



Adult Lesson – April 7, 2021

Doubting Thomas

Main Point

- Jesus helps us believe that He is our living Savior

Scripture

- John 20:19-29
 - Jesus Appears to the Disciples
 - 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!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.
 - Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."
 - Jesus Appears to Thomas
 - Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. 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."
 - 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!" 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."
 - Thomas said to him, "My Lord and my God!"
 - Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

Prayer Time

- Spend a couple of minutes in prayer; pray for...
 - Friends
 - Family
 - Those who are sick
 - For our Special Needs Ministry Community
 - For our church
 - Anything else
- Remember to thank God for His love and how He listens to us, as well as any answers to prayer.

Praise and Worship

- Phil Wickham - Living Hope
 - <https://www.youtube.com/watch?v=9f2FXxDVO6w>
- Raise A Hallelujah – Bethel Music
 - <https://www.youtube.com/watch?v=e3RRU25dpPg>

Memory Verse

- John 3:16
 - *"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."*

Review of Last Week

- Last week, it was Easter Sunday and we talked about Jesus and that he died and rose again. This can bring on different emotions. How does it make you feel that Jesus is alive? Let's talk about it more in class.

Lesson

- Before reading the story, have your loved one say with you **"JESUS IS ALIVE!! HALLELUJAH!!!"**
- Let's walk through our story for today. First, Jesus appears to the disciples. The disciples were all together and had locked all the doors tight. They were afraid of the Jews.
- Then suddenly, Jesus entered the room and stood with them. Jesus said, "Peace be with you!". He showed them His hands and His side. The disciples were very happy that they saw Jesus.
- Jesus gave them the Holy Spirit to help them because Jesus was going to be going back to Heaven soon.
- How do you think the disciples felt when they saw Jesus?
 - I think they felt all of the emotions listed here...

- **Sad** – Jesus had left and they didn't know if they would see Him again
 - **Afraid** – they were afraid of the Jewish leaders and what they might do to them because they were followers of Jesus
 - **Puzzled** – Jesus had raised from the dead; that probably was still hard to understand
 - **Amazed** – Jesus came back and showed His hands and feet to his friends
 - **Happy** – they were filled with joy to see that Jesus had raised from the dead
- Now we all know the next part of the story that Thomas wasn't with the other disciples when Jesus came to see them. But his friends told him that they had seen Jesus. Thomas responded that he would not believe that Jesus was alive until he saw the marks on Jesus' hands and put his finger where the nails were.
 - About a week later, the friends were all together again and this time Thomas was with them. The doors were locked but Jesus came in and stood with them. He said to everyone, "Peace be with you!"
 - Then Jesus said to Thomas, that he could put his fingers in the nail holes in His hands; that he could look at His hands and His side. Then he asked Thomas to stop doubting and believe.
 - Jesus then told Thomas, "you believe because you see me. Those who believe without seeing me will be truly happy."
 - Thomas is often referred to as "Doubting Thomas." He had doubts about whether or not the story of Jesus' resurrection was true. Thomas had seen Jesus do many miracles. He had even seen Jesus raise the dead. But Thomas refused to believe what he could not see.
 - All of that changed when Jesus returned. Thomas didn't need to feel the nail scars in Jesus' hands. His doubt transformed into faith the minute he saw Jesus. God can transform our doubts as well. If we're willing to look for Jesus, even when we doubt, we will find him, and we will be transformed.
 - Everyone has doubts about God from time to time. That's not a bad thing. That's just how it goes. We worship a God we cannot see with our eyes. We can't touch him with our hands, and we can't hear his voice with our ears. It's only natural that we would have our doubts that there's someone up in Heaven listening to our prayers who loves us and cares for us.
 - People doubt when someone they love gets sick. They wonder where God is, and why he hasn't healed that sickness. People doubt when they feel unloved. They doubt God because there's no one else around to love them. People

doubt the miracles of the Bible when they seem so unreal. People doubt that Jesus is even coming back.

