

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

Leader Guide for Grades 5 & 6

Classroom: Deeply Rooted

 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 act out alternate versions of the Bible story that are less bold, and then they act out what really happened.

Supplies

- Bible



LIFE APPLICATION WRAP-UP

Kids pray aloud, boldly.



HIGH-ENERGY GAME

Kids play a version of Steal the Bacon.

Supplies

- beanbag or any object kids can pick up and run with
- painter's tape
- upbeat music (optional)
- music player (optional)

Easy Prep

- At 1 end of your room, tape a 4- to 5-foot line on the floor.
- Tape a second line 20 to 30 steps away from the first taped line.
- Place the beanbag (or other object) on the floor centered between the 2 taped lines.



CRAFT

Kids make hand extenders that can pick things up.

Supplies

- "Helping Hands Instructions" handout (download [here](#))
- corrugated cardboard (one 8x1½-inch piece per child) (you can cut up boxes to get this)
- T-pins
- string
- scissors
- duct tape
- 12-inch dowels (1 per child)
- pens
- hot glue gun (for teacher use only)
- markers
- crumpled tissues
- crumpled paper

Easy Prep

- Make a sample craft to show kids.
- This craft isn't as complicated as it may seem! If you're confused, check out this [tutorial video](#) to see step-by-step instructions in action.



LOW-ENERGY GAME

Kids work together to balance pool noodles without them falling.

Supplies

- pool noodles (1 per child)
- upbeat music (optional)
- music player (optional)



OBJECT LESSON

Kids fold and rip paper against the grain.

Supplies

- variety of different types of paper or fabric (see Tip) (2-3 different pieces per child)
- several markers



DEEPER BIBLE

Kids act obnoxious and then grapple with what boldness really is.

Supplies

- Bibles
- spray bottle of water

**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.



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’re going to learn that Jesus is bold, so we’re bold. Being bold is kind of like being brave.**

Share

- Tell kids about the bravest thing *you’ve* ever done.
- Have kids form pairs. Ask kids to share about the bravest thing *they’ve* ever done.
- After partners have discussed, ask two or three kids to share with the whole group what they talked about with their partners.

Summarize

Open a Bible to Mark 3, and say: **It’s one thing to be brave enough to swim with sharks or go rock climbing when you’re scared of heights. But being bold in our faith is much more important! It means speaking up for what’s right and showing bold love even if other people don’t think we should. Let’s see how Jesus did that in the Bible, God’s special book. The Bible is one way God shows us his boldness. Plus, here’s something awesome: The Bible says we can come boldly before God! Let’s talk with God now.**

Pray, praising Jesus for being bold.



Supplies

- Bible

Obey a Silly Rule

Say: **To begin our Bible story time, we're going to try something. Find a partner, and tell your partner about your week. However, there's a rule you *have* to follow: You can't use any pronouns. That means no *I, you, he, she, we, it, or they*—those kinds of words. Got it?**

Have kids find partners and share about their weeks. Partway through, add another rule: Kids can't say "the."

Ask: • **What do you think about the rules for our conversation?**

• **What would you think if your teachers or parents made those permanent rules?**

Say: **Having to speak without using any pronouns or the word "the" is a silly rule. It just doesn't make sense!**

In our Bible story, the religious leaders made up a silly rule. You see, a long time before this story happened, God had told people to have a special day called the Sabbath. On the Sabbath, people were supposed to rest and honor God. *That* was a good rule.

But these super-religious people had added in extra rules about the Sabbath—*lots* of them. It had gotten to the point you couldn't even help someone else on the Sabbath! That's not what God meant. So let's see what happened when Jesus had the chance to be bold on the Sabbath.

Act and Rewind

Say: **As you hear today's story, you're all going to act it out in your pairs. One of you will be "Jesus," and the other will be the man with the hand problem. Throughout the story, I'm going to say some things that *didn't* really happen. Then we'll rewind by acting out the scene in reverse and try again. Ready?**

Have partners determine who will be Jesus and who will be the man.

