

Jesus Appears to His Disciples

John 20:19-31

Third- and fourth-graders are concrete thinkers. As such, they demand proof of assumptions and look for cause and effect in the situations around them. In many ways, they think a lot like the disciple Thomas. Use this lesson to show them that, like Thomas, they need to realize that Jesus is alive.



► 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 think about their faith in Jesus and strengthen their faith in a specific way.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started</p>	<p>Sensing Stations <i>(about 15 min.)</i> Go to different stations and identify things by using different senses.</p>	<p>paper; pens; CD player; marker; paper bags; several clear jars with lids, each containing a different liquid (such as dishwashing detergent, vegetable oil, tea, soda, lemon juice); items such as a CD, rock, leaf, quarter, and sand; antibacterial gel (optional) Teacher Pack: CD</p>	<p>Set up 3 stations:</p> <ul style="list-style-type: none"> • Seeing Station: Set out paper, pens, and numbered jars containing various liquids. • Hearing Station: Set out paper, pens, and a CD player. • Touching Station: Put items to touch in separate paper bags.
	<p>How'd They Do That? <i>(about 10 min.)</i> Try to build a video game system, and discover what faith is by learning the Key Verse.</p>	<p>Bible, modeling clay, copy of the “Video Game” handout (at the end of this lesson)</p>	
	<p>From Fear to Peace <i>(about 10 min.)</i> Talk about things that bring them fear.</p>	<p>Bibles, Bible Truth Sleuth, several pairs of scissors</p>	<p>Tear out the Lesson 7 pages from each Bible Truth Sleuth student book.</p>
<p>2</p> <p>Bible Exploration</p>	<p>In the Light <i>(about 10 min.)</i> Play a game in light, and then in darkness.</p>	<p>Bible, flashlight</p>	<p>Try to make it so that when you turn out the lights the room is as dark as possible.</p>

Bold text within the lesson is spoken text.



LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
3 Weaving Faith Into Life	Rise Up <i>(about 10 min.)</i> Experiment with their arms doing unexpected things.	timer or stopwatch	
4 Lasting Impressions	Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.	Bible Truth Sleuth, pens	
	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.



Sensing Stations Supplies

paper
pens
CD player
marker
paper bags
several clear jars with
lids, each containing
a different liquid
(such as dishwashing
detergent, vegetable
oil, tea, soda, lemon
juice)
items such as a CD,
rock, leaf, quarter, and
sand
antibacterial gel
(optional)

Teacher Pack

CD: “What Do You
Hear?” (track 13)

Sensing Stations Easy Prep

Set up 3 stations:

- Seeing Station: Set out paper, pens, and numbered jars containing various liquids.
- Hearing Station: Set out paper, pens, and a CD player.
- Touching Station: Put items to touch in separate paper bags.

1 GETTING STARTED

Sensing Stations

What You'll Do ■■■■■■

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

Help children form three groups as they arrive. Once everyone has arrived, have each group participate at one or more of the sensing stations as time allows.

At the seeing station, have kids form pairs and identify the liquids by looking at them. They may not touch or shake the jars. Give each pair a pen and paper to record their answers. After kids have guessed, share the correct answers and then have kids rotate to the next sensing station.

At the hearing station, give each child a pen and paper, and then play “What Do You Hear?” (track 13 on the CD). Ask kids to identify the sounds and record their answers. After kids have listened to all the sounds, share the correct answers and then ask them to rotate to the next station.

The correct answers for the sound station are as follows: 1. car horn; 2. train whistle; 3. air being let out of a balloon; 4. vacuum cleaner; 5. thunder; 6. fog horn; 7. bowling pins being knocked over; 8. the pages of a book being turned; 9. someone walking in mud; 10. a deck of cards being shuffled; 11. bubble wrap being popped; 12. skis “shooshing” in the snow; 13. pennies being dropped on a table; 14. crashing waves; 15. someone jumping rope.

At the touching station, kids will take turns reaching into bags and identifying the item inside simply by touching it. After kids have made their guesses, they can look in the bags to see how they did.

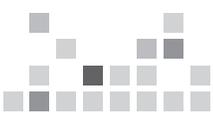
After kids have participated at all three stations, have them clean their hands and return to a large group.

