

Doubting Thomas

Luke 24:36-48 and John 20:19-31

Story:

★ Story:

Last week we celebrated Easter! Easter is when we specifically celebrate that Jesus fulfilled the sacrifice that paid the price for our sins. Because we sin - anything we think, say, or do that displeases God - we are separated from God FOREVER. However, Jesus paid the price of death for our sins, so we can be with God forever. However, to receive that gift, we have to believe in God and follow Him. Today's story is about a disciple that had trouble believing Jesus truly rose again.

On the morning that Jesus rose from the dead, some of the women who were his followers, went to the tomb. They were surprised when they found the big stone rolled away and the tomb empty. They thought that someone had stolen Jesus' body. But an angel at the tomb told them that Jesus was not there because he had risen. The women ran to tell the disciples that Jesus had risen. The disciples had a hard time believing what the women said. The disciples were in a locked room, hiding from the Jewish leaders, because they were afraid of them. Suddenly Jesus came, stood among them, and said, "Peace be with you." Then he showed them where his hands had been nailed and where his side had been pierced with a sword. They knew for sure it was Jesus. They rejoiced at seeing him risen.

While they still were amazed and in disbelief because of their joy, he asked them, "Do you have anything here to eat?" So, they gave him a piece of broiled fish, and he took it and ate it in their presence.

But Thomas, one of the twelve, was not with them when Jesus came. So, the other disciples were telling him, "We've seen the Lord!" Thomas told them that if he didn't see the mark of the nails in Jesus' hands, and the wound on his side, he would not believe it was Jesus that they had seen.

A week later the disciples were indoors again, and Thomas was with them. Even though the doors were locked, Jesus came and stood among them and said, "Peace be with you." Then he told Thomas to look at his hands and side. He told Thomas, "Don't be faithless, but believe."

Thomas responded to him, “My Lord and my God!”

Jesus said, “Because you have seen me, you have believed. Blessed are those who have not seen and yet believe.”

Thomas believed that Jesus had risen again and was God. He was a follower of God and will be with Jesus in Heaven because of his belief. We have the same choice ... do we choose to believe Jesus rose again? Do you believe He died for your sins and rose again to forgive you of your sins? If so, you can stand before God forgiven and be with Him.

If not and you want to, Romans 10:9 tells us that “If you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.”

Here’s how you can do that. If you pray this prayer and it’s the first time, please let me know. “Jesus, I believe that you are God and that you are perfect. I know that I am a sinner and am separated from you. I believe that you lived a perfect life, died on the cross in my place, and rose again. Help me to become like you.”

Jesus blesses you with forgiveness, but also because you believe even though you have never seen His hands or scars.

★ **Notes - Feel free to incorporate as you are able and the kids understand:**

Connection to the Overall Message of the Bible

- Reinforces the core gospel: **Jesus truly rose from the dead.**
- Shows that faith isn’t blind—it’s rooted in real events.
- Connects to the Bible’s theme: **God meets people where they are**, even in doubt.
- Points forward to *us*: “blessed are those who have not seen and yet believe.”

Theology

- **Resurrection:** Jesus’ physical body matters (not just spiritual).
- **Faith & Evidence:** Christianity invites belief based on testimony, not just sight.
- **Grace:** Jesus doesn’t reject Thomas—He engages him.

- **Christology:** Thomas calls Jesus “My Lord and my God” → clear statement of Jesus’ divinity.

Historical Accuracy / Context

- Fits eyewitness-style writing of the Gospel of John (specific names, personal interactions).
- Early Christians were **not expecting resurrection**, which adds credibility (they were surprised).
- Includes **embarrassing detail** (a disciple doubting), which historians see as a sign of authenticity.
- Reflects real Jewish burial and post-resurrection understanding of bodies.

