



WEEK 3

PRESCHOOL LESSON GUIDE

LEVEL UP

BIG IDEA

Jesus helps me believe.

THE BIBLE

Doubting Thomas: John 20:19-20, 24-29

WELCOME TIME

Heroes meet in the Youth Room for worship.

ACTIVITY | Thomas, Thomas, Jesus!

- **INSTRUCTIONS:** Play a game based on the classic, Duck, Duck, Goose. Ask the kids to sit in a circle and choose one kid to be "it." "It" walks around the outside of the circle tapping each kid gently on the head or shoulder while saying, "Thomas" for each kid. When ready, "it" chooses one kid and says, "Jesus!" The chosen kid chases "it" around the circle, trying to tag "it" until they get back to their seat. If "it" is tagged, that kid sits in the center of the circle until someone else is tagged. If not, "it" takes the place of Jesus in the circle and the chosen kid becomes "it." Continue to play until everyone has had a turn.

TEACHING TIME

THE BIG IDEA | Jesus helps me believe.

- **INSTRUCTIONS:** Divide the kids into four groups. Give each group one word of the Big Idea to say when you point to them. Ask the kids to shout it out as loud as they can! Point to each group one at a time. (Options: Ask them to whisper it, sing it, or do a motion with each word.)



LEVEL UP | WEEK 3 PRESCHOOL LESSON

VIDEO | Level Up, Episode 3

- **INSTRUCTIONS:** Play this week's preschool [teaching video](#). [Level Up Preschool Week 3 on Vimeo](#)

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

- Last week, we learned about the women going to the tomb and learning Jesus beat death! Jesus was no longer in the tomb because Jesus was alive. Let's look at the Bible and I'll read what happened next.
- **INSTRUCTIONS:** Read John 20:19-20.
- The disciples were so excited to see Jesus! But not everyone was there. One of the disciples was missing — Thomas. Let's keep reading.
- **INSTRUCTIONS:** Read John 20:24-29.
- Thomas didn't believe what his friends were saying. He didn't believe Jesus beat death. So, Jesus helped Thomas. Jesus appeared to all the disciples in the same room a second time! And this time, Thomas was with them. And when Thomas saw the marks where Jesus had been nailed to the cross, and when he touched them, he believed. Jesus helped Thomas believe!
- Jesus loves us so much, Jesus will help us believe!

PRAYER

- **INSTRUCTIONS:** Teach the kids how to spell the word 'believe.'
- Jesus, thank You for loving me. Help me to B-E-L-I-E-V-E.

DISCUSSION TIME

ACTIVITY | Using Our Senses

- **INSTRUCTIONS:** Print out this week's printable with images of eyes, ears, a mouth, a nose, and a hand. Hold up each image as you talk about it. You can have kids point to each body part, too.
- We learn about the world around us using our senses. Our sense are what our eyes, ears, mouth, nose, and hands do!
- **What do we use our eyes for? Can you name some things you can see?**
- **What do we use our ears for? Can you name some things you can hear?**
- **What do we use our mouth for? Can you name some things can you taste?**
- **What do we use our nose for? Can you name some things you can smell?**
- **What do we use our hands for? Can you name some things can you touch?**
- The disciples were able to use their eyes, ears, mouth, nose, and hands to know Jesus was there. But Thomas was not there.
- When Thomas saw Jesus and was able to use his senses to know Jesus was there, he believed! And then Thomas went and told as many people as he could about Jesus! Jesus helped Thomas believe!



MEMORY VERSE | Hebrews 12:2

- **INSTRUCTIONS:** Say the memory verse together a couple of times. Then, tell the kids you are going to try to fool them. If you are saying the verse correctly, they jump up and cheer. If you make a mistake, they stay seated and shake their heads. Repeat the verse a few times, sometimes saying it correctly, and other times leaving out words or mixing the words up.

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Use this time while they color to remind the kids of today's Bible story, the Big Idea, and the memory verse.

Encourage your preschoolers to help clean up the room while they wait for their parents.