



Appearing to Thomas

Lesson Aim: To show Jesus helps those
with doubts to believe.

THE WORSHIP

Who God is: Jesus as Savior

THE WORD

Bible Story: John 20:24-29

What He has done: Jesus appeared and proved to Thomas that He was the risen Lord.

Key Verse: John 20:29

THE WAY

Christ Connection: Proverbs 3:5-6

BIBLE MEMORY VERSE

"I am the way and the truth and the life. No one comes to the Father except through Me." John 14:6

"If you confess with your mouth, 'Jesus is Lord,' and believe in your heart
that God raised Him from the dead, you will be saved." Romans 10:9

Unit 4: Jesus as Savior			
	Bible Story	What He Has Done	Lesson Aim
17	Saving the Official's Son, John 4:46-54	Jesus healed the official's son with His words alone.	To know we can trust God to keep all His promises.
18	Walking on Water, Matthew 14:22-34	Jesus walked on water and saved Peter from drowning.	To challenge children to focus on their Savior instead of their fears.
19	Giving Sight to the Man Born Blind, John 9:1-7, 35-38	Jesus gave sight and salvation to the blind man.	To see how God's work, displayed in the blind man's life, points us to the truth about Jesus.
20	Appearing to Thomas, John 20:24-29	Jesus appeared and proved to Thomas that He was the risen Lord.	To show Jesus helps those with doubts to believe.
21	Appearing to the Disciples, Luke 24:36-45	Jesus opened the disciples' minds.	To see Jesus helps us understand the Bible.

TEACHER'S ENCOURAGEMENT

This week, read Hebrews 11:1-3. Please join us in praying, "Lord Jesus, thank You for Your miracles and for Your patience with us when we doubt. Use us as You help the children believe in You. Amen."



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Meet & Greet	None
		Game: Can You Believe It?	None
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org	Unit 4 Bible Memory Verse Song: "I Am the Way" Other Bible Memory Verse Song Suggestions: "For by Him" "Neither Death nor Life" "You Will Seek Me" (With All Your Heart) Additional Hymn Suggestions: "Standing on the Promises of God" "'Tis So Sweet to Trust in Jesus" Additional Song Collection Suggestions: Shout Praises! Kids Gospel Songs 4 Worship KIDS - Awesome God
		Worship Scripture Reading: Hebrews 11:1	Bible
		Offering	Baskets
		Worship Illustration	Lesson 20 Bonzai Brothers script or storybook
THE WORD	Up to 10	Read the Word: John 20:24-29	Map—Jerusalem, Israel, Bibles, Bible Story Scripture reference poster
THE WAY	Up to 25	Discussion	Bibles, Christ Connection Scripture reference poster
		Christ Connection: Proverbs 3:5-6	
		Golden Bowl	Golden Bowl, pencils, note cards
GOT TIME?	Final 5	Final Five Minutes	Treasure Treat—"I Believe in Miracles" Journal, Daily Ways, basket, paper, pencils, crayons or markers, Unit 4 Bible Memory Verse Song "I Am the Way," CD player
	Up to 10	Snack: The Surprise Is...	A snack with a surprise in the middle (such as cream or chocolate-filled cupcakes or donuts or lollipops with a gum center)
	Up to 10	Game: Litany of Faith	Bible
	Up to 10	Craft: Faith Journal	Sturdy paper, lined paper, stickers, paper fasteners, hole punch, crayons or markers
	Up to 10	Bible Memory Verse Activity: The Wave	Unit 4 Bible Memory Verse poster or Bible
	Up to 5	Bible Memory Verse Activity: Walking on the Word	2 Bibles, sturdy paper, Unit 4 Bible Memory Verse Song "I Am the Way," CD player, floor tape, 2 containers
	Up to 5	Bible Timeline Review	Timeline

RESOURCES: Supplemental materials are available at ResourceWell.org.



Getting started

THE WELCOME

To spark anticipation, encourage arriving children to meet and greet one another with today's question.
Meet & Greet Question: What is the most unbelievable thing you have ever seen?

