



WEEK 2

LESSON GUIDE



MUSIC INSTRUCTIONS: Sing along to “Who You Say I Am” by Hillsong.

ACTIVITY | Rabid Raceway

- **INSTRUCTIONS:** Create a simple (or multiple smaller) obstacle course(s) in your environment. You can use chairs (to walk around), tables (to crawl under), hula hoops (to hop through), or whatever you have. Make it fun! One will be the “leader” and the other will be the “follower.” Put a blindfold on the follower. The leader has to lead their follower through the obstacle course by telling them what to do using only words. Once they are through the course, switch roles. This way, everyone gets a turn at leading and following.
- **When you were the follower, why did you have to listen carefully to the leader?**
- **When you were the leader, was it easy or difficult to guide them using only your words?**

THE BIG IDEA | Jesus helps me believe.

VIDEO Play this week's teaching video provided on Church Website.

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

QUESTION INSTRUCTIONS: Allow for open discussion on these questions.

- **What is doubt?** (To be uncertain, unsure, skeptical, afraid.)
- **Is it okay to doubt?** (Reassure the kids it is okay to doubt at times, we all doubt sometimes and have questions.)
- **Does Jesus still love us even when we doubt?** (Jesus loves us even when we doubt or don't understand something.)
- Doubt is a natural reaction to things that are hard to believe. When we have doubt, we can pray, we can talk to our parents, relatives, church leaders, and other people we trust.

ACTIVITY | Faith Journal: INSTRUCTIONS: Hand out faith journals. Your child can write “Jesus Helps Me Believe” on the cover and can decorate the cover however they like.

- There is one person you can always talk to at any time: Jesus! Use this faith journal to write or draw whenever you might have a question or need guidance. Pray about the things in your journal and watch how God will send help your way! You'll find out just how much Jesus helps us believe!

MEMORY VERSE | Hebrews 12:2 Let us fix our eyes on Jesus, the founder and perfecter of faith.

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.