

Jesus Appears to His Disciples

John 20:19-31

Young children seem to have a natural faith in God. They accept that there is a loving God who made and cares for them, even though they may not understand the particulars of the Bible yet. Use this lesson to cultivate that childlike faith.



► Bible Point

Believe in Jesus.

Key Verse

“Now faith is being sure of what we hope for and certain of what we do not see” (Hebrews 11:1).

Weaving Faith Into Life

Kids will believe in Jesus even though they can't see him.

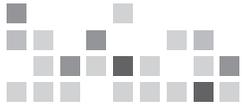
LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
1 Getting Started	Sight Unseen <i>(about 15 min.)</i> Do an experiment with a partner to understand what faith means, and learn the Key Verse.	Bible	
2 Bible Exploration	An Amazing Visitor <i>(about 10 min.)</i> Hide like the disciples did.	Bible, table	Turn a table on its side in a corner of the room to serve as a hiding place.
	I Doubt It! <i>(about 5 min.)</i> Play a fun response game about Thomas.	Bible	
	I Believe! <i>(about 10 min.)</i> Learn about Thomas' faith.	Bible, CD player Teacher Pack: CD, “Jesus Surprises His Friends” poster (from the Big Bible Poster Pack)	

Bold text within the lesson is spoken text.



LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
3 Weaving Faith Into Life	“Don’t Doubt” Door Hangers <i>(about 15 min.)</i> Make door hangers as a reminder to believe in Jesus.	My Bible Fun, scissors, markers, glue, construction paper	Tear out the Lesson 7 pages from each My Bible Fun student book.
4 Lasting Impressions	Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God’s Word.	My Bible Fun	
	Weaving Faith at Home <i>(about 2 min.)</i> Talk about how to share what they learned with their families.		

Bold text within the lesson is spoken text.



Sight Unseen Supplies

Bible

1 GETTING STARTED

Sight Unseen

What You'll Do ■■■■■■

Welcome kids warmly as they arrive, and ask them how their week went.

Gather everyone together.

Say: **Today we'll learn about faith. Let's start by doing a couple of experiments so we can understand what faith is.**

Put kids in pairs. Have each pair of kids stand back to back, 1 foot apart. Have kids close their eyes. In each pair, have the partner wearing the most blue count aloud to 10. Then, as partners remain facing away from each other, direct the following question to the partners who didn't count. (Have them continue to keep their eyes closed.)

Ask:

- **Is your partner still standing behind you?**

Say: **Hmm. You all said that you know your partners are still behind you, even though you can't see them. So being able to hear their voices helped you believe. Let's try another experiment.**

Have partners face each other and hold hands. Have the partners who didn't count aloud close their eyes, and then ask them the following question.

Ask:

- **Is your partner still standing in front of you?**

Say: **Very interesting. Even though you can't see your partners, you say they're still standing in front of you. So being able to touch them helped you believe.**

Let kids open their eyes, and then have everyone sit in a circle on the floor.

Say: **In our experiments, you believed that your partners were still standing right where you knew they were, even though you couldn't actually see them. You had faith that they were still there. That's what having faith is all about—believing in something you can't see. And that's what our Key Verse and lesson are all about today!**

Open your Bible to Hebrews 11:1, and show it to kids. Say: **Here's what our Key Verse says: "Now faith is being sure of what we hope for and certain of what we do not see" (Hebrews 11:1).** Have the children repeat the verse with you several times.



Talk With Kids

Lead children in this discussion.

Ask:

- How are the experiments we did today like or unlike believing in Jesus?
- What things help you have faith in Jesus?

Say: Today as we hear about one of Jesus’ friends named Thomas, we’ll learn to ► **BELIEVE IN JESUS**, even though we can’t actually see him. Just like we couldn’t see our partners in our experiments, we knew that they were there. Now let’s hear more about believing in Jesus.

BIBLE EXPLORATION

An Amazing Visitor

What You’ll Do

Open your Bible to John 20:19-31, and show kids the passage. Say: **Today we’ll learn about believing in Jesus as we hear what happened with Jesus’ friends, the disciples. At this time, Jesus had just died on the cross, and he’d come to life again! But some of the disciples didn’t know yet that Jesus had come back to life—they thought he was still dead in the tomb.**

They were also scared of the people who killed Jesus. Have the kids huddle together and pretend to be scared.