Follow Up:

- ★ **Retell:** Have kids share what they recall from the story. Fill in any major holes they missed.
- ★ **Examine:**
 - Comprehension Questions:
 - Do you think it would have been hard to believe that Jesus was alive?
 - Do you find it interesting that Jesus wanted something to eat?
 - He had told the disciples several times that he was going to die and be raised again but they didn’t understand. Do you think now they were recalling all he had told them and were understanding?
 - Ask, “What do we learn about God from this story? What does He do?” Possible answer (kids may have another answer): Jesus is God. He rose again – only God could do that. He showed up so others could see Him in person. We learn that God proves who He is, over and over again.
 - Ask, “What do we learn about humans from this story? What are humans doing?” Possible answer (kids may have another answer): Humans – even when they see a miracle – can have doubts. We have the choice to believe or not believe.
- ★ **Application:** Ask, “What is Jesus asking us to do through this story? Why did God include this in the Bible?” Jesus is asking us to believe even though we

can't touch Him. He is asking us to believe and follow Him even when we have doubts. He will prove Himself.

★ **Prayer**

Memory Verse Practice:

★ **Verse:** Blessed are those who have not seen and yet believe. -- John 20:29b (CSB)

Sticky Activities:

- ★ Worksheets & coloring pages
- ★ Crafts
 - **Handprint with Nail Marks;** printable included

Trace your hands over the hearts. Thomas needed to see Jesus' wounds to believe that it was really Him.



"Blessed are those who have not seen and yet believe." --John 20:29

Name:



- **Handprints Believe**
 - No handout; watch the video at the QR code

★ **Sensory:**

- **Experiential**
 - **Blindfold Reality** yourself and prove that you do not need to see something to believe it's real ("wait a minute Hunter, how do I know it's you talking but I can't see you!! Do you mean you're

real even though I can't see you!?) and have children do that same for them to grasp the concept that something can be real and try without having to see proof

- •• Visual
 - **Before & After Thomas Faces**
Draw Thomas doubting vs. believing.
 - **Invisible Ink Reveal**
Write “Blessed are those who believe” in white crayon, paint over to reveal.
- 🕯️ Smell
 - **Burial Spice Smell Station**
Smell cinnamon/clove to connect to burial customs.
 - **“New Life” Fresh Scent**
Compare spices vs. fresh citrus—death vs. resurrection.
- 🤲 Touch
 - **“What’s in the Bag?”** Game: Place items in a brown bag and have children guess what they are without looking (they can reach into the bag and touch), reinforcing the idea of trusting what they cannot immediately see.
 - **Scar Texture Cards** Glue raised glue lines kids can feel (representing Jesus’ scars).
- 🏃 Movement
 - **Blindfold Guide Game** Partner kids—one blindfolded, one guiding (connect to trusting Jesus). Blindfold one child and have a partner give verbal directions to guide them, highlighting the need for trust.
 - **Run & Tell Relay** Pass the message “Jesus is alive!” down a line.
- 🗣️ Sound
 - **Whisper vs. Shout Truth Game** Compare rumors vs. truth being declared boldly.
 - **Heartbeat Listening Moment** Quiet time listening to heartbeat—connecting to real, living Jesus.

Send Home Page: See attached

Memory Verse:

**Blessed are those
who have not seen
and yet believe.
-- John 20:29b (CSB)**

Fill in the Blanks

_____ are those
who _____ not _____
and yet _____.

-- John 20:29b

Thomas believed because he saw
Jesus' wounds and scars. Draw why
you believe in Jesus.

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Luke 24:36-48 and John 20:19-31

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***Kids that recite the memory verse
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Mark 16:14; Luke 24:36–43; John 20:19–23

Jesus Talks to His Friends

Jesus Talks to His Friends

Mark 16:7-8; Luke 24:36-43; John 20:19-23

Most of Jesus' special friends were together in a room with the doors locked. They were afraid the people who killed Jesus would try to hurt them too.


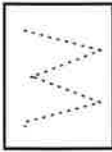







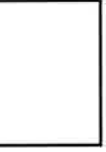
Suddenly Jesus was in the room with them! He didn't come through the door—it was locked. He didn't come through the windows—they were shut. He just appeared!

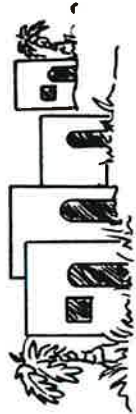
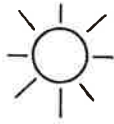
Jesus said, "Peace be with you." His friends were afraid! They thought Jesus was a ghost. "Why are you afraid?" Jesus asked. "Why don't you believe it is really Me? Touch Me and see that I am really alive. I'm not a ghost." Jesus showed them His hands and His feet that still had marks from when He was on the cross. Jesus even ate some fish with them. Jesus explained to them that He had to die on the cross so people everywhere could have their sins forgiven. Finally, the friends believed Jesus really was alive. They were so happy!