- God isn't upset with us when we doubt him. When we have our doubts, God sees an opportunity to grow our faith. When we give our doubts to God, when we seek him with all our hearts, he shows up. No, he won't walk through the door and let us touch the scars in his hands, but he will let us know he is there, and he will transform our doubts into faith.
- Jesus promised that when we seek him with all our hearts, we will find him. Don't let doubt discourage you from seeking God. Use that doubt to ask questions, to pray harder, to look with all your heart. Jesus will be there to comfort you and give you faith.
- Be transformed by Jesus. Be transformed because you doubt. Be transformed by letting God turn your doubts into faith.

Application

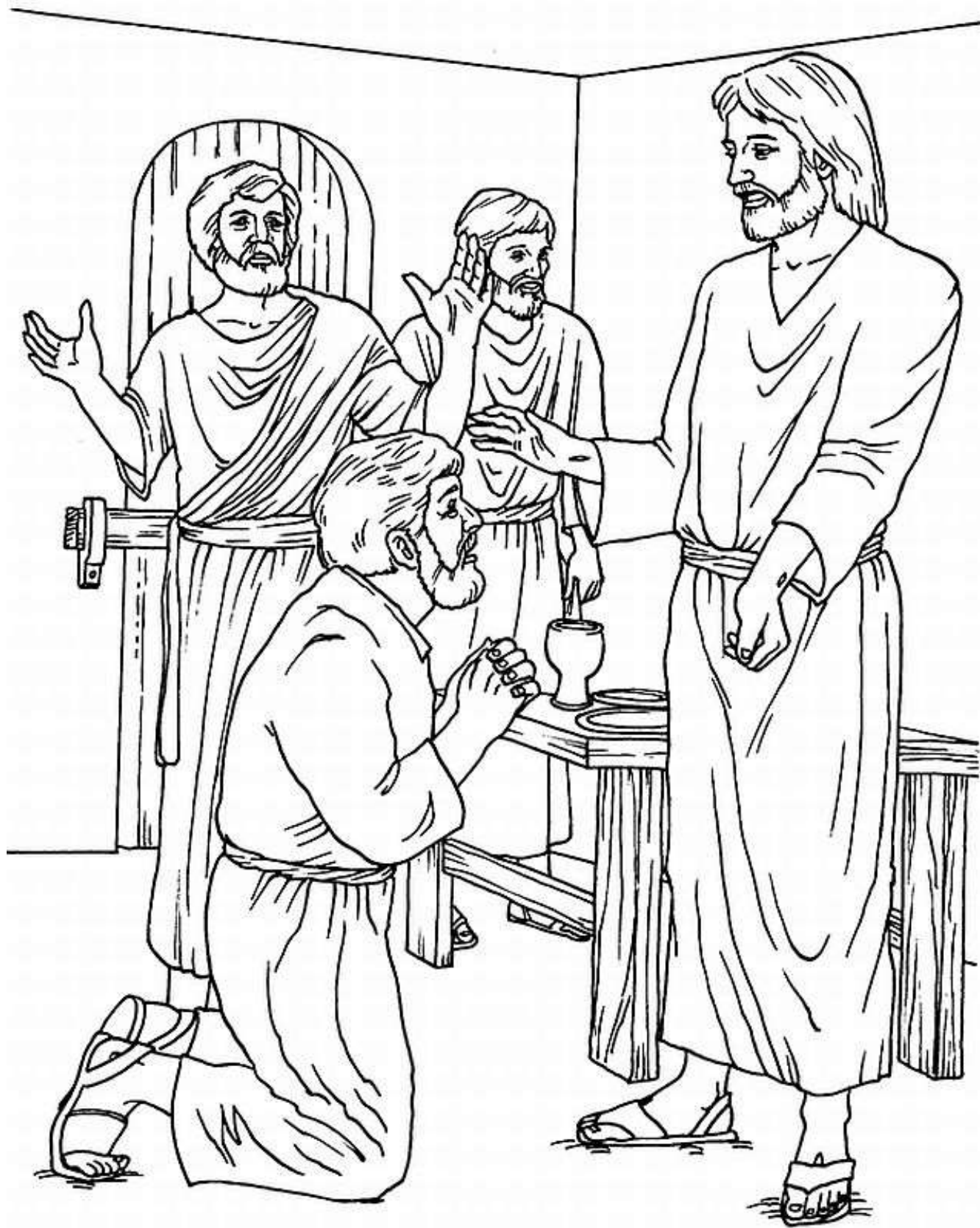
- How did the disciples feel before they saw Jesus? (*afraid*)
- How did the disciples feel after Jesus came to see them? (*they were calm and happy, filled with joy, as they saw Jesus and were filled with the Holy Spirit*)
- Did Thomas believe the others when they said that Jesus was alive? (*no*)
- Did Jesus show Thomas that He was really alive? (*yes*)
- Did Thomas believe then? (*yes*)
- Is it ok if we doubt what it says in the Bible? (*yes, if we don't stay focused on doubt*)
 - Why or why not? (*God uses it to help us grow in our relationship with Him*)
- Do YOU believe that Jesus is alive?