GAME: CAN YOU BELIEVE IT?

Purpose: To introduce the idea of doubts.

Supplies: None

Let's start with a game! I am going to make several different statements. You will decide if you believe what I say is true because you have heard it, seen it, or touched it, yourself. Or you may also decide not to believe what I say is true.

Directions:

1. Assign one of the following titles to each corner of the room and help the children remember the title for each corner: Heard It, Saw It, Touched It, Don't Believe It.
2. State a series of objects, facts, or inaccurate statements. After each one, the children run to the corner that corresponds with whether they believe what you have said because they have heard it, seen it, or touched it in the past. If they do not believe what you have said, they are to run to the Don't Believe It corner. Try to include objects or statements that the children may have experienced in more than one way. Examples: a horse is fast, the sun is hot, the beach is sandy, bells can make noise, or velvet is soft. Also include wrong statements such as pigs have wings and the floor is made of cheese.
3. After children have all chosen a corner for each statement, ask volunteers in each corner to say why they chose that corner.

Many times we believe something is true because we have experienced it with our senses. What are our five senses? (Taste, touch, smell, sight, hearing.) Sometimes we believe because a trusted person has taught us. Or, we may just have a feeling in our hearts that makes us believe. Thomas, who was one of Jesus' disciples, had trouble believing his friends when they told him that Jesus had risen from the dead. Thomas wanted to use his senses to know Jesus was alive. We will find out what happened in just a few minutes.



Jesus as Savior

THE WORSHIP

Teacher Tip: To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play music as children move to the designated area.

Today, we worship Jesus as our Savior. He saves everyone who believes that He is the Lord that God raised from the dead. If our hearts are open, He gives us what we need to believe in Him. Some of us learn truth by hearing it. Others must see it or touch it to know that it is true. In today's story, Jesus helped Thomas believe in Him. He helps us in that same way. Jesus gives us the faith we need to believe in what we cannot see.



You may choose to sing songs that focus on believing the truth.



Read Hebrews 11:1.



As we give our offering today, let's ask God to use this money to give everyone what they need to believe in Him as Lord and Savior. Sing Unit 4 Bible Memory Verse Song: "I Am the Way" as the offering is collected.



Perform Bonzai Brothers script or read storybook: God of Wonders Unit 4, Lesson 20.



Jesus appears to Thomas

THE WORD

Teacher Tip: As you move from worship to instruction, change rooms or locations within a room to help redirect the children's focus to the Bible story. During this transition time, have each child write his or her name on a card and place it in the Golden Bowl.

Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word; knowing God is my goal."

Last time, we learned Jesus healed a man who had been blind from birth. Today, we will discover how Jesus helped Thomas believe He had really risen from the dead. This happened in a house in Jerusalem with some disciples who had already seen Jesus. If a map of Israel is available, point to the Jerusalem area.



If you brought your Bible, open it now and share with others. Hand out spare Bibles. **Today's Scripture verse is behind the curtain** (or secret door, secret window, etc.). Child reveals the Bible Story Scripture reference: John 20:24-29.

Before we read, let's stand and ask God to open our eyes, ears, hearts, and minds to His Word today. Who would like to pray that for us? Child prays aloud. **Be seated.**

Jesus helped Thomas with his doubts. To doubt is to be unsure or to think something is probably not possible. Listen very carefully as we read how Jesus helped Thomas believe. Read John 20:24-29.



Jesus helps us believe

THE WAY

Why did Thomas doubt the other disciples had seen Jesus alive? (He had not seen Him.) **What did Thomas need to see and do to believe Jesus had risen from the dead and was alive?** (To see and touch the nail marks in Jesus' hands and feet and the wound in His side from the spear.)

When Jesus visited the disciples again, Thomas was with them. What was so amazing about the way Jesus came into the house? (He entered the room even though the doors were locked.) **What did Jesus say to the disciples when He appeared?** ("Peace be with you.")