Jesus told His disciples to go and preach. He wanted them to be ...

Write the 1st letter of the name of each object in the box next to it.

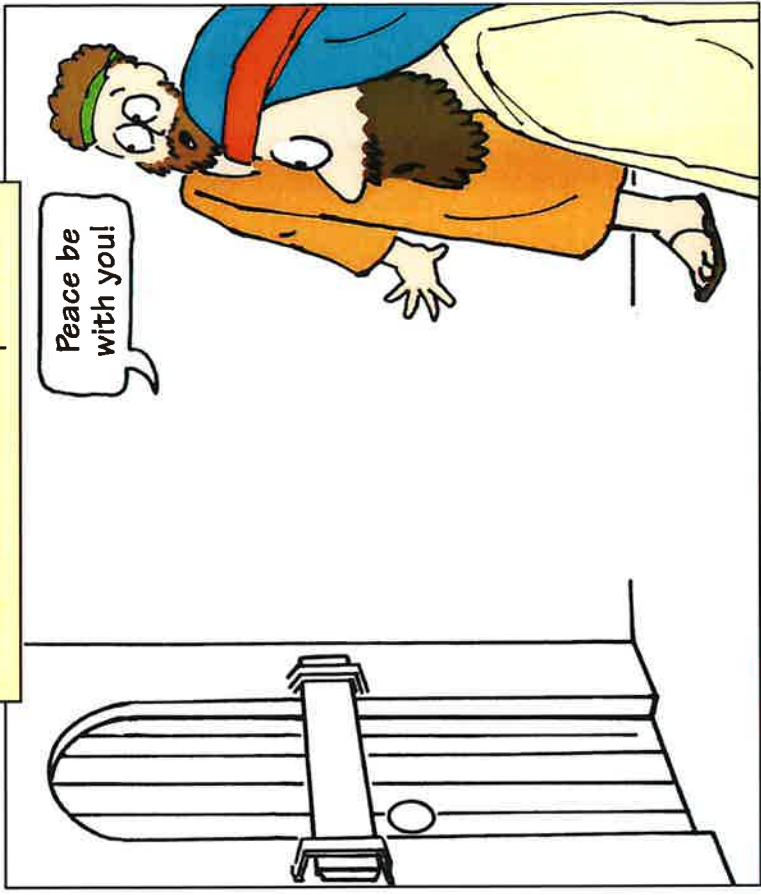
									
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Seeing the Resurrected Jesus


Jesus' friends were talking. The door was locked. Then Jesus came among them. They thought He was a ghost!

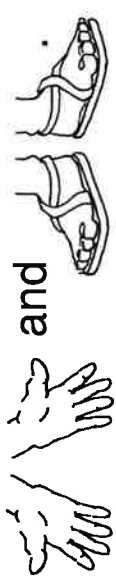
Draw Jesus in the picture.



