

## Second Sunday of Easter

### My Lord and my God'

Sometimes people use the saying, "seeing is believing," to mean that it is easier to believe something when you have seen it with your own eyes than not. Thomas would not believe that Jesus had risen from the dead without seeing it for himself.

#### GOSPEL JOHN 20: 19-20

The disciples were afraid of the Jewish leaders, and on the evening of that same Sunday they locked themselves in a room. Suddenly, Jesus appeared in the middle of the group. He greeted them and showed them his hands and his side. When the disciples saw the Lord, they became very happy. After Jesus had greeted them again, he said, "I am sending you, just as the Father has sent me." Then he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, they will be forgiven. But if you don't forgive their sins, they will not be forgiven." Although Thomas the Twin was one of the twelve disciples, he was not with the others when Jesus appeared to them. So they told him, "We have seen the Lord!" But Thomas said, "First, I must see the nail scars in his hands and touch them with my finger. I must put my hand where the spear went into his side. I won't believe unless I do this!" A week later the disciples were together again. This time Thomas was with them. Jesus came in while the doors were still locked and stood in the middle of the group. He greeted his disciples and said to Thomas, "Put your finger here and look at my hands! Put your hand into my side. Stop doubting and have faith!" Thomas replied, "You are my Lord and my God!" Jesus said, "Thomas, do you have faith because you have seen me? The people who have faith in me without seeing me are the ones who are really blessed!"

Invite the children to share some experience of a time when they believed in something (e.g., an event at school or a friend's sporting achievement), even though they were not there to see it occur. Is this easy to do?

Encourage the children to put themselves into today's Gospel story. Discuss: How might you have told Thomas about Jesus' appearance?

- Would you believe the story if you were Thomas? What did Jesus say when he came in? What did Jesus say to Thomas? What did Thomas call Jesus?
- Like Thomas, sometimes it is difficult for us to believe in something or someone we have not seen but we believe because we trust the people who tell us. People come to believe in Jesus by what we say and do and how we live our lives as disciples of his.

## **LITURGICAL ACTION** – Ko te Ritenga Karakia

Thomas' powerful act of faith was:

**"You are my Lord and my God"**

Invite the children to repeat this statement and then greet each other with a sign of peace.

## **PRAY** (Have kids repeat each line if desired)

Dear God  
Thank You for saving us  
Thank You for your love  
Help us to believe  
Even in what we cannot see.  
Thank You for Jesus!  
In His name, Amen

