

PULSE MAIL Thomas

READING:

"I need to see it to believe it - Thomas"

Read John 20: 19-31



Today we hear about the journey with Jesus after his resurrection.
What did you notice about the reading?

Did you notice that the disciples were afraid? It is the logical assumption that once the leaders had killed Jesus, that they would be next on the list to be hunted down and killed. The truth is most of them were killed for their faith, but it is this moment in history that meant they were willing to die for their faith. This moment of seeing Jesus after his death that convinced them undeniably that who he said he was and what he said was the truth. I love Thomas, because he keeps it real for us in this story, often called the doubter or cynic, he is the man of science. "Unless I see the evidence I will not believe."

How Jesus responds is beautiful - to Thomas' doubts he does not leave him with nothing, knowing his need for evidence he provides it, but he reminds Thomas the blessing it is to believe without seeing.

Questions to ponder:

What is the thing about Jesus that you find hardest to believe?
What evidence do you have that helps you to have faith?

Everybody has doubts at times, particularly when we are scared and afraid. Jesus comes to the disciples to bring peace. That peace is still available to us now. Jesus comes offering it to all people where ever they are and whatever they are facing, even through the locked doors of our homes.

Who helps you to understand faith? mentors, friends, minister, parents?
Why not ask them this week about how they deal with doubts.



So much darkness. Offer whatever light you can.

PRAYER:

Amazing God,

Thank you that you are also surprising us with the unexpected. Help us in our moments of doubt. May they challenge us to journey deeper with you.

Amen



Recipe: Microwave Mud Cake



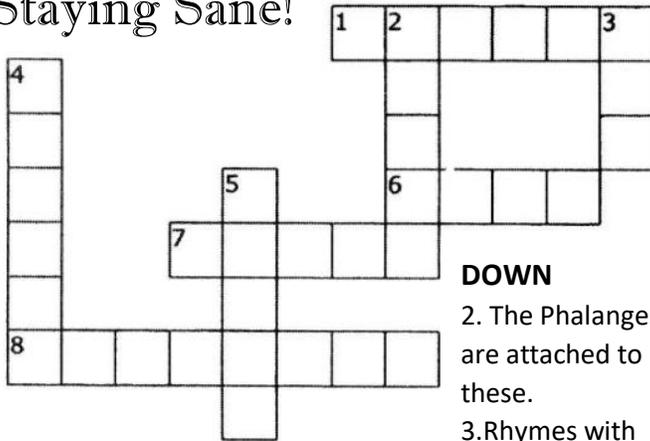
- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence
- 2 tbsp chocolate chips

Method:

1. Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
2. Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
3. Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
4. Centre your mug in the middle of the microwave oven and cook on High for 1½ - 2 mins, or until it has stopped rising and is firm to the touch.

Recipe: BBCGoodfood.com

Staying Sane!



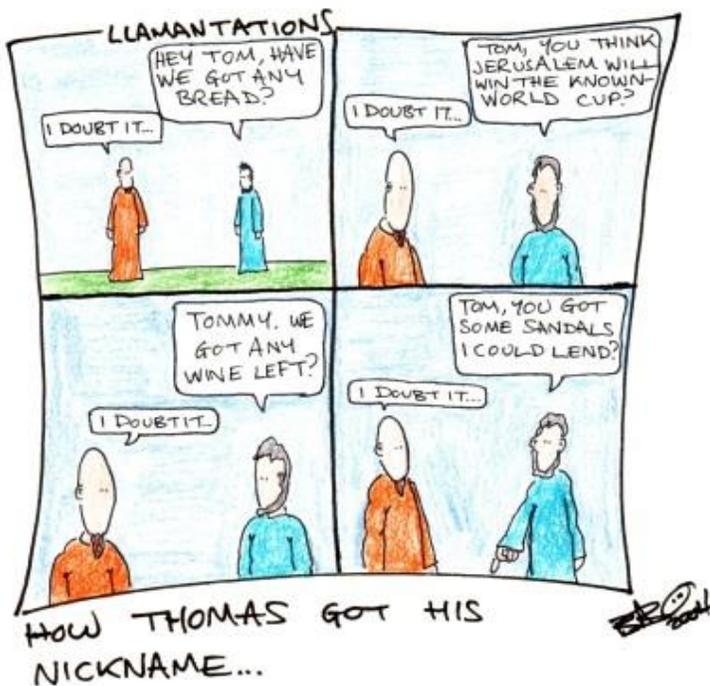
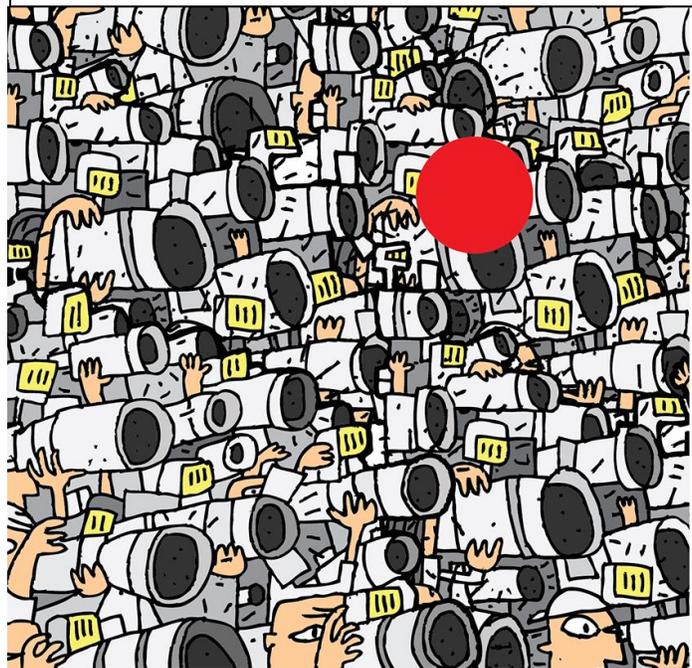
DOWN

2. The Phalanges are attached to these.
3. Rhymes with pea.
4. A business that has ceased trading.
5. Complete trust or confidence in.

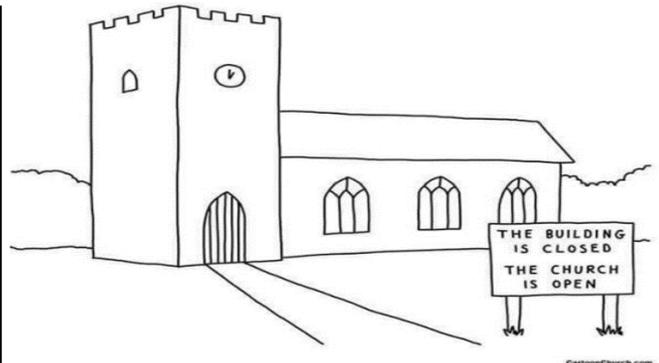
ACROSS

1. Is also an engine.
6. This can be hinged, sliding, or revolving.
7. a collection of useful thin metal.
8. Lack of conviction, uncertainty

When I see it, then I will believe it! - Which one fits?



Challenge!



Challenge 1: Make time every day to connect in with Jesus peace. Lay on the grass, look to the clouds and give thanks.

Challenge 2: How could you encourage someone in their faith this week? Paul wrote letters, send an email or letter to someone you know to encourage them.