Enter your **SECRET CODE** to unlock games @ games.childrensbulletins.com

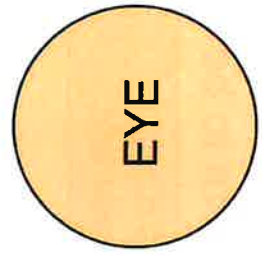
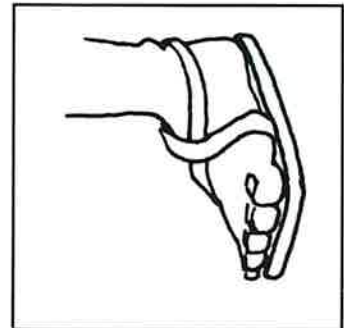
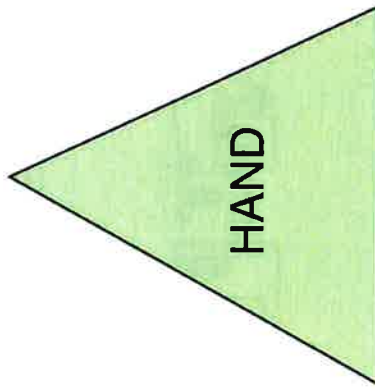
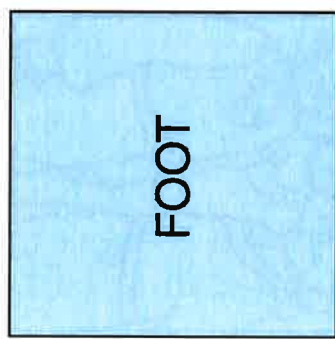
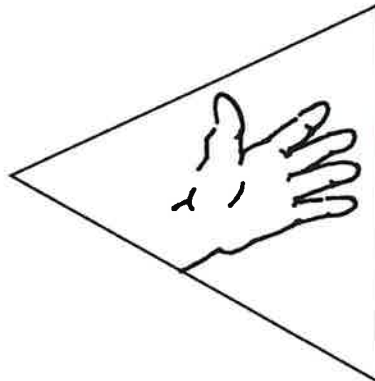
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Jesus told His friends to look  at His

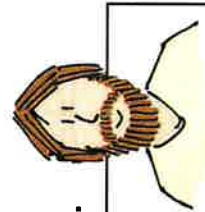


and

Match the pieces that go together.

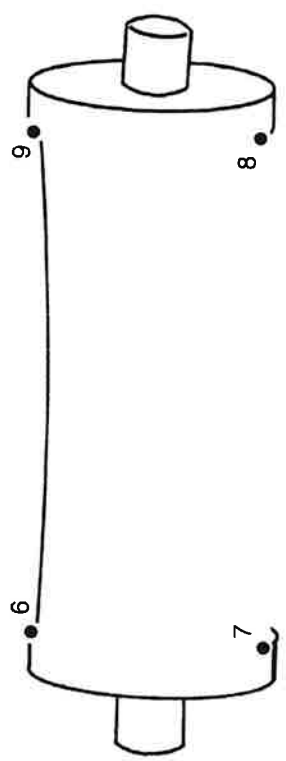
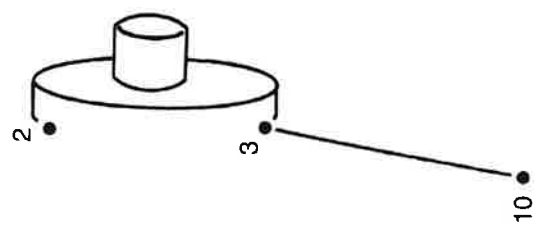
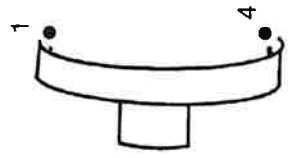


Jesus helped them understand the Scriptures.



Connects the dots.

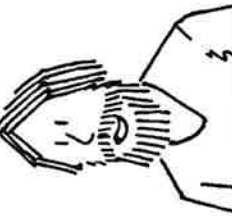
1 2 3 4 5 6 7 8 9 10





What did Jesus say next?

Find the underlined words in the word search.



"I am going to send you what My Father has promised; but stay in the city until you have been clothed with power from on high."

F	S	P	U	J	F	Y	L	M	O	E
G	W	O	X	A	I	C	T	C	H	
N	H	W	Z	T	S	F	R	O	M	
B	A	E	S	N	H	E	R	Q	M	N
E	T	R	U	Z	E	N	H	X	H	C
E	U	O	H	R	R	D	Y	S	A	L
N	V	W	I	T	H	T	Y	W	V	O
B	V	V	G	T	I	I	K	F	E	T
R	K	Y	H	C	L	U	K	J	Z	H
P	R	O	M	I	S	E	D	K	R	E
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Children's Worship Bulletin™

