

# DOUBTING THOMAS

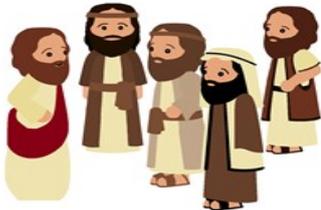
John 20:19-29

## WATCH THE VIDEO STORY

[https://www.youtube.com/watch?v=lzMo\\_fysxbl&t=9s](https://www.youtube.com/watch?v=lzMo_fysxbl&t=9s)



One night when all the disciples (except one) were in a locked room together, Jesus appeared to them. Jesus said "Peace be with you."



After this he showed them his hands and His side? Why do you think he showed his disciples his hands and his side? This was because they had been injured during the Crucifixion. He still had the scars on his body.



The Disciples were overjoyed when they saw Jesus. Unfortunately one of the Disciples, Thomas, was not with them. Thomas missed seeing Jesus. Thomas would not believe that Jesus was alive.



The Disciples tried to tell Thomas about it later. Thomas doubted what they said. If you doubt something, it means that you don't believe it, or you wonder about it maybe, but you don't really think it could have happened. Thomas would not believe them. He said, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe." Those were pretty big words!

A week later, Jesus appeared to all of the disciples. This time Thomas was there too! Jesus showed Thomas his hands and his side. Jesus told Thomas, "Stop doubting, and believe."



Thomas believed! Thomas said to Jesus, "My Lord and my God!" He didn't doubt anymore. Why? Because he had seen with his own eyes that Jesus was alive. He had seen Jesus' hands and his side that had been pierced during the Crucifixion.

# BELIEVE

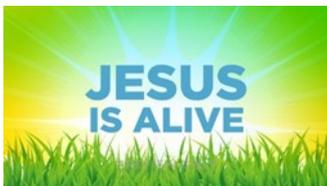
We can believe too! Jesus said "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

We can believe Jesus is alive!

Jesus said we are blessed if we believe, even though we have not seen him with our own eyes. We can know that these things are true because God says so!

Jesus is Alive!

No doubt!



Dear God,

Thank you that you sent Jesus to die for us on the cross.

Thank you that He was raised from the dead.

Thank you that Jesus is alive again!

Help us to always believe that Jesus is Alive!

Amen



## Activities

### "Feely bag"

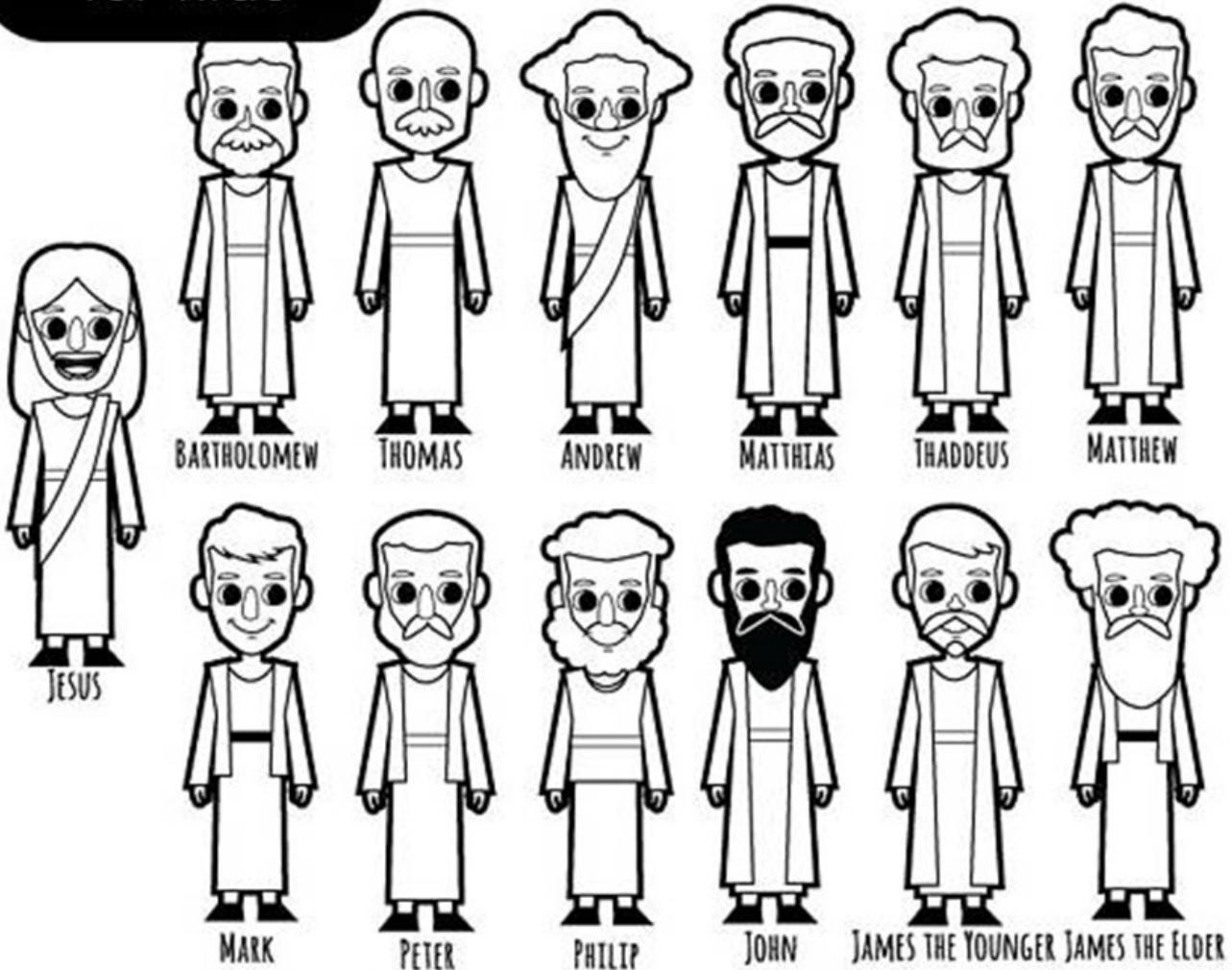
- Fill a bag with different items - toys, spoons, small book, ball, pegs etc. Anything will do but make sure it is things that the children will know.
- Ask them to put their hand in the bag without looking to try and recognise what is in the bag.
- They will recognize the item even if they can't see it.

