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***WEEK 3***

***AT HOME LESSON GUIDE***

BIG IDEA

Jesus helps me believe.

THE BIBLE

**Doubting Thomas:**John 20:19-20, 24-29;   
(2 Corinthians 5:7; Hebrews 11:1)

THE BIG IDEA **| Jesus helps me believe.**

VIDEO **| Level Up, Episode 3**

* **INSTRUCTIONS:***Play this week’s teaching video from our website or youtube page.*

BIBLE STORY **| John 20:19-20, 24-29**

* **Who can tell me who Jesus is?**Jesus is God's son, and Jesus lived here on Earth teaching people about God, healing people, and even performing miracles. Lots of people loved Jesus.
* But there were people who didn't like Jesus at all and they had Him arrested. **Can anyone tell me what happened when they arrested Jesus?**Yes, they nailed Jesus to a cross and Jesus died on the cross. It was an incredibly sad moment. All of Jesus' friends couldn't believe Jesus was gone.
* But Jesus wasn't really gone, right? **What happened when they went to see Jesus' body in the tomb?**That's right! They discovered Jesus beat death! Jesus was alive! Jesus' disciples couldn't believe it — especially one guy in particular. Let's open our Bibles and read what happened.
* **INSTRUCTIONS:***Read John 20:24-29.*
* Thomas only believed when he saw the marks where Jesus had been nailed to the cross, and when he touched them. It would have been easy for Jesus to get disappointed when one of His disciples doubted him. But Jesus didn't get upset. Instead, Jesus helped Thomas believe!
* **Have you ever had any trouble fully understanding the things you learn about God?** We all do. When we don't understand something, we can pray and ask for help to understand. Jesus loves us and wants us to know more about God. **That's why Jesus helps you and me to believe.**

ACTIVITY **| List It Out**

* Sometimes, it can be hard to think of all the people we can talk to when we have doubt or even just questions. Let's think of some people together!
* **INSTRUCTIONS:***Use a large poster board or dry erase board for the kids and/or leaders to write the lists on. Ask, "Who can tell me the name of someone they can go to when they have doubt?" (Encourage the kids to be specific — my brother Jimmy, my Tia (Aunt) Rosa, Pastor Kris, etc.)*
* There are a lot of people we can all go to when we need encouragement, have questions, or experience doubt. Jesus helps us to believe by surrounding each of us with other people we can turn to.

DISCUSSION

* **Who can you ask if you have questions or you’re unsure of something?**
* **Read Hebrews 11:1. What do we need to believe the things we cannot see?**
* **How do you think you would have reacted if you were Thomas?**

PRAYER

* Jesus, thank You for reminding us that even when we doubt or have questions, that doesn't change how much You love each of us. Thank You for surrounding us with others who pray for us and encourage us. Help us to grow our faith and believe in You.

**MEMORY VERSE** | **Hebrews 12:2**

* **Now let us fix our eyes on Jesus the pioneer and perfector of faith. Hebrews 12:2**