

*Get Ready!***When in Doubt**

By: Myra Montgomery

**Text**

John 20:19-31

**Key Quest Verse**

“Faith makes us sure of what we hope for and gives us proof of what we cannot see.”  
Hebrews 11:1

**Bible Background**

Thomas so often remembered as “Doubting Thomas” also deserves to be respected for his faith. He was a doubter, but his doubts had a purpose—he wanted to know the truth.

As we study verses from John we are going to find that often Jesus’ disciples doubted his word. We will find out that faith in Jesus does make us stronger and that Jesus will help us find the right path as we search for truth. Thomas doubted out loud and Jesus helped his faith grow stronger.

*Get Ready!*

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**Lesson Quest**

**What I want my students to:**

**Know:** How to strengthen our faith

**Feel:** The essential need for a strong faith

**Do:** What to do when in doubt

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**Leader's Devotion**

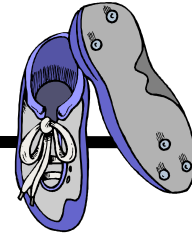
Have you ever said to yourself, how would anyone get through their life without faith?

Faith is a difficult concept to teach someone whose life is going smoothly.

Unfortunately, it often takes a disaster to cause someone to place their life in God's hands.

Don't be afraid to share with the teens in your class how your faith in the Lord has helped you through a storm. Don't be afraid to let them know that it is easy to be doubtful, to lose faith in difficult times. It is essential that teenagers learn to depend on God as we see the world around pull them away from God. In this lesson ask God to give you the courage to share with young Christians who are just leaving the starting line in their Christian walk.

*Get Set!*



## Option A

**Materials:** Running shoes

A marathon runner is used to demonstrate living for God.

[Enter wearing running shoes and a runner's outfit if possible. Run and slow down as you approach the children.]

**Hello. I was just out running. I have not run very far but I'm a little out of breath. I think I'll stop and take a break.**

**Running is a fun sport. It is good exercise and helps me stay in shape. There are some important things to know if you are going to run a marathon. A marathon is a very long race of 42.2 kilometers [26.2 miles]. You have to pace yourself. You just can't run at full speed or you will give out before you can finish the race. Another thing is that you can't take along much or it will slow you down.**

**GO TO THE BIBLE STORY**

## Option B

**Materials:** Umbrella

**As you can see, I have my umbrella with me this morning. You might be wondering why I would be carrying my umbrella this morning when there isn't a cloud in the sky. No, I'm not carrying my umbrella to shade me from the hot sun. I am carrying my umbrella because we need rain and I am going to pray and ask God to send the rain we need. How many of you believe that God has the power to make it rain?**

**Well, I got to thinking about that and I thought to myself, "We say that we believe God can make it rain, but we pray for rain and we don't even carry our umbrella with us." It doesn't seem to me that we really believe that God has the power to make it rain.**

**Did you know that our lack of faith can limit the power of God? That's what the Bible says. One time Jesus was in his hometown. When the Sabbath came, he was teaching in the synagogue. Many of the people who heard Jesus' teaching started to criticize him. "Who does he think he is? And where does he get this wisdom and the power to do miracles? Isn't this the carpenter? Isn't he the son of Mary and the brother of James, Joseph, Judas and Simon? Don't his sisters live right here in the same town with us?"**

**The Bible tells us that because of their lack of faith, Jesus was powerless to do any miracles there, except to heal a few sick people.**

**Jesus said, "If you believe, you will receive whatever you ask for in prayer." So, if you really believe that God has the power to make it rain, the next time you ask God to make it rain, don't forget your umbrella! Today we are going to study someone who showed some doubt in his faith.**

**GO TO THE BIBLE STORY**

**Get Set!****Bible Story**

**John 20:19-31 from the CEV:**

**20:19** On the of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!"

**20** After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

**21** Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you."

**22** And with that he breathed on them and said, "Receive the Holy Spirit. **23** If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

**Jesus Appears to Thomas**

**24** Now Thomas (called Didymus), one of the Twelve, was not with the disciples when Jesus came. **25** 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 it."