### Dough prayers



- Get children to shape something that they want to say Thank you to God for, eg food, home, animals, someone they love etc. They can say 'thank you' aloud or in their heads .

Find play dough recipes at <https://www.bbcgoodfood.com/howto/guide/playdough-recipe>



<https://www.clipart.email/clipart/jesus-disciples-clipart-35351.html>



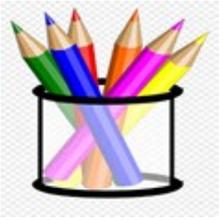
Colour in Jesus and his disciples.



Ask someone to help you cut out Jesus and his disciples.

Using the empty room picture on the next page, create the story of Jesus with his disciples in the locked room (no Thomas) and then Jesus in the locked room with his all disciples (including Thomas). You can use this when telling the bible story.



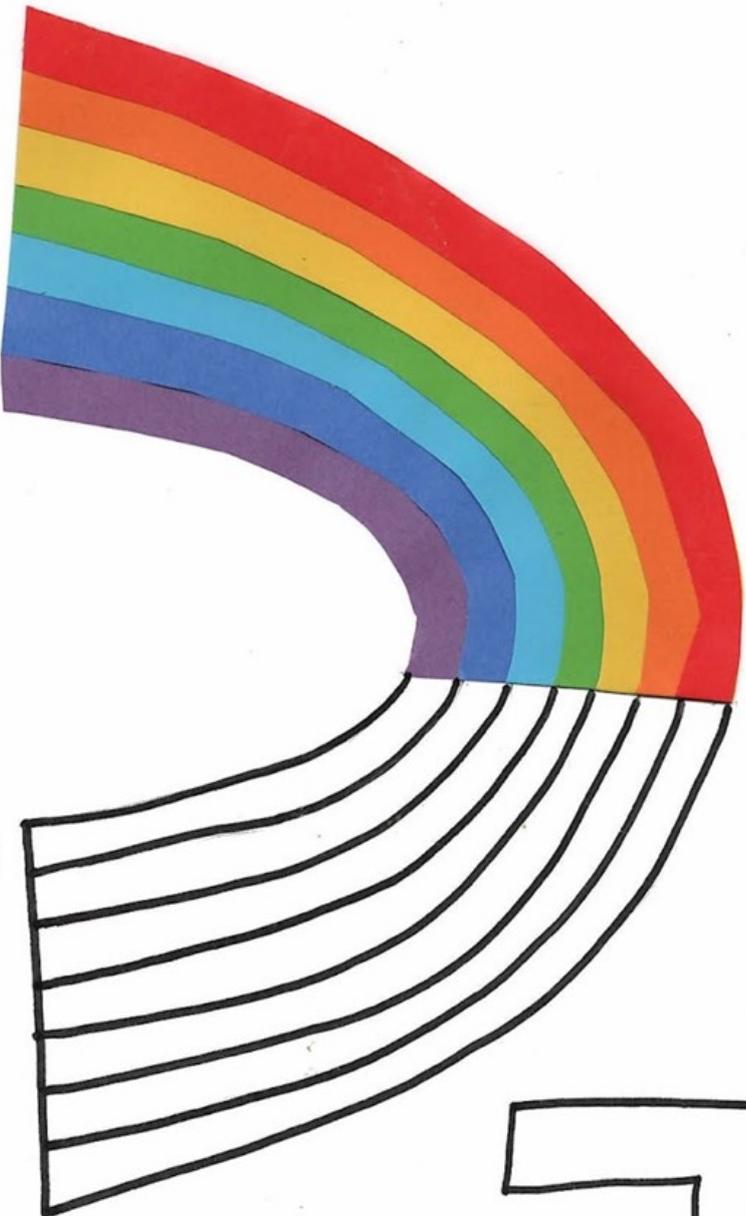


Jesus showed Thomas His hands and His side. Jesus told Thomas, "Stop doubting, and believe."



# Believe

We see God wherever we  
See light and hope in  
dark and worrying  
times.



Finish the rainbow with  
play dough. Say thank you for  
people who bring hope.

# H O P E

Fill the  
letters with  
play dough.  
Who brings  
hope to  
your  
community?



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# Thomas

John 20:19-29

