

Sunday 11th April: Doubting Thomas

Younger Group

Blessed are those who have not seen and yet have come to believe. (John 20:29b)

Gathering prayer – ask your Junior Church kids to teach you the actions!



From the top of my head to the tips of my toes
From the lobes of my ears to the end of my nose
From my back to my front to my wiggly fingers
God loves me!



Introduction

Happy Easter! Tell me about your Easter.

Can you tell me about the first Easter?

Today we're going to think about the time after Easter morning. Jesus appeared to his friends but those who didn't see him thought that made no sense!

True or False?

We're going to need some signs to wave to answer these questions.

You can use the outlines on page 4 or write and colour your own.

1. Whales are fish
2. Sharks are fish
3. Paris is the capital of France
4. Madrid is the capital of Germany
5. Yellow and blue paint make green
6. Yellow and red paint make purple
7. Butterflies make honey
8. Ants leave smell trails for their family to follow

How do you know?

How can you prove it?

John 20.19-31

The return of Jesus from the dead was all the disciples could talk about. Every one of them was so excited about it. Well, not exactly every one of them. Thomas wasn't excited because Thomas had missed it. "Unless I see the marks the nails made in his hands, I won't believe he's alive," Thomas said.

A week earlier, Jesus has appeared to ten of the disciples. They were gathered together, hiding because they were afraid they would be killed next. Although they were in a locked room, Jesus appeared and said, "Peace be with you." As the disciples rejoiced, Jesus said, "As God the Father sent me, now I send you." Then he breathed on them, saying, "Receive the Holy Spirit. When you forgive people their sins, they are forgiven. When you find people guilty, they are guilty.

Thomas was with the others in the house now. "I'll only believe if I put my finger in the marks and my hand in his side," he said. The doors were closed, just as they had been before, but again, Jesus appeared. He said, "Peace be with you." Then he spoke to Thomas: "Look at my hands and put your finger in the holes. Put your hand in the wound on my side. Do not doubt, but believe." Thomas was suddenly as excited as the rest of the disciples. "My Lord and my God!" he cried.

Jesus asked Thomas, "Have you only believed because you have seen me? God blesses all those who believe even though they haven't seen me." This is why the story of Jesus was written down; so that people may believe that he is the Messiah, the Son of God. All who believe in Jesus will have life through him.

You could read together in your own bible or find it online here

<https://www.biblegateway.com/passage/?search=John+20.19-31&version=NIV>

Now with actions:

The disciples were hiding and afraid.

Suddenly Jesus came, saying,

'Peace be with you,'

and showing them his wounds.

They were filled with joy!

He breathed on them,

saying, 'Receive the Holy Spirit.'

But Thomas had been away.

He couldn't believe that Jesus was alive again.

Jesus came again, and Thomas touched him.

Now he could believe!

Jesus said,

'You are blessed if you believe without seeing.'

Head under arm.

BSL peace.

Touch hands and side.

Dance.

Blow.

Raise arms.

Point.

Shake head.

Touch hands.

Nod.

Touch head

Is there a hole in *your* hand? Are you sure?!

<https://www.youtube.com/watch?v=2C5jdVcAM5U>

Jesus had wounds in his hands after being nailed to the cross.

Thomas wouldn't believe the man was Jesus unless he saw the wounds for himself. Jesus said blessed are the people who have believed without seeing for themselves.

Sometimes you have to believe what you know is true, not only what you see!

Today we're going to make an optical illusion.

1. Colour/decorate the words on Jesus. You can write them yourself or use the outlines on page 5.
2. Roll up the paper. You might like to stick it to some colourful card first.
3. Hold your tube up to one eye and your hand up to the other eye.
4. Look through both eyes. What do you see?

'Roots' colouring and activity sheets

Roots have a collection of resources for families at home. This week's sheets can be found at:

- <https://www.rootsontheweb.com/media/22095/11-april-2021-activity-sheet.pdf>
- <https://www.rootsontheweb.com/media/22131/thomas-and-jesus-hands.jpg>

A prayer to use this week

Dear God,

Sometimes we are like Thomas and find it hard to believe and trust.

Thank you that you are always willing to show us how much you love us.

Help us to know that you are always there for us to believe in and trust in.

Amen.

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True

False

Blessed are those
who have not seen
and yet have
believed

John 20:29b