

# KID'S

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## ministry



Community of Christ

# DO NOT DOUBT BUT BELIEVE - Activities

## PURPOSE:

- Define belief
- Understand how trust contributes to belief
- Understand that doubt has an important part in our lives
- Identify some ways to deal with doubt when we can't use our own senses

ACTIVITY	TIME (ESTIMATES)	RESOURCES
<b>Section 1:</b> What is Belief	5 minutes	
<b>Section 2:</b> Two Truths and A Lie	10 minutes	
<b>Section 3:</b> Do You Believe?	20 minutes	<b>Option 1:</b> Two bags or boxes; one containing a ball, the other a bear. <b>Option 2 &amp; 3:</b> Many items in a bag or box
<b>Section 4:</b> I Believe It/ I Doubt It	10 minutes	"I Believe It" and "I Doubt It" signs
<b>Section 5:</b> Doubting Thomas	10 minutes	
<b>Section 6:</b> Conclusion	2 minutes	

## LEADING INSTRUCTIONS:

*Read through materials before you start and ensure that everything is printed, and activities prepared ahead of time*

*Parts in bold are to tell or ask the group or children. Some answers are provided in case the group doesn't get there*

*Italics is instruction for the leader*

*Several activities have variations, do what is best for your group*



## Section 1

# WHAT IS BELIEF?

### DISCUSSION:

#### 1. WHAT IS BELIEF?

*An acceptance that something exists or is true, especially one without proof. Trust, faith or confidence in someone or something.*

#### 2. WHAT CAN YOU BELIEVE IN?



## Section 2

# TWO TRUTHS AND A LIE

Sometimes we can find it difficult to believe in people and things when we don't trust them.

### ACTIVITY:

Each person needs to think of two things that are true about themselves and one thing that is a lie. Give the group time to do this before you start. Encourage kids to mix up the positioning of where their lie is amongst the truths. One person shares their two truths and a lie and the rest of the group needs to decide which one is the lie. Once the lie has been identified it is the next persons turn.

### DISCUSSION:

#### 1. HOW DID YOU KNOW WHICH WAS THE LIE?

Prior knowledge of the person or the situation, watching the way they said their lies and truths, watching others that know the person well.

## Section 3

# DO YOU BELIEVE?

### ACTIVITY:

Sometimes we don't get to experience something for ourselves, or the way we want to and that can make it hard for us to believe. We need to trust other people's experiences and stories.

#### Option 1:

Activity: "Do You Believe?"

Script:

Would you believe me if I said that inside this bag is a ball? (*Yes, No*)

Because you trust/don't trust me? What if I ask, CHILD, to come and look in the bag? (Get child to look in the bag).

Is there a ball in the bag? (Child respond) (If the child tells the truth continue, if they lie get a second child to have a look)

Now there are two of us saying there is a ball in the bag. Do you believe me that there is a ball in the bag? (SHOW THEM ALL THE BALL)

(Get the other bag)

Now, do you believe me if I tell you there is a bear in this bag?

#### DISCUSSION:

- 1. IS IT EASIER TO BELIEVE WHEN THERE IS MORE THAN ONE PERSON TELLING OR TESTIFYING ABOUT SOMETHING?**
- 2. DOES IT HELP IF YOU ALREADY HAVE TRUST OR REPOUR WITH THAT PERSON?**
- 3. HOW DO YOU MAKE A DECISION ABOUT BELIEVING IF YOU CAN'T/DON'T TRUST THE PEOPLE THAT ARE TELLING YOU INFORMATION?**
- 4. IF YOU GET DIFFERENT INFORMATION FROM DIFFERENT PEOPLE HOW DO YOU KNOW WHO TO TRUST?**

**Option 2 & 3:** Over the next page

## Section 3 Cont.

### Option 2:

Game: "What's in the bag?"

Have a number of different items in a bag. Get a child to put one hand in the bag (with their eyes closed) and tell everyone one thing that they think is in the bag. Get the next child to do the same, until everyone has had a turn.

What did we think was in the bag?

Write suggestions down so they can be checked against the actual items. Go through the items.

DISCUSSION:

- 1. DO YOU THINK YOU WERE INFLUENCED BY OTHER PEOPLES GUESSES? Eg. If someone said a stuffed bear, but you thought maybe it was a rabbit would you challenge it.**
- 2. DID YOU TRY TO USE OTHER SENSES TO HELP YOU FIGURE OUT WHAT IT IS OR BE MORE CERTAIN? PERHAPS LISTEN TO IT OR TRY TO PEEK?**
- 3. WOULD USING MORE THAN ONE HAND HELP?**
- 4. WERE YOU CERTAIN YOU HAD IT RIGHT OR WAS IT NOT UNTIL WE GOT IT OUT OF THE BAG AND COULD SEE THAT YOU REALLY KNEW WHAT IT WAS?**
- 5. WERE THERE ANY ITEMS THAT WERE COMPLETELY MISSED OR VERY WRONG?**

### Option 3: Small Group (1 or 2)

Game: "What's in the bag?"

Have a number of different items in a bag. Get one child to put one hand in the bag (with their eyes closed) and fell around. Record what they think is in the bag (this can either be done with or without others knowing). Get the next child to do the same, they can use two hands.

What did we think was in the bag?

