

Lord and God: Thomas Finally Believes

Big Idea: Jesus proved to His friends that He is alive.

Bible Text: John 20:19-29

Pray for Wisdom

Thank You, dear Lord, for sending Your precious and perfect Son to pay the price for our sins. Thank You that He is alive in the world and in us, and that He is the Ruler of the world.

I pray for these children today, Father, that you would fill them with joy at the news that Jesus is alive. Guide them in this world of unbelief. I pray these things in the name of the Lamb of God, who came to take away the sins of the world, amen.



Children will:

- Know** • Thomas finally believed that Jesus was alive again when he saw Jesus' scars.
- Feel** • Happy and confident that Jesus is alive.
- Do** • Believe in Jesus as their Lord and God, even though they cannot touch Him.

Lesson Summary

Three days after Jesus' death, His disciples were confounded. The Roman guard had crucified their Leader, the One they knew to be the Savior of the world. Jesus, the One for whom they had given up their careers and families, was gone. The Pharisees who had demanded the murder of Jesus had succeeded, and were no doubt now planning to silence and disperse His followers. What were the disciples to do now? They holed up in an upstairs room and waited for something to happen.

Suddenly, an event took place that became deeply etched in their minds forever! Jesus entered the upper room—despite the doors being locked. The disciples were overjoyed. Standing before them was the Lamb of God—not a ghost, but fully human, a living miracle! Jesus had fulfilled His promises.

All the disciples were jubilant—except Thomas, who had been been absent that night. “Doubting” Thomas has long been condemned for his unbelief. But doubt, at this point, was logic. Jesus had died on a cross in front of hundreds of witnesses. He had been dead for several days. Thomas had every human reason for his reservations; he openly expressed his suspicions to the other disciples. Thomas would not believe until he touched the wounds of His Lord.

The following week, Jesus again appeared to His followers in the upper room. Jesus understood and knew about Thomas' doubts. Before Thomas was able to ask, Jesus offered Thomas the chance to see His scars. Whether or not Thomas actually touched Jesus' wounds is unknown; it may be that just Jesus' awareness of Thomas' unbelief was enough. Thomas finally acknowledged Jesus as the Redeemer of Israel.

How wonderful it is that God sends His resurrected Son to meet us in the midst of our unbelief!

Supply Checklist

Welcome & Worship Time:

- ☐ Small colored feathers
- ☐ Short pieces of drinking straws

Bible Time:

- ☐ Student activity page
- ☐ Snacks

Additional “Learn by Doing” Activities:

- ☐ _____
- ☐ _____
- ☐ _____



Greet Each Child

Welcome each child warmly.

Encourage children to present their offerings to the Lord as they arrive.

Learn by Doing

Enjoy the suggested activity below or refer to the *Additional "Learn by Doing" Activities* on the last page for alternate ideas to introduce this lesson.

Feathers and Straws

You will need: small colored feathers, short pieces of drinking straws.

Place many small feathers on a tabletop or other smooth surface. Have the children blow the feathers around using the straws. Talk with them about how they cannot see their breath, and yet it is real.

You could also have pinwheels and bubble solution with bubble wands available for the children to use. Again talk about they cannot see their breath, yet it is real and can do many things.

Sing with Joy

Move the children from the initial learning activity to the worship time with a favorite song. Select one below or use a preschool songbook or recording.

- *Jesus, Jesus* (Traditional)
- *Christ the Lord is Risen Today* (Hymn)
- *Jesus Loves the Little Children* (Traditional)
- *I Have Decided to Follow Jesus* (Traditional)

Learn the Word

Have the children point to their hands and side as they recite the verse.

Lesson memory words:
John 20:20.

"Jesus showed the disciples His hands and side."

Seek God's Blessing

Talk with God about your time together with the children today, about the Bible story, and about any special needs.

As you pray, use meaningful and simple words from your heart. The children will learn to pray by listening to you.



Tell the Truth

Open your Bible to the passage and place it on your lap. The Bible story is printed on the following page.

The story "Lord and God" is based on John 20:19-29. It captures the interest and attention of older preschool children. If you are teaching younger preschoolers, you may want to use the shorter *Summary/Review*.

As you read the story, act out the attitudes and emotions of the people in the story. Use your facial and body language to express the disciple's excitement at hearing that Mary had talked to Jesus, and their shock and surprise at seeing Jesus enter the room. Show the children Jesus' gentle smile, and Thomas' stubbornness. If you wish, invite the children to imitate your expressions, or have them act out the story as you read it a second time.

Talk and Snack

Use anti-bacterial wipes or soap and water to clean up before enjoying your snack.

Consider serving a snack of your choice that is hidden where the children can't see it. Ask the children if they believe you really have a snack for them, even if they can't see it.

While you eat, talk about the Bible story. These questions will help you get started.

- Whom did the disciples say Mary had talked with?
- Why was it strange that Mary had talked with Jesus?
- Who appeared in the room as the disciples were talking?
- What did Thomas want to see and touch before he would believe that Jesus was alive?
- How did Jesus convince Thomas that He was alive?

