Preschool–Grade 6

Thomas Sees Jesus

Sunday School Lesson for 3rd to 5th Grade, 45–60 minutes

Main point: Jesus rose from the dead, and Thomas called Him "My Lord and my God." We have not seen Jesus, but God wrote His Word so that we can believe, and Jesus said those who believe without seeing are blessed.
Bible passage: John 20:19–31. Read it before class, and read John 14:5–9 too.
Memory verse: "Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed." *John 20:29 (KJV)*
You need: a Bible for each child (or one for every two children), a whiteboard or large paper, a marker, and one take-home sheet for each child.
Before class: write the memory verse on the board.

1. Opening game: Eyewitness (5–10 minutes)

Hold up a busy picture from a book or magazine for ten seconds, then put it away. Ask five questions about it: *What color was the door? How many windows? Was anyone wearing a hat?* Kids write or call out answers, then check the picture. Ask: *Who is the best person to tell us what happened: someone who saw it, or someone who only heard about it?* Say: "An **eyewitness** is someone who saw it with their own eyes. Today we will hear about disciples who were eyewitnesses, and one who was not there."

2. Bible story: My Lord and My God (15 minutes)

Kids open their Bibles to John 20. When you reach a **Look up** line, a child finds the verse and reads it out loud. Tell the rest in your own words.

The doors were shut. Jesus was crucified and buried, and early on the first day of the week Mary Magdalene found the stone taken away from the tomb, and then she saw Jesus alive (John 20:1, 14–18). **Look up John 20:19.** (**Assembled** means gathered together; **for fear of** means because they were afraid of; **in the midst** means in the middle.) **Look up John 20:20.** (**Shewed** means showed.) Jesus showed them His hands and His side, where He had been hurt when He was crucified, so they knew it was really Him.

"Receive ye the Holy Ghost." Look up John 20:22. Jesus breathed on them and said, "Receive ye the Holy Ghost." Jesus had promised the Holy Ghost before He died (John 14:16–17). Later He told them to wait in Jerusalem for "the promise of my Father" (Luke 24:49; Acts 1:4–5). On the day of Pentecost, "they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance" (Acts 2:4).

Thomas was not there. Look up John 20:24. (**Called Didymus** means he had a second name, Didymus.) **Look up John 20:25.** (**Except** means unless; **the print of the nails** means the marks the nails made; **thrust** means push.) Thomas wanted to see and touch for himself before he would believe.

Free to print & copy for church, classroom & home · Please don't resell or re-post

Eight days later. Look up John 20:26. The doors were shut again, and Jesus came and stood in the midst. **Look up John 20:27.** (**Reach hither** means reach here; **behold** means look at; **faithless** means not believing.) Jesus said back to Thomas the very things Thomas had said (20:25).

"My Lord and my God." Look up John 20:28. Thomas called Jesus his **Lord**, his master, and his **God**. Jesus did not tell him he was wrong. **Look up John 20:29.** Write on the board: *Deuteronomy 6:4* and *1 Timothy 3:16*. There is one God, and Jesus is "God manifest in the flesh," God who came to earth as a man. Before Jesus died, Thomas had asked Jesus the way, and Jesus told His disciples, "he that hath seen me hath seen the Father" (John 14:5–9). Now Thomas saw it: Jesus is his Lord and his God.

Why John wrote it. Look up John 20:30–31. (**Signs** means miracles that point to who Jesus is; **that ye might believe** means so that you would believe.) We have not seen Jesus with our eyes, but God gave us His Word so we can believe.

3. Questions to ask (10 minutes)

Thinking questions (no single right answer; let kids talk)

1. The disciples were afraid and shut the doors (20:19). What did Jesus say first? Why do you think He said that?
2. Thomas said, "I will not believe" (20:25). How did Jesus treat him? What does that tell us about Jesus?
3. Thomas said, "My Lord and my God" (20:28). What does that tell us about who Jesus is?
4. Jesus said people who believe without seeing are blessed (20:29). How can we believe in Jesus when we have not seen Him? (Read John 20:31 and Romans 10:17.)
5. The other disciples told Thomas, "We have seen the Lord" (20:25). Who can you tell about Jesus?

