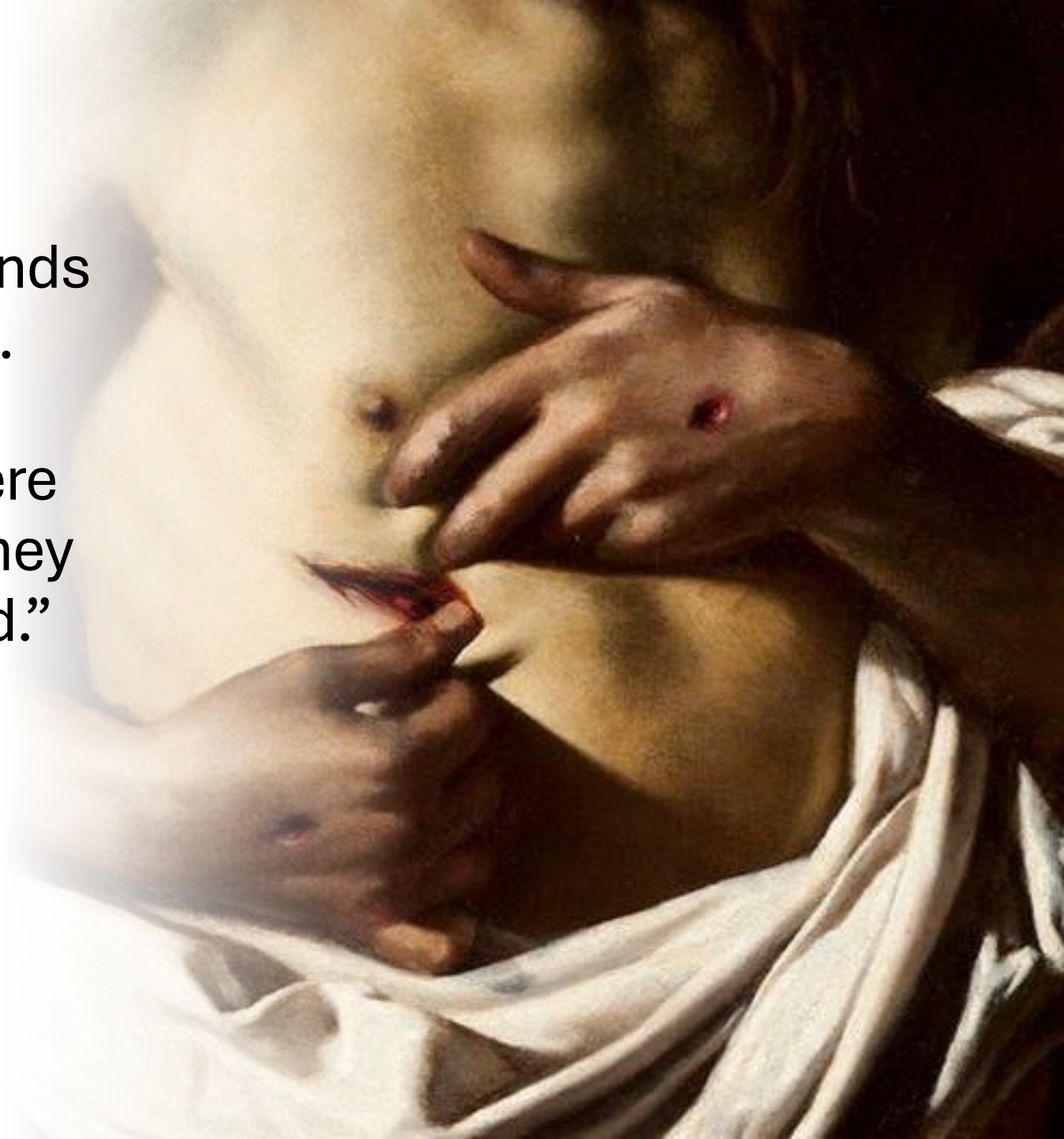


“He showed
them His hands
and His side.
Then the
disciples were
glad when they
saw the Lord.”
(John 20:20)



A classical painting depicting the Resurrection. Jesus, with long curly hair and a beard, is shown rising from the tomb. He is being held and supported by three other men. The scene is set in a dark, cavernous space, likely the tomb. The lighting is dramatic, highlighting the figures against the dark background. The overall mood is one of awe and divine power.

