

JESUS HELPS ME BELIEVE

LEVEL UP

Week 3 – Preschool Additional Resources for Parents

ACTIVITY: Mystery Box

INSTRUCTIONS: Prepare a “mystery box” — a box with a space that a child can reach into but cannot see what is inside. A tissue box is an example. Place an item inside that might be identified by feel. Let each kid reach inside the box and try to identify the item.

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

Last week, we learned about the women going to the tomb and learning Jesus beat death! Jesus was no longer in the tomb because Jesus was alive. Let’s look at the Bible and I’ll read what happened next.

INSTRUCTIONS: Read John 20:19-20.

The disciples were so excited to see Jesus! But not everyone was there. One of the disciples was missing — Thomas. Let’s keep reading.

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.

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.”

Thomas didn't believe what his friends were saying. He didn't believe Jesus beat death. So, Jesus helped Thomas. Jesus appeared to all the disciples in the same room a second time! And this time, Thomas was with them. And when Thomas saw the marks where Jesus had been nailed to the cross, and when he touched them, he believed. Jesus helped Thomas believe! Jesus loves us so much. Jesus will help us believe!

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

Who helped you find all the animals in this picture? Guess who else helps us? Jesus! And Jesus can help us believe in God!

ACTIVITY: Using Our Senses

INSTRUCTIONS: Print out this week's printable with images of eyes, ears, a mouth, a nose, and a hand. Hold up each image as you talk about it. You can have kids point to each body part, too. We learn about the world around us using our senses. Our sense are what our eyes, ears, mouth, nose, and hands do!

What do we use our eyes for? Can you name some things you can see?

What do we use our ears for? Can you name some things you can hear?

What do we use our mouth for? Can you name some things can you taste?

What do we use our nose for? Can you name some things you can smell?

What do we use our hands for? Can you name some things can you touch?

The disciples were able to use their eyes, ears, mouth, nose, and hands to know Jesus was there. But Thomas was not there. When Thomas saw Jesus and was able to use his senses to know Jesus was there, he believed! And then Thomas went and told as many people as he could about Jesus! Jesus helped Thomas believe!

