



John 20:19-31

Welcome to 'Together, Apart', a free printable intergenerational resource to help us be church together while we're keeping each other safe.

All the sections explore the same Bible passage in a range of creative ways. Choose whichever parts work best for you. You can use the resources on-line or print whichever pages of the PDF you need.

You can find lots more free resources like this at www.reflectionary.org

Here is what you will find in each week's post:



A Word in Your Ear

A Bible passage that we can all learn from together, whatever our age.



Food for Thought

Aimed at adults and teens, some thoughts and questions on the passage.



Inner Space

A blank space for you to record your thoughts.



Looking Closer

A creative and interactive look at the Bible passage. Great for older children and anyone who likes a creative approach.



I Wonder...

An imaginative style of Bible study, perfect for younger children and those who like to immerse themselves in the Bible world.



Take a Break

A chill-out zone, with meditative colouring for adults and children, and links to audio recordings of the passage so that you can listen while resting your eyes.



Creation Station

A craft for children (or young-at-heart adults!)



Outside In

Suggestions for activities throughout the week that link with the Bible passage.



High 5

Suggestions for spending time with God.



A Word in Your Ear

Take your time reading this passage from The Bible. Ask God to help you hear. You can decorate the space around the words if you like.

John 20:19-22, 30-31

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, 'Peace be with you!' After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, 'Peace be with you! As the Father has sent me, I am sending you.' And with that he breathed on them and said, 'Receive the Holy Spirit.

Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

(NIV)



Food for Thought

A notable feature of John's gospel is the recording of seven 'signs', seven actions of Jesus that show us we are entering the Kingdom of God on earth. The signs started with the changing of water into wine at the wedding in

Cana and culminated in the raising of Lazarus.

At the end of chapter 20, John notes that Jesus performed many other signs, but that he chose to record those seven so that we might "believe that Jesus is the Messiah, the Son of God, and that by believing [we] may have life in his name."

Q: How do Jesus' signs bring us to believe that Jesus is the Messiah?

John often attaches symbolic meaning to literal events, such as Jesus feeding 5000 people and being the bread of life, meeting the woman at the well and providing living water, raising Lazarus to life at the cost of his own.

With seven being the number of completeness in Jewish thought, John's signs recall the seven days of creation. Jesus' resurrection is then an eighth sign, and takes place on the first day of a new week.

Q: What do you think John is telling us by setting out seven signs that end with the (temporary) raising of Lazarus, followed by Jesus' (permanent) resurrection as the eighth?

In both Hebrew and Greek, the words for 'spirit' and 'breath' are the same: *neshamah* in Hebrew and *pneuma* in Greek.

When Jesus met with his disciples, he breathed on them and said, "Receive the Holy Spirit". This recalls Genesis 2, where God breathed his breath/spirit of life into the human he had newly created, and the dust became alive.

Q: Why do you think Jesus bestowed the Holy Spirit on his disciples now? How does God's breath/spirit make us alive?

After his resurrection, Jesus's physical form was subtly different from before. He still bore the marks of crucifixion, and could cook and eat food, but he was able to enter locked rooms and to appear and disappear at will. People sometimes recognised him, but sometimes did not.

Jesus was alive, but a different sort of alive, a better alive. This was not the alive of Lazarus, who would age and die as all people, but an eternal alive – the kind of alive that Jesus had spoken about to Nicodemus, to the woman at the well and to many others.

Q: At the end of this chapter, John says that this book was written so that those who read it may have life in Jesus' name. What kind of life do you think Jesus offers to us?



Inner Space

What's going round your head? Here is a space for you to put your thoughts on paper. You can write, draw ... whatever you like. What will you put here?



Looking Closer

There's a great story in this chapter about Thomas. Read the whole passage to see what happened.

Thomas reacted as many of us do when we are frightened and confused. For starters, he blanked it out. He wasn't there when Jesus first appeared to his disciples.

Maybe Thomas had gone home, locked himself in his bedroom and was binge-watching Star Wars (or whatever they had back then).

Imagine you are Thomas. Your dreams have just been crushed, your hopes and plans shattered and the people who killed your hero are probably coming for you next.

What would you have done?

