



WEEK 3

ELEMENTARY LESSON GUIDE

LEVEL UP

BIG IDEA

Jesus helps me believe.

THE BIBLE

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

LARGE GROUP TIME

WHAT? *What are we talking about today?*

Champions meet in the Youth Room for worship.

ACTIVITY | Peek-tionary

- **INSTRUCTIONS:** Split the kids into two teams. One person from each team wears a blindfold so they can't see what they are drawing. Quietly tell the blindfolded players what to draw a picture of on a poster board. The first team to guess the word correctly wins the round. A new person from each team will draw in the next round and repeat the process. Best two out of three wins (Suggested words: basketball, smart phone, sword, llama, coins, star, bird, and other words loosely related to gaming).
- **In what ways did the blindfold make this activity difficult?**

OBJECT LESSON | Can You See It?

- **INSTRUCTIONS:** Prepare two balloons: one inflated and one deflated.
- **Which one of these balloons have air in them? How do you know?** That's right — we know because the balloon with air in it is bigger and can float around the room (*Bounce the balloon around among the kids and have the kids join in*).
- So, just like we can't see the air in the balloon, we can't technically see Jesus walking around. But just like we knew the balloon had air in it because it was inflated, we know Jesus is here with us by the things we see all around us.



THE BIG IDEA | Jesus helps me believe.

- **INSTRUCTIONS:** Divide the kids into four groups. Give each group one word from the Big Idea to say when you point to them. Have them shout it out as loud as they can! Point to each group one at a time (You could also point really fast and see how quickly they can say the Big Idea together!).

SO WHAT? Why does it matter to God and to us?

VIDEO | Level Up, Episode 3

- **INSTRUCTIONS:** Play this week's [teaching video](#).

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

- **INSTRUCTIONS:** Conduct a quick review of what we've been going over in this series. This serves as a great overview for anyone who missed previous weeks.
- **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.**

QUESTION | All About Doubt

- **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.)



LEVEL UP | WEEK 3 ELEMENTARY LESSON

- 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.

SCRIPTURE | 2 Corinthians 5:7

- **INSTRUCTIONS:** *If possible, have everyone open up their Bibles to 2 Corinthians 5:7. Have one of the kids read the verse out loud to the group.*
- **Who can tell me in your own words what you think this verse means?**
- Being able to see is very important. But the thing is, we don't need to see to believe in Jesus! We don't physically see Jesus today. But we believe in Jesus because we have faith. Faith is believing in something even though we can't physically see it.

NOW WHAT? What does God want us to do about it?

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.

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

- **INSTRUCTIONS:** *Say the memory verse for the kids, but intentionally get some of the words wrong. Tell the kids to make a buzzer noise when they hear the wrong word. If they don't catch it, you get to say, "Gotcha!"*

SMALL GROUP TIME

DISCUSSION

- **When Jesus appeared to the disciples after being in the tomb, who was missing?**
- **How did this disciple react when the other disciples told him about Jesus?**
- **Who helped him believe? How?**
- **Read Hebrews 11:1. What do we need to believe the things we cannot see?**



LEVEL UP | WEEK 3 ELEMENTARY LESSON

- How do you think you would have reacted if you were Thomas?
- Are there things about God or the Bible you don't really understand? What are they?
- What can you do when you have questions or you're unsure of something?

MEMORY VERSE | Hebrews 12:2