

## LESSON 2: JESUS HEALS A MAN'S DEFORMED HAND ON THE SABBATH

Leader Guide for Grades 1 & 2

Classroom: Greenhouse Kids

 Mark 3:1-6

03/15/2020

### Teachers Dig In

#### Dig In to the Bible

- Read: Mark 3:1-6
- In This Passage: One Sabbath day, Jesus goes to the synagogue and sees a man with a deformed hand. He boldly calls the man up in front of everyone to heal him, even though the religious leaders consider healing “work”—forbidden on the Sabbath. Jesus boldly defends his actions as he heals the man.
- Bible Point: Jesus is bold...
- Application: ...so we're bold.
- Summary Verse: “A friend is always loyal, and a brother is born to help in time of need” (Proverbs 17:17).

#### Dig Deeper

- You'll Be Teaching: *Jesus is bold.* Bold faith can be hard for kids. Being bold about their beliefs may cause them to be teased or rejected. Help kids see that when we're bold about loving others, we reflect Jesus' heart!
- Think About: What's the boldest act of love you've ever personally seen?

#### Dig In to Prayer

- Pray that God would infuse kids with a new sense of boldness about their faith and the way they reflect him.

#### Quick Tip

- While we want kids to be bold, we want them to do it at their own pace as God shapes their hearts. Never force kids to do things they feel genuinely uncomfortable with or embarrassed by, especially praying or reading the Bible aloud. These may seem like good things for kids to do, but if we unintentionally pair them with emotions of embarrassment or shame, kids may be dissuaded from praying or reading Scripture now and in the future.

## This Lesson at a Glance



### OPENING

Kids share about a topic related to the lesson.

#### Supplies

- Bible



### CORE BIBLE DISCOVERY

Kids follow silly rules, share a message, and sing a song.

#### Supplies

- Bible

#### Easy Prep

- Choose or establish a special area in your room where kids can gather and will have room to stand in a circle and lie in a circle with their heads at least 2 feet apart.



### LIFE APPLICATION WRAP-UP

Kids sing a song about boldness.



### OBJECT LESSON

Preschoolers compare bold and bland flavors.

#### Supplies

- saltine crackers (2 per child)
- unsalted crackers (2 per child)
- fruit juice
- water
- 3-ounce cups (2 per child)
- napkins (1 per child)
- wet wipes

#### Easy Prep

- Pour 2 small cups of juice for each child. Fill 1 cup with only juice, and fill the other cup  $\frac{1}{3}$  full of juice and  $\frac{2}{3}$  full of water.



### HIGH-ENERGY GAME

Kids play Sharks and Minnows.

#### Supplies

- painter's tape

#### Easy Prep

- Tape 2 long, parallel lines on the floor roughly 30 to 40 steps apart.



### LOW-ENERGY GAME

Kids hop like frogs.

#### Supplies

- hula hoops (1 for every 3 kids) (you could also use small blankets or beach towels)
- upbeat music
- music player

#### Easy Prep

- Lay the hula hoops on the floor spread out around the room.



### CRAFT

Kids make pencil toppers.

## Supplies

- unsharpened pencils (1 per child)
- chenille wires (1 per child)
- colored construction paper cut into quarters (1 section per child)
- pens
- crayons
- stickers
- tape

## Easy Prep

- Make a sample craft to show kids.



## TALK-ABOUT VIDEO

Kids watch a video and discuss the Bible point.

## Supplies

- "Balloon Ride" teaching video (watch or download [here](#))

*\*Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



### Welcome

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#### Supplies

- Bible

#### Welcome

- Thank kids for coming.
- Just for fun, have kids high-five three of their friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids say “happy birthday” in the voices of their favorite cartoon characters.
- Collect the offering.

