

# “Doubting Thomas”

Have you ever heard someone say “Don’t be a doubting Thomas”? A “doubting Thomas” is a name used to describe someone who refuses to believe something without direct personal experience. People started using “doubting Thomas” after the very first Easter.

Thomas was one Jesus’ disciples. After Jesus rose from the dead on Easter Sunday, he appeared to his disciples. Thomas wasn’t with the other disciples when Jesus appeared to them. Because he wasn’t there, Thomas had a hard time believing what the others tried to tell him. He wouldn’t believe it until he saw Jesus himself. When Jesus did appear to Thomas later, He let Thomas touch the wounds in His hands and feet and Thomas finally believed.

Sometimes it is hard for us to believe things without having seen them ourselves. Jesus understands that and wants us to know that even though we can’t see Him, He is alive and He is always with us.

When we have doubts, we can read the Bible stories, which are God’s word that He gave to us so that we can believe in Him.

## Activity

Using every second letter, fill in the blanks below to discover Jesus’ words from the Gospel of John, Chapter 20, Verse 29:

X B D L V E T S T S A E R D N A Y R W E O T P H  
K O M S H E Q W G H C O F H Z A M V X E R N I  
O J T W S Z E U E O N Y A E N F D P Y G E W T R  
H G A N V Q E L B U E Q L U I N E Y V Z E W D
