



Thomas Believes

(based on John 20:19–29)

All the disciples, except for Thomas, were gathered together in one room. They locked the door with the key and closed all the windows, so they would be safe.

Everyone wanted to talk about Jesus. They were sad and afraid. They had seen Jesus die and watched men put his body into the tomb. Now his body had disappeared.

All of a sudden something amazing happened. Jesus appeared in the room with them. He smiled and said, “Peace be with you.”

When the disciples heard Jesus’ voice they knew that he was alive again! They were so happy.

Jesus smiled and said to his friends, “Just as God sent me, so I’m sending you out into the world.”

Jesus blew gently on each one of them and said, “God’s Spirit is with you.” Then Jesus was gone.

Now Thomas didn’t see Jesus, because he hadn’t been there. The disciples told him what had happened, but Thomas didn’t believe them. He wanted to see Jesus for himself.

A week later, Jesus appeared in the room again. This time Thomas was with them.

Jesus smiled and turned to Thomas. “Here I am, Thomas,” he said. “Touch me and see for yourself that I am alive again.”

Thomas exclaimed, “My Lord and my God!”

He was so happy. Now he could see Jesus for himself! Now he knew for sure that Jesus was alive again!

“You believe because you’ve seen with your own eyes,” said Jesus. “Imagine all the people that will believe without seeing me. They will be truly blessed.”



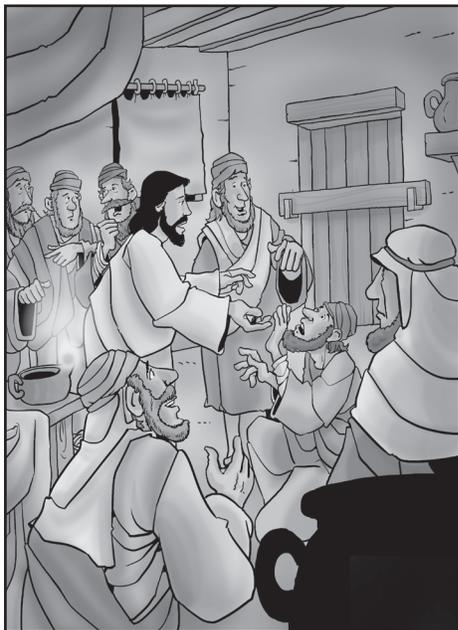
Thomas Believes

(based on John 20:19–29)

Use one or more activities from each section to explore grace and gratitude with your children this week.

Recognizing God's Grace

- Read and enjoy the story with your children—imagine and wonder.
- In a brown paper lunch bag, collect household items such as a spoon, key, cotton ball, dice, leaf, booklet, or a small bag of beans or macaroni. Let your children take turns reaching in the bag to identify an item by touch.
- Let each person tell about a time they were sad and afraid when God kept them safe.



Responding to God's Grace

- Play a game. Choose someone to be “It,” who leaves the room. While “It” is out, the other players choose an object in the room. “It” returns and tries to guess what object was chosen. “It” may ask questions like, “Is it red?” or “Is it made of wood?” Let others have a turn.
- Let each person have a chance to tell about something they have seen that someone else has not seen.
- Offer drawing paper. Help your children write “Peace be with you” and decorate their paper.

Celebrating in Gratitude

- Tell someone else about the story of Jesus and Thomas. We are among those who are blessed because we have not seen, yet we believe.
- Discuss all the ways we know Jesus, even though we have not seen him. Some examples are Sunday school, the children’s sermon, and worship. Then celebrate how God loves us so much that God has made ways for us to know Jesus.
- Pray:

*God, we have not seen, and yet we believe.
Grant us peace. Amen.*