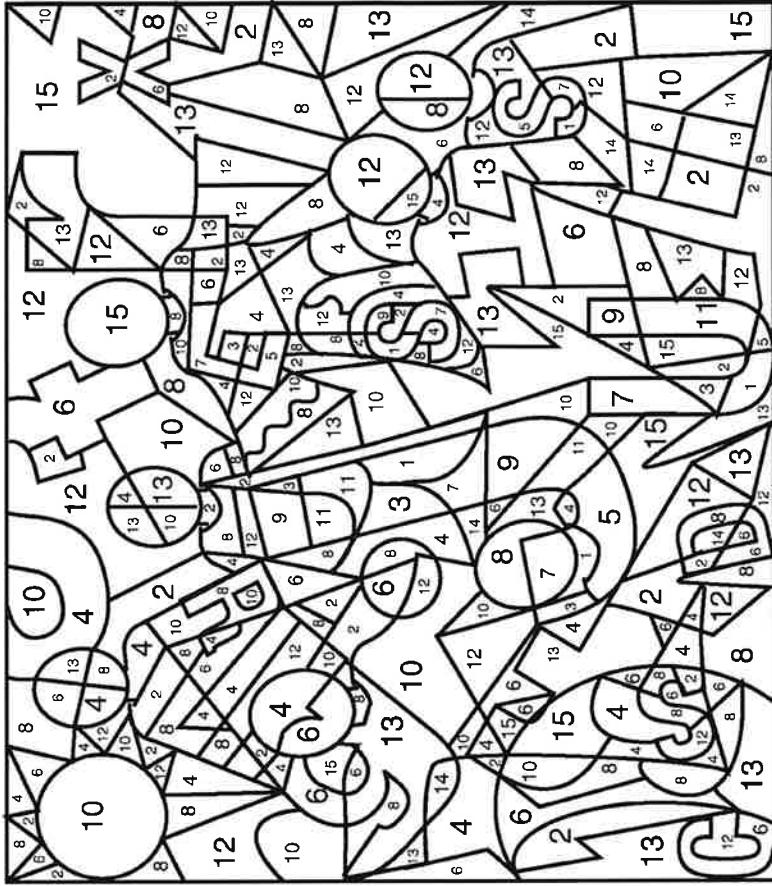
Ages 7+

April 12, 2026 • Luke 24:36-48

Seeing the Resurrected Jesus

While the disciples were still talking about Jesus appearing to Simon, Jesus stood among them!

Shade the spaces that have these numbers: 1, 3, 5, 7, 9, 11.



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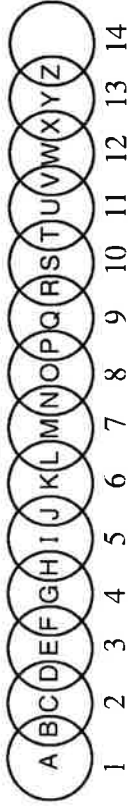
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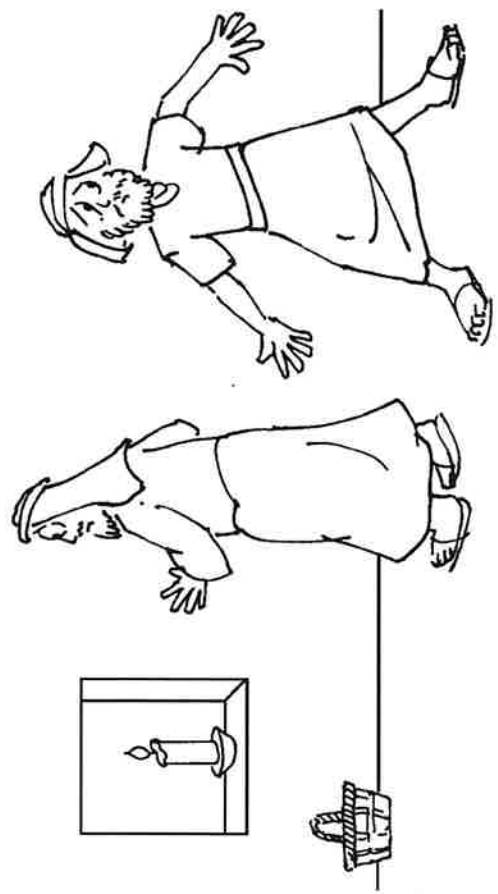
The disciples were startled and frightened – they thought they had seen a ghost.
What did Jesus say?

Use the code to fill in the letters below.