**26** 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!"

**27** 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."

**28** Thomas said to him, "My Lord and my God!"

**29** Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

**30** Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. **31** But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.

**Why do you think that Jesus showed the disciples his hands and side?** He wanted them to see the nail holes and the wound where Roman soldiers had pierced his side with a spear. This would prove to them that he was Jesus.

Get Set!



**Bible Story**

**I wonder why the disciples didn't recognize Jesus just by looking in his face?** He obviously looked different, probably because he had a new body, but one that still bore the scars of his death.

**Who was not part of that group of disciples?** Thomas

**Did he believe his friends, the other apostles?** No

**What did Jesus do for Thomas so that he would believe that he, Jesus, had risen?** Exactly what Thomas asked—showed him the nail and spear marks.

**Did Thomas then believe, based on what he had seen?** Yes

**Does that make you think that Thomas must have seen something very convincing—something that was true?** Yes

Since then, how many people have believed that Jesus rose from the dead without seeing the risen Jesus and His nail and spear marks? Millions of Christians have believed without seeing.

**Do you know what we call that kind of belief?** Faith

**Why did Jesus come and show Thomas what he asked for?** Many reasons—He wanted Thomas to believe and he wanted it written down. Verse 31 says, “But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.”

**Go!****Bag of Faith****OBJECT LESSON**

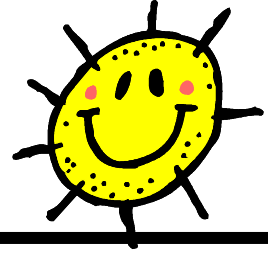
**Materials:** Bag, several familiar objects that will fit in the bag (see procedure)

**Quest Connection****Procedure:**

1. Hold up a simple object (such as a fork or a book or a watch) from a bag. Ask the children: **What is this?** (The children should answer correctly) **Are you sure? How do you know?** (I can see it) **That is just one way in which we decide if something is true. We see it for ourselves.**
2. Ask for a volunteer. Without showing the rest of the class, show the volunteer another object in the bag. Then ask the volunteer to tell the class what it is. **Do you believe him/her?** Mostly the answer will be yes. Describe the volunteer as a witness who saw the object and then told the others about it. Is a witness always reliable (No) **Why would you believe a witness?** (The kids will have suggestions that are all fine. Trustworthiness, reliable witness, believable object—a horse could not be in the bag!)
3. Ask for 3 more volunteers. Show them another object without taking it from the bag. Ask each child to tell the class what the object is. (All 3 should answer correctly) **Does it make it easier to believe something if more people see the same thing?** (Yes) Why? (Odds are higher that something is true if more people witness the same thing) **Can you ALWAYS believe when people are saying the same thing?** (No, think of how magic acts can fool lots of people, or several witnesses to an accident see different things about the scene).

**Close**

The word “doubt” means that you aren’t sure that something is true. Is it OK to have doubts?

**Go!****I Just Know****DRAMA**

**Materials:** A copy of the Three Resource pages “I Just Know...”, pencils

**Quest Connection**

**Procedure:** We are going to read some skits together. while you are listening to them, I want you to think about what it takes to have real faith!

Have students read the two skits and then fill out the Worksheet.

**Close**

As we study verses from John we are going to find that even Jesus’ disciples doubted His word. We will find out that faith in Jesus does make us stronger and that Jesus will help us find the right path as we search for truth. Thomas doubted out loud and Jesus helped his faith grow stronger.

**Go!****Magic Drink****FOOD**

**Materials:** Kool-Aid® Changin' Cherry Magic Twists™ (green drink mix turns blue but tastes like red cherry). Remove drink mix from pouch and place in a clear unmarked plastic bag. Prepare a large pitcher of pre-sweetened water in advance. Provide paper cups for the students to enjoy the refreshment after the lesson.

**Quest Connection**

**Procedure:** I need someone to help me today. Who is willing to help? [Select a volunteer.]

I like Kool-Aid® when I get thirsty. Do you have a favorite flavor? [Listen to answers.]

I like red cherry myself. Here it is. [Show the green drink mix in the bag.]