Wounds that Heal

Thomas Sunday 2026

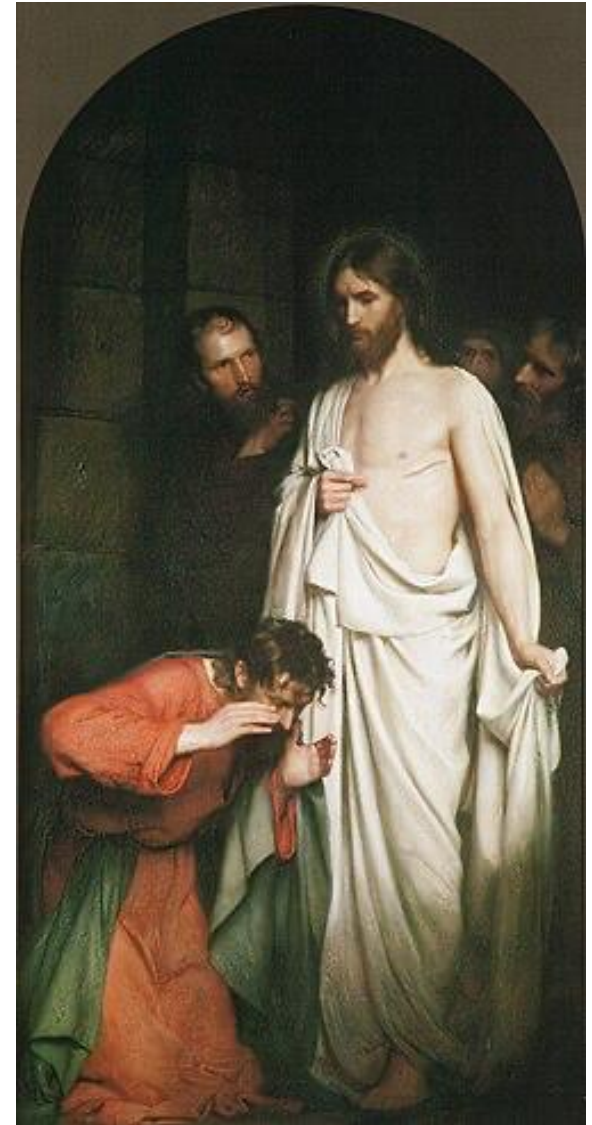


“He showed them His hands and His side. Then the disciples were glad when they saw the Lord.” (John 20:20)

“Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing.” (John 20:27)

Why does the Lord appear to the disciples with His wounds?

- Confirmation of Physical Identity
- **“Behold My hands and My feet, that it is I Myself. Handle Me and see, for a spirit does not have flesh and bones as you see I have.”** (Luke 24:39)
- His wounds would heal the doubt of Thomas
- **“Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and put my hand into His side, I will not believe.”** (John 20:25)

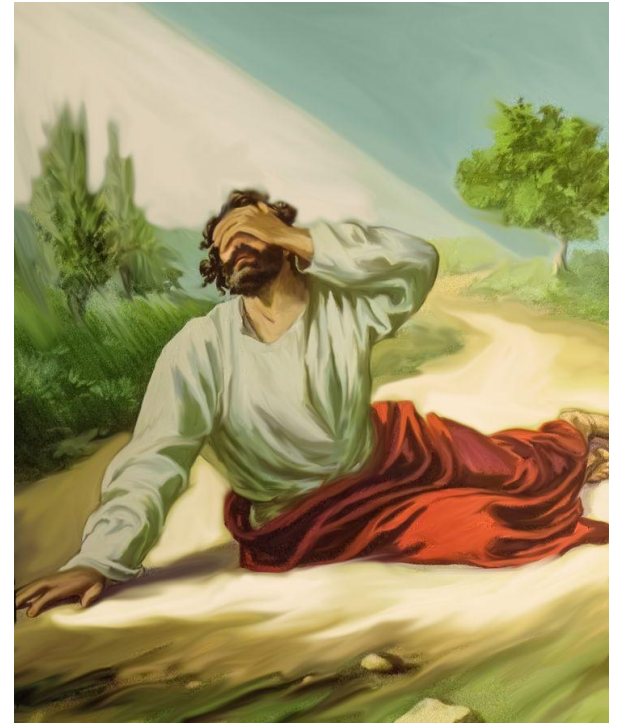


What are types of wounds?

How do they heal?