Talk With Kids ■■■■■■

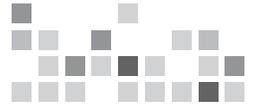
Lead kids in this discussion.

Ask:

- How well did you identify things using only one of your senses?
- How did you know what things were when you couldn't see them or smell them?
- How confident were you that you had the right answers?
- Tell about someone you know who has one sense impaired. How does that person deal with it?



Say: **We have faith in our senses—that what we see or hear or feel is real. Today we’re going to learn that we can ► BELIEVE IN JESUS even though we can’t see him.**



2

**BIBLE
EXPLORATION**

How’d They Do That?

What You’ll Do

Place the picture of the video game system in a place where all the kids can see it. Help them form groups of four to six, and then distribute modeling clay to each group. Tell the kids that their job is to build a video game system. Give them about five minutes to do so. Deflect any protests by saying, “There’s a sample right there. Give it a try.”

When five minutes have passed, have a willing child read aloud the Key Verse, Hebrews 11:1: “Now faith is being sure of what we hope for and certain of what we do not see.”

Talk With Kids

Lead kids in this discussion.

Ask:

- **What was your reaction when I asked you to build a video game system from clay?**
- **How does a real video game system work?**
- **If you’re not sure *how* it works, how do you know that it *will* work when you go to play the games?**
- **How do you know Jesus is there even when you can’t understand how?**

Say: **We use a lot of things every day that we don’t understand. Think about the lights in this room.** Walk over to the light switch, and turn off the lights. **I may not know exactly how the electricity works and makes the light bulbs work, but I know that when I hit this switch, the lights should come on.** Turn on the lights.

The same is true with Jesus. We don’t see Jesus with our eyes, but we believe he’s there. We see the results of him being there. It takes faith to believe in Jesus, but that’s exactly what we need. We can ► **BELIEVE IN JESUS** even though we can’t see him. Now that we know what faith is, let’s see what his disciples discovered.

How’d They Do That? Supplies

- Bible
- modeling clay
- copy of the “Video Game” handout (at the end of this lesson)





From Fear to Peace Supplies

Bibles
Bible Truth Sleuth
several pairs of scissors

From Fear to Peace Easy Prep

Tear out the Lesson 7
pages from each Bible
Truth Sleuth student
book.

From Fear to Peace

What You'll Do ■■■■■■

Have each child find a partner, and make sure each pair has a Bible. In their pairs, have one child read John 20:19-23 to the other.

Say: **The disciples were afraid. They knew the Jews were mad because Jesus' body was not in the tomb. They weren't sure what had happened in the last few days.**

Turn to your partner, and answer the following questions.

Ask:

- **What kinds of things make you afraid?**
- **When have you been scared because someone was mad at you?**
- **What do you do when you're afraid?**

Distribute this week's Bible Truth Sleuth pages, and have kids turn to the "From Fear to Peace" activity.

Have scissors available, and have kids cut the PEACE/FEAR box from their page. Show the kids how to fold the PEACE/FEAR box accordion style. Demonstrate how they can turn it in one direction to read "Fear" and then how they can turn it to "Peace."

Say: **Jesus can turn fear to peace just as he did when he suddenly appeared in the room and stood among the disciples. What a surprise! Jesus told the disciples to be at peace, and he breathed on them. Jesus gave them the Holy Spirit and told them to forgive others as they had been forgiven.**

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- **What could you do to show that you have faith in Jesus?**

While in the same pairs, have the other partner read aloud John 20:24-31.

Say: **Now with your partner, answer the following questions about faith.**

Ask:

- **What are some things you doubt?**
- **Do you generally find it easy or hard to believe? Explain.**

Once pairs have had a chance to share, have kids gather in a large group and lead them in this discussion.

Ask:

- **What are some ways Jesus proves himself today?**

Say: Faith is the way we ► BELIEVE IN JESUS even though we can't see him. The disciples had doubts, and Jesus proved himself. Jesus came back physically so the disciples could see him and touch him. Jesus did not want them to doubt his resurrection.

In the Light

What You'll Do

Ask kids to stand on one side of the room.

