

Faith Like Thomas

PRESCHOOL LESSON PLAN

Theme: Thomas Sees Jesus' Wounds

Scripture: John 20:24-29

Memory Verse: John 20:29 - 'Blessed are those who have not seen and yet have believed.'

The Children's Sermon

We envy people who have the kind of faith that requires no physical proof, but for many of us, this will not happen. This doesn't mean that faith which asks for proof is useless. We know from historical records that Thomas goes on to become a very effective apostle. He carries the Good News to the people across Asia Minor and into India. His doubts were a stepping stone to faith.

Some of you are very young, and faith is a wonderful part of being young. You have faith that your needs will be taken care of for you. God is watching over you. He gave you mothers and fathers, teachers, and older brothers and sisters to watch out for you.

Some of you are a bit older and coming to the age where you are asking questions and perhaps like Thomas are setting up in your minds conditions to accept answers. It's part of growing up and it's part of growing in faith.

Jesus must have known this when he blessed those who believe without seeing. But he loved Thomas just as much and he loves you too. He loves you when you believe. He loves you when you ask questions. He wants you to grow in your faith. Jesus spent a lot

of time answering questions of people who were working at their faith. You are not alone when you ask questions.

So, let's talk more about Thomas. Thomas was one of Jesus' friends, called disciples. He was a very brave and loyal friend to Jesus, but even he had moments when he found it hard to believe without seeing. This is why we sometimes call him "Doubting Thomas." But this story about Thomas can teach us a lot. It shows us that it's okay to have questions and doubts.

The Doubting Thomas Sermon is not just a story about someone who didn't believe. It's a story about how Jesus helps us believe. After Jesus came back to life, he visited his friends, the disciples. But Thomas wasn't there the first time Jesus came. When the other disciples told Thomas that they had seen Jesus, he didn't believe them. He said he needed to see Jesus and touch his wounds to believe.

Now, you might wonder, why did Thomas need to see Jesus himself? Well, sometimes seeing something with our own eyes makes it easier to believe. Thomas was like that. He wanted to be sure. And that's not a bad thing. Jesus understands that sometimes we need a little help to believe.

A week later, Jesus came back. This time, Thomas was there. Jesus didn't get mad at Thomas for doubting. Instead, he showed Thomas his wounds and let him touch them. Jesus was kind and patient. He helped Thomas believe. And Thomas did believe! He said, "My Lord and my God!" This was a big moment for Thomas. His doubt turned into strong faith.

The Doubting Thomas Sermon teaches us that Jesus is patient and kind. He knows we might have doubts or questions, especially when we can't see or touch. But Jesus says it's okay. He's there to help us believe, just like he helped Thomas.

Now, let's think about how we can have faith like Thomas. Remember, Thomas' faith became strong after he asked questions and saw Jesus. We can ask questions too. When we read the Bible, pray, or talk to someone we trust about our questions, we are learning. And as we learn, our faith can grow stronger.

Sometimes, we might feel like we're the only ones who have questions or doubts. But guess what? Lots of people, even grown-ups, have questions too. It's a normal part of growing in our faith. The Doubting Thomas Sermon reminds us that we're not alone in our questions. Jesus is always ready to help us understand and believe, just like he did for Thomas.

It's also important to remember that faith is not just about believing in things we can see. Faith is trusting in God, even when we can't see Him. It's believing that He loves us, takes care of us, and has a plan for us, even when things are hard to understand.

So, what can we do when we have doubts like Thomas? We can pray and ask Jesus to help us believe. We can talk to our parents, teachers, or friends about our questions. And we can remember the Doubting Thomas Sermon, knowing that it's okay to have questions. Jesus loves us and wants to help our faith grow.

Now, are there any questions? Remember, just like Thomas, you can ask anything. Jesus loves you no matter what, and He's always ready to listen and help your faith grow.

In the Doubting Thomas Sermon, we learn that it's okay to have doubts and questions. What's important is that we keep talking to Jesus, keep learning, and keep asking. Our faith can grow stronger every day, just like Thomas'. And remember, Jesus is always with us, helping us believe, even when it's hard.

So, let's be brave like Thomas. Let's not be afraid to ask questions and seek the truth. Jesus is ready to show us just how much He loves us and help our faith grow stronger. And just like Thomas, we can say, "My Lord and my God!" with all our hearts.

Bible Memory Verse

John 20:29 - 'Blessed are those who have not seen and yet have believed.'

You Will Need:

- Construction paper
- Markers or crayons
- Stickers of stars or hearts

Get Ready:

- Cut the construction paper into large heart shapes, one for each child.
- Write the memory verse on each heart with a marker.