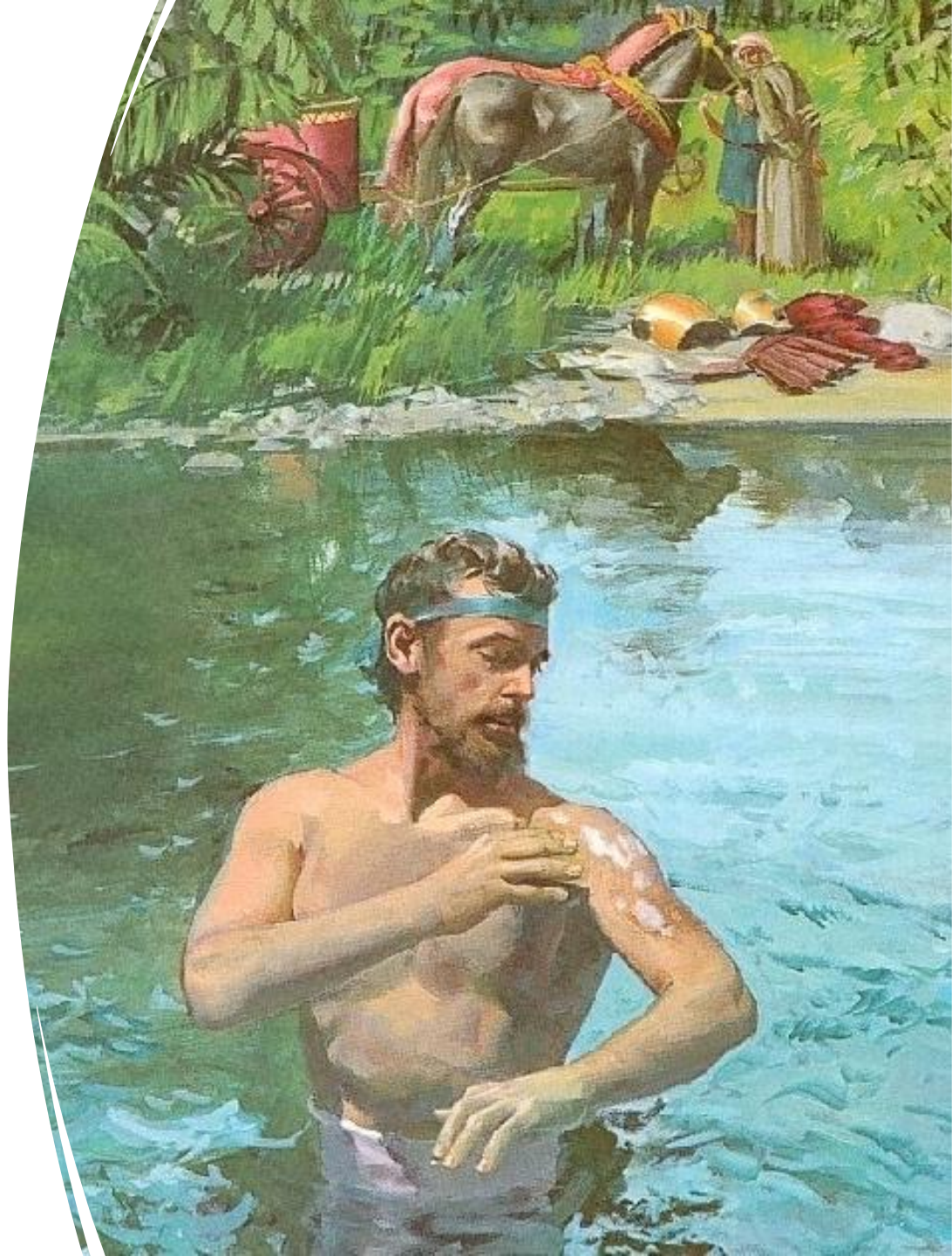
Physical wounds

- Jacob wrestled with God
- **“I have seen God face to face, and my life is preserved.”**
(Genesis 32:30)
- St. Paul on the road to Damascus
- **“And he was three days without sight, and neither ate nor drank.”** (Acts 9:9)



Physical wounds

- Namaan the Syrian
- **“Indeed, now I know that there is no God in all the earth, except in Israel.” (2 Kings 5:15)**



Emotional wounds

- Joseph
 - **“You meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.”** (Genesis 50:20)
 - He transfigured his wounds to be a means of growth, healing, and salvation.
- Elizabeth
 - Her wound allowed her to experience God’s great gifts, His honor, His blessing, and His grace.
- Ruth
 - **“Your people shall be my people, and your God, my God.”** (Ruth 1:16)
 - Some wounds draw us closer to Him.

Wounds of Sin

- David - self-inflicted wound
 - Ps. 50 (LXX) was born entirely from this wound
 - Let it be the fuel of your repentance.
- Peter
 - **“Lord, You know all things; You know that I love You.”**
(John 21:17)
- St. Paul’s thorn in the flesh
 - **“My grace is sufficient for you, for My strength is made perfect in weakness.”** (2 Corinthians 12:9)
 - His wound was left unhealed to keep him spiritually healthy

Recap

Physical wounds:

Change direction (Paul and Jacob)
Open the door to salvation (Naaman)

Emotional wounds:

Teach us to transfigure our wounds to be a means of growth and healing (Joseph)
Allow us to experience God's great grace and gifts — and fuel our gratitude (Elizabeth)
Draw us closer to Him (Ruth)

Wounds of sin:

Fuel our repentance (David)
Teach us humility and to trust in God (Peter)
Can be left unhealed as a means of protection (St. Paul)