



Jesus Appears to His Disciples

John 20:19-31

There's good reason that Jesus told people, "Unless you change and become like little children, you will never enter the kingdom of heaven" (Matthew 18:3). Young children have a way of believing that we can't begin to comprehend. They're beginning to learn the difference between real and make-believe. They may not know the word *faith*, but they believe what they're told. Use this lesson to encourage your children in their faith in Jesus.



► **Bible Point**
Believe in Jesus.

Key Verse

"Jesus said to her, 'I am the resurrection and the life. He who believes in me will live, even though he dies'" (John 11:25).

Weaving Faith Into Life

Children will believe in Jesus.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
1 Getting Started <i>about 5 min.</i>	Welcome and Celebrate Welcome each other, and praise God through music.	CD player Teacher Pack: CD	
2 Key Verse Activity <i>about 10 min.</i>	The Greatest Party Ever Children will move energetically to celebrate Jesus.	Bible, CD player, bubbles, streamers Teacher Pack: CD	
3 Bible Exploration <i>about 15 min.</i>	Puppy Pointers Discover what Theo has in a special box.	CD player, Theo puppet, small box, tape, string, magazine Teacher Pack: CD	Tear out a spring scene from a magazine, and tape it inside the box. Tape the box closed. Then tie the box to Theo's paw.
	Bible Time: Is It Really You? Listen to what happened when Jesus came to his disciples, and pretend to be Thomas.	Bible, mirror, crayons Teacher Pack: "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
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life <i>about 20 min.</i> <i>(Choose 2 centers.)</i></p>	<p>Center 1: Bubble Bonanza Make bubble paintings.</p>	My Bible Hugs, tempera paint, bubble solution, bubble wand, smock	Remove the Lesson 7 pages from each My Bible Hugs student book, and write children's names on them. Mix some tempera paint into the bubble solution.
	<p>Center 2: Surprise Snack Guess what the snack is without looking under the foil.</p>	cookies, plate, foil, antibacterial gel (optional)	Put the cookies on a plate and cover them with foil.
	<p>Center 3: Feather Fun Blow feathers at a target.</p>	poster board, marker, 1 straw per child, feathers	Draw a target on the poster board.
	<p>Center 4: Pop-Up Surprise Make a "pop-up" Jesus craft.</p>	craft sticks, foam cups, scissors, crayons	Cut a slit in the bottom of a cup so a craft stick can fit through it, 1 cup per child.
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions <i>about 10 min.</i></p>	<p>Daily Challenges Choose a Daily Challenge to apply God's Word.</p>	My Bible Hugs	
	<p>Action Prayer Say a prayer with motions.</p>		
	<p>Weaving Faith at Home Talk about how to share what they learned with their families.</p>		

Bold text within the lesson is spoken text.



Welcome and Celebrate Supplies

CD player

Teacher Pack

CD: "I'm Proud to Follow Jesus" (track 7), "God's Not Dead" (track 15)

1 GETTING STARTED

Welcome and Celebrate



Tip Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do ■■■■■■

As the children arrive, greet each one with a smile. When it's time to begin, use your signal to gather the children together in a circle on the floor.

Lead children in singing "I'm Proud to Follow Jesus" (track 7 on the CD) to the tune of "Did You Ever See a Lassie?" Encourage children to follow the motions in parentheses.

 **I am proud to follow Jesus,** (*put hands on hips*)
Yes, Jesus; oh, Jesus. (*stretch arms up high*)
I am proud to follow Jesus (*put hands on hips*)
Wherever he goes. (*point around the room*)

I'm not ashamed of Jesus, (*shake finger, "no"*)
Yes, Jesus; oh, Jesus. (*stretch arms up high*)
I am not ashamed of Jesus. (*shake finger, "no"*)
I'm proud he's my friend. (*put hands on hips*)

(Repeat from the beginning.)

Say: **We're learning today that we can be proud to ► BELIEVE IN JESUS, just like we sang. We follow Jesus because he came back to life and will live forever. Let's sing about how God is alive.**

Lead children in singing "God's Not Dead" (track 15 on the CD). Encourage children to follow the motions in parentheses.

 (*Chorus*)
God's not dead. No! (*punch fist in the air*)
He is alive. (*wave hands above head*)
God's not dead. No! (*punch fist in the air*)
He is alive. (*wave hands above head*)
God's not dead. No! (*punch fist in the air*)
He is alive. (*wave hands above head*)
I know he's living in me. (*touch right hand to heart*)





I see him in my hands. *(shake hands)*
 I see him in my feet. *(shake feet)*
 I see him in the air. *(point up)*
 I see him everywhere. *(point around the room)*
 I see him at the church. *(point down)*
 I see him on the street. *(stomp foot)*
 And I know he's living in me. *(touch right hand to heart)*

No, no, no, no, no, no, no... *(shake head "no")*
 No, no, no, no, no, no, no. *(shake head "no")*

(Repeat chorus.)

