

He showed them his hands and his side and said  
"As the Father sent me, so I am sending you"

Then he breathed on them, saying  
"Receive the Holy Spirit"

Thomas, one of the 12 apostles, was not there that night. When the other disciples said they had seen the Lord, he replied "Unless I see and touch his wounded body, I refuse to believe"

Eight days later, the group was again in the same house, with the doors locked.

This time Thomas was with them

Jesus again appeared and stood before them saying "Peace be with you". Then he said to Thomas "Put your hand into my side. Doubt no longer, but believe".

Thomas replied "My Lord and my God!"

Jesus said "You believe because you can see me. Blessed are those who have not seen me and yet believe"

Jesus, my Lord and my God, I believe in you.  
Help me live and grow and die in your friendship