



# WEEK 3

## PREK-1<sup>ST</sup> GRADE

# LEVEL UP

### BIG IDEA

Jesus helps me believe.

### THE BIBLE

Doubting: John 20:19-20, 24-29

### WELCOME TIME

#### ACTIVITY | Mystery Box

- **INSTRUCTIONS:** Before the kids arrive, prepare a "mystery box" — a box with a space that a child can reach into but cannot see what is inside. A tissue box is an example. Place an item inside that might be identified by feel. Let each kid reach inside the box and try to identify the item.

### TEACHING TIME

#### THE BIG IDEA | Jesus helps me believe.

- **INSTRUCTIONS:** Divide the kids into four groups. Give each group one word of the Big Idea to say when you point to them. Ask the kids to shout it out as loud as they can! Point to each group one at a time. (Options: Ask them to whisper it, sing it, or do a motion with each word.)

#### VIDEO | Level Up, Episode 3

- **INSTRUCTIONS:** Play this week's preschool [teaching video](#).

#### BIBLE STORY | John 20:19-20, 24-29

- Last week, we learned about the women going to the tomb and learning Jesus beat death! Jesus was no longer in the tomb because Jesus was alive. Let's look at the Bible and I'll read what happened next.
- **INSTRUCTIONS:** Read John 20:19-20.
- The disciples were so excited to see Jesus! But not everyone was there. One of the disciples was missing — Thomas. Let's keep reading.



## LEVEL UP | WEEK 3 PRESCHOOL LESSON

- **INSTRUCTIONS:** Read John 20:24-29.
- Thomas didn't believe what his friends were saying. He didn't believe Jesus beat death. So, Jesus helped Thomas. Jesus appeared to all the disciples in the same room a second time! And this time, Thomas was with them. And when Thomas saw the marks where Jesus had been nailed to the cross, and when he touched them, he believed. Jesus helped Thomas believe!
- Jesus loves us so much! Jesus will help us believe!

### ACTIVITY | How Many Animals Do You See?

- **INSTRUCTIONS:** Print this [image](#) and ask the kids to try to find all the hidden animals in the picture.
- Here's the answer: 16 animals!
  - **Fish:** Eye of elephant
  - **Beaver:** Elephant head
  - **Tortoise:** Elephant ear
  - **Elephant:** Largest animal in black
  - **Donkey:** Largest white space below elephant
  - **Mosquito:** White space above donkey's bottom
  - **Dog:** Black space below donkey
  - **Snake:** Elephant's tail
  - **Swordfish:** White space between elephant's rear legs
  - **Cat:** White space below dog
  - **Mouse:** Black space below cat
  - **Shrimp:** White space between elephant's front legs
  - **Hen:** Ear on donkey's head
  - **Crocodile:** Elephant's tusk
  - **Dolphin:** Elephant's trunk
  - **Bird head:** White space between elephant's trunk and head
- **Who helped you find all the animals in this picture?**
- **Guess who else helps us?** Jesus! And Jesus can help us believe in God!
  - **TODDLER HACK:** Ask the toddlers to find only five animals: the elephant, the donkey, the dog, the cat, and the mouse.

### PRAYER

- **INSTRUCTIONS:** Teach the kids how to spell the word 'believe.'
- Jesus, thank You for loving me. Help me to B-E-L-I-E-V-E.

### DISCUSSION TIME

### SNACK | Hamburger...Cookies?

- **INSTRUCTIONS:** Before group time, prepare "hamburger cookies." Place a peppermint patty or chocolate covered cookie between two vanilla wafers. For added effect, add green dyed coconut (be aware of tree nut allergies) to resemble lettuce and/or red and yellow frosting to resemble ketchup and mustard. Arrange on a tray and cover with a napkin or cloth so the cookies are not visible.



## LEVEL UP | WEEK 3 PRESCHOOL LESSON

- We are having a different kind of snack today! Hamburgers! **Do you believe me?**
- Look! These look like hamburgers, but they are really cookies! Let's eat our "hamburgers" while we remember Thomas needed to see Jesus with his own eyes before he believed, too.

