

Jesus Visits Thomas



memory verse



Blessed are those who believe without seeing me. John 20:29

Thomas Wants to See (based on John 20:19–31)

One night, some of Jesus' friends were eating together. They must have been talking a lot about Jesus. They knew Jesus had been killed, but then people were saying that the tomb was empty and Jesus is alive. It was great news, but some of Jesus' friends were having a hard time believing it.

Suddenly, Jesus was there in the room with them! "Peace be with you," Jesus said. He showed them the wounds he'd received when he was killed on the cross. Jesus' friends were so happy! They loved Jesus so much, and now there was no doubt. They all believed that Jesus was God's Son!

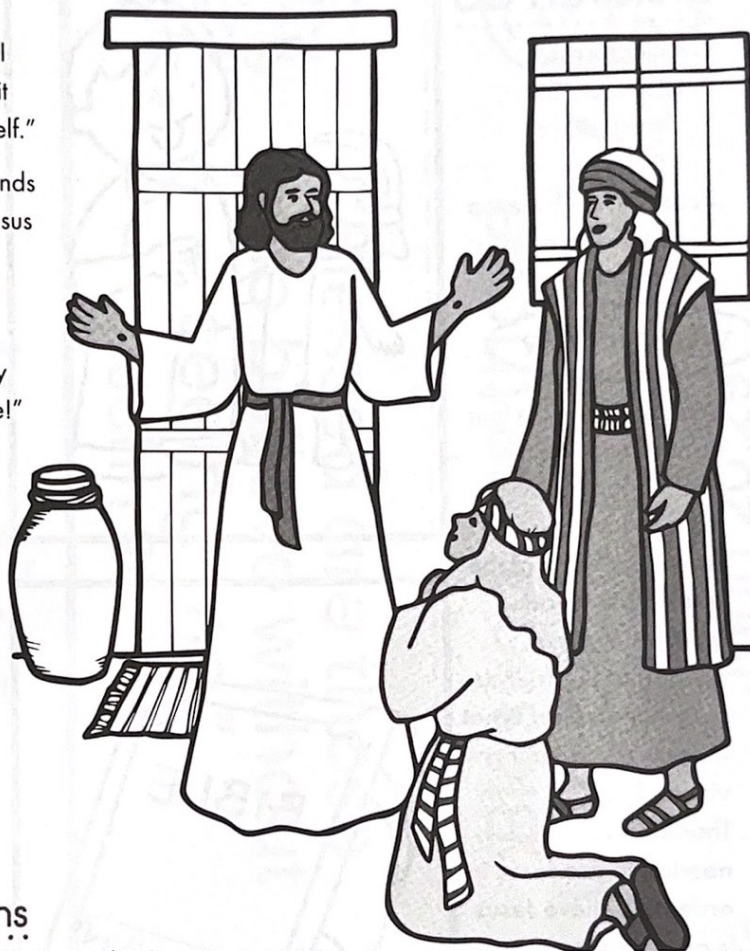
One of Jesus' friends, Thomas, wasn't with the others when Jesus appeared to them. "I don't believe it!" he said. "I won't believe it unless I see and touch his wounds for myself."

Eight days later, Jesus appeared to his friends again. This time, Thomas was with them. Jesus must have known what Thomas had said, because Jesus went to Thomas and said, "Put your finger here, and look at my hands. Put your hand into the wound in my side. Don't be faithless any longer. Believe!"

Thomas gasped in surprise. He was so happy to see Jesus, "My Lord and my God!" Thomas said. He loved Jesus! He believed!

Jesus said to Thomas, "You believe because you have seen me. Blessed are those who believe without seeing me."

We can't see Jesus the way Thomas did, but we can believe that Jesus is Lord. Jesus is God. And Jesus is alive!



discussion questions

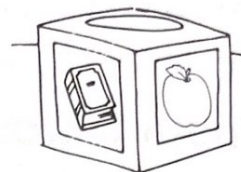
1. Why did Thomas doubt that Jesus is alive?
2. Why did Thomas decide to believe Jesus is alive?



