



# Thomas Sees Jesus

John 20:19-31

One night some of Jesus' friends were eating together in a house. They were very sad. Their friend Jesus had been killed three days ago. They knew Jesus' body was not in the tomb. They had heard people say they had seen Jesus and that He was alive! But some of them were having a hard time believing that Jesus was really alive. As the friends were talking, Jesus came into the room. Jesus' friends were surprised and a little afraid. How could this be Jesus? He is supposed to be dead!

Jesus must have smiled at them. "Why are you afraid?" Jesus asked. Jesus held out His hands, so His friends could see the hurt places on them. Then Jesus asked for something to eat. When the friends saw Jesus and heard His kind voice, they knew He was really alive. The friends were not afraid anymore. This was REALLY Jesus!

But Jesus' friend named Thomas was not there when Jesus came. Later, Jesus' other friends told Thomas that Jesus was alive, but Thomas shook his head. Thomas told the friends, "I will not believe that Jesus is alive unless I see Him and touch Him."

A week later, all the friends and Thomas were together in the same house again. Suddenly, Jesus came into the room, just as He had done before. Jesus knew that Thomas still didn't believe He was really alive. Jesus must have smiled at Thomas. "Thomas," Jesus said, "look at My hands. Touch them. I want you to know that I am alive."

Thomas loved Jesus. He looked at Jesus and said, "My Lord and my God!" Now Thomas knew for sure that Jesus is alive. And he was very glad.

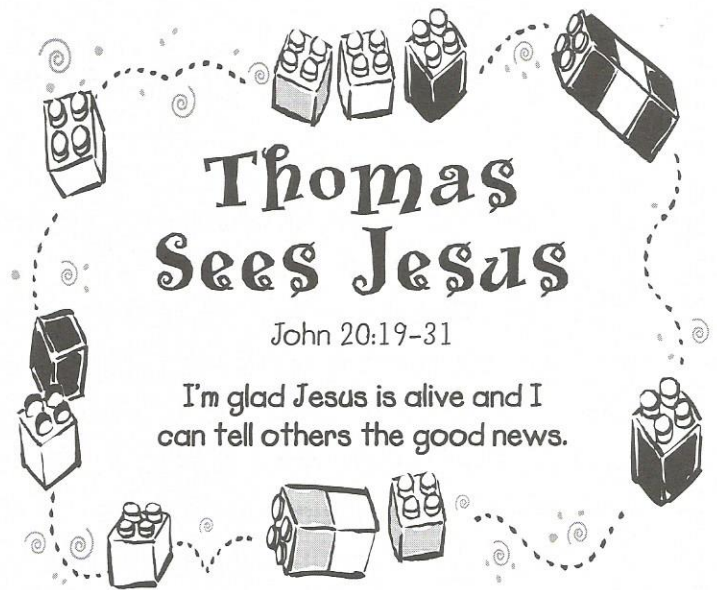
# Handy Place Mats

## Collect

Bible, construction paper, crayons or markers; optional—clear Con-Tact paper.

## Do

Help children trace around their hands on construction paper. Children color handprints to make place mats. Children name family members to whom they want to give place mats. (Optional: Cover place mats with clear Con-Tact paper.)



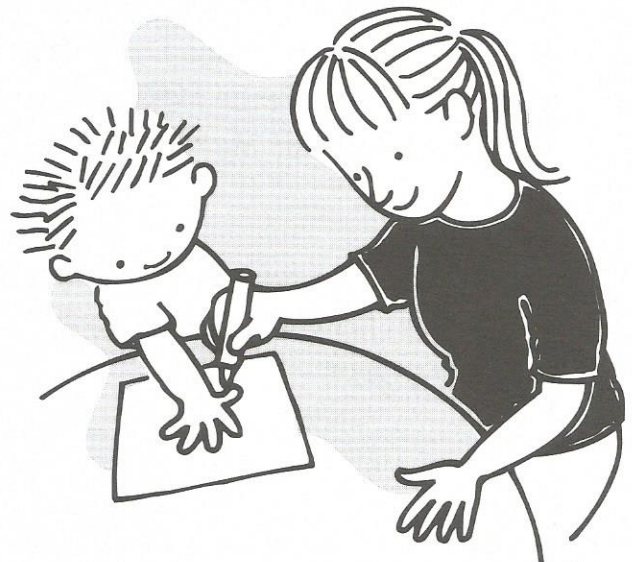
## Enrichment Ideas

1. Children use stamp pads to make fingerprints on place mats.
2. Children make handprints using paint. With a brush, paint a thin layer of paint on children's hands. Children make handprints on paper.
3. Children cut around handprints and glue cutouts onto sheets of different-colored construction paper.



## Talk About

- ☀ In our Bible story today, Jesus showed a man named Thomas that He is really alive. Jesus asked Thomas to touch His hands. Let's trace around our hands.
- ☀ Pilar, you are coloring your hands red. When Thomas touched Jesus' hands, he knew Jesus is alive. It's good news to know that Jesus is alive.
- ☀ Thomas was glad Jesus is alive. Riley, who is in your family? You can tell your sister that Jesus is alive.







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# Thomas

John 20:19-29