

# Thomas Believes

## LIFE POINT

People can believe that Jesus is the Savior.

## BIBLE PASSAGE

John 20:19-31

## UNIT VERSE:

Preschool- God loved us and sent His Son. 1 John 4:10

Elementary- Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." John 14:6 (NIV)

## A NOTE FOR PARENTS

Parents, today your child will learn that people can believe that Jesus is the Savior. When Thomas heard that Jesus was alive, Thomas said he needed to touch and see Jesus' hands and side. When He appeared to Thomas, Jesus said those who believe but have not seen will be blessed. Does your child understand that Jesus is the Savior? The Bible gives us evidence that Jesus died and was resurrected to pay for our sins. The Gospel books of the Bible were written to remember the accounts of Jesus' death and resurrection.

**\*\*Ask your child to listen for the word "believe" in today's Bible story. Every time they hear the word "believe" they should quietly stand up and then sit back down. Be sure to *pause* a moment after you say the word to give your child time to stand and sit.**

## Thomas Believes

On the evening of the same day the women had discovered the tomb was empty, the disciples were together in a locked room. The disciples were afraid. Suddenly, Jesus was standing in the room. He said, "Peace be with you." Jesus showed them His hands and His side. The disciples were so happy because Jesus was alive! Jesus told the disciples that just as His Father had sent Him, He had something for them to do.

Thomas was not with the other disciples when Jesus came. The disciples told Thomas about how Jesus came to see them and He was alive. Thomas did not believe (pause) them, he doubted what he was hearing was true. He told the other disciples, "If I don't see the mark of the nails in His hands, put my finger into the mark of the nails, and put my hand into His side, I will never believe." (pause)

A week later, the disciples were together in a room and this time Thomas was with them. Again, Jesus was suddenly standing in the room. Jesus told Thomas to look at His hands and side. Jesus invited Thomas to touch His hands and side. Jesus told Thomas, "Do not be unbelieving, but believe." (pause) Thomas immediately believed (pause) and said, "My Lord and my God!" Jesus said, "Because you have seen me, you have believed. (pause) Blessed are those who have not seen and yet believe." (pause) Jesus died and on the third day, He rose from the dead. Jesus did many miracles after His resurrection. The disciples wrote down many of the things Jesus did so people would know Jesus is the Messiah, and that by believing Jesus is the Son of God, they can have eternal life by believing in Him.

## DISCUSSION QUESTIONS

- Why were the disciples in a locked room? (They were afraid.)
- Which disciple was not in the room when Jesus appeared? (Thomas)
- When the disciples told Thomas they saw Jesus, did Thomas believe Jesus was alive? (No, Thomas did not believe.)
- What did Thomas say would be the only way he would believe? (He said he would have to see the mark of the nails and touch Jesus' hands and side.)
- What did Thomas say when He saw Jesus? ("My Lord and my God!")
- Why did the disciples write down the things Jesus did? (so people would believe Jesus is the Messiah)

## BIBLE LEARNING ACTIVITIES

### \*COLOR SHEET

*What you need: print color sheet and crayons*

As they are coloring, explain to your child that many people saw Jesus after His resurrection. Jesus was dead for three days, but He rose from the grave, and He is alive. Thomas did not believe the disciples when they told him that Jesus was alive. He said that he had to see and touch Jesus to believe it. Jesus told Thomas that the people who believe in Him, but have not seen Him are blessed. That is us, today. We cannot see Jesus, but we can believe in Him

### \*SEE THE SCARS

*What you need: paper, red crayon, and glue \*optional: red paper, heart stickers*

Trace your child's hands side by side on a piece of paper. Let them color it. Make two red hearts out of red paper, white paper colored red or red heart stickers. Have your child glue or stick the hearts in the palm area of their drawn hands. Write "Jesus is Alive" Matthew 28:7 on your child's paper and let them hang somewhere they can see to remind them that Jesus is alive.