Look & See Viewer

what you need

- Scissors
- 4x5-inch tissue box, one for each child
- Crayons or markers
- Glue



finished craft



what you do

Before class, photocopy this page, making one for each child. Cut out picture rectangles. Cut off most of the bottom of each tissue box, leaving about $\frac{1}{2}$ inch or so around the edge so that box retains its shape.

what children do

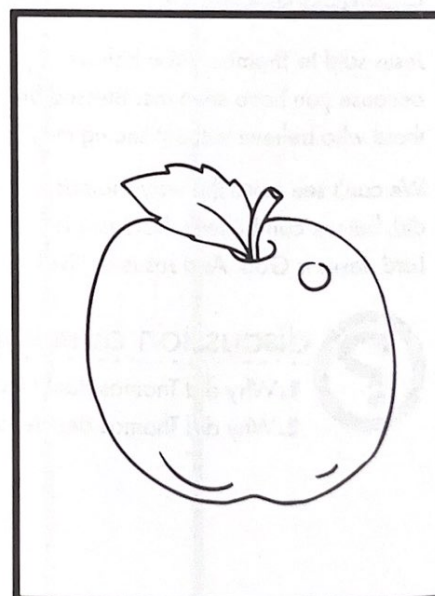
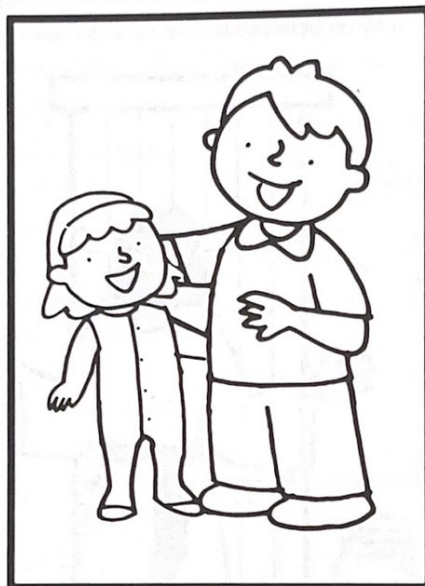
1. Color pictures.
2. Glue a picture to each side of a tissue box.
3. Look through the top and bottom holes of the viewer.

what to say

Discuss each of the four items pictured on the viewers: family, toys, Bible, food (apple).

These are some of the good things God gives us. Kara is looking at her friends from her viewer. What do you see in your viewer?

Thomas said he needed to see Jesus in order to believe Jesus is alive. Jesus said we are blessed if we believe, even though we haven't seen him!



Verse Bracelet

what you need



- Scissors
- Crayons or markers
- Transparent tape

what you do



Before class, photocopy this page, making one for each child. Cut out bracelet on solid lines. Older children may be able to cut for themselves.

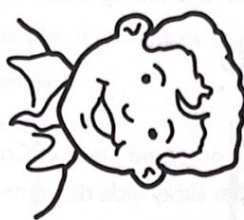
what children do

1. Choose whether you want to wear the boy side of the bracelet or the girl side. Color that side of the bracelet.
2. Fold bracelet on dashed line.
3. Wrap bracelet around wrist and tape to secure—not too tightly!

what to say

Even though his friends told Thomas that Jesus is alive, he didn't believe it. He said he wanted to see Jesus before he would believe. Jesus appeared to Thomas and told him to touch his wounds so that he would believe. Jesus then said the words of our verse, "Blessed are those who believe without seeing me." Our bracelets remind us that Jesus said those of us who believe in him without seeing are blessed!"

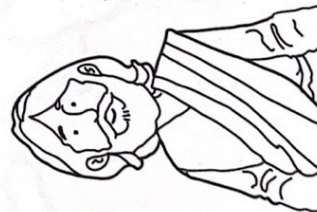
finished craft



"Blessed are those
who believe without
seeing me."
John 20:29



"Blessed are those
who believe without
seeing me."
John 20:29





Seeing Snack

what you need

- Scissors
- Clear Con-Tact paper
- Paring knife (adult use only)