Open your Bible to Mark 3:1-6 as you read this paraphrase.

Say: **Jesus went to the synagogue, which is like church, and saw a man with a deformed hand.**

Pause, and encourage the kids playing the man to hold their hands in an awkward position.

Since it was the Sabbath, Jesus' enemies were watching him. If he healed the man, they were ready to accuse him of breaking the rules. So Jesus left the synagogue scared. Pause.

Wait a minute! That's not what happened! Rewind back to Jesus seeing the man. Pause for kids to act out the actions they just did in reverse.

Say: **Jesus saw the man with the deformed hand, and his enemies were watching. So Jesus just prayed for the man with his eyes open so no one would know he was praying.** Pause.

Wait a minute! That didn't happen! Rewind! Go back to Jesus seeing the man with the deformed hand. Pause.

Jesus saw the man with the deformed hand, and his enemies were watching. So he slipped a note to the man to meet him behind the synagogue, and he healed him where no one could see. Pause.

Wait a minute! That didn't happen! Rewind! Go back to Jesus seeing the man with the deformed hand. Pause.

Jesus saw the man with the deformed hand, and his enemies were watching. So he went up to the man and said, "I can heal your hand tomorrow when it's not the Sabbath. Just give me your number and I'll text you the details." Pause.

Wait a minute! That didn't happen! Rewind! Go back to Jesus seeing the man with the deformed hand. Pause. **Let's see what *really* happened!**

Jesus saw the man with the deformed hand, and his enemies were watching. So he called the man to stand in front of everyone. Pause.

Then Jesus boldly spoke to his enemies. He said, "Isn't the Sabbath a day to do good things? Isn't it a day to save lives?" Pause.

Then Jesus told the man to hold out his hand, and Jesus healed him. And that's what really happened! Pause.

Have kids take a bow and then sit down.

Ask: • **After considering the things Jesus *didn't* do, why is what he *did* do so bold?**

Say: **Jesus is bold, and what he did took guts. It was risky because the religious leaders—the Pharisees—held a lot of power. In fact, his enemies didn't totally let him get away with healing the man. Listen to this.**

Read Mark 3:6.

Say: **Yikes! Being bold doesn't always mean being safe. Jesus didn't play it safe; he did the right thing and helped someone in need.**

Ask: • **How can you know when to be bold and when to be safe?**

Say: **This is a tough call, so let's try it out with some modern-day examples. Jesus is bold, so we're bold. Let's act out situations where we can be bold.**

Act Out Examples

Assign each pair one of the following scenarios. It's okay to not cover them all, but you'll need to assign each one you use to at least two pairs. Tell one pair to act out a *safe* response, and have the other act out a *bold* response. Then allow time for kids to brainstorm and practice.

- You hear a bully threaten another kid on the bus.
- You find out that *everyone* in your class is planning to cheat on tomorrow's test.
- Your friend says she's never been to church.
- Your teacher teaches that God didn't create the world—a big bang did.
- You see one of your own teammates cheat during the soccer game, but no one else caught it.
- There's a new kid at school, and the rumor is he still wets the bed so no one will hang out with him.

When all the pairs are ready, have them act out their responses. For each scenario, start with the safe response, and then have the other pair act out the bold response.

Ask: • **What's the difference between our safe responses and our bold responses?**

• **After seeing the difference, why do you think Jesus wants us to be bold?**

Say: **In our Bible story, some of the incorrect things we acted out would have been safer for Jesus, but they still would've resulted in the man getting healed. But Jesus didn't choose those options. He chose the bold response, because Jesus is bold. He didn't just want to heal the man; he wanted the religious leaders to know that it was *good* to help people, no matter what day it is!**

I'm not saying to take unnecessary risks or put yourself in danger. But when you have the chance to take a stand for what's right or show Jesus' love, be bold! Jesus is bold, so we're bold.