Uh, oh. Maybe I made a mistake. This may be lime or watermelon flavor because it is colored green. I will pour it in the pitcher of water anyway. [Pour in mix, stir it, and watch it turn blue.]

What? I thought it would turn green. Could this be blueberry flavored? I thought it was supposed to look red for cherry flavored. Let me get my helper to taste it and tell me what flavor it is.

[Pour a small amount in cups for student and yourself.]

Hmm. It tastes like cherry to me! [Ask student for agreement.] Is it cherry flavored? [Yes.]

Thank you for helping me.

**Close**

What if I had told you beforehand that the Kool-Aid® was a green mix that would turn blue but taste like cherry. Would you have believed me? [Listen to responses.]

It does sound a bit farfetched or hard to believe. I think some of us would have to see it to believe it. Our Bible story today was about the disciples on Resurrection day and the weeks following. They were told something even more incredible that seemed hard to believe: that Jesus had risen from the dead! Would you have believed it?



**Go!****Let's Put Our Heads Together****Discussion****Material:** Resource Page “Let's Put Our Heads Together”, paper, pencils**Quest Connection**

**Procedure:** Cut apart the questions on the Resource Page. Divide the class into pairs. Have them discuss and write down their responses to the questions. Have them share them with the group.

**Close**

How do we strengthen our faith? Let's turn to Romans 10:17

“Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.”

What does this mean to you?

**Go!**



## Remote Control

### OBJECT LESSON

**Materials:** A television remote control

## Quest Connection

**Procedure:** Look at what I brought with me today. Do you know what this is? [a television remote control] I've always wondered how these things work. You just click on this button and the TV comes on, and click on this button and it changes channels. It will do a lot of things without even yelling at the TV. When I was your age if you wanted to change the channels you had to get up and turn a knob on the TV. Of course, we only had three channels so there wasn't a great need to change channels that often. This remote control will do some amazing things, but there are some things it won't do. It doesn't work on people. If my wife is tired of what I'm saying, she might playfully point the remote control at me and pretend she is turning me off. But that doesn't work, does it? Actually, the remote control works with the TV to accomplish the things you want it to do.

See this little window on the front? That is what you point at the TV. The TV has a little eye like it also. When you push the button, the remote control sends an invisible light, called infrared light, to the TV. This signal tells the TV what you want to do. Now look on the back of the remote control. See this little panel? Let's look inside. What's in there? [special batteries] Yes, these batteries give power to the remote control. If you take them out, it won't work.

When we pray to God we need a special power also. That power is called faith. Jesus always told his followers that when they prayed, they needed to have faith that what they were asking was going to happen. He said in Mark 11:24 "Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." He was saying to act as if you had received what you asked for already. That is acting in faith.

## Close

Do you sometimes wish you were a wiser person? The Bible says that God is willing to give us wisdom if we ask for it. It won't make Him angry if we ask. But we have to ask with a firm belief that God is going to answer our prayer. That is praying with faith. Just as the remote control sends the invisible light as a signal to the TV, others do not see our prayer, but when it is sent with the power of faith, it is like a special light that God sees, and He responds in love to answer our prayer.

**Go!**

UTIST

UKLE MTTHEAW

**Bible Book Review**

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**GAME**

Materials: Resource Page, “Books of the New Testament”, white board, markers, timer

**Quest Connection**

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**Procedure:** Divide the group into two teams. Cut about each of the word scrambles on the Resource Page. Put them in a box or hat. One member of the team, draws out a slip of paper and writes the scrambled word on the board. Someone from the same team unscrambles it within 30 seconds or a designated time, set on the timer. Winning team is the one that gets all the books correct.

**Close**

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One of the best ways to strengthen our faith is to study God’s Word. We need to find a time to set aside everyday to study His Word!