### ACTIVITY | Using Our Senses

- **INSTRUCTIONS:** Print out this week's printable with images of eyes, ears, a mouth, a nose, and a hand. Hold up each image as you talk about it. You can have kids point to each body part, too.
- We learn about the world around us using our senses. Our senses are what our eyes, ears, mouth, nose, and hands do!
- **What do we use our eyes for? Can you name some things you can see?**
- **What do we use our ears for? Can you name some things you can hear?**
- **What do we use our mouth for? Can you name some things can you taste?**
- **What do we use our nose for? Can you name some things you can smell?**
- **What do we use our hands for? Can you name some things can you touch?**
- The disciples were able to use their eyes, ears, mouth, nose, and hands to know Jesus was there. But Thomas was not there.
- When Thomas saw Jesus and was able to use his senses to know Jesus was there, he believed! And then Thomas went and told as many people as he could about Jesus! Jesus helped Thomas believe!

### ACTIVITY | Question Poster

- **INSTRUCTIONS:** Before the kids arrive, draw a huge question mark in the center of a poster board. As the kids answer the questions, write their answers on the poster.
- **What are some questions you have?**
- **Who can tell me the name of someone they can go to when they have a question?**
- When we don't know something, or when we are not sure about something, we should always ask for help. Jesus helps us to believe by giving us people we can turn to. Always remember: **Jesus helps me believe.**

### MEMORY VERSE | Hebrews 12:2

- **INSTRUCTIONS:** Say the memory verse together a couple of times. Then, tell the kids you are going to try to fool them. If you are saying the verse correctly, they jump up and cheer. If you make a mistake, they stay seated and shake their heads. Repeat the verse a few times, sometimes saying it correctly, and other times leaving out words or mixing the words up.

### PLAY TIME



### ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Use this time while they color to remind the kids of today's Bible story, the Big Idea, and the memory verse.

### ACTIVITY | Sensory Bins

- **INSTRUCTIONS:** Provide two or more plastic bins with sensory materials for the kids to interact with using their senses. For example, one bin might hold colored rice or sand in which scented oil has been added. In another bin, place various bells, rattles, and noise makers. A third bin could hold shaving cream or water beads.
  - **TODDLER HACK:** Make a sensory walk by lining up mats of different textures: carpet squares, foam mats, soft towels, rough mats. Let toddlers remove their shoes and walk on the path as you describe the textures they are experiencing with their feet.

### ACTIVITY | Eye Spy Bottles

- **INSTRUCTIONS:** Before the kids arrive, make Eye Spy Bottles by filling empty water bottles with uncooked rice and various small items. Instruct kids to shake up the bottles to try to find the items. (Optional: Freezer zipper bags can be used instead of the bottles. Be sure to tape them closed to prevent messes.)
  - **TODDLER HACK:** In addition to or instead of the above activity, play "Peek-a-Boo" with your toddlers. They love discovering that you are there when they thought you were gone. It displays the sense of today's story in a toddler way!



# WEEK 3

## 2<sup>nd</sup>-5<sup>th</sup> Grade Lesson

# 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)

### WHAT? What are we talking about today?

#### MUSIC | Worship

- **INSTRUCTIONS:** Ask the kids to sing along to ["Who You Say I Am"](#) by Hillsong Kids.

#### ACTIVITY | Peek-tionary

- **INSTRUCTIONS:** Split the kids into two teams. One person from each team wears a blindfold so they can't see what they are drawing. Quietly tell the blindfolded players what to draw a picture of on a poster board. The first team to guess the word correctly wins the round. A new person from each team will draw in the next round and repeat the process. Best two out of three wins (Suggested words: basketball, smart phone, sword, llama, coins, star, bird, and other words loosely related to gaming).
- **In what ways did the blindfold make this activity difficult?**
  - **SPECIAL NEEDS HACK:** Get students involved in guessing what the picture is. Have communication devices ready, if applicable, to say their guesses. Model your student to say what you think it might be, using their device. Say something silly while guessing so students don't feel pressured to say the right answer. When you see your student expressing using the device, yell their answer out (e.g., "Joshua says it is a dog!").
  - **PRETEEN HACK:** For a digital twist, you will need an iPad, Pictionary Air app, and the [Pictionary Air game](#). This will capture the objective of this activity because the person drawing doesn't have to—and can't easily—see what they



## LEVEL UP | WEEK 3 ELEMENTARY LESSON

are drawing in the air using AR technology. The audience can see on the screen as the app captures and displays the lines they are drawing ([check it out!](#)).