What did Jesus do to help Thomas believe? (He appeared and let Thomas touch the holes in His hands and side.) **Did Thomas believe after seeing and touching the wounds?** (Yes.) **What did Thomas say?** (He said, "My Lord and my God!")

Because He is God, Jesus knows everything. He knew Thomas had doubts. Jesus came to the house to give Thomas the proof he needed to believe. Was Jesus angry with Thomas for having doubts? (No.) **Jesus knows when you have doubts, too. He will not be angry with you for your doubts; He will be happy to help you, just as He helped Thomas.**

Thomas believed because he saw Jesus with his own eyes. Jesus helped Thomas believe by fact. That means Jesus showed He was alive by appearing and talking to Thomas and giving him the chance to touch Him. Is it wrong to need to see or touch to believe? (No.)



Connecting the Old Testament, the New Testament, and Us

CHRIST CONNECTION

Over 900 years before Jesus helped Thomas with his doubts, King Solomon wrote about three wise choices that help us during our times of doubt. He wrote this advice in a proverb, which is a wise saying. Listen for three choices as we read Solomon's proverb.



Everyone, place your Bible on your lap. Choose a child to reveal the Christ Connection Scripture reference: Proverbs 3:5-6. **Let's find this scripture.** Read Proverbs 3:5-6.

What were the three wise choices in Solomon's advice?

- 1. "Trust in the Lord" – Know He is good and all-powerful.**
- 2. "Lean not on your own understanding" – Do not rely on only what you understand.**
- 3. "In all your ways acknowledge Him." – Give God thanks and credit in all you say and do.**

Jesus promises to help us believe in all the amazing things He has done. All we have to do is ask! He will not be angry if you doubt. He just wants to help you believe. When you are not sure about some of the things we read about in the Bible, what are some things you can do to help you believe? (Pray for Jesus to help you believe, or talk to a trusted adult such as a parent, pastor, or teacher.)

If time allows, play the LITANY OF FAITH game located in the GOT TIME? segment of this lesson.

THE WAY *continued...*



Revelation 5:8

GOLDEN BOWL

Teacher Tip: Write the names of classmates, local church leaders, and children in other nations or others who need prayer on small pieces of paper. Place the papers in a golden bowl.

Revelation 5:8 says our prayers are like sweet smelling incense in the golden bowls at God's throne. I will lift each one of your names to God's throne as you pray for each person silently. Then, we will pray the Lord's Prayer (Matthew 6:9-13) aloud together. Let's pray.

Lord God, we lift up to Your throne the name of each child here. We trust You to watch over us and our needs, the ones we say aloud and the ones hidden in our hearts. First, we lift up to You ____, ____, ____. Read names in Golden Bowl.

Now, we pray the prayer Your Son taught us: Our Father, who art in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

TREASURE TREAT: Today, your Treasure Treat is an "I Believe in Miracles" Journal. It lists all of the miracles we have learned about this semester and has blank spaces for you to write (or draw) your favorite miracles from Bible times and today. Check the box to show if you believe that miracle by fact, by faith, or if you are unsure. Each time you see your journal, remember that Jesus helps you believe when you have doubts.

DAILY WAY CHALLENGE: Did anyone bring in a completed Daily Way from last time? Praise or reward those who return a Daily Way. Distribute Lesson 20 Daily Way 5-day Bible study. Complete this week's Daily Way at home and let God speak to you through His own words in the Bible. Join the Daily Way Challenge by returning your completed Daily Way.

Teacher Tip: Collect Daily Ways in a basket or other container and periodically reward children as a group for completing the challenge.

OFFERING OF ART: Until it is time to be dismissed, let's make an Offering of Art. For your offering, draw a picture of Thomas touching the wounds on Jesus' hands. The Offering of Art can be finished at home or given as an offering for the teacher to display.

PRAYER REQUESTS: As children work on their Offering of Art, ask how you can pray for them this week. Write requests in a prayer notebook.

