



St Lawrence  
with St Paul  
Longridge



## Family Activities: Sunday 19<sup>th</sup> April 2020

### Faith and Doubt

*Introduction: Children's Church at St Lawrence with St Paul is not meeting in person at present due to the advice given by the Church of England to suspend services. However, the team is putting together a sheet each week for families to do 'Children's Church at Home' and we are also meeting on Zoom on Sunday mornings at 1045am to go through some of the activities together!*

*We are very grateful to the Blackburn Board of Education and their 'Weekly@' resources which we are drawing on to help us to put together each week's activities.*

*Please do e-mail Carolyn Barton at [carolynbarton@hotmail.co.uk](mailto:carolynbarton@hotmail.co.uk) to be added to the Children's Church private Facebook group and/or to be sent the link to the Sundays @1045am Zoom Children's Church Meeting.*

**Theme:** To be encouraged to keep stepping out in faith even when we feel unsure.

#### Setting the Scene:

Provide a bowl of water and different items that float and sink. Before each item is placed in the water ask the children to predict if it will float or sink. Explain that we all face things in life that make us doubt and things that give us hope and faith. Our doubts and fears can feel like they hold us down while our hope and faith can make us feel floaty and free. The people in our story today were struggling with feelings of doubt.

**Song:** Sing and dance along to 'Our God is a Great Big God' at <https://www.youtube.com/watch?v=eSTfM8M2Md8> and/or 'God Suit On' at: <https://www.youtube.com/watch?v=B4dTFJxNM28>



**Bible Passage:** John 20, vs 19 - 29

A cartoon of the bible passage can be found here:

Watch from approx. 21 mins to approx. 22 mins 06 secs

<https://www.youtube.com/watch?v=OPSGoPdKQFQ&t=1374s>

*...or you may prefer to read it:*





## Jesus Appears to His Followers

<sup>19</sup> It was the first day of the week. That evening Jesus' followers were together. The doors were locked, because they were afraid of the Jews. Then Jesus came and stood among them. He said, "Peace be with you!" <sup>20</sup> After he said this, he showed them his hands and his side. His followers were very happy when they saw the Lord.

<sup>21</sup> Then Jesus said again, "Peace be with you! As the Father sent me, I now send you."

<sup>22</sup> After he said this, he breathed on them and said, "Receive the Holy Spirit. <sup>23</sup> If you forgive anyone his sins, they are forgiven. If you don't forgive them, they are not forgiven."

## Jesus Appears to Thomas

<sup>24</sup> Thomas (called Didymus) was not with the followers when Jesus came. Thomas was 1 of the 12. <sup>25</sup> The other followers told Thomas, "We saw the Lord."

But Thomas said, "I will not believe it until I see the nail marks in his hands. And I will not believe until I put my finger where the nails were and put my hand into his side."

<sup>26</sup> A week later the followers were in the house again. Thomas was with them. The doors were locked, but Jesus came in and stood among them. He said, "Peace be with you!"

<sup>27</sup> Then he said to Thomas, "Put your finger here. Look at my hands. Put your hand here in my side. Stop doubting and believe."

<sup>28</sup> Thomas said to him, "My Lord and my God!"

<sup>29</sup> Then Jesus told him, "You believe because you see me. Those who believe without seeing me will be truly happy."

### Questions to ask:

- 1) Which part of the story did you like best and why?
- 2) What things made Thomas doubt?
- 3) What gave Thomas faith again?
- 4) Do you ever doubt God? What are some of the things give you doubts about God?
- 5) What are the things that you know about God that can help you when you feel scared or doubt?
- 6) Why do you have faith / believe in God?

*Take a look at the Bible promises copied on the last sheet of this document.*



St Lawrence  
with St Paul  
Longridge



### **Explaining the Passage (adapt for younger children):**

In today's bible passage, the disciples are gathered together frightened and confused. The room they are meeting in is locked showing their fear. Then Jesus appears before his disciples. He shows them his hands and side so there could be no doubt about his identity, even his risen body carried proof. However, Thomas was not there, and he cannot believe what he has not seen. Jesus graciously comes again when Thomas is there and encourages him to touch his wounds, to see and believe. Thomas has faith again. Jesus goes on to encourage those of us who have not seen him that we are blessed because we believe without seeing. God understands that we all have times of doubt and fear but encourages us to have faith.

Faith and doubt are like two sides of the same coin, they both always exist. At various times in our lives faith will be stronger and doubt shallow and in the shade, but at other times doubt will be stronger and faith a shadow. A lot of people today won't believe that Jesus really rose from the grave because they haven't seen him with their own eyes. What we need to remember is that there are always ups and downs in belief and that's ok. The important thing is to keep moving forward through the ups and downs and trusting God even when things seem uncertain.