### ACTIVITY | Rabid Raceway

- **INSTRUCTIONS:** Create a simple (or multiple smaller) obstacle course(s) in your environment. You can use chairs (to walk around), tables (to crawl under), hula hoops (to hop through), or whatever you have. Make it fun! Pair up the kids. One will be the "leader" and the other will be the "follower." Put blindfolds on the followers. The leader has to lead their follower through the obstacle course by telling them what to do using only words. Once they are through the course, ask the kids to switch roles. This way, everyone gets a turn at leading and following.
- When you were the follower, why did you have to listen carefully to the leader?
- When you were the leader, was it easy or difficult to guide them using only your words?
  - **PRETEEN HACK:** Ask preteens to design and set up the obstacle course(s)! Also enlist their help cleaning up and resetting the room after the lesson. And during the race, allow them to serve as referees since they are the masters of the course!

### OBJECT LESSON | Can You See It?

- **INSTRUCTIONS:** Prepare two balloons: one inflated and one deflated.
- **Which one of these balloons have air in them? How do you know?** That's right — we know because the balloon with air in it is bigger and can float around the room (*Bounce the balloon around among the kids and have the kids join in*).
- So, just like we can't see the air in the balloon, we can't technically see Jesus walking around. But just like we knew the balloon had air in it because it was inflated, we know Jesus is here with us by the things we see all around us.

### THE BIG IDEA | Jesus helps me believe.

- **INSTRUCTIONS:** Divide the kids into four groups. Give each group one word from the Big Idea to say when you point to them. Have them shout it out as loud as they can! Point to each group one at a time (You could also point really fast and see how quickly they can say the Big Idea together!).

### SO WHAT? Why does it matter to God and to us?

### VIDEO | Level Up, Episode 3

- **INSTRUCTIONS:** Play this week's [teaching video](#).

### BIBLE STORY | John 20:19-20, 24-29

- **INSTRUCTIONS:** Conduct a quick review of what we've been going over in this series. This serves as a great overview for anyone who missed previous weeks.



## LEVEL UP | WEEK 3 ELEMENTARY LESSON

- **Who can tell me who Jesus is?** Jesus is God's son, and Jesus lived here on Earth teaching people about God, healing people, and even performing miracles. Lots of people loved Jesus.
- But there were people who didn't like Jesus at all and they had Him arrested. **Can anyone tell me what happened when they arrested Jesus?** Yes, they nailed Jesus to a cross and Jesus died on the cross. It was an incredibly sad moment. All of Jesus' friends couldn't believe Jesus was gone.
- But Jesus wasn't really gone, right? **What happened when they went to see Jesus' body in the tomb?** That's right! They discovered Jesus beat death! Jesus was alive! Jesus' disciples couldn't believe it — especially one guy in particular. Let's open our Bibles and read what happened.
- **INSTRUCTIONS:** Read John 20:24-29.
- Thomas only believed when he saw the marks where Jesus had been nailed to the cross, and when he touched them. It would have been easy for Jesus to get disappointed when one of His disciples doubted him. But Jesus didn't get upset. Instead, Jesus helped Thomas believe!
- **Have you ever had any trouble fully understanding the things you learn about God?** We all do. When we don't understand something, we can pray and ask for help to understand. Jesus loves us and wants us to know more about God. **That's why Jesus helps you and me to believe.**
  - **PRETEEN HACK:** Challenge a few preteens to create posters on poster board or simply slides on a presentation software that utilizes a little bit of text and emoji to summarize the lesson and provide visual answers to the questions presented in this part of the lesson. They should display the visuals after everyone has had a chance to answer. As a bonus, have them create visuals to go with this week's lesson and next week's...to be shown next week, of course. If you have the ability, share these on your church's social media channel.

