



Appearance

Highlight that even those closest to Jesus had doubts—and doubts are okay. However, like Thomas, we can take our doubts to Jesus.

Big Idea: We can believe without seeing.

Key Verse: “You believe because you have seen me. Blessed are those who believe without seeing me.” | John 20:29b (NLT)

1. HANGOUT

Supplies:

- None

Instructions:

- Discuss:
 - Have you ever found it difficult to believe in God because you can't see him?
 - What helps remind you that God is who he says he is?

2. HEAR

Supplies:

- Bibles

Instructions:

- Make sure everyone has a Bible. Share them if needed.
- Guide the students to look up John 20:19-29.
- Review the God Story together.
- Discuss:
 - What happened?
 - What do you think it was like for Jesus' disciples when he showed up?
 - Consider what Jesus said to the disciples. What stands out to you? Why?

- Re-read John 20:29.
- Point out that Jesus calls us blessed.
- Discuss:
 - How does being called blessed make you feel?
 - Have you ever considered the fact that Jesus had us in mind when he was on earth?
- Flip over to John 17:20-23.
- Read the verses together.
- Explain that this is just before Jesus' death on the cross, and he is talking about us again.
- Discuss:
 - What does Jesus say in this passage?
 - What does it mean for us?

3. HUDDLE

Supplies:

- None

Instructions:

- Discuss:
 - What are the major barriers or distractions that cause you to doubt the existence of God (the Father, Son, and Spirit)?
 - Have you ever been afraid or nervous to share your doubts? Why or why not?
- Emphasize that this group is a safe space to share and be honest.
- Invite the students to describe where they are in their journeys.
- Pray together about what the students have shared.