



Adventures in Faith

Doubting Thomas

Hi families,

Welcome to our 'Adventures in Faith' resource - Doubting Thomas.

This links to our Adventures in Faith - Doubting Thomas clip on the Youtube channel so do head on down there and check it out.

<https://www.youtube.com/channel/UCe3BIPwldoXgGCKL7Fi4Ibw>



I'd love to hear your feedback, stories and see anything that the children have made.

Sharon

Connection

Has anyone ever told you something and you didn't believe them? Why didn't you believe them? Did it turn out to be true?

Tell the story

The story is taken from John chapter 20. You can find this together in your Bible or tell it from a picture Bible.

We are focussing on the story of 'doubting Thomas' as found in verses 19-29 but reading the whole chapter helps to keep it in contact with the resurrection.

Explore the story

What do you notice in this story? What can you discuss?

Why were the disciples locked in the Upper Room? How did Jesus get in? Why did He proclaim peace? Where do you think Thomas was? Why do you think he wouldn't believe that the disciples had seen Jesus? Why did he want to actually touch Jesus?

Reflection

Thomas found it hard to trust Jesus when he couldn't see Him. We can't see Jesus as He is in heaven so how easy is it for you to believe that Jesus is there for you and trust you?

Faith is often effected by previous experience. If we trust and have faith in a parent to friend it is probably because we have seen their character in other situations and know them to be trustworthy. Sometimes we are encouraged to have faith in someone and trust them by the testimony of others.

With Jesus we can see His character throughout the Bible, and in particular in this story, His kindness towards Thomas as he struggles to believe. Much as Jesus is kind to Thomas He reiterates the power of faith in His words in verse 29 - "blessed are those who have not seen and yet have believed."



There are numerous other stories where Jesus applauded people for their faith - the Centurion, in Matthew 8 of whom He says in verse 10, "When Jesus heard this, he was amazed and said to those following him, "Truly I tell you, I have not found anyone in Israel with such great faith" and the women in Luke 8 who touched His garment to whom Jesus said in verse 48 "Daughter, your faith has healed you. Go in peace."

How easy do you find today to believe and trust in Jesus although you can not see Him. The Bible exhorts us to trust God over all things, to have faith in Him rather than our own ways and He will guide and support us as we turn to Him.

Trust in the Lord with all your heart; do not depend on your own understanding.
Seek his will in all you and he will show you which path to take.

Prov 3: 5 - 6

Faith in everyday life

- As you do 'life' together this week look for moments of fear or doubt. Bring those back to Jesus, and remind yourselves that He cares, He is trustworthy and He will guide us.

Prayer

- Jesus spoke peace over the disciples in their troubled and frightened moments in the Upper Room. He can speak peace to us too in our moments of fear and trouble in Lockdown. As anxieties rise take a moment to stop and ask God for His peace. You may wish to just sit, close your eyes and hold out your hands as if receiving a gift, wait for His peace to come to your heart.
- Make the prayer hands (see below) and use them as a way of expressing your feelings, including doubts to God in prayer. You may wish to stick the above verse, or another that is relevant into them and stick them up as a reminder this week.

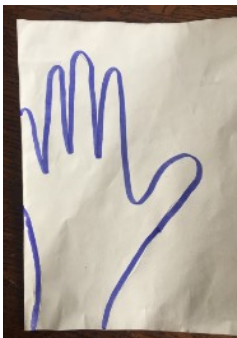


Activities

- Act out the story using items from your house as props and clothing, video it and share it with other family members or friends
- Complete a word search (see below)
- Make some 'feely bags' - but items in 'bags' - a PE bag is ideal with its drawstring top. Can you guess what the item is without seeing it. Use your other senses, listen as you move it about and use your touch to feel it. Children could equally do this for adults.
- 'Smellyvision' - can you guess what a food item is without looking at it but by smelling or tasting. Close your eyes or use a blindfold if the child is happy too - give them a spoon with a small amount of food on it - can they guess first by smelling and then by tasting what it is? You may like to include banana, chocolate, tomato sauce, basil, mustard or lemon, to name a few, depending upon your child's palette and flexibility.
- Do you doubt it or believe it? Put signs up on opposite sides of the room, one saying 'I believe it' and the other 'I doubt it'. Call out statements about your family, the Bible or the world in general and children run to the sign to show whether they believe it or doubt it. Random statements below from online. Are all the true facts easy to believe?