#### Introduce the Lesson

Say: **Today we’ll find out that Jesus is bold. *Bold* means strong and not afraid to do the right thing. It’s kind of like being brave.**

#### Share

- Share about the bravest thing *you’ve* ever done. Maybe you’re afraid of speaking in public but you did it at an event one time. Or maybe you did something adventurous like rock climbing, sky diving, or white-water rafting.
- In small groups, have kids share about the bravest things *they’ve* ever done. Anything kids perceive as brave is fine for them to share. Help them get started, if needed. They might share how they tried to ride a bike, they went to a new school for the first time even though they were afraid, or they went on a ride at a carnival.
- After small groups have discussed, have a few kids share with the whole group what they talked about in their small groups.

#### Summarize

Open a Bible, and say: **You all are very brave! Today we’re learning about something that’s kind of like being brave; it’s called being *bold*. Jesus is bold. He’s not afraid to share about God, and he’s not afraid to show love to someone when it’s hard or when the person is different from him. When we’re friends with Jesus, he helps us love people in bold ways, too. As we read our Bible story today, we’ll find out more about that.**

Pray, thanking Jesus for being bold.



## Supplies

- Bible

## Easy Prep

- Choose or establish a special area in your room where kids can gather and will have room to stand in a circle and lie in a circle with their heads at least 2 feet apart.

## Talk About “Bold”

Say: **Today we'll find out that Jesus is bold. That means Jesus is strong and not afraid to do the right thing. No matter what, Jesus will always be bold enough to love people, even when it takes bravery.**

Share a simple example of a time you were bold. Give a different example than the one you shared during the Welcome activity. *Bold* can be a difficult concept for young kids, so sharing examples will help them understand it more completely. Maybe you feel shy about praying aloud but you decided to be bold by leading a prayer. Or maybe you wanted to tell a friend about Jesus and you boldly shared even though you didn't know what your friend would think. Or maybe you were someplace where everyone was doing something you felt was wrong so you decided to leave and not participate.

Say: **Kids can be bold, too. When you play with a friend who others don't want to play with, you're being bold and kind. When you see two friends fighting over a toy and you remind them that sharing is fun, you're being bold. When someone asks you to do something you know isn't right, you can say no, and that's bold. When you tell a neighbor who doesn't go to church about Jesus, you're being bold. When you play aloud with your friends, you're being bold, too.**

Ask: • **What ways do you want to be bold?** Kids might share examples that are similar to the ones you told, and that's just fine. As each child shares, point out what might be bold about the examples.

Say: **Thanks for sharing ways you want to be bold. We can be bold knowing that Jesus is bold.**

## Follow Silly Rules

Show the Bible. **In the Bible, Jesus was bold a lot. Today we'll read about one of those times. The Bible says on this day, Jesus went to the synagogue. A synagogue is a place for people to pray and to hear special messages from God. Let's go to a special place in our room now.** Lead the children to the special area that you prepared ahead of time. Have kids stand in a circle.

Say: **Let's play a game before we find out what happened when Jesus was in the synagogue.** Explain that kids will be passing special messages around for the group to hear, like people listened for special messages at the synagogue. They'll begin by passing one message around the circle. Stand in the circle along with the kids, and whisper “God loves you” to a child next to you. Have that child whisper the message to the person on his or her other side, and have kids continue passing the message until it makes its way to the last child in the circle. That child will announce the message to the whole group. Encourage everyone to cheer.

Say: **Let's add a silly rule. This time you have to stand on one foot the entire time we pass the message—no cheating!** Lead kids in balancing on one foot; this will be difficult for many kids. Then pass a new message around the group, such as “God is powerful.” Remind kids to stay balanced on one foot the entire time the message is being passed around the circle, and gently point out when a child isn't standing on one foot.

Celebrate and let kids sit when the message has made its way to the last child.