Say: Today we'll hear how Jesus visited some of his friends. They thought he was dead, but he was alive, and he still is today. We can ► BELIEVE IN JESUS because he came back to life, and we can live with him forever when we believe in him.

2 KEY VERSE
ACTIVITY

The Greatest Party Ever

What You'll Do ■■■■■■

Have children form a circle and sit down. Open your Bible to John 11:25, and show children the words. Tell kids the Bible is God's special book.

Say: **Our Key Verse from the Bible says, "Jesus said to her, 'I am the resurrection and the life. He who believes in me will live, even though he dies' " (John 11:25). This means that when we believe in Jesus, we'll live forever. Let's say our Key Verse together.** Lead children in saying the adapted Key Verse with you: **People who believe in Jesus will live forever (John 11:25).**

Say: **Think about the best party you've ever been to.** Allow time, and then let a few children share about the parties they thought of.

Say: **Jesus is going to have the greatest party ever. And all the people who love Jesus are invited to come to the party and live forever. You're all invited to come to the party when you tell God that you ► BELIEVE IN JESUS.**

Have children sit against a wall. Tell kids that they're going to have fun celebrating Jesus right now, and everyone is invited. Explain that you'll play some music and then invite a child to come out, jump around, and have fun celebrating Jesus.

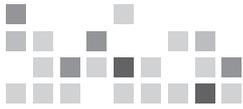
Play "Jesus Loves Me Rock" (track 4 on the CD). Invite the children one by one and encourage them to join the group of celebrators. If you have children who are shy, encourage them to celebrate Jesus in their own ways, such as by blowing bubbles or waving streamers.



The Greatest Party Ever Supplies

- Bible
- CD player
- bubbles
- streamers
- Teacher Pack**
- CD: "Jesus Loves Me Rock" (track 4)





Say: **God wants everyone to join in on the fun. People who believe in Jesus will live forever—the joy will never end! Let's say our Key Verse one more time.** Lead children in saying the adapted Key Verse with you: **People who believe in Jesus will live forever (John 11:25).**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What was your favorite part about celebrating Jesus in our party?**
- **What do you think about the fact that Jesus wants *you* at the greatest party ever?**
- **What can you do to let others know about Jesus' party?**

Say: **People who ► BELIEVE IN JESUS will live forever and celebrate with Jesus! It's so important for us to share that message with all of our family and friends and invite them to come to God's party, too. Then we can all celebrate together forever. Let's say our Key Verse together one more time.** Lead children in saying the Key Verse with you: **People who believe in Jesus will live forever (John 11:25).**

3 BIBLE EXPLORATION

Puppy Pointers

Puppy Pointers Supplies

CD player
Theo puppet
small box
tape
string
magazine

Teacher Pack

CD: "Here, Theo"
(track 5)

Puppy Pointers Easy Prep

Tear out a spring scene from a magazine, and tape it inside the box. Tape the box closed. Then tie the box to Theo's paw.

What You'll Do ■■■■

Say: **Listen, everyone, Theo's coming! He has something to show us. Let's find out what it is.** Play "Here, Theo" (track 5 on the CD), and bring out Theophilus the FaithRetriever.

Theo: Hi, everybody!

Teacher: Hello, Theo! It's nice of you to come to church with us today.

Theo: It's good to be here.

Teacher: What do you have with you today?

Theo: It's my box.

Teacher: What's inside your box?

Theo: Something very beautiful.

Teacher: The box seems pretty light and empty. Boys and girls, do you think there's anything inside this box?

(Pass the box around and have the children guess whether or not there's something inside the box.)

Teacher: Can we open the box?

Theo: Sure.

(Pause for a minute, open the box, look surprised, and let all the children see the beautiful picture inside.)



Teacher: Wow! There is a beautiful picture inside this box. Theo, we had to believe you when you told us about it even though we couldn't see it. Friends, let's tell Theo our Bible Point for today.

(Lead children in saying the Bible Point for Theo: ► BELIEVE IN JESUS.)

Teacher: That's right. We believe in Jesus even though we can't see him.

Theo: I have to take my box home now, but I'll be back next week.

Teacher: Boys and girls, say goodbye to Theo!

Encourage the children to wave or say goodbye to Theo. Then put Theo away in a safe place for next week's use.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What were you thinking before we opened the box?
- What were you thinking after we found the beautiful picture in the box?
- Tell about a time you had to believe someone about something.
- Why do you know you can ► BELIEVE IN JESUS?

Say: **When Jesus visited his friends after he came back to life, one of them had trouble believing he was alive. But he learned to ► BELIEVE IN JESUS, even when he couldn't see Jesus. We can't see Jesus with our eyes right now, either. But we can believe in him because we know he's our friend and he's alive.**

Bible Time: Is It Really You?

