

WEEK 3

SMALL GROUP 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)

QUESTIONS

- 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?
- How do you think you would have reacted if you were Thomas?
- 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.*)
- 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?
- Who can you talk to when you have questions about faith?

ACTIVITY

Hand out faith journals (this can be any notebook that you have lying around). The kids can write "Jesus Helps Me Believe" on the cover and can decorate the cover however they like.

There is one person you can always talk to at any time: Jesus! Use this faith journal to write or draw whenever you might have a question or need guidance. Pray about the things in your journal and watch how God will send help your way. You'll find out just how much Jesus helps us believe!

MEMORY VERSE OF THE MONTH: Hebrews 12:2 (NIV)

Let us fix our eyes on Jesus, the pioneer and perfecter of faith.