Preschool–Grade 6

Thomas Sees Jesus

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: Jesus is alive! Thomas saw Jesus and believed. I believe in Jesus too.
Bible passage: John 20:24–29. Read John 20:19–31 yourself before class.
Memory verse: "blessed are they that have not seen, and yet have believed" *John 20:29 (KJV)*. The old word **blessed** means happy because God is good to you.
You need: a Bible, masking tape for a "door" line on the floor, crayons, and one take-home sheet for each child.
Before class: put a masking tape line on the floor for a "door." Put a bookmark in your Bible at John 20.

1. Opening game: Shut the Door, Open the Door (5 minutes)

Kids stand along the "door" line. Say "Shut the door!" and everyone claps their hands together and holds them shut. Say "Open the door!" and everyone opens their arms wide. Mix it up: "Shut... shut... OPEN!" Then say "Peek!" and everyone covers their eyes and peeks between their fingers. Play a few times. Say: "Good listening! Today we will hear a true story about a room with the doors shut."

2. Bible story (5 minutes)

Hold up your Bible open to John 20. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

Jesus died on the cross. But Jesus rose again! He is alive! *(Jump up tall.)*

Jesus' friends were in a room. The doors were shut (John 20:19). *(Clap your hands shut.)*

Jesus came and stood with them! He said, "Peace be unto you" (20:19). *(Open your arms wide.)*

But Thomas was not there (20:24). *(Shake your head no.)*

His friends said they had seen Jesus (20:25). *(Point to your eyes.)*

Thomas said he would not believe it unless he saw Him (20:25). *(Fold your arms.)*

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

The story continues:
After eight days, Thomas was in the room with his friends (20:26). *(Hold up eight fingers.)*
The doors were shut. And Jesus came again! *(Clap your hands shut, then open your arms wide.)*
Jesus told Thomas to look at His hands and believe (20:27). *(Hold out your hands.)*
Thomas said, "My Lord and my God!" (20:28). *(Put your hand on your heart.)*
Say it with me: "Jesus is alive!"
Jesus said people who believe without seeing Him are blessed (20:29). *(Point to everyone.)*
Say it with me: "I believe in Jesus!"

3. Questions to ask (3 minutes)

1. Who was not there when Jesus came the first time? *(Thomas, John 20:24)*
2. What did Jesus say to His friends? *(Peace be unto you, 20:19)*
3. What did Thomas say when he saw Jesus? *(My Lord and my God, 20:28)*

4. Memory verse (3 minutes)

Say: "Jesus said, 'blessed are they that have not seen, and yet have believed.' Blessed means happy because God is good to you." Teach the motions: big smile for "blessed are they," cover your eyes for "that have not seen," and put your hand on your heart for "and yet have believed." Say it with the motions three times: in a normal voice, in a whisper, and in a happy voice. Then say "John 20:29" and clap three times.

5. What this means for us (3 minutes)

Say: "Jesus is alive, and God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
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.

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

6. Activity: The Shut Door (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw a big brown door that is shut, and a red heart beside it. While they color, say: "The doors were shut, but Jesus came! The heart means we believe in Jesus." Ask: "Who can you tell that Jesus is alive?" Kids who finish early can play Shut the Door, Open the Door again.

7. Prayer

Say each line, and the kids say it after you:
"Thank You, God, that Jesus is alive.
I believe in Jesus.
In Jesus' name, amen."

Tips for little ones: keep the story moving and let every child do the motions. If they get wiggly, play Shut the Door, Open the Door again. Send the take-home sheet home so parents can tell the story again this week.

If a child asks about Jesus' hands: say simply, Jesus was hurt on the cross. When He rose again, He showed His friends His hands, so they would know it was really Him (John 20:20, 27).

If a child asks how Jesus came in when the doors were shut: say, The Bible says the doors were shut and Jesus came and stood with them. Jesus is God. He can do anything (John 20:26).

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