Bold Prayers

Listen and Pray

Say: **We've been learning that Jesus is bold, so we're bold. Let's listen for Jesus to show us one bold thing he wants us to do this week.**

- Have kids spend about a minute in silence, listening to Jesus.
- When you say so, have all the kids pray aloud at once for Jesus to help them be bold in the specific way he revealed during their silence. (Praying aloud will take some courage but shouldn't be *too* hard since everyone is praying at once and not listening to one another.)

Wrap Up

Pray: **Jesus, you're bold! You boldly healed a man and chose love over rules. Help us boldly show your love, too! In your name, amen.**

Thank kids for coming, and encourage them to come back next week.



Bold Move

Supplies

- beanbag or any object kids can pick up and run with
- painter's tape
- upbeat music (optional)
- music player (optional)

Easy Prep

- At 1 end of your room, tape a 4- to 5-foot line on the floor.
- Tape a second line 20 to 30 steps away from the first taped line.
- Place the beanbag (or other object) on the floor centered between the 2 taped lines.

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](#).

Play a Version of Steal the Bacon

Say: **Today's Bible story was about a time Jesus was bold and did what God wanted him to do even though it made some powerful people angry with him. Let's play a game where you'll have to be bold!**

- Form two even teams. Join in if you need to play to make that possible.
- Have team members count and number themselves, starting at "one" for both teams.
- Then have each team stand behind one of the lines taped on the floor.
- Call out any number that's within your group's range of numbers for the teams.
- The people from both teams who have that number will race to the center to grab the beanbag and run it back to their team.
- The person who doesn't get to the beanbag first can try to tag the runner before that person crosses his or her team's line.
- After a child has run with the beanbag, he or she will return the beanbag to the center and then call out a new number for a different pair to race.
- If you'd like, play upbeat music while kids play as many rounds as time allows.

Talk About It

Ask: • **How did you feel when your number was called?**

- **How did you have to be bold in this game?**
- **How do you feel about being bold in your faith? Explain.**

Say: **Jesus is bold** and always follows God no matter what. It's not always easy to boldly follow God, but we can ask Jesus for help anytime—and we can know that even if it feels like no one is cheering us on as we boldly follow God, Jesus is!



Supplies

- “Helping Hands Instructions” handout (download [here](#))
- corrugated cardboard (one 8x1½-inch piece per child) (you can cut up boxes to get this)
- T-pins
- string
- scissors
- duct tape
- 12-inch dowels (1 per child)
- pens
- hot glue gun (for teacher use only)
- markers
- crumpled tissues
- crumpled paper

Easy Prep

- Make a sample craft to show kids.
- This craft isn’t as complicated as it may seem! If you’re confused, check out this [tutorial video](#) to see step-by-step instructions in action.



Make Helping Hand Grabbers

Say: **In our story, Jesus showed boldness by healing a man’s hand and helping him. We’re going to make helping hands to remind us to boldly help and love others!**

Show kids the sample craft you made. Give each child an 8x1½-inch piece of cardboard and a 12-inch dowel, and set out the remaining supplies to share. Plug in the glue gun so it’s ready for you to use when kids get to that step. Have kids follow the instructions on the “Helping Hands Instructions” handout to make helping hand grabbers.

- Fold your cardboard in half.
- Holding the cardboard “hand” shut, poke a hole all the way through both halves with a T-pin. The hole should be no more than an inch away from the fold.
- Cut a piece of string that’s at least 15 inches long.
- Using the T-pin, push the string through the holes you made.

- Tie a knot in one end of the string. The side with the knot will be the top of your hand.
- Test it by pulling the string from the non-knotted side. It should make the hand close!
- Attach the dowel to the bottom of the hand by poking a hole in the hand with a pen. The hole should be just big enough to hold the dowel snugly.
- Put the dowel into the hole, but don't push it through. The dowel should hang down from the bottom of the hand, along with the string.
- Use duct tape to secure the dowel in place.
- Use duct tape to attach the string to the bottom of the dowel. The string should be taut but not close the hand at all.
- Have your teacher make the insides of your hand grippy by adding lines of hot glue. Don't close your hand until the glue dries.
- If you have time, use markers to decorate your hand.

