

## SPECIAL LESSON

### Bible Study: New Sunday, New You A Reflecting on Trust in Jesus and Our Newness

#### Bible Study Preparation and Materials Needed:

Reflecting on: New Sunday, New You

Scripture Reading: *John 20:20-29*

Verses used in this Bible Study:

**John 20:19:** *"Jesus came and stood among them and said, 'Peace be with you.'"*

**Colossians 3:9–10:** *"You have taken off the old self... and have put on the new self, which is being renewed in knowledge in the image of its Creator."*

**John 20:21:** *"As the Father has sent Me, I also send you."*

#### Memory Verse:

**"You have taken off the old self... and have put on the new self, which is being renewed in knowledge in the image of its Creator."**

**- Colossians 3:9–10**

## Bible Study Lesson

### Open with prayer:

Իմաստութիւն Զօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրդոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, ee paneets yev kordzots prgya zeas yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

## A Reflecting on New Sunday, New You

New Sunday, or Nor Giragi, is the first Sunday after the glorious Resurrection of Christ. After a busy and spiritually fulfilling Holy Week which is more than a continuation of joy, we experienced the celebration of the glorious Resurrection of our Lord and Saviour Jesus Christ! This Sunday we are called to live the resurrection and enter a new life. On Easter, we proclaim that Christ is risen; on New Sunday, we begin the work of walking in that truth. It is a time of spiritual renewal, a fresh beginning in our relationship with God, with ourselves, and with others.

St. Gregory of Nyssa wrote, “This is the true resurrection—when a man rises from the death of sin into the life of virtue.” Let us open our hearts to what it means to be renewed in Christ.

### Open discussion:

**Reflect on:** *Renewal does not require perfect faith. It begins with honesty before God and grows through trust.*

**Q:** *What does it mean to you to start anew through a spiritual journey, through Christ’s peace and trust in Him?*

**John 20:19:** *“Jesus came and stood among them and said, ‘Peace be with you.’”*

Eight days after the resurrection, when the disciples were afraid and hiding, Jesus appeared to them not with wrath, but with peace. His first gift was not a miracle or a sermon—but peace. Renewal begins when fear is replaced with trust in Christ and peace that He brings.

The disciples, of course, were shocked and probably even more afraid.

### Read from the Bible: *John 20:20-29*

Thomas’ doubt is not a failure of faith but an honest expression of the human heart seeking truth. When he hears the testimony of the other disciples that Christ has risen, Thomas does not pretend to believe what he cannot yet accept. Instead, he speaks what many might silently feel: “Unless I see... I will not believe.” His doubt, however, becomes a pathway to a deeper and more personal encounter with Christ. When Jesus appears again, He does not scold or shame Thomas—instead, He invites him to come closer, to touch His wounds, and to see for himself. In this moment, Thomas moves from skepticism to the clearest confession in the Gospel: “My Lord and my God.”

This moment teaches us that faith is not the absence of doubt, but the willingness to trust in Christ even as we wrestle with what we do not fully understand. Doubt, when brought honestly before God, can lead to deeper understanding and renewal. It is when we approach Christ with open hearts—even hearts full of questions—that we are transformed.

St. John Chrysostom beautifully explains that Thomas' doubt was not a weakness but a blessing for all future believers. By demanding to see and then making a bold confession when he did, Thomas helped affirm the truth of the resurrection not only for himself but for generations to come. In St. John Chrysostom's words, "Thomas' unbelief was more profitable to our faith than the belief of the other disciples." For through Thomas' doubt, the Church receives a powerful affirmation: Christ truly rose in the flesh. And through Thomas' confession, we are given a model of deeply personal and heartfelt faith—one that proclaims not just that Jesus is Lord, but that He is my Lord and my God.

So, how does this help us renew? How can we overcome our doubts and fully trust in God?

In **Colossians 3:9–10** we read, *"You have taken off the old self... and have put on the new self, which is being renewed in knowledge in the image of its Creator."*

Renewal in Christ is not simply about better behavior—it is a return to who we were made to be. The resurrection restores our identity as bearers of God's image. Regarding this St. Athanasius writes, "Christ became man that we might be made divine." Renewal is not just about starting over—it is about becoming more fully human, united with God.

#### Open Discussion:

**Q:** *What old habits or attitudes do you need to lay down so that the "new self" may rise?*

**Q:** *Are you allowing the Holy Spirit to renew you daily through prayer, repentance, and communion?*

**Q:** *On the path of renewal, what small mission is Christ sending you on? A person to encourage? A hurt to forgive?*

In **John 20:21** we read, *"As the Father has sent Me, I also send you."* This shows us that Jesus doesn't just renew the disciples for their own sake—He sends them on a mission. We are renewed not only to be healed, but to become healers, messengers, and peace-makers.

St. Basil the Great teaches that the Christian life is never passive. Renewal always leads to action, rooted in love. The same way Nor Giragi reminds us that the resurrection is not only an event to celebrate, but a reality to enter into. It invites us to walk in newness of life, daily. We are called to be renewed in peace, in faith, in spirit, and in purpose.

Let us pray, with hearts wide open:

"Lay your hand of salvation on us.

Renew us, forgive and defend us from the destruction of sin.

And to you alone, who are the beginning without beginning,  
the source of all beginnings, the Holy Trinity and One Divinity,  
to you alone are due glory and dominion forever. Amen."

St. Gregory of Nareg, Book of Lamentations, Prayer 48H

**Close with prayer:**

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.