BIBLE MEMORY VERSE SONG: Play the Unit 4 Bible Memory Verse Song, "I Am the Way," in the background as children wait to be dismissed.



If time remains, choose from the connected activities below.

GOT TIME?

SNACK: THE SURPRISE IS...

Purpose: Children believe their snack contains a surprise because someone they trust tells them so.

Snack Suggestion: A snack with a surprise in the middle (such as cream or chocolate-filled cupcakes or donuts or lollipops with a gum center)

Our snack has a surprise in the middle. Tell the children what to expect when they bite into the middle of the snack. **So, did you find the surprise in the middle? Did you believe that I was right about what was in the surprise center before you found it? Why?** (Children respond.) **Sometimes we believe something is true because our senses tell us it is true. Sometimes we believe because someone we trust tells us it is true.**

Directions:

1. Serve the snack and drink.
2. Child prays to thank God for the snack.
3. Ask the Snack Discussion Question: **"Has someone told you something that seems just too strange to be true? What was it?"**

GAME: LITANY OF FAITH

Purpose: Children learn ways to manage in times of doubt.

Supplies: Bible

A litany is a group of prayers in a certain order. Praying the words in the Litany of Faith may help you during times of doubt.

Directions:

1. Children sit in a circle.
2. Ask each child to name a miracle from the Bible. (Children may check the Bible timeline or Bible for miracles.)
3. Discuss the most amazing or most difficult to believe parts of each miracle.
4. For each miracle, have all the children join you in chanting this litany:

**When I doubt, help me pray.
When I pray, help me wait.
While I wait, help me trust in You.**

Remember this litany prayer when you are having trouble with doubts.

Teacher Tip: If you are unsure how to address a child's doubt or question about God, write it down. Promise to look for the answer in your Bible and share your findings next time. Ask a ministry leader for help, if needed. Be sure to return next time with an answer or theory.

GOT TIME? *continued...*

CRAFT: FAITH JOURNAL

Purpose: Children express faith and doubts by making a journal describing or drawing Bible miracles.

Supplies: Sturdy paper, lined paper, stickers, paper fasteners, hole punch, crayons or markers

Option: For younger children, you may wish to complete step 2 below before class.

Teacher Tip: This journal may incorporate the "I Believe in Miracles" Journal from the Treasure Treat. Print out the information for that journal on one sheet of paper and make a copy for each child to insert as the first page of their Faith Journals. Lead them through completing that page as a part of this craft.

Faith is being sure of what we cannot see with our eyes. To doubt is to not be sure. Jesus promises to help us believe by faith. Let's make a journal where you can write down or draw miracles from the Bible that you hear and believe right away. You can also write down or draw miracles that you have doubts about and would like Jesus or a leader to help you understand and believe.

Directions:

1. Give each child two sheets of cardstock and several sheets of notebook paper.
2. Line up sheets of paper and punch three holes through the papers on the left side; at the top corner, middle, and bottom corner. Secure the layers by inserting a brad into each hole.
3. Children write the title of the journal on the front cover and decorate the front and back covers.
4. Encourage the children to write or draw in their journals each day or week. You may suggest they put dates at the tops of the pages.

GOT TIME? *continued...*



BIBLE MEMORY VERSE ACTIVITIES

"I am the way and the truth and the life.

No one comes to the Father except through Me." John 14:6

"If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised Him from the dead, you will be saved." Romans 10:9

GAME: THE WAVE

Purpose: Children memorize the Unit 4 Bible Memory Verses.

Supplies: Unit 4 Bible Memory Verse poster or Bible

Jesus was with God in the very beginning. Together they created everything in heaven and on the earth. As we say our Bible Memory Verse together, think about something amazing you have seen. Remember, God created everything and He created you, too!

Directions:

1. Assign one word or phrase from John 14:6 and Romans 10:9 to each child or group.
2. Direct each child/group to quickly stand and say the assigned word or phrase while raising both hands up to the sky, then down to the thighs, and finally sitting down.
3. Repeat three times, going faster each time.