Recall questions

1. On what day did Jesus first come to the disciples in the room? *(The first day of the week, at evening, John 20:19)*
2. What did Jesus do before He said, "Receive ye the Holy Ghost"? *(He breathed on them, 20:22)*
3. How long was it until Jesus came again with Thomas there? *(After eight days, 20:26)*

Free to print & copy for church, classroom & home · Please don't resell or re-post

4. Memory verse: Erase a Word (5 minutes)

Explain the old words: **saith** means said, **thou hast** means you have, and **blessed** means happy because God is good to you. Read the verse on the board together. Erase two words and read it again. Keep erasing two words at a time until the board is empty and the class can say it alone. Then kids say it to a partner.

5. What this means for us (5 minutes)

Say: "Jesus is alive, and God loves you. The Bible says: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means all of us have done wrong, and none of us is as good as God. Jesus is God manifest in the flesh, which means God came to earth as a man (1 Timothy 3:16). Christ died for our sins, was buried, and rose again the third day (1 Corinthians 15:3–4). How do we obey the gospel? 'Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.' (Acts 2:38, KJV) To **repent** means to turn away from sin; our old self dies (Romans 6:6). We are **buried with Jesus in baptism**, all the way under the water, in Jesus' name. **Remission** means our sins are washed away, and we come up to live a new life (Romans 6:4; Acts 22:16). And God fills us with the **Holy Ghost**, and we speak with other tongues as the Spirit gives the words, just like Thomas and the other disciples on the day of Pentecost (Acts 1:13; 2:4). The Bible calls this being born again (John 3:5)."

Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

This week: read one story about Jesus in the Gospel of John with your family. John wrote it "that ye might believe" (John 20:31).

6. Activity: Bible Look-Up Race (10–15 minutes)

Kids work in pairs with one Bible. Read a reference and a question. The first pair to find the verse and read the answer out loud wins the point.

1. John 11:16: What did Thomas say when Jesus went back to Judaea? *(Let us also go, that we may die with him)*
2. John 14:5: What did Thomas ask Jesus? *(How can we know the way?)*
3. John 14:6: What did Jesus answer? *(I am the way, the truth, and the life)*
4. John 20:19: What did Jesus say when He stood in the midst? *(Peace be unto you)*
5. John 20:25: What did the other disciples tell Thomas? *(We have seen the Lord)*
6. John 20:28: What did Thomas say? *(My Lord and my God)*
7. John 21:2: Who was Thomas with by the sea? *(Simon Peter, Nathanael, the sons of Zebedee and two other disciples)*
8. Acts 1:13: Where was Thomas waiting with the other disciples before Pentecost? *(In an upper room)*

Free to print & copy for church, classroom & home · Please don't resell or re-post

Or choose the **Doubting Thomas word search** (vbshq.com/puzzles/doubting-thomas-word-search), crossword (vbshq.com/puzzles/doubting-thomas-crossword), maze (vbshq.com/puzzles/doubting-thomas-maze) or worksheet (vbshq.com/worksheets/doubting-thomas-worksheet).

7. Prayer

"Dear God, thank You that Jesus is alive. Thank You for writing Your Word so that we can believe. Jesus, You are our Lord and our God. Help us tell others about You, like the disciples told Thomas. In Jesus' name, amen."

If a child asks about Jesus' hands and side: keep it gentle. Jesus was crucified, and the nails made marks in His hands (John 20:25). When He rose, He showed His hands and side so His followers would know it was really Him (20:20, 27). The Bible doesn't say whether Thomas touched Him; Jesus said Thomas believed because he had seen Him (20:29).
If a child asks, "If Jesus is God, who is the Father?": keep it short and simple, from the Bible. There is one God (Deuteronomy 6:4). Jesus told Philip, "he that hath seen me hath seen the Father" (John 14:9). "God was in Christ" (2 Corinthians 5:19). Never put down another church.
If a child asks why Thomas is called "Doubting Thomas": that is a nickname people gave him later; the Bible doesn't use it. The Bible shows Thomas was brave (John 11:16), asked good questions (John 14:5), and called Jesus "My Lord and my God" (John 20:28).

Free to print & copy for church, classroom & home · Please don't resell or re-post