Say: **Okay, everyone walk to the other side of the room. Go!**

Once they've crossed the room, give one child a flashlight, and turn out the lights in the room.

Say: **Now everyone will walk back to the other side of the room. But this time you can use only the one flashlight. Go!**

When kids have reached the opposite side of the room, ask them to walk one more time across the room. This time don't use the flashlight. When kids have finished, turn on the lights and have them sit down.

Talk With Kids

Lead kids in this discussion.

Ask:

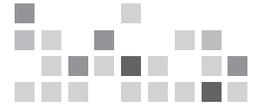
- **Why didn't you have any difficulty walking across the room when all the lights were on?**
- **How much more difficult was it when you had to walk across the room with the lights off and you had only one flashlight to guide you?**

Ask a willing child to read the Key Verse, Hebrews 11:1, aloud: "Now faith is being sure of what we hope for and certain of what we do not see."

Ask:

- **What does it mean to have faith?**

Say: **Trusting in God is a big part of our faith in him. Thomas needed to see Jesus to believe, but we can ► BELIEVE IN JESUS even though we can't see him. So we trust that Jesus is the light. Darkness cannot overcome light, but light can overcome darkness. When we have faith in Jesus, we trust that he will always be there for us to help us walk in the light. Jesus will help us overcome the dark parts of our lives.**

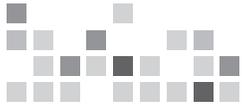


In the Light Supplies

Bible
flashlight

In the Light Easy Prep

Try to make it so that when you turn out the lights the room is as dark as possible.



Rise Up Supplies

timer or stopwatch

Daily Challenges Supplies

Bible Truth Sleuth

3 WEAVING FAITH INTO LIFE

Rise Up

What You'll Do ■■■■■■

Have kids pair up and spread out.

Say: **We're going to see how our bodies can be affected by things, even though we can't see anything affecting them. One of you will hold your arm straight out by your side, palm down and pressing upward. While you're doing this, the other person will be pressing down against the partner's hand with just enough force to keep it in one place—one person pressing up and one pressing down. The person who's pressing up can say out loud things that he or she believes about Jesus. I'll time you for one minute. When I say stop, your partner should stop pressing down and you can both see what happens. Ready? Go!**

Time kids for one minute. When the minute is up, kids' arms will continue rising up, even though they're not controlling them. Reverse roles so the other partners have a chance to press upward; then gather everyone back together.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- What did you think would happen when your partner stopped pressing against your arm?
- How do the things you believe about Jesus affect the way you live?
- What are some other things that affect us even though we can't see them?
- How can you believe more strongly in Jesus this week?

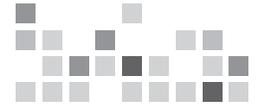
Say: **Jesus told Thomas, "Blessed are those who have not seen and yet have believed." We may not be able to see Jesus, but we can see the effect he has on our lives. And when we ► BELIEVE IN JESUS, we can help others find him too.**

4 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

Say: **We know that faith is when we ► BELIEVE IN JESUS even though we can't**



see him. Let's spend some time thinking about where our faith is right now. As you think, choose a Daily Challenge about your faith in Jesus. Maybe you still have some questions about him, and that's okay. You can choose the Daily Challenge that helps you ask those questions. Maybe your faith is the strongest it's ever been and you can't wait to tell others! If that's the case, you can commit to sharing your faith.

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

- **Write a letter to Jesus, telling him any doubts you have about him.**
- **We show our belief in our actions. Find someone who needs help this week, and then lend a hand!**
- **Share about your faith with non-Christian friends. For extra impact, invite them to church next week!**

Make sure you choose a Daily Challenge as well, and tell the 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 kids 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: **Thomas needed to see Jesus in order to believe in him. Even though we can't see Jesus, we can show we ► BELIEVE IN JESUS this week 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. Kids can also do the activities in the "HomeConnect" section of their Bible Truth Sleuth pages with their families.