Write suggestions down so they can be checked against the actual items. Go through the items

DISCUSSION:

- 1. DO YOU THINK YOU WERE INFLUENCED BY OTHER PEOPLES GUESSES? Eg. If someone said a stuffed bear, but you thought maybe it was a rabbit would you challenge it.**
- 2. DID YOU TRY TO USE OTHER SENSES TO HELP YOU FIGURE OUT WHAT IT IS OR BE MORE CERTAIN? PERHAPS LISTEN TO IT OR TRY TO PEEK?**
- 3. DID USING MORE THAN ONE HAND HELP?**
- 4. WERE YOU CERTAIN YOU HAD IT RIGHT OR WAS IT NOT UNTIL WE GOT IT OUT OF THE BAG AND COULD SEE THAT YOU REALLY KNEW WHAT IT WAS?**
- 5. WERE THERE ANY ITEMS THAT WERE COMPLETELY MISSED OR VERY WRONG?**



## Section 4

# I BELIEVE IT/I DOUBT IT

Sometimes having doubts can be very helpful. It can help you to understand things better and to think deeper on them rather than just accepting things as true or the way they are. Science is essentially based on doubts. People questioning and testing everything we think to be true. For a long time, many people thought the world was flat, but through doubt and scientific enquiry it was concluded that the world was round. There are some things that even science doesn't yet know the answers to and others who challenge that which most already believe to be true.

ACTIVITY: Put signs on different side of the room. "I Believe It" and "I Doubt It." Read out the following statements and let people choose if they believe the statement or they doubt it.

Choose if you believe or doubt the following statements

- \*Every second, four new babies are born on earth (Believe)
- \*It is impossible to hum while holding your nose (Believe)
- \*Bats are blind (Doubt)
- \*The Great Wall of China can be seen from outer space (Doubt)
- \*Male pandas do a handstand when they pee (Believe)
- \*Peanuts are a type of nut (Doubt)
- \*Banana and tomatoes are berries, but strawberries and raspberries are not (Believe)
- \*The world's largest cat is a Liger, a cross between a lion and a tiger (Believe)
- \*Chinese people invented fortune cookies (Doubt)
- \*People only use 10% of their brains (Doubt)
- \*A human shares 60% of their DNA (genetic material) with a banana (Believe)
- \*You can't swallow and breathe at the same time (Believe)
- \*Wombats poop cubes (Believe)

DISCUSSION:

**1. WERE THERE ANY QUESTIONS YOU ALREADY KNEW THE ANSWERS TO?**

**2. DID ANYONE CONDUCT AN EXPERIMENT (SUCH AS HOLDING YOUR NOSE AND SEEING IF YOU COULD HUM)?**

**3. WERE THERE ANY QUESTIONS IN WHICH YOU TRUSTED SOMEONE ELSE AND SIMPLY FOLLOWED THEM? WHY?**

**4. WERE THERE ANY OTHER WAYS YOU DECIDED TO BELIEVE OR DOUBT A STATEMENT?**



Section 5

## DOUBTING THOMAS

The story today is taken from the end of the gospel of John in the New Testament. We recently had Easter, where Jesus was crucified, laid in the tomb and the women who came to anoint him have been told that he has been resurrected, raised from the dead.

**Option 1:** Read John 20: 19-30 preferably from a children's bible

**Option 2:**

Story:

The disciples were terrified. They had seen their friend and teacher, Jesus, put to death and they feared that they would be next. So, they had huddled together and locked the doors in hiding. Suddenly, Jesus appeared amongst them. This only made them even more scared as the door had been locked. Trying to ease their fears, Jesus said "Peace be with you" and he showed them the marks that the nails had made in his hands and the wound in his side. Having touched Jesus, the disciples rejoiced and celebrated, for they knew it was really Jesus.

There was one disciple that had not been with them, Thomas. When the others excitedly told him that Jesus had come amongst them, he refused to believe. "Unless I see with my own eyes and touch the marks on Jesus' hand and side with my own hands, I will not believe." Thomas said.

One week later, when the disciples were again locked together in a room, Jesus appeared within their gathering saying, "peace be with you." Jesus called to Thomas, "you can see with your eyes, come and touch my hands and side. Do not doubt but believe." Thomas sank down on his knees, "My Lord and my God." Jesus responded, "do you believe because you have seen and touched me? Blessed are those who can, without seeing me, still believe."

There are other things that Jesus did, more than all the stories recorded in the gospels. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God and through believing you may have life.

**DISCUSSION:**

**1. WHAT HELPED THOMAS TO STOP DOUBTING?**

**2. WHAT CAN HELP US TO STOP DOUBTING WHEN WE DON'T HAVE THE OPTION TO PHYSICALLY SEE OR TOUCH JESUS, OR GOD, OURSELVES?**

*Hearing other's stories or experiences of Jesus, or God, through reading scripture or listening to other's testimonies. Praying or working on our own relationship with God or Jesus. Study, to learn what others have to say about Jesus and God.*



Section 6

## CONCLUSION

### CLOSE IN PRAYER:

God of Mystery Beyond our Understanding,

You are far beyond what our brains can comprehend and at times this can lead to our doubt. We live in a time when so much importance is placed on what we can see, hear, feel and experience for ourselves. We recognise that doubt is an important part of life, discovery and understanding. Help us to keep seeking answers and relationships when we doubt. Help us to test what we know and have faith in that we don't know yet. Help us to find comfort living in the mystery. The great mystery that is you.

This is our prayer,

Amen