Code:

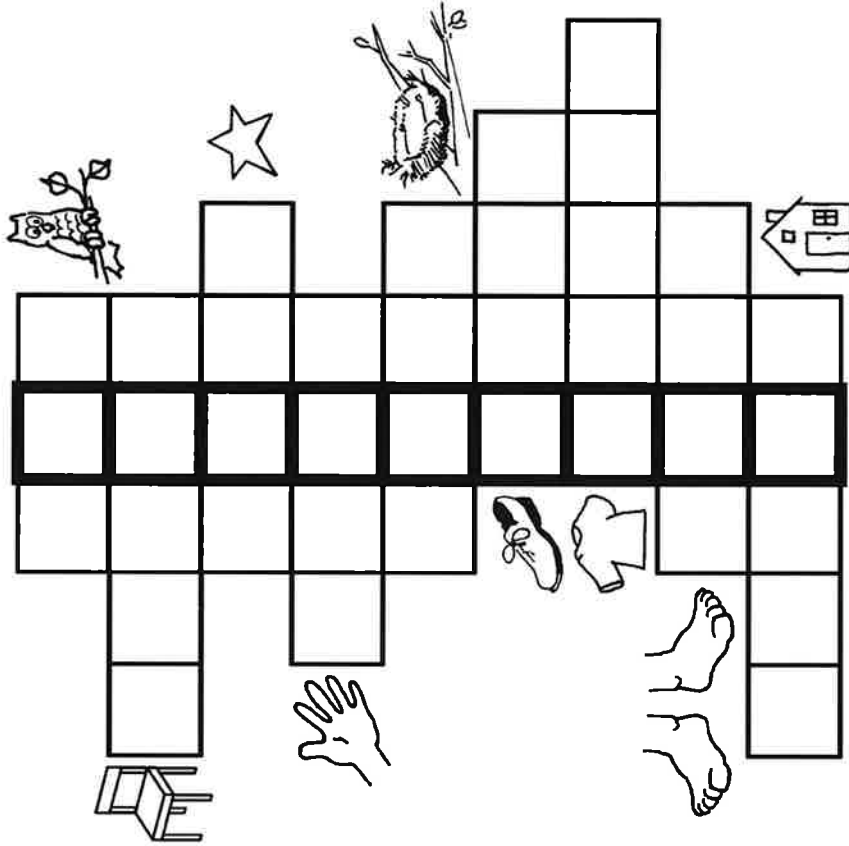


“ 6,7 8 8 6 1 10,11 7 13 4,5 1 7,8 2,3 10
1 7,8 2,3 7 13 3,4 3 3 10,11 5 10,11
5 10 5 7 13 10 3 6,7 3,4
10,11 8 11 2 4,5 7 3 1 7,8 2,3 10 3 3
”



Jesus told the disciples that everything written about Him in the Law of Moses, the Prophets and the Psalms must be fulfilled.

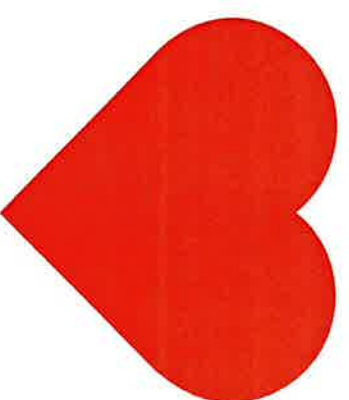
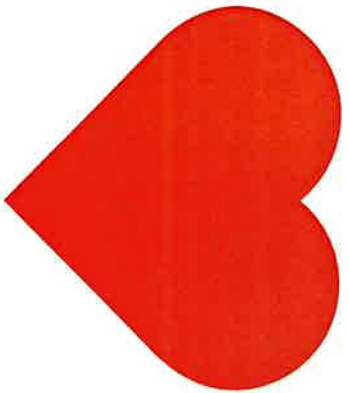
In the boxes, write the name of each picture.
The darker boxes spell the answer.



The disciples would be

_____ of these things.

Trace your hands over the hearts. Thomas needed to see Jesus' wounds to believe that it was really Him.



“Blessed are those who have not seen and yet believe.” –John 20:29

Name:

