

St Wilfrid's Family Focus

26th April 2020 – Faith and Doubt

Welcome to this week's Family Focus! This is an opportunity for you to gather together as a family and spend some time with God. Below you will find a story to read, some things to wonder about, a song to sing and some suggestions for activities and prayer. Use them in whatever way works best for you. We pray that you will know that God is with you as you meet together today, wherever you are. Have fun!



Story – Jesus appears to Thomas

Last week we heard about some of the people who saw Jesus after he rose to life again. Today we're going to hear the story of another person who saw Jesus when he was alive again. His name was Thomas.

As we heard last week, Jesus appeared to most of his disciples as they gathered in a room together. He was able to appear among them even though the doors were locked. How amazing! The disciples must have been so excited and happy when they realised it was Jesus and that he was alive. But one of the disciples was not there in the room when Jesus appeared, and that disciple was Thomas.

The other disciples didn't want Thomas to have missed out, so when they next saw him they told him, 'We have seen Jesus!' and explained how he had appeared to them in the room and spoken to them. But Thomas didn't believe them. He said, "Unless I see the nail marks in his hands and put my finger where the nails were, and on the scar on his side, I will not believe." How was Thomas ever going to know that Jesus was alive?

One week later, Jesus's disciples were in the house again, and this time Thomas was with them. Again, Jesus came and stood among them, even though the doors were locked. He said, "Peace be with you!", just like he did the first time. Then he turned to Thomas and said, "Put your finger here. See my hands. Reach out your hand and put it into my side. Stop doubting and believe."



Thomas said to him, “My Lord and my God!” Jesus was there! He was alive, and now Thomas could see him for himself! Thomas was so happy.

Then Jesus told Thomas, “Because you have seen me, you have believed. But there will be people who don’t see me and still believe that I am alive. They are blessed.’



I wonder...

It is great to ask questions about Bible stories, and to wonder what God might be saying to us through them. Perhaps you could have a think and a wonder about some of these questions with other people in your family.

- I wonder which part of this story you like best?
- I wonder why Thomas needed to touch Jesus’s wounds?
- I wonder how Thomas felt when Jesus appeared to him?
- I wonder if you have ever had doubts about anything? How does that feel?
- I wonder what this story tells us about what Jesus is like?



Song - My Lighthouse by Rend Co Kids

<https://www.youtube.com/watch?v=JeJvKkBV6rY>

This song reminds us that it is OK to have doubts and be unsure, because God is with us when we ask questions, and he is there to help us find a way forward. See if you can join in with the actions!



A Prayer to say

Dear God

Thank you that you are always with me, in my faith and in my doubts. Please help me to keep talking to you about my questions and my wonderings. Thank you that you love to hear from me and talk to me! Please be with anyone who is feeling worried or unsure about things today. Please be with... (add the names of anyone you want to pray for today)

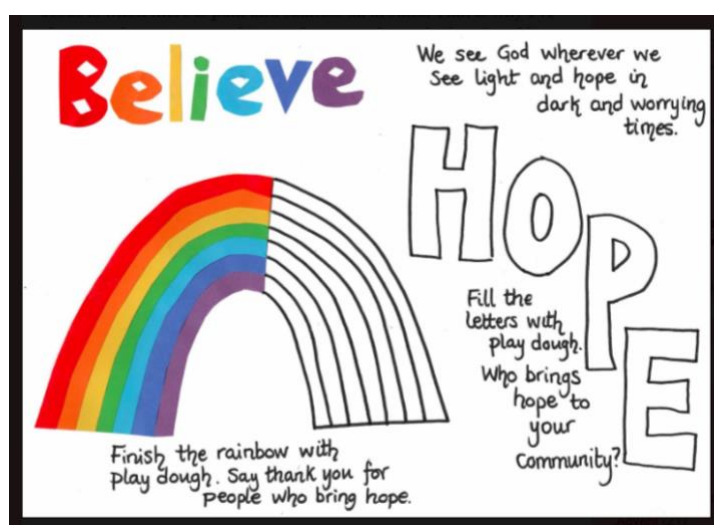
In Jesus name, Amen/Yo!



Activities

Play dough board

Follow this link: <http://flamecreativekids.blogspot.com/search/label/Doubting%20Thomas> to print off this play dough board from Flame Creative Kids, and spend some time filling in the rainbow and the word 'HOPE' with play dough. Perhaps you could reflect on today's story as you do so. You could also use it as a colouring sheet if you prefer!



If you would like to make your own salt dough to use there is a recipe here: <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>

Make a 'Feely Bag'



Find a bag that you can't see through and fill it with items from your house which have different textures. Ask people in your family to put their hand into the bag and see if they can guess what each item is. Then get someone else to fill the bag with new objects for you to guess!

Think about: How do you know what something is when you can't see it? How do we know that Jesus is with us even though we can't see him?

Hand Print Prayers

- 1) Get each person in your family to do a hand print on a piece of paper (or if you would prefer a less messy version, draw around each person's hand)



- 2) When it's dry, write the names of the people you would like to pray for on the handprint, or draw them on or around it.



- 3) Around the hand print write the words Thomas says to Jesus 'My Lord and My God' as a reminder that Jesus is our Lord too, and we and all those we are praying for are held in God's hands.