### \*THAT CAN'T BE TRUE

*What you need: "Believe it or Not" Activity Page*

Review the Bible story with your child. Ask for a definition for the word "believe" (to trust that something is true). Remind your child that Thomas had a hard time believing Jesus was alive until He saw Jesus in person. It is sometimes difficult to believe things even though they are true.

Read the statements one at a time from "Believe It or Not?" As you read each statement, instruct your child to give a thumbs up if it is a statement they believe to be true and give a thumbs down if it is a statement they do not believe is true. If a statement is false, read the answer that explains why the statement is false.

Ask your child which statements they had the hardest time believing.

Discuss how some people have a hard time believing Jesus is the Savior. Sometimes it is difficult for people to believe in things that they have not seen with their own eyes.

Help your child find John 20:29 in their Bibles. Read the verse. Jesus told the disciples that those who believe without seeing are going to receive a blessing. God gave us the Bible to tell us all about everything Jesus did so people can believe that Jesus is the Savior.

## **\*JESUS IS THE WAY**

*What you need: Bibles, Music, white heavyweight paper (1 per child), markers, multicolored chalk or crayons, painters' tape*

Remind your child how believing means that we trust something is true. People can believe that Jesus is the Savior. Help your child find John 3:16 in their Bibles, and read it together.

Lead your child to use the painter's tape to create a cross in the middle of their papers, leaving extra room at the bottom to write John 3:16. Instruct your child to write the words of the verse at the bottom of their papers with a marker. (help preschoolers with this part) Using chalk or crayons, encourage your child to use multiple colors to fill in the entire paper around the tape cross and verse.

You can play music while your child works.

When your child has completely covered their papers with color, lead them to slowly peel the tape off the paper to reveal the white cross.

Ask your child to tell what the cross means to a person who believes in Jesus. Discuss how the cross reminds Christians that God loved people so much He sent His one and only Son to die on the cross. Jesus took the punishment for our sins. Remind your child that God will forgive people when they ask Him. People can believe Jesus is the Savior.

