

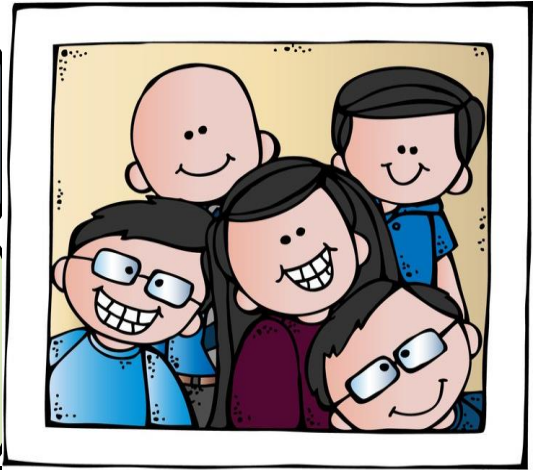
# St. James Faith on the Go

**Date: April 19, 2020**

**Message:** Doubt and Faith

**Gospel:** John 20:19-31

**Prayer:** Heavenly Father, we thank you for gathering us together to focus on You and how You are working in our lives. As we take three deep breaths, help us to let go of any distractions and feel Your loving presence here in this room. Be with us as we explore our doubts and our faith. Amen.



**Prep:** Bible, faith journals,

**Warm Up:** "I'll believe it when I see it!"

Have you ever said that or heard someone say it to you? People sometimes say things that are difficult to believe. Have you ever had a hard time believing something someone said? Allow for stories and share some of your own. Sometimes we doubt something can be true until we have concrete evidence.

In our Gospel, Thomas doubts some good news about Jesus. As you read imagine you are Thomas.

**Gospel Proclamation** John 20:19-31

Have your student read the Gospel slowly, thinking about the words. It may help to read it twice. When you finish, say, "The Gospel of the Lord."

**Breaking Open the Message:**

Why did Thomas doubt that Jesus visited his friends?

What helped him to finally believe?

What is the opposite of doubt? Faith! Faith means believing in God and Jesus and what He taught.

St. Paul said in his letter to the Hebrews: Faith is confidence in what we hope for and assurance about what we do not see. Hebrews 11:1

Sometimes we are like Thomas and question parts of our faith. That's okay! Jesus was not angry with Thomas. He gave Thomas what he needed to believe. Jesus appeared to him and allowed him to touch His hands and His side. There are many other stories in the Bible of people who did not have faith or gained faith because of something they saw. That's why Jesus worked miracles and raised Lazarus from the dead! To be a visible sign of God's love so that people would have faith in Him and the Father.

God puts people and events in our lives that will help us come to believe just as He did for Thomas.

Can you think of any people or events in your life that helped you know God is near? (Parents and children share)

### Putting Faith into Action:

**Faith on the Go Families:** In your faith journal find where you wrote your own I believe statement.

How does it sound now? You may have had experiences that have changed what you believe or have helped you believe. We are always growing in our faith, even as adults.

### Faithbuilder Families:

We are going to look at some of the things we believe as Christians and Catholics.

Read the Apostles creed or Nicene creed with your children, stopping after each sentence. Encourage them to stop you if they have a hard time believing what is in the creed. Encourage them to ask questions because that is how we learn more and grow in our faith. Even as adults we are continually being challenged and growing in faith.

**All:** On a fresh page of your faith journal, write "Faith and Doubt"

Write a new set of I believe statements. Write at least 5 statements you believe about Jesus or your relationship with God.

The write at least three questions you have about God, Jesus or the Holy Spirit. Questions are good and may lead to answers that build your faith!

Thomas didn't believe Jesus had risen until He saw Him with his own eyes! "Blessed are those who have not seen and have believed!" John 20:29 That's us!

**Parents:** Don't feel like you need to have all the answers to your children's questions!

But a good resource for what we, as a church, believe is the Compendium of the Catechism of the Catholic Church which is available online.

### Checking In:

Faith on the Go Parents, take a picture of your student's Faith/Doubt page and email it to [mfitzpatrick@sjnovi.net](mailto:mfitzpatrick@sjnovi.net)

### Closing Prayer:

On YouTube listen to:

**Gr. K-4** "Faith" from Everest VBS by Lifetree Kids

**Gr. 5-6:** "This I Believe" (The Creed) lyric video