Pick Things Up

- Set a crumpled tissue or a crumpled piece of paper on the floor, and try to pick it up with your grabber hand.
- To make the hand close, just pull the string.



- Keep trying until you get the hang of using it.
- See what other things in the room you can pick up!

Talk About It

Ask: • **What can your helping hand help you do?**

• **What bold things can you do with your real hands to help others?**

Say: **Jesus is bold, so we're bold. Jesus showed boldness by healing and helping a man even when it was an unpopular choice. Let's show boldness by putting love first!**

Have kids take their helping hands home and use them as a reminder to boldly help and love their friends, families, and others.



Supplies

- pool noodles (1 per child)
- upbeat music (optional)
- music player (optional)

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](#).

Balance and Catch Pool Noodles

Say: **In today's Bible story Jesus was bold when he stood up to the religious leaders who didn't want him to heal a man on a day that was meant for resting. Jesus followed God first, before any other leaders, and sometimes that meant he had to be really brave.**

Let's play a game where you'll have to be bold and brave to keep moving forward.

- Give each person a pool noodle, and have kids form a circle with a few feet between each person.
- Kids can hold their pool noodles in front of their bodies so they stand straight up and down.
- At your cue, kids will let go of their pool noodles and move quickly to the next pool noodle in the direction you choose—to the left or to the right.
- At varying intervals, call out, "One, two, three, go!" to help everyone move at the same time to the next pool noodle when you get to "go."
- The goal is for everyone to get to the next pool noodle and grab it before it falls to the ground. This is a team game, so you don't want any noodles to fall to the ground.
- To keep things challenging and fun, you can change the direction everyone is moving around the circle every few rounds.
- As kids improve, have them spread farther apart.
- To begin the game, call out the direction to move and the first count.
- If you'd like, play upbeat music while kids play as many rounds as time allows.

Talk About It

Ask: • **How were you bold in the game?**

Say: **It took boldness to leave a pool noodle behind knowing that it might fall to the ground while you tried to get to the next one before it hit the ground. Being bold means taking a risk. Jesus was willing to risk what others thought of him in order to show bold love and do what he knew was right.**

Ask: • **When have you been brave to do what was right?** Share an example of your own, such as leaving a conversation with friends when they started gossiping or standing up for someone who was getting picked on.

Say: **Jesus is bold, and we can be bold by following God first. Jesus gave us many examples in the Bible of how we can leave behind our worries of what others will think and follow God first. You can also ask Jesus for help in being bold anytime and anywhere!**



OBJECT LESSON

Against the Grain

[10 min]

Supplies

- variety of different types of paper or fabric (see Tip) (2-3 different pieces per child)
- several markers

Tip

- Provide a variety of different materials. We used heavy card stock, a plastic tablecloth, file folders, and textured scrapbooking paper. You could also use inexpensive fabric or corrugated cardboard.

Learn About the Grain

Ask: • **What do you think people mean when they say someone is “going against the grain”?**

Say: **The grain is the arrangement of fibers in paper, fabric, and even food! The grain is made by a whole bunch of fibers that line up in the same direction. Imagine these markers are fibers. Line up several markers in front of you on a table. Folding parallel to the grain is easy because we can fold between the fibers. Point out the parallel spaces between the markers. But folding against the grain would be like trying to fold these markers in half. It’s hard to do because they’re so strong!**

Find the Grain

Say: **It’s easier to fold or cut objects with the grain rather than against it. But how do we know what direction the grain is going? Let’s experiment to find out!**

- Have each child choose two or three different materials to experiment with.
- Have kids fold in both directions and determine which direction makes the smoothest fold. That’s the grain!
- Encourage kids to try ripping the materials against the grain and then with the grain.