Prayer Hands

Thomas wanted to see the marks in Jesus' hands and side to believe. Make a pair of hands and use them to express your feelings, doubts and beliefs to God



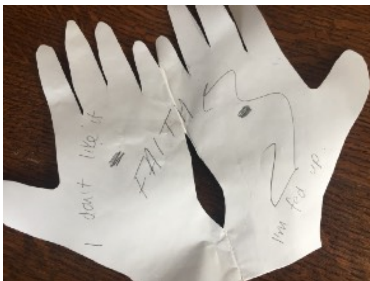
Start with a piece of paper, clear or decorated one side, big enough to draw round a hand when folded in half.

Fold in half and draw round a hand making sure that the little finger is touching the folded half.

Cut out the hand leaving the little finger that touches the fold uncut so that when it is opened out the hands are attached at the little finger.



Think about how Thomas wanted to see the marks in Jesus' hands to believe. Make your own marks to Jesus hands or wrists. (Many believe that in crucified men were nailed to the cross through their wrists).



Think about Thomas and his struggle to believe. What are you struggling with? Is it faith in God's love or purpose in these difficult times? Tell Jesus all about it. Write or draw your prayer on the hands or if you are feeling upset or frustrated you could simply scribble. Offer your prayer to God.

You may feel ready to declare your faith in Jesus or you may not. Cut out the verse below reminding you to trust in God and stick it to your hands. Put it up where you can see and use it as a prayer.

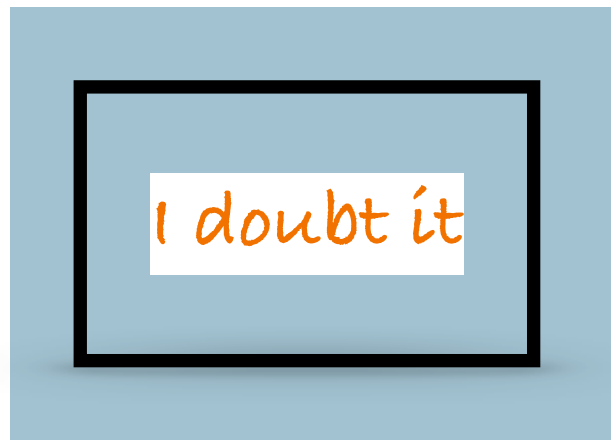
Alternatively use the verse at the bottom of the picture below, 'Blessed are those who have not seen and yet believe. John 20:29'

Trust in the Lord with all your heart; do not depend
on your own understanding.

Seek his will in all you do and he will show you which
path to take.

Prov 3: 5 - 6





Do you doubt or believe? Put signs up on opposite sides of the room, one saying 'I believe it' and the other 'I doubt it'. Call out statements about the family, the Bible or the world in general and children run to the sign to show whether they believe it or doubt it. Random ideas of statements below from online. Are all the true facts easy to believe?

- A group of owls is called a 'parliament' - True
- You are more likely to be stung by a bee in windy weather? - False
- A pregnant goldfish is called a twit - True
- They have square watermelons in Japan because they stack better? - True
- Penguins can smell toothpaste from several miles away? - False
- A duck's quack doesn't echo - True
- The words "Poor" and "poverty" are written over 400 times in the Bible - True
- In space you cannot cry - True - there is no gravity
- Frogs have to drink lots of water - False
- Elephants eat with their noses - True
- Spiders have six legs. False - they have 8
- A tiger has stripes on his skin - True
- An ostrich has the largest eye in the world - False - a giant squid does
- The sandwich is named after a person - True - the earl of sandwich
- A rabbit eats its own poo - True

Jesus Appears to His Disciples

But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe it." John 20:25

Based on John 20:19-31 (NIV)



Y J M N P S M B J D J Y D J S
C X I T A T F M L H O Y W A X
W X R K N Y G X P O F O M E D
X M A D V Y G E A X C O R E H
R X C C J V D R L X H K V S A
T L L U V E D A E T N E E D M
T K E S H E H I R C I N S D S
O X S C W B A S S L O C Y N T
G R U O L K N Z E C L R G D N
E O H D Q Z D B H J I I D E P
T S I U J J S A S R S P F E Z
H N T F E K D P I A M I L B D
E T W U S N K D D U L G E E E
R S R N U K P S E S L V H N S
R P T V S V D O U B T I N G B

JESUS
MIRACLES
DOORS
TOUCHED

TOGETHER
SIGNS
LIFE
THOMAS

DOUBTING
SHOWED
HANDS
SIDE

RECORDED
BELIEVED
DISCIPLES
LOCKED



Blessed are those who
have not seen and yet
believe. John 20:29



CHILDREN AND FAMILIES' RESOURCES

Email your feedback, pictures and stories
to Sharon

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**ST JOHN
THE BAPTIST
CHURCH**
LEICESTER