Live It Out Challenge

- **This week**, tell someone, what you would like to say to Jesus right now? Whom will you tell about Jesus this week?

Additional Learning

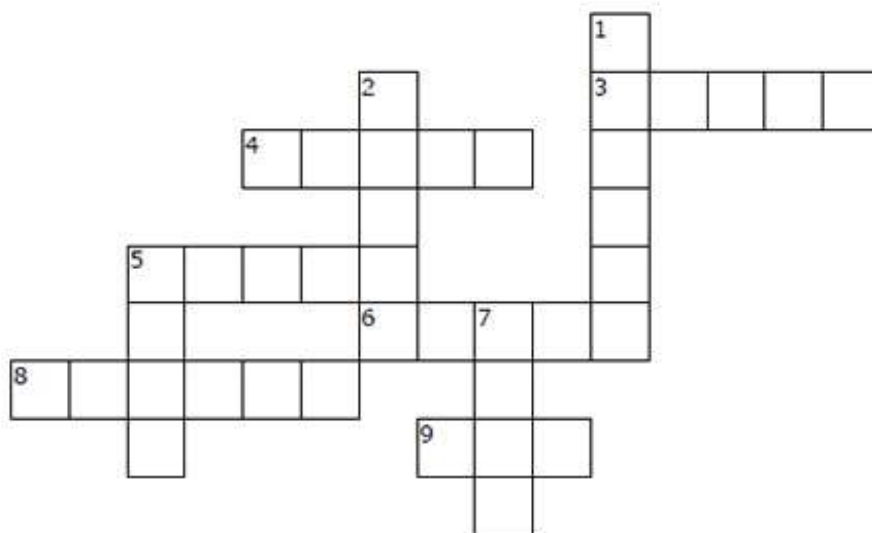
- Below is a crossword puzzle and a colouring page. Enjoy as you reflect on what you just read and learned about Jesus being our LIVING SAVIOUR!!!



Jesus Appears to His Disciples

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 it." John 20:25

Based on John 20:19-31 (NIV)



ACROSS

3. To be in a state of pleasure, satisfaction, joy or delight
4. Free from conflict; getting along with others; opposite of war
5. To be undecided or unbelieving that something is true
6. The body parts at the end of the arms
8. Not open
9. To break God's law

DOWN

1. The disciple who would not believe without seeing
2. To believe in something for which there is no proof
5. An entrance into a building or room
7. A thin piece of metal with one pointed end and one flat end which you hit with a hammer

PEACE
NAIL

DOOR
THOMAS

HANDS
CLOSED

FAITH
SIN

HAPPY
DOUBT