me matters because...

_____

What happened to me does not get to decide...

_____

What I still believe about Jesus is...

_____

What I need to relearn slowly is...

_____

One way I want to become more truthful, free, and loving is...

_____

COMMUNITY WISDOM

A healthy community is visible in practices: correction can be heard, vulnerable people are protected, public harm receives public repentance, money and authority have accountability, questions are not punished, and forgiveness is never used to bypass truth or safety.

PRAY / PEACE IN THE LOCKED ROOM

One hand names. One hand opens.

A guided prayer adapted from Episode 4

If comfortable, place one hand over your heart or rest it on your lap. Let the other hand remain open. The first represents the part of your story that needs honest naming. The open hand represents the future you cannot control. You may keep your eyes open. Nothing needs to be forced.

BREATH PRAYER

"Risen Jesus, meet me with Your peace."

Pray together or privately

Risen Jesus, I bring You the part of my faith that is tired. I bring the questions I have edited, the memories my body still carries, the anger I have been afraid to say out loud, and the hope I do not want to lose. Separate Your voice from the voices that misrepresented You. Give me wisdom to recognize what is healthy, courage to tell the truth about what was not, and patience for healing that moves at the speed of honesty. Meet me with Your peace. Keep me close enough to see that Your wounds are not the end of Your story - and mine do not have to be the end of mine. Amen.

A response you can complete

LEADER	RESPONSE
Risen Jesus, enter the rooms we keep locked.	Speak peace where fear has taken hold.
Meet the questions we have been ashamed to ask.	Give us truth without cruelty and mercy without denial.
Expose leaders and systems that harm Your people.	Protect the vulnerable and teach Your church to repent.
When we are too tired to perform strength -	Teach us to receive grace, rest, and wise companionship.
When we cannot see the whole road ahead -	Give us light for the next faithful step.
Because You are risen -	Our wounds are real, but they are not final. Amen.

Commitment *"With God's help, I will tell the truth, refuse coercion, seek wise community, receive rest, and take one faithful step toward the risen Jesus."*

NEXT STEP / THE WEEK AHEAD

What formation looks like after the strong moment.

Move from a meaningful episode to a sustainable practice.

Your seven-day field plan

WHEN	ACTION	COMPLETED
Within 24 hours	Write the real question you have been editing for religious people.	[ ]
In 48 hours	Identify one wise, safe person for counsel, prayer, or support.	[ ]
By Day 4	Complete your Healthy Community Audit and schedule one block of genuine rest.	[ ]
By Day 6	Take one low-risk step toward Jesus, truth, professional care, or healthier community.	[ ]
By Day 7	Re-read John 20:24-29 and ask: What changed in the way I am carrying the question?	[ ]

Scripture to carry

MEMORY TEXT - PSALM 13:5

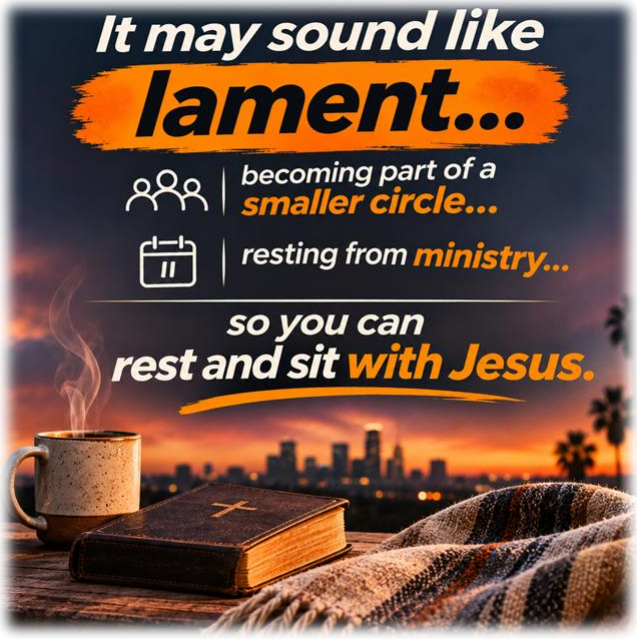
"But I have trusted in your steadfast love; my heart shall rejoice in your salvation." Use the translation your community normally reads. The point is not forced cheerfulness; it is remembered covenant love inside unresolved "How long?"

Accountability exercise

Text or call one trusted person and say: "I am practicing one next step from Episode 4. Ask me about it in seven days." Keep the accountability concrete: one conversation, one church visit, one counseling appointment, one rest block, or one Scripture rhythm.

LISTEN / REFLECT / RELEASE

Music for the journey



Episode 4 visual reflection: rest does not have to become another performance.

Listen to "Entra La Paz (Peace Enters)," the Episode 4 companion song. Let the music help you name one emotion you have been carrying. Bring that emotion back to John 20:24-29 and the repeated word "Peace."

While listening

What do I need to name? What do I need to stop performing? Where might the peace of the risen Jesus meet me without asking me to pretend the wound never happened?

Keep the conversation going

Watch or revisit Episode 4 on the INTENSIONAL channel and invite one trusted friend to discuss the Scripture with you. Eligible adults ages 18-35 may also choose the episode-specific survey linked from the official episode page. Participation is voluntary; review the consent information before deciding.

RESOURCES / RESEARCH NOTES

Read deeper without turning formation into homework.

The guide draws from major commentaries, primary historical texts, scholarship on lament and religious coping, and pastoral literature on spiritual abuse. These sources support the theological and pastoral framing; they do not replace Scripture, local wisdom, professional care, or the reader's own pace of healing.

Resources

INTENSIONAL resources: https://www.intensionalpod.com/resources

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CLOSING CONVICTION

God is still present, still faithful, and still at work, even when my soul is weary.

SHARE / HELP SOMEBODY ELSE

One line can open a conversation.

Social sharing should point people back toward Scripture and a real next step.

Quote card

SHAREABLE LINE

Jesus does not shame wounded faith. He meets it with wounded hands.

Reel caption - copy and adapt

You can love Jesus and still be tired from what happened in religious spaces. John 20 does not ask wounded people to pretend the cross never happened. The risen Christ shows His wounds, speaks peace, and invites Thomas toward belief. Healing tells the truth - and still leaves room for resurrection.

Community post

What makes a faith community feel safe enough for honest questions without becoming shallow, controlling, or afraid of truth?

Story slide

"Healing does not deny what happened. It refuses to let what happened own the ending."

Suggested campaign hashtags

#IntensionalPodcast #FormedInTheTension #ChurchHurt #FaithAndDoubt #WoundedFaith #John20

Share with care

Do not tag a person, church, or leader in unresolved conflict for engagement. Do not reveal private details that are not yours to publish. Share an insight, a Scripture reference, or a compassionate invitation to watch. If the story is still tender, the most faithful share may be a private conversation.

THE ONE-SENTENCE INVITATION

"This episode gave me language for bringing a real question near Jesus without pretending the wound did not happen. Want to watch and talk about it?"