A large, empty rounded rectangular box with a double-line border, intended for a student's response to the question 'What would you have done?'.A large, empty rounded rectangular box with a double-line border, intended for a student's response to the question 'Why do you think he didn't believe them?'.

Then Thomas' friends tell him something literally unbelievable – Jesus is alive! But Thomas does not believe them.

Does he think they're dreaming or mad with grief or imagining what they want to be true? And even if it's real, (Big If!) he's missed out! The biggest event in the universe and he missed it!

Why do you think he didn't believe them?

How do you think Thomas felt?

Then, exactly one week later, in exactly the same manner, saying exactly the same words as the first time, Jesus appears to Thomas and invites him to get the evidence he said he needed.

Strangely, Thomas does not need it now. Seeing Jesus is enough.

Why do you think that was?

A large, empty rounded rectangular box with a double-line border, intended for a student's response to the question 'Why do you think that was?'.



I Wonder...

Try to picture yourself in the room with the disciple when Jesus appears.

I wonder what you say or do. Can you draw the scene here?

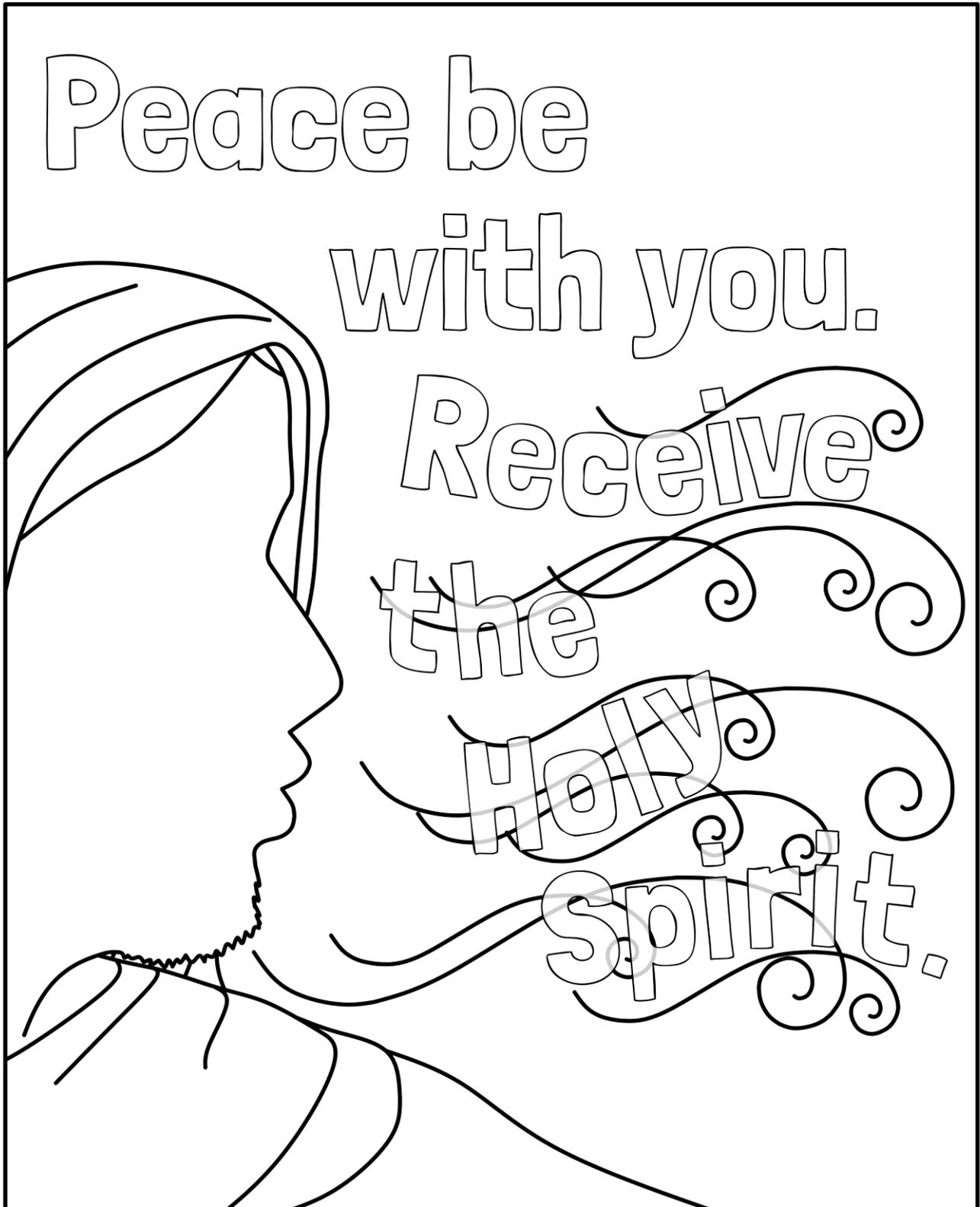
I wonder what happens next in this story. Can you draw the next part of the story here?