Say: **They were actually hiding—they were meeting in a locked room. Let’s find a hiding place like the disciples did.** Have the kids gather behind the overturned table you prepared earlier. Have kids sit huddled together. Then have them pretend to lock a door—demonstrate by holding out a fist and turning your wrist back and forth while making a clicking noise with your tongue.

Say: **Remember, they were in a locked room. What things do you know about a locked room?** Allow time for several kids to share answers. If no one brings it up, point out that no one can get in or out of a locked room without unlocking it.

Say: **Think about the disciples in that locked room.** Pause. **They loved Jesus and thought he was the king they’d been waiting for. And now Jesus was dead. And to make things worse, they were scared for their own safety. But listen to what happened next!**

Read aloud John 20:19-21.

An Amazing Visitor Supplies

Bible
table

An Amazing Visitor Easy Prep

Turn a table on its side in a corner of the room to serve as a hiding place.



I Doubt It! Supplies

Bible

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- To you, what's the most interesting or exciting thing about Jesus showing up?
- When have you been surprised by something great?
- What has Jesus done for you that helps you believe in him?

Say: **We pretended to hide in a locked room like the disciples did. And like the disciples, Jesus is with us—even though we can't see him. Jesus shows us he loves us, takes care of us, and is with us all the time—all we have to do is look for him and pay attention to him. Let's see what else happened that helped the disciples**

▶ **BELIEVE IN JESUS** and that he's alive.

I Doubt It!

What You'll Do ■■■■■■

Put kids in two groups, the Disciples and the Doubting Thomases. Have groups stand at opposite sides of the room. Say: **Thomas wasn't in the room when Jesus appeared to the rest of the disciples. When he got back, this is what happened.** Open your Bible to John 20:24-25, and show kids the passage.

Huddle with the Doubting Thomas group, and tell them that no matter what the other group says, they're to yell "I doubt it!" in response. Huddle with the Disciples group, and tell them you'll whisper to them what to yell to the Doubting Thomases. Have the Disciples group call out the following phrases, pausing after each one to let the Doubting Thomas group respond. Have kids call out:

- Jesus was here!
- We saw him!
- No, really—it's true!
- He spoke to us!
- He said, "Peace be with you!"
- No kidding—we saw Jesus!

Say: **The Bible tells us that Thomas didn't believe that the other disciples saw Jesus. He doubted what they said.**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- If you were in the Disciples group, what was it like to tell the Doubting Thomases about Jesus?
- If you were in the Doubting Thomases, what was it like to respond only with "I doubt it!"?
- Tell about a time you didn't believe something that turned out to be true.
- Why do you know you don't necessarily need to see something to believe it?

Say: **Thomas had trouble having faith that Jesus came back to life. Thomas said he**

needed to see Jesus in order to believe in him. The disciples had seen Jesus, but Thomas hadn't. Today, we don't see Jesus on earth, but we ► **BELIEVE IN JESUS** because we know he's alive and with us all the time, even though we can't see him.

I Believe!

What You'll Do

Show the "Jesus Surprises His Friends" poster. Say: **Many of the disciples got to see that Jesus was alive before Thomas did. Let's get ready to hear what happened next.**

Put kids in pairs, so each pair has one child from the Doubting Thomas group and one child from the Disciples group you formed in the "I Doubt It!" activity. Say: **We learned that Thomas wanted to see Jesus before he believed. If you're from the Doubting Thomas group, tell your partner something you've seen or would like to see that would help your belief in Jesus.** Allow time.

Say: **The disciples actually did see Jesus. If you're from the Disciples group, tell your partner about a time you told a friend or family member about something you knew was true.** Allow time.

Say: **Let's hear what happened when Thomas actually did get to see Jesus.**

Play the "Doubting Thomas" segment (track 10 on the CD), pausing the CD when the narrator instructs you to.

Say: **Jesus said, "Blessed are those who have not seen and yet have believed." Tell your partner what that means to you.** Allow time.

Say: **Jesus could've been mad at Thomas for doubting him, but he helped Thomas have faith instead. When Jesus was talking about the people who would believe in him without seeing him, he was talking about all the people who've never seen Jesus but who still believe he's alive. That means each of us here today who ► BELIEVE IN JESUS.**

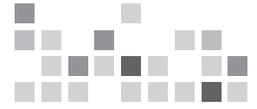
Play the remainder of the "Doubting Thomas" segment, and then turn off the CD player after the narrator says, "Do you have faith?"