Ask: • **What was it like to pass the message each time?**

Say: **My rule was pretty silly, and we really didn't need it to pass the message. That's kind of like something that happened in the Bible. There was a group of people called the Pharisees who spent a lot of time in the synagogue. And they had made up some pretty silly rules for people to follow. God**

had told his friends to rest one day a week because God knows rest is good for everyone. But the Pharisees turned what God said about resting into something different. *They* said that people couldn't light a candle, look in a mirror, or bake on the day of rest.

Since the Pharisees' rules were pretty silly, let's play another round of our game. This time our silly rule is that we have to lie on the floor and we can't move as we whisper our message.

Lead kids in lying in a circle with their feet in the center and their heads facing outward. Make the circle large enough so kids' heads are about 2 feet apart. Then lead them to try to pass a message around the group without moving their bodies at all, only their heads. This time, whisper the Bible point: "Jesus is bold."

After the message has been passed all the way around the circle, have kids sit up, and invite them to share what it was like to pass the message during that round of the game.

### Learn From the Bible

Say: **Let's look back at what happened in the Bible. When Jesus went into the synagogue, he noticed a man with a hand that didn't work right.** Lead kids to each bend one hand to represent the man's deformed hand. Have them hold their hands this way until Jesus fixes the man's hand in the Bible story.

Say: **When Jesus noticed the man, the Pharisees were watching Jesus very closely. They wanted to see if Jesus would fix the man's hand. They didn't like Jesus, so they had a plan to get Jesus in trouble for not following their silly rules. But Jesus knew what they were up to! He told the man with the hand that didn't work right to stand in front of everyone.** Lead kids to stand up while they're each still bending one hand.

Say: **Jesus asked, "Is it wrong to help someone on the rest day?" but the Pharisees wouldn't answer him. That made Jesus sad because he knew they didn't have God's love in their hearts. Then Jesus made the man's hand better!** Have kids straighten their hands and then give a high-five to a friend.

Say: **Jesus was bold to fix the man's hand when he knew the Pharisees would say what he did was wrong. Jesus knew what he did wasn't wrong; he was still doing what God wanted, which was spending some time in God's special house. Like we did in our game, the Pharisees had made some silly rules that didn't help anyone, and they weren't what God wanted. Our silly rules in the game only made things harder, and there was no good reason for us to follow them. That's what the Pharisees' rules were like, and Jesus knew that. So Jesus boldly helped the man by fixing his hand.**

### Sing a Song

Say: **Jesus is bold, so we're bold, too. We can boldly tell others we love Jesus. We can boldly say no when someone asks us to do something we know is wrong. We can boldly encourage friends to be good sharers. And we can boldly play with kids who don't have anyone else to play with. Let's sing a song about being bold.**

Lead kids in singing this song to the tune of "Boom, Boom, Ain't It Great to Be Crazy?" and doing the accompanying motions.

**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)  
**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)  
**We can speak boldly like Jesus.** (*cup hands around mouth and nod "yes"*)  
**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)

**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)  
**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)  
**We can love and help like Jesus.** (*hug self*)  
**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)

**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)  
**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)  
**We do the right thing like Jesus.** (*shake hands with someone*)  
**Boom, boom, ain't it great to be bo-ld?** (*stomp each foot; then put hands on hips*)



Sing and Pray

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**Sing**

Say: **Today we learned that Jesus is bold, and we can be bold, too. Let's sing our song about being bold again to remind us of the ways Jesus is bold.**

Lead kids in singing this song to the tune of "Boom, Boom, Ain't It Great to Be Crazy?" and doing the accompanying motions as time allows.

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**We can speak boldly like Jesus.** *(cup hands around mouth and nod "yes")*

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**We can love and help like Jesus.** *(hug self)*

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**We do the right thing like Jesus.** *(shake hands with someone)*

**Boom, boom, ain't it great to be bo-ld?** *(stomp each foot; then put hands on hips)*

**Pray**

Say: **Jesus is bold, and we can be, too. Let's ask Jesus to help us be bold by telling people about God, doing the right thing, and loving and helping others.** Lead children in a prayer, asking Jesus to help you and the kids be bold like Jesus.

