



Doubting Thomas

Bright
Sparks

IGNITE

DNA

Introduction

- ▶ In this session we are going to be thinking about when Jesus appeared to Thomas, after Jesus is resurrected but before He goes back to heaven.
- ▶ The session has a number of activities designed to be carried out together as a family and is suitable for all ages of children and young people.
- ▶ Any materials you need should be found in your house and should not require you to go anywhere.
- ▶ Enjoy, and God bless you as you use these resources at home.
- ▶ So let's begin as we always do....Hands up for news time!

NEWS TIME!



SHARE YOUR NEWS
OF THE WEEK



WHAT DO YOU WANT
TO THANK GOD FOR?



HOW HAS SOMEONE
HELPED YOU?

Game - True or False?

- ▶ Tell the other members of your household three things about you - they can be true or false.
- ▶ Everyone else has to guess which are true and which are false.
- ▶ If you think you know too much about each other you might want to take turns looking up some facts online about a famous person and make up some facts - see if everyone else can guess which are true and false.
- ▶ Here are three things about me (Rebecca) to get you started - true or false?
 - ▶ I have been on a submarine and looked through the periscope.
 - ▶ I have met a member of the royal family.
 - ▶ I have traced my family history back to the 1700s.

Bible Story

- ▶ The Bible story today is about when Jesus appeared to Thomas. Jesus had already appeared to some of the other disciples before this, but Thomas wasn't with them.
- ▶ Everyone should lie on the floor and close their eyes.
- ▶ One person should read the Bible passage below from John 20:24-29 (you will probably need to open your eyes!) and as you listen imagine you are Thomas and what it would have been like.
- ▶ Alternatively you could all listen to the passage on a Bible app or online on the website *Bible Gateway*.

²⁴ Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord!" But he said to them, "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." ²⁶ A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" ²⁷ Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." ²⁸ Thomas said to him, "My Lord and my God!" ²⁹ Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

Discussion - what did Thomas see?



- ▶ Thomas was one of the disciples (followers) of Jesus who travelled around with Jesus and would have witnessed (seen) many amazing things that Jesus did like making sick people well, calming storms, and feeding loads of people.
- ▶ Try and think of some of the things that Thomas would have witnessed. You could read other parts of the Gospel of John in the Bible to find some examples. Thomas is mentioned specifically twice in John chapter 11 and chapter 14, but he would have seen lots of things that Jesus did.
- ▶ You could make it into a game like “In my bag I packed...” and use “One day Thomas saw...” and take it in turns to say and remember things Thomas saw.
- ▶ Thomas saw many amazing things so why don't you think he believed the other disciples when they said they had seen Jesus alive again after He died? Why did Thomas have to see Jesus for himself to believe He was alive?

Seeing is believing?

‘Jesus said, “Thomas, do you have faith because you have seen me? The people who have faith in me without seeing me are the ones who are really blessed!”’ John 20:29

- ▶ Thomas had to see Jesus to believe He was alive again. Who do you think Jesus is talking about in this verse?
- ▶ Faith is the belief in something you can’t see. We can’t see Jesus in person like Thomas did, but we can still believe in Him. What do you believe about Jesus? (Ideas - Son of God, my friend, Saviour, performed miracles, alive today)
- ▶ We can’t speak face to face with Jesus like Thomas did but we can still learn about Jesus and talk to Him. How can we do this? (Ideas - Read the Bible, pray)
- ▶ You might want to put some of your answers to these questions on post-it notes or create a spider diagram.



Doubtful prayer

- ▶ Jesus reassured Thomas about his doubts and helped him to understand.
- ▶ Jesus still listens to our doubts today and reassures us. Why don't you spend some time talking to Jesus about your doubts (things you are unsure of/worried about).
- ▶ Here are a few ideas about how you could pray:
 - ▶ Write or draw your prayer.
 - ▶ Share your doubts with your family and pray about them together.
 - ▶ Talk quietly to Jesus by yourself.
 - ▶ As you pray, touch the palms of your hands thinking about how Thomas needed to see the wounds in Jesus' hands to believe.
- ▶ Remember: God promises to answer our prayers - so make sure you listen out for the answer!

Creative time - FAITH

- ▶ Have a go at one or more of the activities below:
- ▶ Write the word FAITH in big bubble letters (or get someone to write it for you) and colour the word in.
- ▶ Write an acrostic poem for FAITH (each line of the poem starts with a letter of faith).
- ▶ Write a story (real or fictional) about someone who had faith in God.
- ▶ Draw a picture of Jesus appearing to Thomas.



Memory Verse

- ▶ Write the following verse on a piece of paper

“Faith means being sure of the things we hope for and knowing that something is real even if we do not see it.” Hebrews 11:1

- ▶ Stick the verse on or next to a mirror in your house. Every time you look in the mirror you can read the verse and be reminded about the story of Thomas and how we can have faith in Jesus even if we can't see Him.

Reflection

- ▶ What did you learn about Thomas today?
- ▶ What was your favourite part of today's session?
- ▶ How will you have faith this week?

- ▶ Prayer to end:

Thank you, God for our time together learning about Thomas. Thank you for helping us when we doubt. Help us to be faithful this week. Thank you for loving us and looking after us. AMEN!

Something extra:

Keep a prayer diary this week. Every day write down your prayers and also if you have any answers to prayers.