Talk With Kids

Lead children in this discussion.

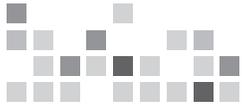
Ask:

- Explain ways you're like or unlike Thomas.
- Why is it important to ► BELIEVE IN JESUS even though you can't see him?
- What things do you think you could do to grow your faith in Jesus?



I Believe! Supplies

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- Bible
 - CD player
 - Teacher Pack**
 - CD: "Doubting Thomas" (track 10)
 - "Jesus Surprises His Friends" poster (from the Big Bible Poster Pack)



“Don’t Doubt” Door Hangers Supplies

My Bible Fun
scissors
markers
glue
construction paper

“Don’t Doubt” Door Hangers Easy Prep

Tear out the Lesson 7
pages from each My
Bible Fun student book.

Say: **Jesus told Thomas to believe in him, even when he couldn’t see Jesus. God also wants us to ► BELIEVE IN JESUS, whether or not we can see him. The Bible says Jesus is always with us. Let’s remember that this week.**

3 WEAVING FAITH INTO LIFE

“Don’t Doubt” Door Hangers

What You’ll Do ■■■■■■

Distribute the Lesson 7 My Bible Fun pages. Say: **Jesus is alive, and we can be sure that when we believe in him, he’s always with us. Let’s make door hangers to remind us to ► BELIEVE IN JESUS whether or not we can see him.**

Show kids how to cut out the door hangers. Have them cut the doorknob hole and place their door hangers right side up in front of themselves.

Say: **Tell about a time your belief in Jesus helped you. Maybe you were scared in a bad storm, before a test at school, or when you got lost.** Allow time, and then have kids draw a few of the ideas on their door hangers.

Say: **Jesus appeared inside the room even though the doors were locked. You can put your “Don’t Doubt” Door Hanger on your bedroom door to remind you to have faith in Jesus, just as the disciples in that room had faith.**

Say: **Think of some reasons you ► BELIEVE IN JESUS.** If kids have trouble, you can mention the Bible or experiences you’ve had to spark new ideas for them. Have kids cut a thin strip of construction paper for each reason they believe in Jesus. Have them glue the strips to the bottom of their hangers as streamers.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What are some ways your door hangers could help you this week?**

Say: **Like Thomas, sometimes people have trouble believing, but when Thomas saw Jesus and touched his hands and his side, he knew it was really Jesus. Let’s remember Jesus is alive and with us all the time. Our door hangers can remind us to ► BELIEVE IN JESUS when we’re scared, nervous, or discouraged. They can also remind us to thank Jesus when we’re excited or hopeful.**

4 LASTING IMPRESSIONS

Daily Challenges

What You'll Do

Say: **Let's think about how we ► BELIEVE IN JESUS.**

Have kids find this week's Daily Challenges in their My Bible Fun pages and choose one to do this week. They can choose one or more of these three options:

- **At the top of your door hanger, write the name of someone you can tell about Jesus—and be sure to follow through!**
- **Each night before you go to bed, take a deep breath of fresh air, and thank Jesus for being there, even though you can't see him!**
- **Help a sad or sick friend by telling about why you believe in Jesus and how he helps you.**

Make sure you choose a Daily Challenge as well, and tell kids what you chose. Kids will be more inclined to follow through on their commitments when they see you doing the same.

Talk With Kids

Lead children in this discussion.

Ask:

- **What's a practical way you're going to do your Daily Challenge? Include a time, a place, and other ideas.**

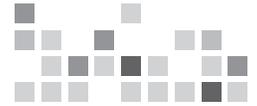
Say: **Jesus surprised everyone by showing up alive! Jesus is alive today. This week, show you ► BELIEVE IN JESUS by following through on our Daily Challenges.**

Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about believing in Jesus even when we can't see him. Kids can also do the activities in the "HomeConnect" section of their My Bible Fun pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at group.com/digital.

Form pairs, and have partners stand back to back. Let kids tell Jesus they believe in him. Then pray: **God, we know you're our friend, and we know Jesus is alive. We ► BELIEVE IN JESUS, even though we can't see him—like we know our friends are behind us even though we can't see them. Help us remember this week that you're always with us. In Jesus' name, amen.**



Daily Challenges Supplies

My Bible Fun