Wash Up

Allow time for your children to clean up and use the restroom.

Play and Move

Have the children act out the story using exaggerated facial expressions and body movements.

Complete Student Page

Distribute student page.

2 & 3 Year-Olds: Ask the children to color the pictures of Jesus. Have them make marks where Jesus told Thomas to touch Him (on the hands and side).

4 & 5 Year-Olds: Provide cloth for the children to add to the pictures of Jesus for His robe, and yarn for His hair. You can also add sand or sandpaper for the floor of the room. Ask the children to use crayons or markers to make marks where Jesus told Thomas to touch Him (on the hands and side).

Learn by Doing

Enjoy the suggested activity below or refer to the *Additional "Learn by Doing" Activities* on the last page for alternate ideas to reinforce the Bible story.

I Believe in Jesus

Teach your children this song to the tune of "Mary Had a Little Lamb."

Thomas didn't see Jesus, Jesus, Jesus.

*Thomas didn't see Jesus,
He wanted to touch Him.*

*Jesus told him "Touch Me now,
touch Me now, touch Me now."
Jesus told him, "Touch Me now."
So Thomas believed.*

*I cannot see Jesus, Jesus, Jesus.
I cannot see Jesus,
But I believe in Him.*

*I cannot touch Jesus, Jesus, Jesus.
I cannot touch Jesus,
But I believe in Him.*

Pray for People

Ask the children for prayer requests. Pray for each personal concern.

Thank God that Jesus is alive today. Pray that your students would rejoice in the good news!

Bible Story: "Lord and God"

Jesus' friends were very excited. "Did you hear what Mary said?" they whispered to each other. "Jesus is alive. Mary talked with Him."

"Talked with Jesus? How can that be?" others may have said.

At that moment, Jesus came into the room. "Peace be with you," He said.

The disciples were amazed. They couldn't think of anything to say. They had seen Jesus die on the cross. Now He was here in the room talking to them.

Jesus smiled and gently spoke again, "Peace to you!" He didn't want His friends to be afraid. He had a special job for them to do. Jesus wanted His friends to tell everyone about God. In fact, God loves people so much that He wants to forgive them for all the things they've done wrong...if they just believe in Jesus.

This was all so wonderful! But one of the disciples, named Thomas, was not there. So the disciples hurried to tell him what had happened.

"We saw Jesus," one friend said to Thomas. "He was right there in the room with us."

"...Talking to us just like He used to do," another said.

Thomas could not believe it! No one had done this before! "Unless I see the nail prints in His hands," Thomas said, "And put my hand in His side where the soldier put a spear, I will not believe."

The other disciples may have tried to tell Thomas that the story was true. But Thomas would not believe that Jesus was alive.

For the next eight days, Thomas heard the story the disciples told, but he would not believe. Then one day, they were all together in a room with the doors locked. All of the sudden, Jesus appeared again. No one was more surprised than Thomas.

"Peace be with you," Jesus said.

Then Jesus turned to Thomas and said, "See the nail marks in My hands. Put your hand on My side

and feel where the soldier put the spear. Don't be afraid. Believe that it is me—Jesus."

Thomas was sorry that he had not believed that Jesus was alive. "You are my Lord and God," Thomas finally said. He knew that only God could come back from the dead. Jesus was alive!

"Thomas," Jesus said, "You believed because you saw Me. It is better to believe in Me even when you can't see Me in person."

"Lord and God" *(Summary/Review)*

Jesus' disciples had seen Him die on the cross. They were very sad and confused.

But suddenly, Jesus came into the room where they were sitting. Now they knew that Jesus was alive again!

But one of the disciples, Thomas, was not there. So the other disciples told Thomas what they had seen. But Thomas would not believe that Jesus was alive!

Eight days later, Thomas and the other disciples were together. Jesus came into the room again. Thomas was surprised!

Jesus said to Thomas, "See the nail marks in My hands. Feel My side where the soldier put the spear. Don't be afraid. Believe that it is Me—Jesus."

"My Lord and God!" answered Thomas. Now Thomas knew Jesus was really alive.

Additional "Learn by Doing" Activities

Both *Learn by Doing* sections in this lesson include a suggested learning activity. However, you may want to substitute one or more of the activities below to capture the specific interests and needs of your children.

Select activities based on the age of your children, their learning style preferences, and their developmental needs.

Jesus Appears

(for all preschoolers)

You will need: white paper, glue, crayons, tape.

Before class, use white glue to outline a figure of Jesus on paper for each child. Allow to dry thoroughly. Tape these papers to a table and tape a plain white piece of paper over the top of them. Ask children if they can see Jesus on the paper. Then have them rub crayons over the paper. It will work best if the paper wrappers are removed from the crayons and the children hold the crayons on the side. The outline of Jesus will appear as they rub their crayons over the paper. Remind them that Jesus appeared to the disciples.