Do This:

1. Give each child a heart with the memory verse and some stickers.

2. Encourage the children to decorate their hearts with stickers while you talk about how Thomas saw Jesus' wounds and believed, but we believe in Jesus even though we can't see Him, just like the verse says.

3. After decorating, help the children practice saying the memory verse together. Encourage them to take their decorated heart home to share the verse with their families.

Bible Interactive Experience

You'll Need:

- Play-Doh or modeling clay
- Band-Aids
- Picture of Jesus (simple, friendly image)
- Bible or children's Bible storybook

Get Ready:

- Read the story of Thomas seeing Jesus' wounds from John 20:24-29 to familiarize yourself or have it bookmarked in the Bible/storybook.
- Roll small amounts of Play-Doh or modeling clay into flat, round shapes to represent Jesus' wounds.

Do this:

1. Show the children the picture of Jesus and briefly tell them that after Jesus rose from the dead, He appeared to His friends, but Thomas wasn't there. Thomas said he wouldn't believe unless he saw Jesus' wounds.
2. Give each child a piece of Play-Doh and help them press their fingers into it to make 'wounds'. Explain that Jesus had wounds on His hands and side because He loves us so much.

3. Hand out Band-Aids and let the children place them on the Play-Doh wounds, talking about how Jesus' wounds are a sign of His love and that He is alive. Remind them that Jesus wants us to believe in Him, even if we can't see Him, just like He wanted Thomas to believe.

Snack Activity: Doubting Thomas' Finger Pudding Cups

You'll Need:

- Chocolate pudding cups
- Mini marshmallows
- Chocolate chips
- Plastic knives

Get Ready: Open the pudding cups and have all other materials accessible for the children.

Do this:

1. Talk to the children about the story of Thomas and how he wanted to see Jesus' wounds to believe. Explain how Jesus showed Thomas His hands and side.
2. Use the plastic knife to help the children make small incisions in the top of the pudding to represent Jesus' wounds. This should be done by an adult for safety.
3. Let the children place a mini marshmallow in each 'wound' to symbolize Thomas touching the wounds. They can then place chocolate chips around the pudding cup to represent the scars.
4. As they enjoy their snack, remind them that even though we can't see Jesus like Thomas did, we can believe in Him and His love for us.

Game Activity: Thomas' Path of Faith

You'll Need:

- Large paper or fabric pieces (to create 'path stones')
- Marker
- Images or stickers of hands and side (to represent Jesus' wounds)

Get Ready: Draw simple handprints and a side wound on the paper or fabric pieces with the marker to represent the wounds of Jesus that Thomas saw. Scatter these 'path stones' around the room, creating a path that the children can follow.

Do this:

1. Explain to the children that they are going on a special journey, just like Thomas did, to see and believe. Tell them that along the way, they will find the signs that Jesus showed Thomas.
2. Have the children start at the beginning of the path. Encourage them to hop or step from one 'stone' to the next, observing the handprints and side wound as they go.
3. At the end of the path, gather the children and talk about how Thomas felt when he saw Jesus' wounds and believed. Emphasize that even though we can't see Jesus like Thomas did, we can believe in Him and His love for us.

Craft Activity: Thomas Touches Jesus' Wounds

You'll Need:

- Red, brown, and white construction paper
- Glue sticks
- Safety scissors

Get Ready: Pre-cut oval shapes from the brown construction paper to represent the wounds, and hand shapes from the white construction paper to represent Thomas and the children's hands. Cut small heart shapes from the red paper to symbolize Jesus' love.

Do this:

1. Give each child a hand shape and several brown ovals and red hearts.
2. Help the children glue the brown 'wounds' onto the palm and fingers of the hand shape, explaining that these represent the wounds Jesus showed to Thomas.
3. Finally, have the children glue a red heart in the center of the hand to remind them that Jesus loves them and is always with them, even when we can't see Him.

Prayer Activity: Believing Without Seeing

You'll Need:

- A picture of Jesus showing his wounds to Thomas
- Band-aids
- Heart stickers

Get Ready: Before the activity, place the picture of Jesus and Thomas in a visible spot for the children.

Do this:

1. Gather the children around the picture and tell them the story of Thomas, who wanted to see Jesus' wounds to believe He had risen. Explain that when Thomas saw Jesus, he believed.
2. Give each child a band-aid and let them stick it near the wounds of Jesus in the picture, explaining that Jesus heals all wounds, not just physical ones.

3. Hand out heart stickers and help the children place one on their own hand or chest. Lead them in a simple prayer, saying, 'Jesus, help us believe in you always, even when we can't see you. Amen.'