What You'll Do ■■■■

Open your Bible to John 20:19-31, and show children the words. Tell children that the Bible is God's special book.

Show the "Jesus Surprises His Friends" poster. Say: **After Jesus came back to life, he went to his disciples to show them he was alive. The disciples were very happy when they heard that Jesus was alive, but they were also afraid. They had never heard of anyone dying and then coming back to life.** Have the children show "scared" faces and then "happy" faces.

Say: **Thomas didn't believe that Jesus was alive. He wanted to see and touch Jesus so he would know for sure that Jesus was alive again. Jesus showed Thomas that he was real and asked Thomas to touch Jesus' hands to prove it.** Direct the children to touch each other's hands.

Say: **Jesus loved Thomas because Thomas was his friend. Jesus wants us to believe in him even though we can't see him.**

Hold up the mirror, and touch the edge of it with the side of your hand so it shows your hand's reflection.



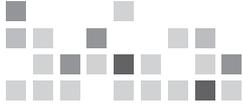
Bible Time: Is It Really You? Supplies

Bible
mirror
crayons

Teacher Pack

"Jesus Surprises His Friends" poster (from the Big Bible Poster Pack)





Say: **Touch the hand you see in the mirror and the hand next to the mirror, and tell us which hand is real and which hand is not real.** Have the children take turns pretending to be Thomas as they touch the reflection of your hand and say, “I don’t believe” and then touch your hand and say, “I believe!”

Then have each child take a crayon and trace his or her hand on the “Jesus Surprises His Friends” poster.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What were you thinking as you touched the hand in the mirror and then the actual hand?**
- **Tell about something you had trouble believing.**
- **What are some things you believe about Jesus?**

Say: **Like we did in our activity, Thomas had to touch Jesus’ hands before he could believe Jesus was alive. Even though we can’t see Jesus with our eyes, God wants us to ► BELIEVE IN JESUS. Jesus is with us every day, and we can believe that he wants to be our forever friend.**

4 WEAVING FAITH INTO LIFE

Choose at least two of the learning centers to help reinforce today’s Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you’re ready for them. Allow the children to choose which center they’d like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center’s description.

■ CENTER 1:

Bubble Bonanza

What You’ll Do ■■■■■■

Give each child a Lesson 7 page from My Bible Hugs. Say: **Today we’re learning to ► BELIEVE IN JESUS, even though we can’t see him with our eyes.**

Show the bubble solution and bubble wand. Say: **When we blow bubbles, there’s air inside the bubbles, but we can’t see it. We know it’s there. And Jesus is kind of like that. We can ► BELIEVE IN JESUS and know he’s here with us, even though we can’t see him with our eyes.**

Center 1: Bubble Bonanza Supplies

My Bible Hugs
tempera paint
bubble solution
bubble wand
smock

Center 1: Bubble Bonanza Easy Prep

Remove the Lesson 7 pages from each My Bible Hugs student book, and write children’s names on them. Mix some tempera paint into the bubble solution.





Say: **Let's take turns telling reasons we know Jesus loves us. As we do, we'll blow bubbles onto our My Bible Hugs pages to remind us that Jesus is with us and loves us, even though we can't see him with our eyes.** Have kids take turns putting on the smock and blowing bubbles onto their My Bible Hugs pages. On each child's turn, have him or her tell a reason he or she knows Jesus' love is real.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Explain how you know there's air in the bubbles.
- Explain whether or not you believe in Jesus even though you can't see him.

Say: **Jesus taught Thomas to believe in him, even when he couldn't see him. We can ► BELIEVE IN JESUS, even though we can't see him with our eyes, either. Just like the air in the bubbles, we know that Jesus loves us, he's alive, and he's with us every day!**

CENTER 2: Surprise Snack

What You'll Do ■■■■■■

Have children clean their hands and then sit down for the snack. Lead the children in a prayer for the snack.

Say: **Today we're learning that we don't always have to see something to believe in it. We ► BELIEVE IN JESUS and know he's alive and with us, even though we don't see him with our eyes.**

Show children the covered plate. Say: **If I tell you there's a yummy snack under this foil, will you believe me?** Pause. **Even though you can't see that there's a snack, you hope there is, and you believe what I tell you.**

Encourage children to guess what's under the aluminum foil. Then take off the foil to show them, explaining that even though they couldn't see the cookies, they were still there. Have children say, "We ► **BELIEVE IN JESUS!**" Then let them enjoy eating their snack.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Explain whether or not you believed me before you saw the cookies.
- What are some other things you believe in but can't see?
- Why do you know Jesus is always with you?



Center 2: Surprise Snack Supplies

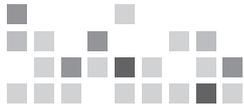
- cookies
- plate
- foil
- antibacterial gel
(optional)

! ALLERGY ■ ALERT

Center 2: Surprise Snack Easy Prep

Put the cookies on a plate and cover them with foil.





