

Day Two:

Bible Verses for the day:

Proverbs 3:5-6 Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

John 20: 24 – 29 and John 14:27 Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Puppet Show Day 2

Puppets: Jeremiah, Thomas

Jeremiah brings his good friend named Thomas to see the Pastor to tell the group how Jesus once helped Thomas to **trust his faith** and not just what he can or cannot see to help him to understand what is happening around him.

Reflection and questions

Today we learned about doubt and worry and how we can begin to believe our own doubts instead of the truth. Poor Thomas doubted things so much that people even called him “doubting Thomas”. Do you know that story from the bible about Thomas? If not you can read about it here in [John 20: 24-29](#).

Have *you* ever been told something or shown something that you doubted was true?

Thomas wanted so badly to believe that what he was seeing was true, and Jesus had told him –before He died- that He would live again. Thomas still had a hard time believing that Jesus was alive because it did not make sense to him.

In one of the bible verses today from Proverbs it tells us not to “lean on our own understanding”. What happened when Thomas “leaned” on his own understanding of the world?

He could not believe that Jesus was alive because he had seen him die and his understanding of the world –up to that point- was that when someone died then Thomas would never see them again.

When Thomas finally recognizes that Jesus is alive and standing in front of him Jesus says something that was meant for you. Jesus says that you are blessed because you believe in Him and have not yet seen Him face to face.

We also learned that Jesus says something that can help us to understand and remember that He is greater than anything Thomas knows about the world. Jesus said that He was giving us His peace- a peace that was not like any peace we could experience in the world. That special peace from Jesus is so wonderful that our hearts don't have to be troubled and we don't have to live in fear.

Physical Connection

When you feel doubt, fear or worry taking up space in your heart- maybe it makes your heart beat faster. That can be a signal for you. Even Thomas doubted what was right in front of his eyes and he was probably afraid and confused about how he felt.

Place your hand over your heart right now. Think about that peace that comes from Jesus. Hold your hand there and imagine His peace filling up your heart and pushing out doubt, fear and worry.

Craft for Day 2

Sun-catcher heart. Connection- Trust in the Lord with all your heart.

Materials:

- Coffee Filter
- Markers
- Spray bottle with water
- Paper/cardstock/ cardboard
- White glue
- Scissors
- String



Directions:

1. Use the markers to colour the coffee filters.
2. Once the coffee filter is coloured on, then take the spray bottle to spray it with water and set aside to dry as the colours blend together.
3. As that is drying, take a piece of paper, cardstock, or cardboard to cut out two heart borders.
4. Glue the dried coffee filter between the two heart borders
5. Tie a string to the top to hang in the window.

Colouring Sheet for Day 2

Based on Proverbs 3: 5-6



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Proverbs 3:5-6