### **Prayer:**

***"Thank you God that we can be honest with you about our doubts and fears. Help us to lean on you and give us your faith and peace. Amen."***



**Game:**

**1. Heads or Tails:**

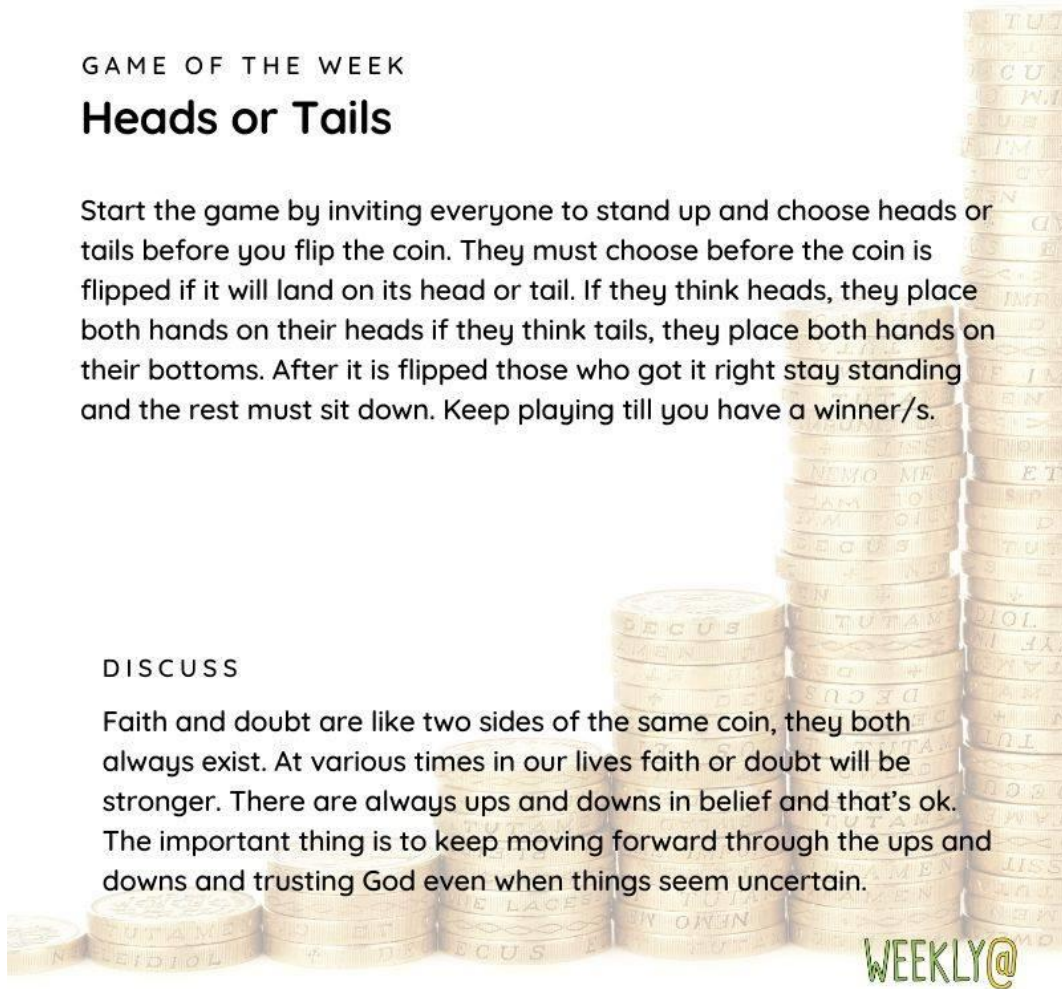
GAME OF THE WEEK

# Heads or Tails

Start the game by inviting everyone to stand up and choose heads or tails before you flip the coin. They must choose before the coin is flipped if it will land on its head or tail. If they think heads, they place both hands on their heads if they think tails, they place both hands on their bottoms. After it is flipped those who got it right stay standing and the rest must sit down. Keep playing till you have a winner/s.

DISCUSS

Faith and doubt are like two sides of the same coin, they both always exist. At various times in our lives faith or doubt will be stronger. There are always ups and downs in belief and that's ok. The important thing is to keep moving forward through the ups and downs and trusting God even when things seem uncertain.



**2. Jenga**

Play a game of Jenga, taking it in turns to move a block from the tower and place it on top. Keep going till the tower collapses. Discuss how when the blocks get taken away and moved, the Jenga tower becomes wobbly and unstable and so eventually collapses because the foundations are weak. It is important when we are faced with fear and doubts to remember the truths that we know about God. These things give us a strong foundation.





**Activity:**

**1) Pebble Painting**

ACTIVITY OF THE WEEK

## Pebble Painting

- 1** You will need pebbles, paint and any tools you want, such as cocktail sticks, to make patterns with.
- 2** Paint the pebbles. What patterns can you make?

DISCUSS

As they paint talk about how when we doubt, God is still strong and firm like the pebble. God never changes and we can lean on him in our doubts. You may like to offer the children some bible verses which reflect God's promises to us written on strips of paper so the children can take one of these too!

WEEKLY@



## God's promises to us

**Psalm 145:9** The Lord is good to all; he has compassion on all he has made.

**Psalm 34:8** Taste and see that the Lord is good; blessed is the one who takes refuge in him.

**Isaiah 40:31** But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

**Jeremiah 29:11** 'For I know the plans I have for you', declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

**Proverbs 3:5-6** "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

**2 Corinthians 9:8** And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

**John 8:12** I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.

**John 11:25** Jesus told her, 'I am the resurrection and the life. Anyone who believes in me will live, even after dying.'

**James 1:5** If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

**Jeremiah 29:12** Then you will call on me and come and pray to me, and I will listen to you.