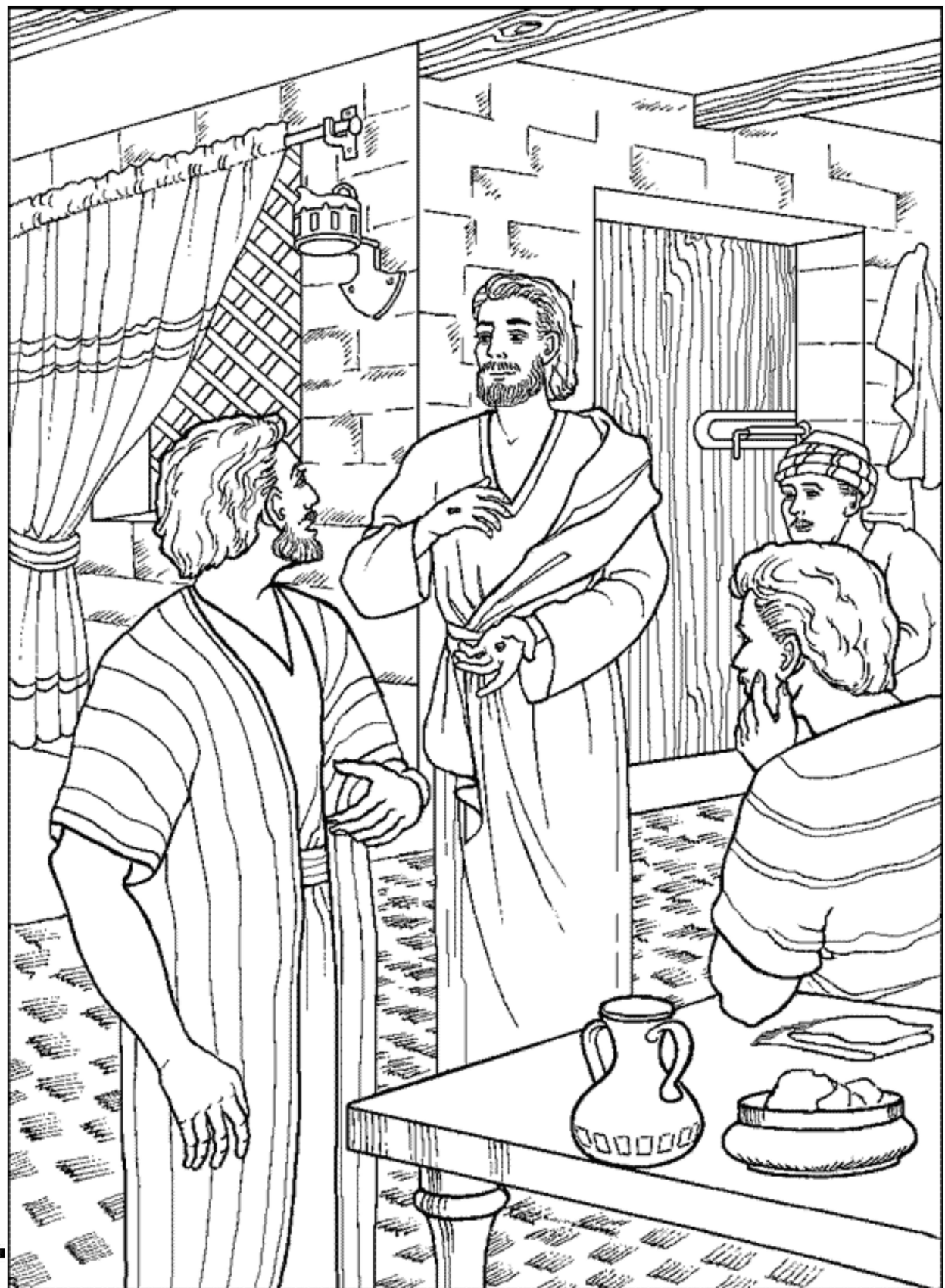
Remind your child that God will forgive them too if they ask Him and they can believe that Jesus is the Savior.

## **\*PRAY**

*What you need: nothing*

Ask for prayer requests. Pray together, thanking God for sending His one and only Son and for forgiving people of their sins when people ask for forgiveness.





# BELIEVE IT OR NOT?



Butterflies taste with their feet.

✓ (true)

A snail could have 14,000 teeth.

✓ (true)

A cloud could weigh 1.1 million pounds.

✓ (true)

Dolphins sleep with one eye open.

✓ (true)

A crocodile can stick out his tongue at least 20 feet.

✗ (False, crocodiles cannot stick out their tongue.)

A day on Venus is a little longer than a year on Venus.

✓ (true)

There are more fake flamingos in the world than real flamingos.

✓ (true)

The national animal of Scotland is a pony.

✗ (False, it is a unicorn.)

The first basketball nets were boxes attached to poles.

✗ (False, the first nets were peach baskets.)

A baseball has 180 stitches.

✗ (False, baseballs have exactly 108 stitches.)

No team has won the Super Bowl three times in a row in the history of the game.

✓ (true)

The longest tennis match ever played was 5 hours and 11 minutes.

✗ (False, the longest tennis match ever played was 11 hours and 5 minutes played over 3 days.)



**UNIT 2**  
**SESSION 3**

*Thomas Believed*

***I Believe!***

Use the code below to  
discover what Thomas said  
when He saw Jesus.

**UNIT VERSE**

Jesus answered, "I am  
the way and the truth  
and the life. No one  
comes to the Father  
except through me."

JOHN 14:6 (NIV)



A	D	G	L	M	N	O	R	Y



Think About It

Can you say  
John 3:16  
from memory?



What did Jesus say  
about people who  
believe without  
seeing?

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