GAME: WALKING ON THE WORD

Purpose: Children memorize the Unit 4 Bible Memory Verses.

Supplies: 2 Bibles or the Unit 4 Bible Memory Verse poster, sturdy paper, Unit 4 Bible Memory Verse Song "I Am the Way," CD player, floor tape, 2 containers

Prepare: Label the two containers "Boat 1" and "Boat 2." From sturdy paper, cut 40 paper footprints. Create two sets of 20 paper footprints, each with one of the following 20 phrases: I am/the way/and the truth/and the life./No one/comes to/the Father/except/through Me./If you/confess/with your mouth/"Jesus is Lord"/and believe/in your heart/that God/raised Him/from the dead/you will/be saved.

Optional: Laminate the paper footprints to protect them from tearing or substitute scrap linoleum flooring for the sturdy paper. To simplify for beginning readers, add symbols or pictures on the footprints. To increase degree of difficulty, create a footprint for each word instead of each phrase.

Our Bible Memory Verse is two different verses. John 14:6 quotes Jesus' exact words promising He is the only way to come to God the Father. Romans 10:9 explains the promise concerning what we must do to be saved. In this game, team members will work together to place the footprints in the right order. You may use a Bible. Then, each member will say step on the footprints while saying the phrases until he or she has reached the cross.

Directions:

1. Divide children into 2 teams. Play the Bible Memory Verse Song as background music.
2. Place 1 set of 20 footprints in each "boat." Place the boats at one end of the play area.
3. Use floor tape to mark the shape of a large cross at the other end of the play area.
4. Teams race to place footprints in the correct order in a path from their boat to the cross.
5. When the footprints are in the correct order, each team member steps on the footprints, saying each phrase aloud, until they reach the cross.
6. The first team to have all its members reach the cross is the winner.

GOT TIME? *continued...*



BIBLE TIMELINE REVIEW

God of Wonders Part One studies the miracles of Jesus, which took place during His public ministry (Circa 30-33 A.D.). This list is not chronological, as the Bible does not give a definitive order of the miracles. Review recent Bible stories to see the continuing story of who God is and what He has done.

Walking on Water (Circa 30-33 A.D.) What did Jesus do when the disciples' boat was tossed by the wind and waves? (He came to them by walking on the water.) Peter tried to walk on the water but became afraid. What did Jesus do when Peter cried out, "Lord, save me"? (He reached out and saved him.)

Giving Sight to a Man Born Blind (Circa 30-33 A.D.) What did Jesus say when the disciples asked Him why the man was born blind? ("This happened so that God's work might be shown in his life.") How did Jesus heal the blind man? (He put mud on his eyes and told him to wash in the Pool of Siloam.)

Appearing to Thomas (Circa 30-33 A.D.) What did Jesus say to the disciples when He appeared in the room? ("Peace be with you.") What did Jesus do to help Thomas believe? (He appeared and let Thomas touch the holes in His hands and side.) What did Thomas say? (He said, "My Lord and my God!")

How to create a Bible Timeline for the Miracles of Jesus:

1. Print each footprint on sturdy paper.
2. Choose a wall or other visible location to display the timeline.
3. Before each lesson, add the footprint for that lesson to the Bible Timeline using the list below. Children can follow in Jesus' footsteps as they review past lessons.
4. To review, ask the corresponding questions as you point to the associated footprint.

The Miracles of Jesus: (Circa 30-33 A.D.) Changing Water into Wine > Filling the Nets > Calming the Storm > Healing Jairus' Daughter > Feeding the Five Thousand > Healing the Centurion's Servant > Healing the Paralyzed Man > Healing the Sick Woman > Healing the Deaf and Mute Man > Healing the Ten Men > Banishing an Evil Spirit > Saving the Official's Son > Walking on Water > Giving Sight to the Man Born Blind > Raising Lazarus > Riding into Jerusalem > The Miracle of Easter > Appearing to the Disciples > Appearing to Thomas > Appearing on the Shore > Ascending into Heaven