

# Life of Christ

## Thomas Doubts

John 20:24-29

### Younger Verse

“Blessed are those who believe without seeing me.” John 20:29 (NLT)

### Older Verse

Then Jesus told him, “You believe because you have seen me. Blessed are those who believe without seeing me.” John 20:29 (NLT)

### Bible Story

The following is a summary of the Bible story to help supplement your preparation. In your personal study time, use this summary as a guide, and make notes to help you remember your plans for the lesson. Please do NOT read to the children.

In our last lesson, we talked about a special visitor who came to visit the disciples on that Sunday after Jesus was crucified and buried. If you will remember, the disciples were excited and scared. They had seen Jesus’ empty tomb and had heard Mary tell them that she had seen Jesus, but they were still afraid. Then, Jesus came into the room!

Not all of the disciples were together in the room that Sunday night. Thomas had not been there. Do you remember Thomas? Just a few nights earlier, after a very special supper, the disciples were still sitting around the table with Jesus. Jesus told them not to worry. He reminded them that they believed in God and in Him, God’s Son. Then He told them that in heaven there were many places to live and that He was going to get a place ready for them. He even told them that they already knew how to get there. It was Thomas who had a question. Thomas said, “Lord, we don’t know where you are going. How can we know the way?” Thomas did not understand what Jesus was trying to explain to them. Jesus’ answer to Thomas was this, “I am the way, the truth and the life. No one comes to the Father except through me.” Jesus explained that the only way to God (and heaven) was through Him, believing in Jesus.

John, chapter twenty, tells us something else about Thomas. He had a nickname. How many of you have nicknames? (Allow students to share their nicknames.) Thomas’ nickname was Didymus! That seems like a silly nickname, doesn’t it? Some of you have silly nicknames as well! Thomas’ nickname, Didymus, means “two of something.” Thomas was called this because he was a twin!

Have you ever been somewhere with most of your friends and seen

### Lesson Goals

Teach that faith is believing, even when you cannot see.

something really amazing happen? That is what happened with the disciples. They had seen Jesus! But had everyone been there? No, Thomas had not been there. What did you do with that really good news you had? Did you just decide not to tell anyone, even your friend who wasn't with you? I bet it was hard to keep it in! And if you are like I am, I bet you did everything you could to make sure that friend of yours who missed out knew all about what you had seen or heard! That is exactly what happened with the disciples. Thomas had not been there, but the other disciples couldn't wait to tell him that they had seen Jesus. They found him and told him everything they had seen and heard!

After hearing the good news, Thomas said something that is surprising. Thomas told his friends, "I don't believe you and I'm not going to believe it until I see Jesus with my own eyes and touch His hands and side." Thomas wouldn't believe until he could see Jesus. Well, eight days later, all the disciples were together again, even Thomas, and Jesus came to visit them again! Jesus again said, "Peace to you." And even though Jesus hadn't seen Thomas until now, He knew Thomas' doubts and questions and unbelief. Jesus could have said many things to Thomas, instead He told Thomas, "Put your finger here. See my hands. Reach out your hand and put it into my side. Stop doubting and believe!" When he saw Jesus, Thomas believed.

Jesus told Thomas, "Because you have seen me you believed? Blessed are the ones who cannot see me or touch me but still believe." Thomas could touch Jesus' hand and see the marks that showed He had been nailed to the cross. But what about us? Can you and I see Jesus' hands? Can we touch them and feel where the nails went in? No. But Jesus said there is a way for us to be blessed, or happy; it's when we believe in Him, even though we cannot see Him. How about you? Do you believe that Jesus is God's Son, sent to die for you, in your place? Do you believe Jesus is not dead any longer, that He came back to life? Will you follow Him today if you have never done that? "Stop doubting and believe!" Let's pray.

**Memory Verse  
Activity**

Make blindfolds, like the kind that are used for blocking light when sleeping. Use string to make it able to be worn. Print the memory verse on the blindfold.

**Preparing for Next Week**

Lesson 47  
Believe!  
John 20:30-31

# Preschool Lesson

## Thomas Does Not Believe

**Sing:** “Happy All the Time”

**Teach:** In our last lesson, we talked about a special visitor who came to visit the disciples. It was Jesus! But not all of the disciples were there. Thomas was missing. We learn from our lesson this week that Thomas had a nickname. How many of you have nicknames? (Allow students to share their nicknames. Share yours, if you have one.) Thomas’ nickname was Didymus (Did-e-mus)! That seems like a silly nickname, doesn’t it? Some of you have silly nicknames as well! Thomas’ nickname, Didymus, means “two of something.” Thomas was called this because he was a twin! He had another brother who looked just like him!

Have you ever been somewhere with friends and seen something really amazing happen? That is what happened with the disciples. They had seen Jesus! But Thomas had not been there. What do you do when you know something really exciting? You tell people, right? That is exactly what happened with the disciples. Thomas had not been there with them, but the other disciples couldn’t wait to tell him that they had seen Jesus. They found him and told him everything they had seen and heard! After hearing the good news, Thomas told his friends, “I don’t believe you and I’m not going to believe until I see Jesus with my own eyes and touch His hands and side.” Thomas would not believe until he could see Jesus.

Well, eight days later all the disciples were together again, even Thomas, and Jesus came to visit them again! And even though Jesus had not seen Thomas until now, He knew that Thomas had questions and that he did not believe. Jesus told Thomas, “Put your finger here. See my hands. Reach out your hand and put it into my side. Stop doubting and believe!” When he saw Jesus, Thomas believed.

**Pray:** Thank you, God, for Jesus.

# Activities

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- Provide coloring pages and word puzzles that will enhance what you have taught today.
- Play games that reinforce the idea of faith.
- Make puppets and retell the story using puppets. Puppets may be made from paper lunch bags, socks, large craft sticks, sponges, etc.
- Make play dough. This can be made with the help of older students. If you work with younger students, it would be better to have it made ahead. Provide cookie cutters and rolling pins.
- Have a “Trust Walk,” where you blindfold students, one by one. Give them verbal instructions to maneuver around your space, whether it is a classroom, apartment or an area outside. After the “walk” talk about the faith and trust each student had to have in you to obey what you were telling them, even without seeing where they were going.
- Talk about *belief* and *faith*. You cannot have one without the other. *Faith* is *believing* things, even when you can’t see how it works. Thomas’ faith was small. How about your faith? Do you believe in Jesus, even though you can’t see or touch Him?