### QUESTION | All About Doubt

- **INSTRUCTIONS:** Allow for open discussion on these questions.
- **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.)
- Doubt is a natural reaction to things that are hard to believe. When we have doubt, we can pray, we can talk to our parents, relatives, church leaders, and other people we trust.

### IMAGE | How Many Animals?

- **INSTRUCTIONS:** Print or project [this image](#). Find as many animals as an entire group or split into smaller groups and see who can find the most animals in one minute (Scroll down on the above link to find the answers).
- Even when something is right in front of us we don't always see it!

### SCRIPTURE | 2 Corinthians 5:7



## LEVEL UP | WEEK 3 ELEMENTARY LESSON

- **INSTRUCTIONS:** If possible, have everyone open up their Bibles to 2 Corinthians 5:7. Have one of the kids read the verse out loud to the group.
- **Who can tell me in your own words what you think this verse means?**
- Being able to see is very important. But the thing is, we don't need to see to believe in Jesus! We don't physically see Jesus today. But we believe in Jesus because we have faith. Faith is believing in something even though we can't physically see it.

### NOW WHAT? What does God want us to do about it?

#### ACTIVITY | List It Out

- Sometimes, it can be hard to think of all the people we can talk to when we have doubt or even just questions. Let's think of some people together!
- **INSTRUCTIONS:** Use a large poster board or dry erase board for the kids and/or leaders to write the lists on. Ask, "Who can tell me the name of someone they can go to when they have doubt?" (Encourage the kids to be specific — my brother Jimmy, my Tia (Aunt) Rosa, Pastor Kris, etc.)
- There are a lot of people we can all go to when we need encouragement, have questions, or experience doubt. Jesus helps us to believe by surrounding each of us with other people we can turn to.

#### PRAYER

- Jesus, thank You for reminding us that even when we doubt or have questions, that doesn't change how much You love each of us. Thank You for surrounding us with others who pray for us and encourage us. Help us to grow our faith and believe in You.

#### MUSIC | "Hills and Valleys"

- **INSTRUCTIONS:** Play and sing along together to [this song](#) by Tauren Wells. You can also print out the [lyrics](#) and have students circle or highlight the parts that stand out to them and/or are especially meaningful.
- Jesus is the greatest coach we'll ever have in life. The activities we did today helped us to rely on faith to complete tasks set before us. This is what life with Jesus is like. Even though we cannot always see what God is up to, Jesus coaches us through the hills and valleys of life and helps us believe.
  - **SPECIAL NEEDS HACK:** Before playing the song, give students explicit instructions on what they are about to do. Read the lyrics first before playing the music so they can understand the meaning of words. As they listen to the song, have students point at each word in the lyrics with a finger or a pen/marker. Afterward, give them a couple minutes to soak it in and remember the words that stood out to them. If they're pre-readers, students can simply answer orally and talk about their answers with a peer buddy or a leader.

#### MEMORY VERSE | Hebrews 12:2



## LEVEL UP | WEEK 3 ELEMENTARY LESSON

- **INSTRUCTIONS:** Say the memory verse for the kids, but intentionally get some of the words wrong. Tell the kids to make a buzzer noise when they hear the wrong word. If they don't catch it, you get to say, "Gotcha!"

### DISCUSSION

- 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?
- 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?

### ACTIVITY | Faith Journal

- **INSTRUCTIONS:** Hand out faith journals. 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!
- **SPECIAL NEEDS HACK:** Give them examples of how they can "write" in the journal, especially if your student cannot read or write. They can insert 1) pictures from magazines or newspapers, 2) church bulletin and/or announcement that was meaningful to them, 3) dry flowers or leaves to remind them of the beauty of God, 4) printouts or crafts made at church, and 5) pictures of their loved ones. Review the journal once in a while together and talk about how you see them growing in their trust and faith in God.