Say: **Thank you for coming to our class today. It was so fun to learn with you! This week, try to be bold and share what you learned about Jesus with at least one person. I hope to see you next week!**



### Bland or Bold?

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#### Supplies

- saltine crackers (2 per child)
- unsalted crackers (2 per child)
- fruit juice
- water
- 3-ounce cups (2 per child)
- napkins (1 per child)
- wet wipes

#### Easy Prep

- Pour 2 small cups of juice for each child. Fill 1 cup with only juice, and fill the other cup  $\frac{1}{3}$  full of juice and  $\frac{2}{3}$  full of water.

#### Taste Bland Food

Say: **Have you ever eaten a food that had a bold flavor? That means the flavor was really strong!** Start by telling about a bold-flavored food you've eaten, and then invite kids to share their stories. **Let's taste some food right now!**

- Have kids clean their hands with wet wipes.
- Give each child a napkin, an unsalted cracker, and a cup of watered-down juice.
- Have kids taste the crackers and juice and tell you whether or not the flavors are bold.

#### Taste Bold Food

Say: **That snack's flavors were weak and rather bland. *Bland* means they didn't have a strong taste and there were no bold flavors. Let's taste again to see if these other crackers and juice have a bolder flavor.**

- Give each child a saltine cracker and a cup of regular juice.
- Have kids taste the crackers and juice and tell you whether or not the flavors are bold.

#### Talk About It

Ask: • **I have more snacks for us to enjoy. Which crackers do you want more of? Would you like more of the weaker juice or more of the regular juice? Why?** Kids will most likely want more of the salted crackers and the regular juice. Invite kids to enjoy their bold snacks as you talk about the experience.

Say: **Bold flavors taste good, so we want more! Jesus is bold, so people wanted more of him! People followed him and listened to what he had to say, and people who were hurt or sick wanted Jesus to heal them like he healed the man in our Bible story whose hand didn't work well. People liked Jesus' boldness because it showed that he loved people more than he loved rules. We can be bold and show Jesus' love, too!** Invite kids to boldly show love by helping each other clean up after eating their snacks.



### Supplies

- painter's tape

### Easy Prep

- Tape 2 long, parallel lines on the floor roughly 30 to 40 steps apart.

### Play a Game of Sharks and Minnows

Say: **Today we read in the Bible about how Jesus was bold and healed a man when others thought he shouldn't. Jesus did what God wanted him to do no matter what others thought about it—that's bold and brave! Let's play a fun game where you'll be bold and brave, too!**

- Have two or three of your adult or teen helpers kneel in the center between the two lines taped on the floor. They're the Sharks swimming in the sea.
- Have everyone else gather behind one of the lines taped on the floor.
- The Sharks will call out, "Fishies, fishies, come see me. Fishies, fishies, one, two, three!"
- After the Sharks say "Three!" everyone has to swim-run across the sea to get to safety on the other side of the opposite line without getting tagged by a Shark.
- Anyone who gets tagged becomes a Shark.
- Play rounds until there are only three players left who aren't Sharks.
- If they're comfortable with it, the three remaining players can be the new Sharks and the game can start over. If you prefer, you can have your adult and teen helpers always be the first Sharks.
- Play as many rounds of the game as time allows.

### Talk About It

Ask: • **What was it like when you had to run past the Sharks?**

Say: **You were so bold and brave to run past the Sharks! There are a lot of ways we can be bold in our lives, too. We can share about Jesus with a neighbor or say no when we see a group of kids doing something we know is wrong. Jesus is bold, and when you need help being bold, you can talk to Jesus about it anytime and anywhere. With Jesus' help, you can follow God in a bold way like Jesus did.**



### Bold Hops

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#### Supplies

- hula hoops (1 for every 3 kids) (you could also use small blankets or beach towels)
- upbeat music
- music player

#### Easy Prep

- Lay the hula hoops on the floor spread out around the room.

#### Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

#### Frog Hop to Hula Hoops

Say: **Today's Bible story was all about a time Jesus was bold and did what God wanted him to do even when it made others mad. Jesus didn't let fear or worry keep him from doing what he needed to do. Let's play a game where you'll need to be bold!**

- Everyone will frog-hop around the room while music plays. When the music stops, kids will frog-hop as fast as they can to get to a "lily pad" (a hula hoop, small blanket, or beach towel), where they'll squat like a frog. Only 3 kids per lily pad!
- Play music for rounds of varied lengths of time. With each round, take away one of the lily pads so that not everyone will be able to get to a lily pad when the music stops.
- Anyone who can't fit on a lily pad is out until the game is over.
- Play the game as time allows, resetting the lily pads each time.

#### Talk About It

Say: **As the lily pads started to go away, you had to be bold to move away from them each time, knowing that the music would stop. Moving away from the lily pads meant you might not get to one in time when the music stopped, so it was bold and brave for you to hop away.**

Ask: • **Why was it easy or hard for you to be bold and move away from the lily pads?**

Share an example of a situation in your life where *you* could use Jesus' help in being bold. Maybe you need help doing something you've never done before or facing a fear you have, such as being alone in the dark.

Ask: • **When are times *you* need Jesus' help being bold?** Kids might share about things like needing Jesus' help being brave in the dark or being brave when parents leave them at preschool or with a caregiver.

Say: **It's not always easy to be brave and bold, but whenever we need help we can talk to Jesus about it. Jesus is bold, and he can help us be bold, too!**

**Supplies**

- unsharpened pencils (1 per child)
- chenille wires (1 per child)
- colored construction paper cut into quarters (1 section per child)
- pens
- crayons
- stickers
- tape

**Easy Prep**

- Make a sample craft to show kids.

**Trace Handprints**

Say: **In our Bible story, Jesus boldly showed God's love by healing a man's hand even though he knew the Pharisees would get mad. Jesus knew it was more important to show God's love than follow the Pharisees' silly rules. Jesus is bold! Show kids the sample craft. Let's make this handprint craft to remember our Bible story.**

- Give each child a section of construction paper.
- Have kids each place a hand onto the paper with fingers slightly spread apart so that you or a helper can trace their handprint with a pen.
- Once each child has had a handprint traced onto the paper, let kids use crayons to color in their handprints and decorate the papers with stickers.

**Make Pencil Toppers**

- Give each child a pencil and a chenille wire.
- Show kids how to curl the chenille wire around the top of the pencil.
- Help each child tape the top inch of the chenille wire to the back of the handprint.
- Have kids hold the bottom of the pencils and move them back and forth.

Say: **This is so fun! It looks like everyone's waving their hands to say hi! Our craft can remind us that Jesus was bold by healing the man's hand in our Bible story. And our craft can remind us to be**

**bold, too. We can be bold by waving “hi” to people and showing God’s love and kindness everywhere we go. Jesus is bold, so we’re bold!**



### Supplies

- “Balloon Ride” teaching video (watch or download here)

### Tip

- Don't have internet in your classroom? That's okay! You can download the videos before class using the “download” button at the link provided, or just purchase this quarter's DVD [here](#).

### Discuss and Watch “Balloon Ride”

Say: Today we're learning that **Jesus is bold, so we're bold**. Sometimes it's hard to know how to be bold in our faith. Let's see if Awesome Andy can figure it out.

Watch “Balloon Ride.”

Ask: • **What do you think was bold or not bold about Awesome Andy's idea?**

• **What do you think it *really* means to be bold for Jesus?**

Say: You don't need to be a cluster balloon pilot to be bold for Jesus. Good thing! You might get a little lost, just like Awesome Andy did. To be bold like Jesus, all you need to do is show God's love and rely on him so you'll know what to say to share your faith. **Jesus is bold, so we're bold!**