Talk About It

Ask: • **Was it easier to go with the grain or against it? Why?**

Say: **In our Bible story, the religious leaders said that healing someone on the Sabbath was wrong. It would have been easy for Jesus to go along with the rule. Maybe he could have even come back the next day to help the man. But Jesus is bold. He loved the man more than he loved the easy way. Going against the grain was the right thing to do.**

Ask: • **Give an example of how you could go against the grain to show boldness.**

Say: **Jesus is bold. The grain makes the paper stronger in one direction. We can be strong and bold when we follow Jesus, even when we’re going against what everyone else is doing.**



Supplies

- Bibles
- spray bottle of water

Be Scared

Say: **We're learning that Jesus is bold, so we're bold. Sometimes being bold is scary...like this.**

Have kids take turns coming up in front of everyone and saying their names and one fun fact about themselves. As kids talk, lightly mist some of them in the face with water. For other kids, hold the bottle but don't spray it. Don't force anyone to come up and share.

Ask: • **Describe how it felt knowing you could get sprayed with water if you shared.**

- **What about this experience took boldness?**
- **What makes you nervous about being bold in your faith?**

Say: **Being bold sometimes has risks. It can be scary! On the other hand, sometimes we're bold in the wrong way.**

Be Obnoxious

Have kids engage in a competition to be the loudest and most obnoxious. Before the competition begins, let kids know that when you turn off the lights, the competition is over and they need to be quiet.

Count to three, and let kids begin their competition. After a minute, turn off the lights. Once kids are quiet, turn the lights back on and continue.

Ask: • **Do you think anyone who came into our room just now would've experienced Jesus' love or known anything about it based on how we were behaving? Why or why not?**

Say: **Jesus is bold, so we're bold. But being bold isn't about being the loudest and most obnoxious.**

Ask: • **What are some ways people might be obnoxious about being Christians?** Examples might include telling everyone they're wrong, making people feel guilty, or arguing with people.

Say: **Boldness isn't about being stuck-up or judging other people. It matters *what* we're bold about. Jesus was bold about standing up for people and showing love! When we're bold about those things, we won't be loud and obnoxious, but we will reflect the kind of boldness in Jesus' heart. So what *does* boldness look like for us? Let's dig in to that.**

Dig Deeper

Say: **Let's see one thing the Bible says we can do boldly.**

Have a child read Ephesians 3:12 and 1 John 3:21.

Ask: • **Why might it take boldness to spend time with God?**

Say: **Spending time with God might mean giving up other things we'd like to do. It might mean praying before your lunch even if other people see you and make fun of you. During Bible times, some people were a little scared of God. But because of Jesus, we can come boldly to God. And we can tell others about God, too. Let's hear about some people in the Bible who did that.**

Have a child read 1 Thessalonians 2:2.

Ask: • **How do you feel when you think about boldly telling the news about Jesus?**

Say: **The guy who wrote this verse, Paul, said God gave him courage to declare the good news of Jesus boldly. Even Paul—an important Bible guy—needed courage from God to be bold! God can give us the courage to boldly tell others about him, too.**

There's one other way we can be bold. Let's see what it is.

Have a child read Romans 12:2.

Ask: • **What are some ways to live God's way instead of the world's way?**

- **Why does it take boldness to not be like everyone else?**

Say: **When we let God change us, we live differently than other people. That can make us stand out! But we can stand out boldly like Jesus did. Jesus is bold, so we're bold.**

Let's do those three bold things right now. First, spend a minute silently coming before God in prayer. Pause for a minute. **Next, tell someone near you why you love Jesus.** Pause for a minute. **Finally, act out a way you can live differently.** Pause for everyone to act at once.

Say: **Jesus is bold, so we're bold.** **Let's boldly spend time with God, boldly share the news about him, and boldly live his way instead of the world's way!**

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