

Sunday morning  
teaching plan

Date:  
19<sup>th</sup> April  
2026

<b>TITLE:</b>	Jesus Appears to His Followers
<b>THEME:</b>	The Life of Jesus
<b>AIM:</b>	To look at some of the occasions Jesus appeared to His followers, how He interacted with them and what their response was, and the relevance that has for us.

## BACKGROUND AND CONTEXT

After the events of the cross, everything felt broken.

The disciples were afraid, hiding behind locked doors, confused about what had happened to Jesus. Peter, especially, would have been carrying deep regret after denying Jesus three times. The group wasn't just grieving—they were feeling like they had failed.

Then something unexpected happens.

The risen Jesus appears—not with anger, not with disappointment, but with peace. Instead of calling out their failures, He meets them in their fear, doubt, and shame. He speaks peace into their anxiety. He gives them the Holy Spirit. He meets Thomas in his doubt. He restores Peter personally, giving him purpose again.

## WARM UP

### Who is it?

Play a few recognition games:

1. Everyone sits in a circle. One person is blindfolded. The leader points to another player and he/she has to make an animal sound. The blindfolded player has to guess who it is.
2. Use an old sheet. Cut a small hole in the sheet. Two leaders hold up the sheet like a curtain. A group of young people – about four – go behind the sheet and one at a time put their nose through the hole. The rest of the young people have to guess which nose belongs to whom.

After the resurrection the friends of Jesus were not immediately sure that it really was Him, alive again. But as they saw Him do familiar things, as they heard His voice and as they reached out and touched Him they really were convinced.

**Teaching Point:** To introduce the topic of the reappearance of Jesus and the disciples recognising Him by His voice, by His appearance, by His actions and by reaching out to touch Him.

## MAIN TEACHING

### Restoration for Peter....and us

Smash a tile each with a hammer (that is inside newspaper).

Once the tile is broken (but not too broken), place the pieces on a piece of card. Now restore the tile in any way they want to. They may make the basic tile shape again or they may want to make a picture with it.

### **John 20:19-23**

1. How would Peter have felt about his betrayal to Jesus? and then here Jesus walks into the room.
2. What does Jesus say and give them? Peace and the Holy Spirit. He has come to restore and not to condemn...not to punish and tell off.
3. Consider whilst restoring the tiles how Jesus has and could do this in your life. If we have ever or will ever feel like we are not good enough remember Jesus says 'Peace be with you'....'Receive the Holy Spirit'

**The Point:** To introduce the way the resurrected Jesus restored Peter and us. The broken tiles are a picture of what Jesus does in our lives. Things that feel shattered—mistakes, regrets, doubts—are not the end of the story. Broken doesn't mean useless. Restoration may look different than before. Something new and meaningful can be created

### **FOMO (fear of missing out)**

Has anyone had FOMO before? Discuss.

Thomas missed out big time. All the other disciples had seen Jesus, alive again, just as He had always been, and yet different too, but Thomas hadn't been there.

1. How would you describe how Thomas must have been feeling (sceptical, left out etc.)

### **John 20:24–29.**

In small groups find something that:

- Surprises them.
- Amazes them.
- Gives them hope.

Jesus knew exactly what Thomas had been thinking. He knew exactly what Thomas needed to do to help him believe. He didn't tell Thomas off for doubting but let Thomas touch His wounds and get the confirmation he needed. He met Thomas where he was at and he got rid of his FOMO. When you are with Jesus there is no FOMO because he will always come how we need Him to...not how we expect but how we need.

Thomas responded with awe and worship. Jesus says that Thomas believed because he saw and then He states this awesome promise that all those who believe without the physical experience Thomas had, will be blessed. That's us!

**Teaching Point:** There is no FOMO with Jesus. He will be enough for your needs.

### **Fully Restored**

After the meal of barbecue fish, Jesus started to talk to Peter. Either use leaders or ask for two volunteers to act out the parts of Peter and Jesus as a third leader or volunteer narrates. Read John 21:15–17.

Ask to discuss in pairs:

1. Why did Jesus feel it necessary to ask Peter 3 times if he loved Him?
2. Why did Jesus call Peter by his original name of Simon?
3. Why, each time, did Jesus give Peter responsibility for looking after other followers?

Share their answers together.

*The three times was a reflection of the three denials – this was a full forgiveness and restoration. Peter knew each part had been forgiven and dealt with. With the forgiveness and acceptance came the new calling and hope that Peter was ready for the challenge of looking after new (and existing) disciples and teaching them and helping them to grow in their faith.*

**Teaching Point:** Jesus restores Peter fully by getting him to affirm his love and commitment and then giving him a new life calling.

## TAKEAWAY

To look at the tiles and consider how we can be fully restored with Jesus.

## EXTRA INFORMATION

### Equipment:

Pegs

Tiles

Glue

Card or Wooden board

Decorative items.

Tile Pens

Sheet with a hole in it.

Blind fold.