## Books of the New Testament

1. HATETWWM            \_\_\_\_\_
2. ARKM                \_\_\_\_\_
3. KEUL                \_\_\_\_\_
4. ONHJ                \_\_\_\_\_
5. TCAS                \_\_\_\_\_
6. ONMSAR            \_\_\_\_\_
7. ANSCHRNOTII      \_\_\_\_\_
8. TAAIGNLSA        \_\_\_\_\_
9. NPAHSEEIS        \_\_\_\_\_
10. LSAIIPHNIPP     \_\_\_\_\_
11. CSSLANOSIO      \_\_\_\_\_
12. HNSISALOTANSE \_\_\_\_\_
13. YHITTMO           \_\_\_\_\_
14. TSTIU              \_\_\_\_\_
15. IPMHELON        \_\_\_\_\_
16. EWSBRHE         \_\_\_\_\_
17. SEAMJ             \_\_\_\_\_
18. TEREPI            \_\_\_\_\_
19. EDJU               \_\_\_\_\_
20. NETOEIRLVA     \_\_\_\_\_

# **I Just Know.....**

**Make a list of things that you just know will happen  
that you just don't even think about it!**

- 1. The sun will rise in the morning**

# Trust in God

**Matthew 9:22**

...Your faith has made you \_\_\_\_\_.

**Mark 9:23**

...All things are possible to him that \_\_\_\_\_.

**Romans 11:20**

By their \_\_\_\_\_ they were broken off.

**1 John 5:4**

...The victory that \_\_\_\_\_ the world, even our faith.

**Psalms 33:21**

For our heart shall \_\_\_\_\_ in Him, because we have trusted in His holy name.

**James 1:6**

But let him ask in faith, nothing \_\_\_\_\_.

**1 Timothy 6:12**

Fight the good \_\_\_\_\_ of the faith.

**Proverbs 29:25**

...Whoever puts his \_\_\_\_\_ in Jehovah shall be safe.

**Matthew 21:22**

And all things, whatever you shall ask in \_\_\_\_\_, believing, you shall receive.

# I Just Know.....

## Skit One

Natalie: "That's a pretty sunset."

Hailey: "I wonder what the sunrise will look like tomorrow."

Austin: "How do you know the sun will come up tomorrow?"

Samuel: "Of course it will come up."

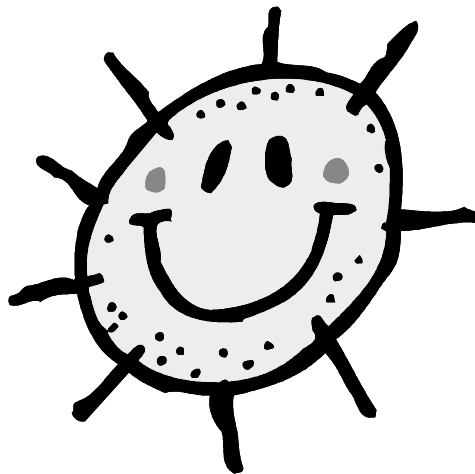
Austin: "How do you know that?"

Hailey: "Why do you have to question everything? It will come up because it always does."

Austin: "I know it always has, but how do we know that it always will?"

Samuel: "I'm sure some scientist who studies these things would tell us if it wasn't, and then it would be on TV."

Natalie: "Whatever. I just believe it will."



# I Just Know.....

## Skit Two

**Police Officer:** "Hello, I'm a Police Officer. Someone called the Police Station to report a problem. I just arrived and found a car wrecked into that fire hydrant (point away from stage), and there is water spraying everywhere. The car has no driver. If the driver who did this ran away to keep from getting into trouble, he'll be in even more trouble when I find him. He's supposed to stay here at the accident. I need help figuring out what happened. Are there any eye witnesses?"

**Boy:** "I got here after it happened. The driver looked asleep, so I ran home and told my Mom. Then I came back here, and the man was gone. My Mom said she'd come up here to help."

**Police Officer:** "Did anyone see anything else?"

**Wet Man:** "I was sleeping on that bench near the fire hydrant, and I started dreaming that it was raining, then I woke up and saw that it was the fire hydrant spraying water on me. The driver of the car was passed out. Then an ambulance took the driver away."

**Mom, just arriving:** "Hello. I'm his Mom. I called 911. They said they would call the Police Station and an ambulance."

**Police Officer:** (on radio): "Officer Green here, could you check on an accident victim brought in by an ambulance from Main Street? Get back to me, please... Little Girl, did you see anything?"