Center 3: Feather Fun Supplies

poster board
marker
1 straw per child
feathers

Center 3: Feather Fun Easy Prep

Draw a target on the poster board.

Center 4: Pop-Up Surprise Supplies

craft sticks
foam cups
scissors
crayons

Center 4: Pop-Up Surprise Easy Prep

Cut a slit in the bottom of a cup so a craft stick can fit through it, 1 cup per child.

Say: **At first the disciples saw Jesus was alive. But Thomas wasn't there to see him. Thomas had trouble believing that Jesus was alive. But then when Jesus showed him his hands, Thomas believed. Even though we can't see Jesus, we can ► BELIEVE IN JESUS because we believe what the Bible tells us. Just as we believed in the cookies, we can believe in some things that we can't see.**

■ CENTER 3:

Feather Fun

What You'll Do ■■■■■■

Place the target on the floor. Have children sit in a circle around the target.

Give each child a straw. Say: **Blow air through your straw.** Allow time. **Did you do it? Pause. But I couldn't see it. Do it again.** Allow time. **I still can't see it. How do I know you're really doing it?** Let several children suggest ways you could tell that they're blowing air.

Say: **If you're really blowing air, then you should be able to make these feathers move.** Have kids take turns blowing the feathers. Then let them try to blow the feathers into the center of the target. Have them stay seated and blow each other's feathers without touching the feathers with their hands.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What would you say to someone about how you moved the feathers?**
- **What would you say to someone about why you ► BELIEVE IN JESUS?**

Say: **The wind moves the feathers even though we can't see it. We ► BELIEVE IN JESUS without seeing him because we feel his love and know that he's here with us. When Thomas needed to touch Jesus' hands to believe in him, Jesus taught Thomas that he could believe even without seeing him. Let's tell others this week why we believe in Jesus even though we can't see him.**

■ CENTER 4:

Pop-Up Surprise

What You'll Do ■■■■■■

Give each child a cup and a craft stick, and set out crayons where children can easily reach and share. Say: **When the disciples were spending some time together in a room, out of nowhere, Jesus appeared! They thought he was dead, but he was**





alive. And he's alive today! Let's make some pop-up surprise crafts so we can tell others why we ► BELIEVE IN JESUS.

Have children turn the cups upside down and draw pictures of the disciples around the outside of the cups. Tell kids that the craft sticks represent Jesus. Encourage children each to draw his face on a craft stick.

Demonstrate how to insert the Jesus craft stick into the slot of the cup, putting your hand inside the cup to make "Jesus" pop up and appear. Then help kids do the same.

Put kids in groups of three and have them take turns telling each other what happened in their own words, using their craft to make "Jesus" appear to his disciples.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What do you think is cool about your craft?
- What do you think is cool about how Jesus appeared to his friends?
- What are some ways Jesus lets you know he's alive?

Say: Our pop-up crafts show how Jesus showed up and surprised the disciples when they thought he was dead. We can use our cups to show others what happened that day and to tell why we ► BELIEVE IN JESUS.

5 LASTING
IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

After the children have cleaned up their centers, bring everyone back to a circle area on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they remember about what they learned from the Bible today.

Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives this week. Use this challenge for encouraging your children's growing relationships with Jesus.

Talk With Kids ■■■■

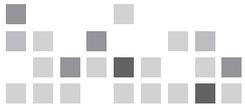
Say: Today we learned that we can ► BELIEVE IN JESUS. I would like each of you to choose a way to show you believe in Jesus this week.



Daily Challenges
Supplies

My Bible Hugs





Give kids these two challenges to choose from:

- **Tell Jesus you believe in him, and sing a song to him.**
- ■ **Use your pop-up craft to show your family what happened when Jesus appeared to the disciples.**

Say: **If you want to sing, circle the choice with one dot. If you want to use your pop-up craft, circle the choice with two dots.** Check that each child circled a choice on his or her My Bible Hugs page. Make sure you tell kids the challenge you choose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as in theirs!

Action Prayer

What You'll Do ■■■■■■

Form a circle, and have the children sit down. Invite each child to tell why he or she wants to ► **BELIEVE IN JESUS**. Give each child a chance to pray to Jesus and ask him to be his or her friend. Then teach children this prayer and motions. Have children repeat each line after you, and then say it all together.

Pray: **Thank you, Jesus,** *(fold hands together as if praying)*

For your love for me. *(hug self)*

I know you're in my heart. *(point to the sky and then to your heart)*

I feel your love for me. *(hug self)*

In your name, amen.

Weaving Faith at Home

Have children take home their My Bible Hugs pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the “Daily Challenges” activity. Encourage the parents to help their kids fulfill this commitment during the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

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

