

# Second Sunday of Easter

## Doubting Thomas

### INTRODUCTION

When Jesus appeared to his disciples for the first time after his death, one disciple was not with them. He became known as 'Doubting Thomas' because he did not believe that Jesus had risen from the dead. He told the other disciples that his disbelief would only end if he could see Jesus with his own eyes.

### SIGN OF THE CROSS

### LIGHT THE CANDLES

On Easter Day and on every Sunday during the season of Easter, the Paschal candle is lit to remind us that Jesus, 'the light of the world' is alive and will be with us forever. Help us to remember this as we light our candles today.

### SORRY

Encourage the children to listen carefully to the words of today's prayer. Choose a 'sorry colour' Prayer.

### GLORIA

### GOSPEL ACCLAMATION

To welcome today's Gospel sing Acclamation 4: *Praise the Lord.*

Sometimes it is very hard to believe what someone else tells us. Try this light-hearted way of helping the children to understand how Thomas might have felt. Send several children out of the room for a few moments and bring out an unexpected object or objects, for example, a toy lion. Let the children have a good look so that they can describe it to the absent group. When the others return you can tell them that you have all seen a lion and then watch their reaction!

### GOSPEL (cf John 20:19-20, 24-29)

Late in the evening the disciples sat huddled together feeling sad and afraid. The doors of the room were locked, to stop the Jews finding them. Suddenly Jesus appeared in the room with them and said, 'Peace be with you'. They were amazed when they saw him and could hardly believe their eyes. But Jesus showed them the wounds in his hands and where his side had been pierced by the sword. They were filled with joy and wonder.

The disciple called Thomas was not with the others when Jesus appeared to them. When they told him that they had seen Jesus, he scoffed at

them and said, 'Unless I see for myself the wounds in his hands and his side, then I will not believe you.'

Several days later when Thomas was with the other disciples, Jesus appeared to them again. He turned to Thomas and said, 'See the wounds in my hands and feel the wound in my side and doubt no more.' Thomas fell to the ground and said, 'My Lord and my God.' Jesus said to him, 'Because you have seen you now believe, but blessed are those who have not seen and yet believe.'

### DISCUSSION

Why do you think the disciples were feeling sad and afraid?

When Jesus appeared what did he say to them? Why do you think he said this?

Imagine what a shock the disciples must have had when they suddenly saw Jesus appear in the room with them. They probably thought that they were seeing a ghost. Jesus said these words to calm and reassure them.

Thomas did not believe the others when they told him that Jesus had risen from the dead. What proof did he want?

What did Thomas say when Jesus appeared before him?

We believe in what Jesus did and said even though we have not seen these things for ourselves. We also believe that at the Mass the bread and wine are changed into the body and blood of Christ just as happened at the Last Supper.

### ACTIVITY

Make a banner as shown opposite with a picture of Jesus and the words WE BELIEVE JESUS IS ALIVE.

### CREED

### CLOSING PRAYER

Lord Jesus,  
help us to remember the words of Thomas,  
'My Lord and my God',  
and to make them our own prayer.  
Help us to 'see' you in  
the actions and words of the people we meet  
so that day by day  
our belief in you will grow stronger.