**Little Girl:** "No, I didn't. I was chasing my runaway cat, and he ran out into the street. I was following him, then I heard a loud squealing noise and a big boom noise."

**Mom:** "Little Girl, did you look before you ran out into the street? Did you run in front of a car?"

**Little Girl:** "Well...I didn't see a car. I was looking at my cat."

**Radio Person** (off stage): "Officer Green, we have a report of an accident victim being delivered at the hospital from that location. He's OK, but he's not able to talk right now."

**Police Officer:** "OK, I think I have the whole story now. A man was driving down the street. The Little Girl chased her cat into the street in front of him. The man braked and swerved so he wouldn't hit the girl and her cat. That made a loud squealing sound. Then the car hit the fire hydrant, which made a loud boom, knocked it over, and the hole in the ground started spraying water. This boy came up, saw the hurt man and went home to tell his mother. His mother called 911, who called the Police Station and the ambulance. This sleeping man was just waking as the ambulance was about to take the driver away. The driver did a good thing by not hitting the Little Girl, and he did not run away. He was hurt and was taken to the hospital. Thanks for your help."



## LET'S PUT OUR HEADS TOGETHER

Describe how the disciples felt as they saw the Lord.

We think of Thomas insisting to see Jesus' hands and side, as we will see in a bit. In verse 20 we read that Jesus voluntarily showed the disciples his hands and side. Why do you think he did this?

Do you think any of the other disciples may have doubted had they not seen the evidence?

Do you think they were hoping that Jesus would show them his wounds?

What are some creative ways we can communicate our faith in Christ?

Look at Thomas' statement in verse 25. It strikes me that he did not say, "Hmm, I don't know about that." Notice how bold he is in his doubt. It almost seems like he is proud of his doubt. How do you explain this?

Jesus (eventually) did provide Thomas the proof that he needed. Does God usually provide us the proof we need to believe?

Jesus commanded Thomas: "Stop doubting and believe." How do you read that tone? Was Jesus stern with Thomas?

Someone read Thomas' reply in verse 28.

Jesus seemed to agree. What does this teach us about Jesus?

Does faith come easily for you, or do you sometimes struggle to believe?

What are some of the more compelling facts about the Bible, or the resurrection, or other proofs that have helped you to come to faith?

Do we have a faith that is provable beyond reasonable doubt? Is it reasonable to believe in Jesus?

How can we become people of strong faith and confidence?

# Thomas Word Search

H A W M S I N S N A M E S A P E A C E  
 O R X W I N D O W S N P U S L T G O D  
 L E J N I T H A T M O U B H I H T J U  
 Y W E N D Z Y Y Q Y T R A F O D E N  
 F I S N A I L M A R K S E L L E M O W L  
 I L U H Y C A M E K F U A L L A O S S E  
 N L S B I A F F R A I D P T W O S R M S  
 G F O R G I V E N V J P H E R B S S B S  
 E H H W E R E T M Q L E E E D U P E W  
 R I A S F A T H E R M R D K K T K L Q  
 S S N E G M O J O R E T A I N E D I T  
 N C D N I W H O S E Y O U P E F S E S  
 F F S D T O U C H S A W S E E Y I V H  
 R E C E I V E Y U E H I D I N G D E O  
 S A I D W W D S M I D S T F E H E D W  
 D I S C I P L E S S O L D I E R S F E  
 Z R E J O I C E E D N L O C K E D W E D  
 A G A I N R O O M S T O O P I R I T R B  
 V C E N C D T H E M O S P I R I T R B

- put
- receive
- rejoiced
- retained
- room
- said
- saw
- see
- send
- shall
- showed
- side
- sins
- soldiers
- spirit
- stood
- that
- them
- Thomas
- touch
- unless
- upper
- week,
- were
- whose
- will
- windows
- you
- afraid
- again
- are
- believed
- breathed
- but
- came
- disciples
- doors
- Father
- fear
- fingers
- forgiven
- God
- hands
- hiding
- his
- holy
- Jesus
- Jews
- life
- locked
- Lord.
- midst
- my
- nailmarks
- name
- not
- peace