



LESSON 12

MY LORD AND MY GOD

Class: 5 & 6

Objective (Learning Outcomes)

- To understand the encounter of the Risen Jesus with Thomas and his profession of faith: “My Lord and my God.”
- To recognize the importance of faith and personal encounter with Christ in one’s life.
- To reflect on how we can experience Christ in our daily life situations.
- To appreciate Jesus’ greeting of peace and how we can share that peace with others.

I. Scripture Skit/Video – “The Doubting Thomas Story” (10 minutes)

Instructions:

- Assign roles: Jesus, Thomas, other apostles, narrator.
- Read and act out John 20:19–29 — the Risen Jesus appearing to His disciples and Thomas’ response.

Show a short video of the event

<https://www.youtube.com/watch?v=F8o4TrIA76U>

- Emphasize Jesus’ words: “Peace be with you” and “Blessed are those who have not seen and yet believe.”

👉 Purpose:

To bring the Gospel to life and highlight Thomas’ journey from doubt to deep faith.

II. Key Discussion – Faith, Experience (10 minutes)

1. Profession of Faith of St. Thomas

- Thomas doubted until he encountered the Risen Christ.
- When he saw and touched Jesus, he exclaimed, “My Lord and my God.”
- His words became a model of personal faith for all believers.

2. Christ Experience of the Disciples

- Before Thomas’ encounter, Jesus appeared to other disciples who were afraid and hiding.
- Their fear turned to joy when they saw the Risen Lord.
- Jesus showed them His wounds and breathed the Holy Spirit upon them (John 20:19–23).
- Their Christ experience transformed them into courageous witnesses of faith.
- Faith grows through shared experiences in the community – prayer, Eucharist, and acts of love.

3. Faith and Personal Encounter

- True faith is not only believing in Jesus but meeting Him in our hearts and lives.
- Like Thomas and the disciples, we are called to recognize Jesus’ presence in daily moments – in prayer, the Word, and in people around us.

4. Jesus’ Greeting of Peace

- Jesus greeted the disciples saying, “Peace be with you.”
- His peace took away fear and filled them with courage.

- We too can share Jesus' peace by forgiving, reconciling, and being kind to others.

Purpose:

To understand that the disciples' encounter with the Risen Christ deepened their faith, gave them peace, and inspired them to share the Good News.

Activity: Making a bookmark

Write the words "My Lord and My God" in bold on a small card.

- Decorate it with symbols of faith (cross, heart, light).
- Reflect: What does this phrase mean to me?
- Keep the card in their Bible or prayer book.

Activity: Peace of Jesus – "Pass It On"

On a paper dove, write one way you can share peace this week (e.g., forgive, listen, comfort someone).

- Create a "Wall of Peace" display with everyone's doves.

Bible Verse

John 20:29

Closing prayer

Lord Jesus, like Thomas and Your disciples,
we long to see You and believe in You.
Strengthen our faith, fill our hearts with peace,
and help us to recognize You in our daily lives.
Amen.