

CHRIST CHURCH
BECKENHAM
KIDS

26th April | Thomas

At the moment when we look at what is going on in the world, it's easy to wonder if God really is in control. Is he really there? If so why isn't he doing anything? Does he really care about us? The Bible says he does, but how can we be sure? We can look back at what he has done in the past. The Bible is full of stories about God promising something and it not happening quickly! Look at Abraham and Sarah! Look at the story of Joseph or Daniel. God was there waiting for the right time.

In today's story Jesus promised that he would not leave his friends. He said he would come back to them, but they didn't believe him! Thomas didn't even believe his friends when they said they had seen Jesus...

JOHN 20:24-29 (GNT)

One of the twelve disciples, Thomas, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord!"

Thomas said to them, "Unless I see the scars of the nails in his hands and put my finger on those scars and my hand in his side, I will not believe."

A week later the disciples were together again indoors, and Thomas was with them. The doors were locked, but **Jesus came and stood among them and said, "Peace be with you."** Then he said to Thomas, "Put your finger here, and look at my hands; then reach out your hand and put it in my side. Stop your doubting, and believe!"

Thomas answered him, "My Lord and my God!" Jesus said to him, "Do you believe because you see me? How happy are those who believe without seeing me!"

GRACE

When this story is told in some of the other Gospels Jesus eats with his disciples. As we've already thought about, when we practice gratitude to God and thank him for all that He had done and does for us.

A great way to practice gratitude is through prayer and conversation. Jesus definitely knew this! As you'll see, lots of Jesus time after the resurrection centres around food.

Why not use lunch and dinner time as a routine for saying thank you to God? Remember prayer doesn't need to be looooooonnnng or complicated.

"Thank you God for...
this food... family... WIFI... YouTube...
Amen!

Or you could get creative with some graces that you sing! There are loads of suggestions [ONLINE](#).

DOUBT?

Thomas said that he wouldn't believe that the Jesus had been resurrected until he had some proof. The others had seen Jesus; they didn't need to be afraid anymore. But Thomas had missed out and fear can make us doubt. Have a think about these questions on your own or as a family...

1. How would you describe doubt?
2. How does Jesus help Thomas?
3. What do you think about Jesus' reaction to Thomas?

Isn't it great that Jesus didn't get cross with Thomas for doubting? He reassured him of God's promises. Today Jesus isn't cross when we doubt him and he doesn't leave us alone because of it. Instead he walks alongside us, just like he did with the 2 friends we heard about last week, until our doubts and fears go!

CHALLENGE

Have you got some food around the house that you doubt you'll like? Why not try it!
You never know, you might love it.

*Check out these pictures of weirdly coloured food...
some are from the Hornimans Museum.*



GRATEFUL JARS

Just like Thomas, we can get scared too. From our CCB:Kids Team, Carol had a great idea for Karen's birthday a while ago... some of you might have even helped out. Carol got a jar and asked lots of people that Karen knows to fill it with bits of paper with a thing that they love about Karen written on it.

Whenever things get tough it's great for Karen to pull out a bit of paper and know that she is awesome!



When you're scared what helps you?

Just like in the story of Thomas, the physical presence of Jesus calmed his fears. When we remind ourselves of the things we are grateful for it can help to ease our fears because we are reminded of God's love and his faithfulness to us.

Let's make a gratefulness jar!

Things you'll need: 1 jar (or container, pot or bottle,) paper and some decorations.

How to make it:

1. Decorate your jar
2. Cut your paper into small strips
3. Write down the things you're grateful for on the strips of paper
4. Pop them in the jar!

Have a look at these examples that Karen has made!



PSALM 100

Shout for joy to the Lord, all the earth.
Worship the Lord with gladness,
come before him with joyful songs.

Know that the Lord is God.
It is he who made us, and we are his,
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.
For the Lord is good and his love endures forever;

PRAYER

Say a prayer around the table today and then go around and say something you are grateful for today. You could pray:

"Dear God, thank you for your love and faithfulness to us. Help us to remember that when we are afraid or have doubts. Amen."

WORSHIP

It's so good to praise God with songs and actions. Why not end this resource with some worship music. Here's a few ideas or you can check out our [PLAYLIST](#)

[GOOD FATHER](#) - CHRIST TOMLIN
[KING OF ME](#) - Rend Co. Kids

We have also put together a Dropbox folder of the songs you may know and love from Junior Choir and Climbers. You can check that out here: [Dropbox Folder](#)

Helen has even recorded some new songs too! Check them out [HERE](#).

GRACE-MATS

It's so good to pray, to thank God for things and to talk to Him. As we've already thought about, it's great to make this part of your routine.

Let's make a Grace-mat!

(Okay, basically it's a placemat with a prayer of grace written or drawn on it... get it... Grace-mat.)

There are so many different ways you could do this...

You could use an A4 piece of card, draw on your design then laminate it (if you have one of those around the house.

Or you could flip over an old placemat and draw or write with a sharpie on the cork. (Definitely ask first!)

See what imaginative things you can come up with!

If you want to hear more on Psalm 100 check out Luke's Lunchtime reflection from Wednesday 22nd of April. [Check it out on YouTube.](#)

We would love to see any of the crafts or things you've done from today's resource. Comment with them on Facebook @cbeckenhamkids or email ed@ccb.org.uk

I DOUBT IT!

Have a go at this True or False quiz all about things you may doubt. Answers are at the bottom of the page.

1. Did you know that penguins can smell toothpaste from several miles away?
2. Did you know that in Tokyo in Japan, a bicycle is faster than a car for trips of less than 50 minutes?
3. Did you know every day, on average, 20 banks are robbed in the world?
4. Did you know 50 years ago, M&Ms were candy-coated peas during a chocolate shortage?
5. Did you know you are more likely to be stung by a bee in windy weather?
6. Did you know when glass breaks, the cracks move faster than 1,500 km per hour. To photograph the event, a camera must shoot at a millionth of a second!
7. Did you know a violin contains about 70 pieces of wood?
8. Did you know the Irish like Thomas the Tank Engine so much that they have put faces on all their trains?
9. Did you know that elastic in your underwear will last twice as long if you freeze it after washing it?
10. Did you know they have square watermelons in Japan because they stack better?

SPOT THE DIFFERENCE



Carlos Bautista 2010 | <http://ministry-to-children.com>

NEXT WEEK...

Next week we are going to look at another story of people who encountered the risen Jesus. He had a beach breakfast with some of his friends! In lock down we can't always eat together with those we love, but we can imagine it or remember a special breakfast.

What would you have to eat and who would you want to share it with?

Can you remember a special meal you've had with others?

Carol from our CCB:Kds Team says she remembers a very special breakfast when she was feeling sad. She says:

She took me out for a pancake and fruit breakfast in Beckenham before driving back home! An expensive treat if you consider the petrol cost! I was so grateful for it though.

A decorative border surrounds the text, featuring a central heart at the top and bottom, with floral and scrollwork patterns on the sides and corners.

Shout for joy
to the Lord,
all the Earth.
Worship the Lord
with gladness;
Come before him
with joyful songs.

Psalm 100:1-2