

Grow Through Grace – Elementary-Teen

John 20:19-31

April 27, 2025

Grow in Faith (Info for teachers)

This is a story of Jesus appearing to the disciples after the Resurrection. But it is all so hard to believe, especially for Thomas. Since Thomas has not yet seen the risen Lord, the other disciples are telling him about their experience. Thomas, who witnessed Jesus' arrest and death on the cross, is not sure he can believe what the other disciples say. Thomas wants to see Jesus for himself.

When Jesus appears to Thomas, he offers to let Thomas touch his wounds and tells Thomas to believe. Jesus is not upset with Thomas but instead meets him where he is and gives him what he needs in order to believe. Thomas shows us that it is okay to have questions about our faith. Jesus will always provide us with love and grace so we too can grow to believe.

Come Together

Prepare to Learn

Faith Focus – Jesus helps us grow in our faith.

Say: We are going to play a little game today. It's a game of "fact or fiction." Do you know what a fact is? That's right, a fact is something that is true. Fiction means it's made up, make-believe. I am going to list some things, and I want you to see if you can figure out whether they are real or fake statements. Are you ready?

List several hard-to-believe facts, and if appropriate, hold up a picture to accompany them. Consider such things as...

- There is an animal that poops in the shape of a cube. (True - Wombat)
- There is an underground cave in Missouri full of hundreds of thousands of pounds of cheese! (True - Converted limestone mines)
- All land animals have lungs. (False – salamanders, some frogs, earthworms and insects like ants do not have lungs)
- Camels have humps to store water because they live in the desert. (False- the humps store fat that can be used when food is scarce).
- There are more trees on the Earth than there are stars in the galaxy. (True - estimate of 3 trillion trees compared to 100-400 billion stars in the milky way).

Say: Some of these things were hard to believe they were true. There are many more interesting and unbelievable facts out there.

Say: In today's story, his disciples had a hard time believing he was alive, especially Thomas. Jesus showed grace to his disciples when they doubted. Grace is when we are forgiven even when we do not deserve it. Jesus is full of grace.

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Ask: Have you ever been forgiven for something? What did it feel like? Did you ever have to forgive someone else? How did that feel?

Let's Pray:

Lord, we love that you care about us. We love that you answer our questions. Please hear us when we pray and help us grow in our faith. Amen.

Open the Bible

Say: Today, we will hear what happened after Jesus was crucified. His disciples were sad and a little afraid for their lives. They spent time together and avoided showing themselves in public much. Jesus understood their concerns and wanted to make sure they understood what had happened.

[Wonder Ink Video](#)

Ask: How do you think Thomas felt after he saw Jesus?

Say: There are two things to remember about this story. One is that doubt is okay. Jesus allowed Thomas to doubt. He was there with him, and appeared even after Thomas didn't blindly trust in Him. Jesus is there with us through times of uncertainty, too. There might be times when we have difficulty understanding or believing, and that's okay. We can ask for God's help in working through that. Secondly, Jesus said, "blessed are those who have not seen and still believe." Who does that include? Us! We have not physically seen Jesus, but we know that we can still trust in Him and He calls us blessed for it. He values our love and faith, even if we struggle at times. We can rely on Him. Faith is believing even when we don't see. So let's be people of faith!

Faith Response

The following activities will depend on your group. If it is a larger group with several younger kids, it can be split, and activities can be done separately. Read through them and decide what works best for your group. For younger kids, there will be worksheets and coloring sheets available for them to do.

1. A Guide for When You Cannot See – Activity

Supplies: blindfolds.

Say: When we cannot see what might be ahead, it helps to have a guide. We are going to work together to guide each other when we cannot see what is ahead of us.

- Have children volunteer to be blindfolded or be a guide. As a group, agree on a path people will follow.

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- Set up the first person with the blindfold at the beginning of the path. Have the guide help the person move by announcing the number of steps and turns the blindfolded they need to make. Encourage the blindfolded person to ask questions to receive help along the way.
- Continue sending out groups based on how many kids are willing to participate.

Say: How did it feel to be blindfolded? How did it feel to be the guide? What was most helpful? What was least helpful? How does this relate to our faith in Jesus?

2. Doubting Thomas Painted Stones – Craft

Supplies: large flat stones, sharpies or paint pens.

- Talk about situations where we must trust God. Discuss several examples and ideas.
- Hand out stones and have each kid paint a word on their stones to help them remember to have faith in God. It could be Believe, Trust, Faith, etc. They can finish decorating their stones how they'd like.

3. God's Word is the answer to doubt – Activity

- (If the weather is nice, this can be done outside with sidewalk chalk. Otherwise, use a large sheet of paper).
- Draw a huge question mark on the pavement (or paper). Have kids write their doubts and questions inside the question mark.
- Take a picture of the things they wrote (or display the paper). The following Sunday, we will discuss how the Bible can answer or help with the questions/doubts the kids raised. (If time, it can also be started during this lesson).

Worksheets will be available if the kids finish early.

Share Your Faith

Say: We grow in faith when we ask questions and trust Jesus. Sometimes it is hard to believe what we cannot see. Jesus gives us grace when we struggle to understand. We can offer others grace too.