- Grapes
- Small bowl
- Round crackers

- Spreadable cream cheese
- Plastic knives
- Crayons or markers



what you do

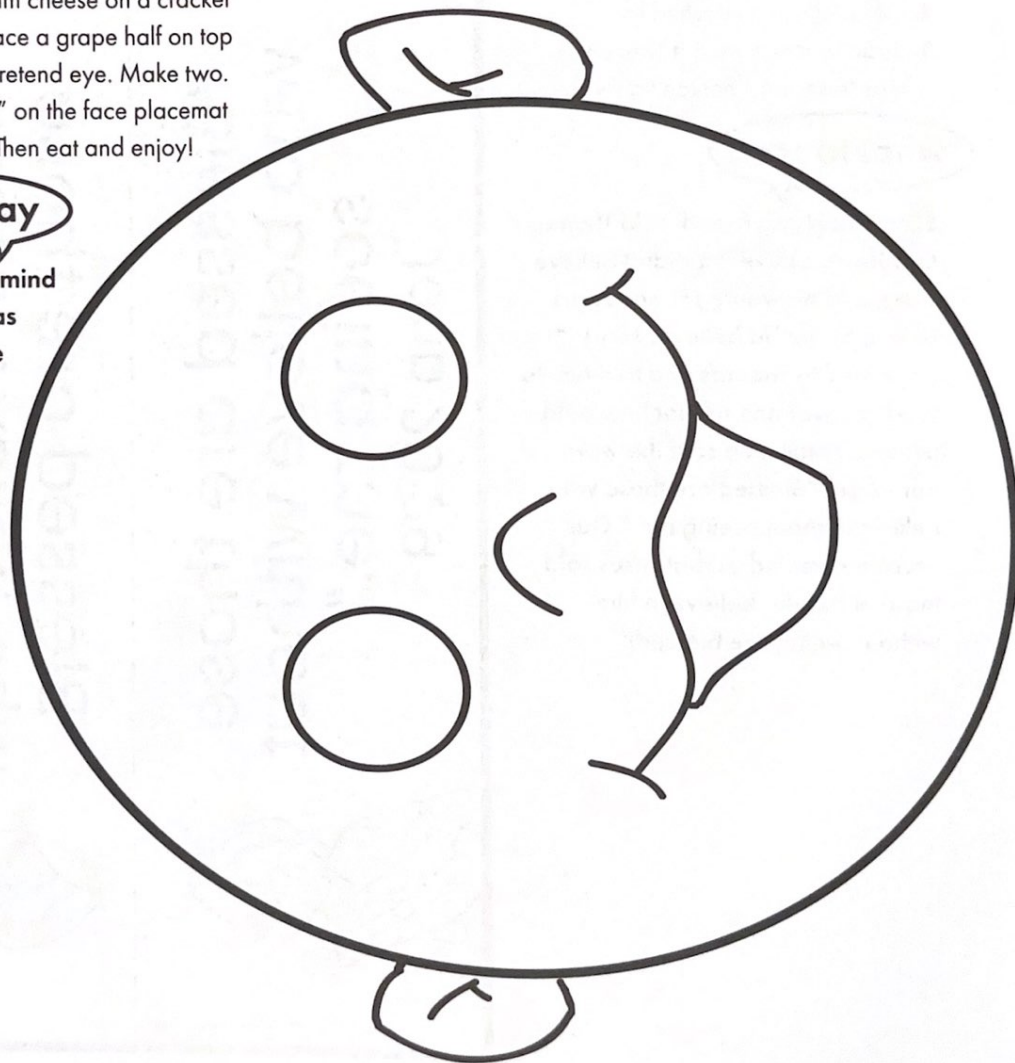
Before class, photocopy this page, making one copy for each child. Cut out faces. For each child, cut two 6x5-inch pieces of clear Con-Tact paper. Use paring knife to cut grapes in half. Place grape halves in small bowl.

what children do

1. Color faces.
2. Place face on the sticky side of a prepared piece of Con-Tact paper. Place a second piece of Con-Tact paper sticky-side down on the first.
3. Spread cream cheese on a cracker and then place a grape half on top to make a pretend eye. Make two.
4. Place "eyes" on the face placemat you made. Then eat and enjoy!

what to say

These eyes remind us that Thomas didn't believe Jesus is alive until he saw Jesus himself. Jesus said that we are blessed if we believe without seeing him.



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discussion questions

1. Why did Thomas doubt that Jesus is alive?
2. Why did Thomas decide to believe Jesus is alive?

Happy to See Jesus Alive

Color the picture. Draw happy faces on the two disciples and scars on Jesus' hands.

