
Fear Not ... Peace Out

Sunday School Crafts on Jesus Appearance to His Disciples and Doubting Thomas in John 20:19-31



Craft Ideas for Trusting in Christ's Promises. We celebrate the hope and joy of Easter and the resurrection of Jesus, but the story doesn't end with the empty tomb, and neither does our peace! Jesus appeared to His disciples and comforted them with His presence then and forever. He reminded them of the forgiveness of their sins and breathed into them the Holy Spirit. Jesus took away the fears of the disciples, and granted them peace instead. These crafts remind children that Jesus brings peace and hope. A "breathing peace plate" recalls the power of the Holy Spirit. "Forgiveness Shackles" remind us that Jesus took on our sins and gives us grace instead.

More Doubting Thomas Activities for Children's Ministry

- Video demonstration of [John 20:19-31 sermon for kids](#) and related [Doubting Thomas crafts](#)
- Download our free [Doubting Thomas children's ministry lesson](#)
- Compare another [children's message about Doubting Thomas](#) and related [Faith Object Lesson](#)
- Download [Doubting Thomas worksheets](#)
- Read [Doubting Thomas scriptures and study the meaning of John 20:24-29](#)



Craft one: "Breathing Peace Plate"

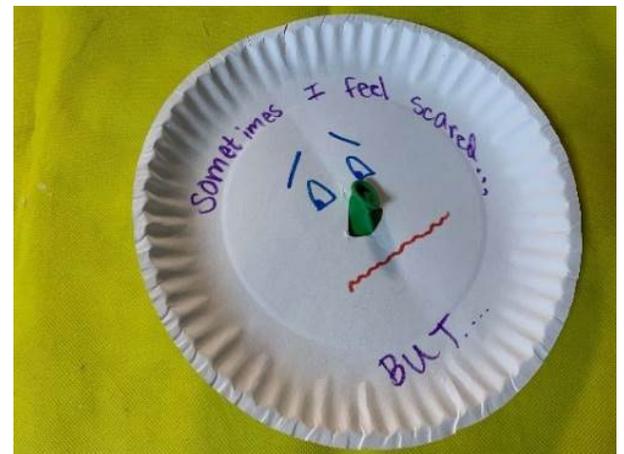
You will need:

- Scissors
- Construction paper (any color)
- Markers or decorating materials
- Glue or tape
- Paper plates
- Balloons



Procedure:

1. Write verses and captions on both sides of the paper plate, with one side focused on elements of fear and the other rejoicing in peace.
2. Add extra decorations (stickers, glitter, etc.) as desired.
3. Cut a small hole in the center of the plate.
4. Draw a face around the hole (hole should be the "nose"), with one side of the plate looking concerned and fearful, and the other side featuring a happy pleasant face.
5. Slide a balloon through the hole in the plate. Blow up the balloon to demonstrate the inspired "Holy Spirit breath" that brings peace.



Craft Two: "Forgiveness Shackles"

You will need:

- Construction Paper or cardstock
- Glue, tape, or staples
- Shower curtain rings (or pipe cleaners bent in circles)
- Scissors
- Markers, crayons, or decorative supplies
- Stickers or decorative elements (optional)
- Hole punch



Procedure:

1. Using card stock or construction paper, cut out two hands
2. Decorate the hands with verses or captions.
3. Add extra decoration as desired, including nail mark "scars" in the hands.
4. Punch a hole in each hand. String the two hands together with "chains" made of attached shower curtain rings or pipe cleaners.
5. Add a cross to one of the hands or to the center of the chain. Hang as a decoration to recall the sacrifice of Jesus on our behalf.

Bible Verses or Craft Captions to Consider...

On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." -John 20:19

Jesus said to them again, "Peace be with you. As the Father has sent me, even so I am sending you." 22 And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. -John 20:21-22

He is risen!!! Alleluia!

Jesus bore our sins!

Jesus took my place and broke my chains!

Sometimes I feel scared...But Jesus gives me peace!

The Holy Spirit breathes on me.



Thank you for downloading these free materials. Our team is grateful for your trust and pray that God will bless your ministry.

This resource was prepared by [Kristin Schmidt](#) (pictured right). She serves at the Epiphany Lutheran Church in Castle Rock, CO. She has shared her teaching gifts through Ministry-To-Children since 2014 and now serves as our lead curriculum writer.



Every week she writes new [Sunday School lessons](#), [Bible crafts](#), and [children's sermons](#).

Kristin has a professional background in elementary and pre-school education. A graduate of Biola University, she holds a Master of Education and will receive the Master of Theology degree from Concordia University, Irvine, California, in May 2020. Kristin grew up in southern California and lived the past 10 years in Georgia. She is a long-distance runner and voracious reader. In addition to children's curriculum, she shares her student ministry activities and lesson ideas on [YouthGroupMinistry.com](#)

My name is [Tony Kummer](#) (pictured below). I started Ministry-To-Children.com in 2007 as a free resource for anyone sharing Jesus with kids. I am building three new websites. One is called [Ministry Answers](#) to help Christians find answers in God's Word. The other two are [Devotional Christian](#) and [10 Bible Verses](#) to help you focus on personal prayer and quiet times.



[Reader donations](#) and your support at [The Sunday School Store](#) fund these free materials. Please keep us in mind when you are choosing your next children's ministry curriculum. If you enjoy our material, be sure to [sign-up for my free email newsletter](#) called "Sunday School Works!" Every Tuesday, I send the latest new lessons, crafts, and coloring pages in print-friendly format to make your lesson planning easy. May God continue to bless your ministry!

Tony Kummer