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

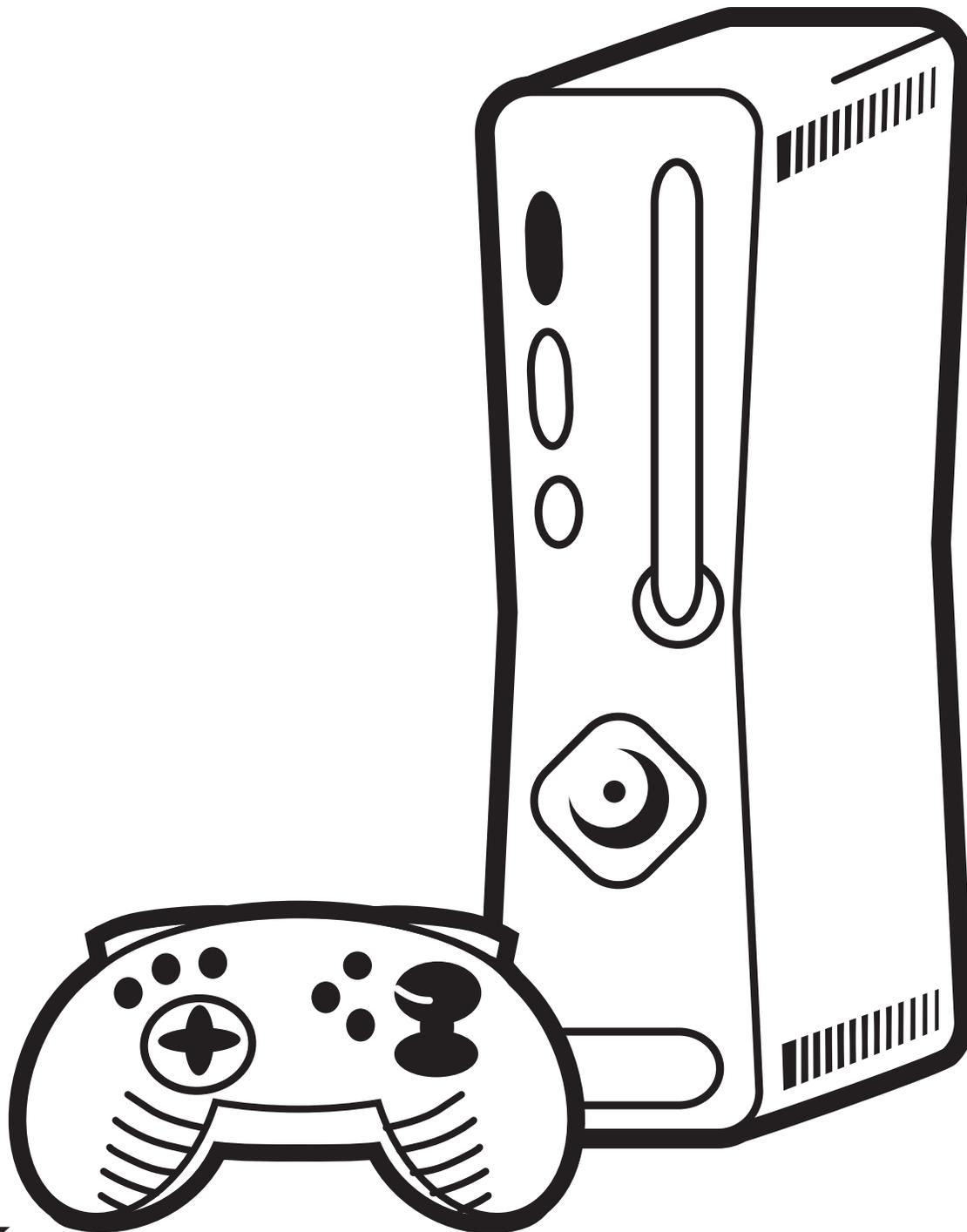
To close, ask kids to stand in a circle.

Say: **Today we've talked about faith, which is believing in Jesus even though we can't see him. So now let's pray for things that are important to us, knowing that God will hear us and answer our prayers.**

Allow any kids who want to pray aloud to do so, and then close the prayer.

Pray: **God, we thank you for Jesus and that you hear our prayers. We thank you that you will answer our prayers. Help us to continue to have faith throughout the week. In Jesus' name, amen.**

Video Game



**OK
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