Preschool–Grade 6

Thomas Sees Jesus

Sunday School Lesson for Kindergarten to 2nd Grade, 45 minutes

Main point: Jesus is alive! Thomas saw Jesus and believed. We have not seen Jesus, but we can believe in Him too.
Bible passage: John 20:19–31. Read it before class.
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, 6 paper strips, a marker, tape, a small toy and a paper bag, masking tape for a "door" line on the floor, crayons, and one take-home sheet for each child.
Before class: write the memory verse on the 6 paper strips (see part 4). Put a masking tape line on the floor for a "door." Put the toy in the bag. Put bookmarks in your Bible at John 20:19 and John 20:29.

1. Opening game: We Saw It! (5 minutes)

Choose one child to be the "guesser." The guesser turns around and covers their eyes. Quietly take the toy out of the bag, show it to the rest of the class, and put it back. The guesser turns around, and the class tells the guesser what they saw. Ask the guesser: *Do you believe them?* Then show the toy. Play three or four rounds with a new guesser each time. Say: "Today we will hear about a man who said, 'I will not believe it unless I see it myself!'"

2. Bible story: Thomas Sees Jesus (10 minutes)

Hold up your Bible open to John 20, so the kids can see the story comes from God's Word. Tell it in your own words:

Jesus died on the cross, and He was buried. But on the first day of the week, Jesus **rose again**! That same evening, Jesus' disciples, His followers, were together in a room. They were afraid, so the **doors were shut** (John 20:19). Then Jesus came and stood in the middle of the room! He said, "**Peace be unto you**." That means "Peace to you. Don't be afraid." Jesus **shewed**, or showed, them His hands and His side, where He had been hurt on the cross. The disciples were glad when they saw the Lord (20:20)!

Jesus **breathed** on them and said, "**Receive ye the Holy Ghost**" (20:22). Say: "Jesus was getting His followers ready. Later, on a day called Pentecost, they were all filled with the Holy Ghost, God's own Spirit, and they spoke in other tongues (Acts 2:4)."

But one disciple was not there. His name was **Thomas** (20:24). The others told Thomas, "We have seen the Lord" (20:25)! But Thomas said that unless he saw the marks of the nails in His hands, and put his finger there, and put his hand in His side, he would not believe (20:25).

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

The story continues: **After eight days**, the disciples were together again, and this time Thomas was with them. The doors were shut again. And Jesus came and stood in the middle of the room and said, "Peace be unto you" (20:26)! Jesus told Thomas to reach here with his finger and look at His hands, and to reach here with his hand and put it in His side. He told him, "be not faithless, but believing" (20:27).

Read John 20:28 from your Bible: "And Thomas answered and said unto him, My Lord and my God." Say: "Thomas knew who Jesus really is! There is only one God (Deuteronomy 6:4). And Jesus is God who came to earth as a man (1 Timothy 3:16)." Hold up one finger and say together: "There is one God!"

Read John 20:29 from your Bible. Say: "Jesus said Thomas believed because he saw Him. Then Jesus said that people who have **not** seen Him and still believe are **blessed**, which means God is good to them and they are happy. That means us! We have not seen Jesus with our eyes, but we can believe in Him."

John wrote this story down so that we would believe that Jesus is the Christ, the Son of God (20:31).

3. Questions to ask (5 minutes)

1. Why were the doors shut? *(The disciples were afraid, John 20:19)*
2. What did Jesus say when He came into the room? *(Peace be unto you, 20:19)*
3. Who was not there the first time Jesus came? *(Thomas, 20:24)*
4. What did Thomas say when he saw Jesus? *(My Lord and my God, 20:28)*
5. Who did Jesus say is blessed? *(People who have not seen Him and still believe, 20:29)*

4. Memory verse: Six Strips game (5 minutes)

Tape the 6 paper strips up in order: *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.* 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 together. Then take down one strip and read it again. Keep taking down one strip each time until the kids can say the whole verse by themselves.

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

5. What this means for us (5 minutes)

Say: "Jesus is alive, and God loves you very much. But everyone has done wrong things. The Bible calls that sin: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means none of us is as good as God. Jesus is God who came to earth as a man (1 Timothy 3:16). Jesus died for our sins, He was buried, and He rose again (1 Corinthians 15:3–4)! The Bible tells us how to obey the gospel, the good news about Jesus: '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 we are sorry for our sin and we turn away from it. We are **baptized**, buried all the way under the water, in Jesus' name, so our sins are washed away (Romans 6:4; Acts 22:16). **Remission** means God takes our sins away. And God fills us with the **Holy Ghost**, His own Spirit, and we speak in other tongues, words God gives us, just like Jesus' followers did on the day of Pentecost (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.
This week: tell one person, "Jesus is alive!" Thomas's friends told him, and you can tell someone too.

6. Activity (10–15 minutes)

Choose one: 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), the coloring page or craft (vbshq.com/bible-stories/doubting-thomas), or **Through the Door:** all the kids stand behind the "door" line on the floor. Ask a question from part 3, or "What does blessed mean?" The child who answers steps over the door line and says, "Jesus is alive!" Keep going until everyone is through the door.

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

7. Prayer

"Dear God, thank You that Jesus is alive! We have not seen Jesus with our eyes, but we believe in Him. Help us tell others that Jesus is alive. In Jesus' name, amen."

If a child asks about Jesus' hands and side: keep it gentle and simple. Jesus was hurt when He died on the cross for us. When He rose again, He showed His followers His hands and His side, so they would know it was really Jesus (John 20:20, 27).
If a child asks why Thomas didn't believe: the Bible doesn't tell us why. It tells us what Thomas said (John 20:25) and that he believed when he saw Jesus (20:28–29). Jesus came again when Thomas was there, and He spoke to Thomas (20:26–27).
If a child asks if Thomas was filled with the Holy Ghost: Thomas was with the disciples in the upper room before Pentecost (Acts 1:13), and on the day of Pentecost "they were all filled with the Holy Ghost" (Acts 2:4).
If a child asks how Jesus got in when the doors were shut: say what the Bible says: the doors were shut, and Jesus came and stood in the midst (John 20:19, 26). Jesus is God, and nothing is too hard for Him.

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