Play Dough Jesus

(for younger preschoolers)

You will need: play dough, people cookie cutters.

Set out the play dough and cookie cutters. Encourage the children to flatten the play dough and cut out the shape of a person. Have them make marks with their fingers where Jesus told Thomas to touch Him: His hands, and His side.

Bright White Jesus

(for all preschoolers)

You will need: white paper, white crayons, diluted water color paint, paint smocks, paint brushes.

Before class, draw outlines of Jesus on the white paper using the white crayon (one per child). Have the children paint over the paper with the diluted water color paint. The outline of Jesus will appear. Remind the children that even though we cannot see Jesus, He is real and with us.

In the Room

(for older preschoolers)

You will need: blocks and play people.

Set up a building block area for your children. You can use wooden blocks or stackable blocks. Encourage your children to build a house like the one the disciples were in. Have them use play people to act out the story.

All the Colors

(for all preschoolers)

You will need: construction paper, yarn, tape, white, red, orange, yellow, green, blue, and purple ribbon.

Before class, create a kite shape from construction paper for each child with the words, "Jesus is Alive!" written on it. (See the pattern on this page.) If you have younger children, you will need to tie a bow from each color of ribbon. Older children can tie the ribbon themselves. Give each child a kite shape and one 14-inch piece of yarn. Help the children attach the ribbons one at a time, and discuss, as listed below.

Red: What makes a kite fly?

Orange: What makes the branches on a tree move?

Yellow: Do you know what the wind looks like?

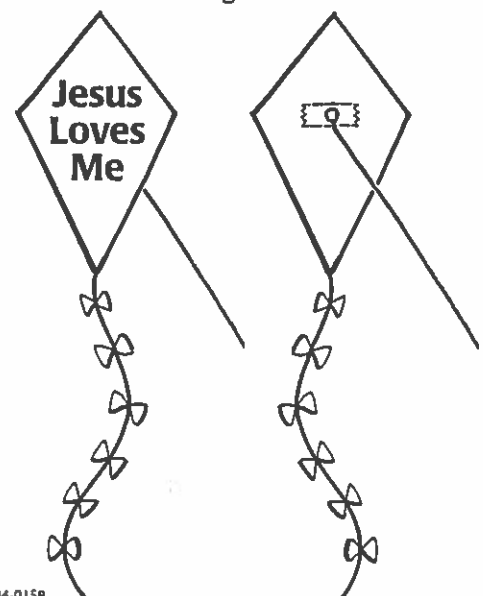
Green: We can't see the wind, but we know it is real.

Blue: We can't see or touch Jesus, but we know He is real.

Purple: The Bible tells me Jesus is real and alive.

White: I believe Jesus is alive, even if I can't touch Him.

After discussing these with the children, attach a long string to the back of the kite and allow the children to walk quickly around the room holding their kites.



Lord and God!

Thomas Finally Believes John 20:19-29

Name: _____

Thomas Finally Believes
John 20:19-29

Jesus' disciples had seen Him die on the cross. They were very sad and confused.

But suddenly, Jesus came into the room where they had gathered.

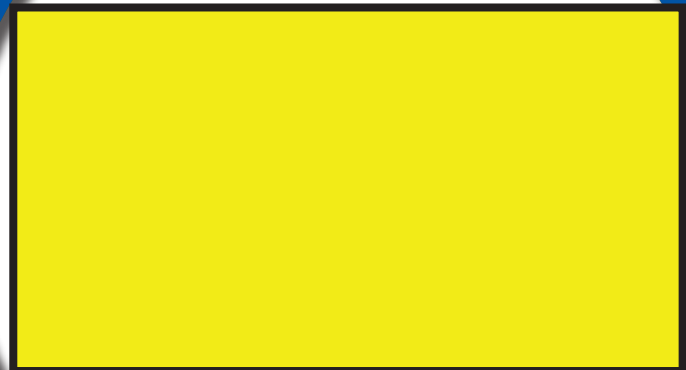
Now the disciples knew that Jesus was alive again! But one of the disciples, Thomas, was not there that night. The other disciples told Thomas what they had seen. But Thomas could not believe such a wild story!

Eight days later, Thomas and the other disciples were together.

Jesus entered the room again. Thomas was surprised!

Jesus said to Thomas, "See the nail marks in My hands. Feel My side where the soldiers put the spear. Don't be afraid. Believe that it is Me--Jesus."

"My Lord and God!" answered Thomas.



Lord and God! Thomas Finally Believes - John 20:19-29



Parent Partners

Lesson Focus: God wants People to know Him.
Ways to reinforce this truth with your child:

ASK:

- Who saw Jesus die on the cross?
- Who could not believe the Jesus was alive?
- What Book has God given us to learn more of Him?
- How important is the Bible?

ACT:

- Read the Bible story together (or read the summary on the front of this page).
- Learn the Bible verse: Matthew 28:6
"The angel said, 'Jesus isn't in the grave! He's alive!'"
- Take a walk with your child and talk about the greatest love story every told: John 3:16