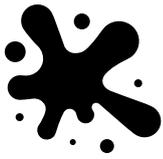


Take a Break

Put on some music, or listen to the passage being read out while you simply sit and be. You can colour the picture below, or fill it with zentangles, or you can just spend the time breathing.

John 20 on Bible Gateway audio [ESV](#) – [Message](#) – [NIV \(Dramatised\)](#) – [NIV \(Suchet\)](#)





Creation Station – Peace Jars

If you feel worried or frazzled, you can use a peace jar to express your emotions and help find some peace.

You will need:

- Glass jar or plastic bottle with screw-on lid
- Food colouring or watercolour paints
- Baby oil or cooking oil
- Swirling things, eg:
 - glitter
 - coloured sand
 - small beads
 - small plastic toys
 - counters
 - loom bands
 - Lego blocks
 - water beads
- Hot glue or Bostick-type glue
- Optional thickeners: corn syrup, 'Elmers'-type glue, clear hand soap or glycerine



What to do:

1. Half fill the jar or bottle with water and add a little food colouring or watercolour paint. Don't use poster or acrylic paints because they can make the water opaque and you won't be able to see things through it.
2. Fill the rest of the jar with oil. If you have some oil-based food colouring, you can use it to colour the oil.
3. Add your swirling things. You can have as many or as few as you like. Do they float, sink or hang between the layers? Try to have a range of different densities.
4. Screw on the lid and give your bottle a good shake to test it. If the glitter/beads settle too quickly, you can add one of the thickeners.
5. When you are happy with your bottle, glue the lid on securely.
6. When you feel worried or frazzled, give the jar a good shake so that everything swirls around like the thoughts in your head. Then hold the jar still, breathe deeply and slowly, and watch the things in the jar gradually settle. Remember that Jesus calmed his frightened disciples and said, "Peace be with you". Jesus says that to you, too.



Outside In

“Peace be with you”

It's good to get outdoors if you can do so safely, being sure to follow physical distancing rules. If you can't get out, try bringing the outside in. Here are some ideas for exploring peace.

- Lie on your back in your garden, or in a comfy chair by an open window, and watch the clouds. See how they move and change.
- Blue is a colour of peace and of air. Find lots of blue things around your home and use them to spell out the word 'PEACE' on the floor.
- God give us 'Peace that passes all understanding'. (Philippians 4:7) Use a plain pizza or pizza base and add all kinds of toppings to make a 'Pizza that passes all understanding'! (har har!)
- Make some peace stones. Paint a white cloud on a stone and add the word 'Peace' when the paint is dry. Add colourful swirls with paint or permanent markers. You can protect the paint with a layer of varnish or PVA glue if you like. Leave the stones around your neighbourhood if you can go out for a walk, or leave them outside your door for people to find.
- Look out of your window and see how many colours you can find. Record them on a big sheet of paper with paints or coloured pencils. It does not have to be a picture, and you don't have to be good at drawing, just make some beautiful colours.

What else can you think of?

My ideas:

Which will you do this week?



High 5

Spend five minutes talking and listening with God. Here is one way:

Room-by-Room Prayers

Jesus came to his disciples when they were in a room and brought peace to their frightened hearts. Walk around your home and invite Jesus into every room.

Write or draw your prayers in each room. What will you pray?

