5. Because Jesus told His disciples that it was to their advantage that He go away to His Father, i.e. ascend into heaven, because if He didn't do it, the Holy Spirit would not be given to them, but if He did do it, the Holy Spirit would be sent to them (John 16:7).

These reasons point convincingly to the idea that what Jesus said in John 20:22 was simply a promise of the Holy Spirit, and that the disciples did not really receive the Holy Spirit at that moment.

Note: There was absolutely nothing the disciples could do to cause the Holy Spirit to be given to them. They were simply awaiting the fulfillment of a promise.

K. An examination of Mark 16:14-20