

JESUS HELPS ME BELIEVE

LEVEL UP

Week 3 – Elementary Additional Resources for Parents

BIBLE STORY: John 20:19-20, 24-29

INSTRUCTIONS: Conduct a quick review of what we've been going over in these past couple of weeks.

Can you tell me who Jesus is? Jesus is God's son, and Jesus lived here on Earth teaching people about God, healing people, and even performing miracles. Lots of people loved Jesus. But there were people who didn't like Jesus at all and they had Him arrested. **Can anyone tell me what happened when they arrested Jesus?** Yes, they nailed Jesus to a cross and Jesus died on the cross. It was an incredibly sad moment. All of Jesus' friends couldn't believe Jesus was gone.

But Jesus wasn't really gone, right? What happened when they went to see Jesus' body in the tomb? That's right! They discovered Jesus beat death! Jesus was alive! Jesus' disciples couldn't believe it — especially one guy in particular. Let's open our Bibles and read what happened.

Jesus Appears to His Disciples

¹⁹ On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" ²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

INSTRUCTIONS: Read John 20:24-29.

Thomas only believed when he saw the marks where Jesus had been nailed to the cross, and when he touched them. It would have been easy for Jesus to get disappointed when one of His disciples doubted him. But Jesus didn't get upset. Instead, Jesus helped Thomas believe! **Have you ever had any trouble fully understanding the things you learn about God?** We all do. When we don't understand something, we can pray and ask for help to understand. Jesus loves us and wants us to know more about God. That's why Jesus helps you and me to believe.

Jesus Appears to Thomas

²⁴ Now Thomas (also known as Didymus^[a]), one of the Twelve, was not with the disciples when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord!"

*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." ²⁶ A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" ²⁷ Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."
²⁸ Thomas said to him, "My Lord and my God!" ²⁹ Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."*

QUESTION: All About Doubt

INSTRUCTIONS: Allow for open discussion on these questions.

What is doubt? (To be uncertain, unsure, skeptical, afraid.)

Is it okay to doubt? (Reassure the kids it is okay to doubt at times, we all doubt sometimes and have questions.)

Does Jesus still love us even when we doubt? (Jesus loves us even when we doubt or don't understand something.)

Doubt is a natural reaction to things that are hard to believe. When we have doubt, we can pray, we can talk to our parents, relatives, church leaders, and other people we trust.

ACTIVITY: How Many Animals Do You See?

INSTRUCTIONS: Print the attached image and ask the kids to try to find all the hidden animals in the picture.

Here's the answer: 16 animals!

- Fish: Eye of elephant
- Beaver: Elephant head
- Tortoise: Elephant ear
- Elephant: Largest animal in black
- Donkey: Largest white space below elephant
- Mosquito: White space above donkey's bottom
- Dog: Black space below donkey
- Snake: Elephant's tail
- Swordfish: White space between elephant's rear legs
- Cat: White space below dog
- Mouse: Black space below cat
- Shrimp: White space between elephant's front legs
- Hen: Ear on donkey's head
- Crocodile: Elephant's tusk
- Dolphin: Elephant's trunk
- Bird head: White space between elephant's trunk and head

