

Seeing is believing?

Aim

We all need proof that something is real. Today we will look at the story of Thomas who needed proof that Jesus was alive whilst exploring the idea of faith.

To explore what faith is - 'blessed are those who do not see but still believe'.

Bible Passage

John 20:24-29

Game Time

1. Play Hide and Seek. See how quickly you can find the members of your family.
2. Scavenger Hunt - Have a scavenger hunt around your house, searching for objects that can help you see? (For example; glasses, magnifying glass, torch etc). Count up how many seeing things you found.

In our story today there is someone who needed help to see something to believe it.

Bible Time

In our story today, there was someone who needed to see to believe. Thomas was a friend of Jesus and one of his disciples. He is often referred to as "doubting Thomas." Talk about the way that Thomas hadn't been with the other disciples when they saw Jesus after he came back from the dead and he said that unless he saw and touched Jesus for himself, he wouldn't believe Jesus had risen. He had doubts about whether or not the story of Jesus' resurrection was true. Thomas had seen Jesus do many miracles. He had even seen Jesus raise the dead. But Thomas refused to believe what he could not see.

All of that changed when Jesus returned. Thomas didn't need to feel the nail scars in Jesus' hands. His doubt transformed into faith the minute he saw Jesus. God can transform our doubts as well. If we're willing to look for Jesus, even when we doubt, we will find him, and we will be transformed.

Read the story of Thomas in John 20: 24-29 or watch this clip -

<https://www.youtube.com/watch?v=vLqX5VQTCbg>

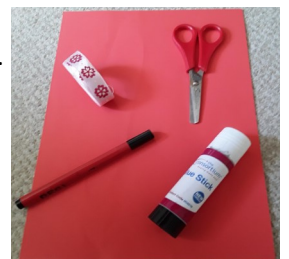
Think about;

- If you'd been Thomas, would you have touched Jesus?
- Who do you usually hold hands with, hug, slap on the back, sit close to?
- What does it feel like for you, not to be close enough to touch anyone outside your household?
- How can you stay close without touching people?
- How can you stay close to Jesus without being able to touch him?

All of us have moments of doubt. We wonder if God is listening, if God cares, or if God is even there. But it's through these times of doubt our faith becomes stronger. With God's help, our doubt will be transformed into faith. Christ acknowledges Thomas for coming to faith, he says, "Blessed are those that do not see, but still believe." John 20:29. See if you can remember this verse from the Bible.

Craft ideas

1. Hand Print Bunting - You will need; paint, card, scissors, string, pens, stickers and hole punch. Make four hand prints on card and allow to dry or cut around a hand on card. Cut out the hands and punch holes in the top. Thread together with string or ribbon to make bunting. Write one word on each card so that your hands read, 'I believe in Jesus' - one word on each hand. Decorate with stickers or colour your hands. Find somewhere to hang your bunting! This craft can also be found on the TMC Facebook page.
2. I BELIEVE HEART - You will need; scissors, red card, ribbon, glitter, glue and 'I believe' words. Children can draw and then cut out a large red heart shape from card. Decorate and add glitter. Write the words I BELIEVE in the middle of the heart. Attach a ribbon to the top of the heart and hang up.



Worship Time

Take a look at the TMC Facebook page for songs that you can join in with today.

You could also sing along with 'Nothing is Impossible' by using this YouTube clip -

<https://www.youtube.com/watch?v=bxq8lVT8U8E>

Prayer Time

Jesus knew it was hard for Thomas to believe without the evidence of seeing and touching. He knew it would sometimes be difficult for us to believe in him too. He told those first disciples that we would be 'blessed' because we would not have seen him with our eyes like they did, but we would still believe. Try saying this prayer together.

Dear Jesus, thank you for rising from the dead and defeating sin, death. Help me remember that even when I have doubt or am scared you are with me and love me. Help us to believe even though I have not seen you. Help me to use our questions to learn more about you and strengthen our belief. Amen.