

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

Leader Guide for Ages 3-6

Classroom: Monkeys

 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

Preschoolers share about a topic related to the lesson.

Supplies

- Bible



CORE BIBLE DISCOVERY

Preschoolers 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

Preschoolers 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

Preschoolers play Sharks and Minnows.

Supplies

- painter's tape

Easy Prep

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



PRESCHOOL PUPPET SKIT

Recommended for preschoolers.

Supplies

- Theophilus the FaithRetriever™ Puppet (order [here](#))
- megaphone

Easy Prep

- Attach the megaphone to Theo's paw.



LOW-ENERGY GAME

Preschoolers 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

Preschoolers 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.

**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
- Thank kids for coming.
- Just for fun, have preschoolers give a high-one (high-five with just one finger) to three friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having preschoolers say, "Three cheers for our birthday friends! Hip, hip, hooray! Hip hip, hooray! Hip, hip, hooray! It's your birthday!" 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 leader-led small groups, have preschoolers share about the bravest things *they've* ever done. Anything preschoolers 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 preschool for the first time even though they were afraid, or they went on a ride at a carnival.
- After small groups have discussed, have adult or teen helpers 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 preschoolers, 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: **Preschoolers 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 pray aloud with your friends, you're being bold, too.**

Ask: • **What ways do you want to be bold?** Preschoolers 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 preschoolers. 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

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!**



OBJECT LESSON

[10 min]

Bland or Bold?

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.

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.
- 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?** Preschoolers 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

- Theophilus the FaithRetriever™ Puppet (order [here](#))
- megaphone

Easy Prep

- Attach the megaphone to Theo's paw.

Tips

- Before printing, turn on page numbering in Word to keep the pages in order (or simply hand-number each page after printing). You may also find it helpful to highlight your part and set the script on a music stand nearby during the skit.
- When Theo is speaking through the megaphone, obviously he won't actually be the one talking—so you'll just speak very loudly during the parts where the megaphone is up to Theo's mouth.

Leader: **It's time for our puppy friend, Theo, to come for a visit. Let's call him to our class with a "woof, woof." Ready?** *(Leads kids to bark until Theo is brought into view.)*

Theo: **Hi, friends!** *(Pants.) I really, really want a good scratch. I was wondering if you'd scratch my back?* *(Circulates among kids so each child can pet him.)*

Leader: **Thanks for giving a friendly welcome to Theo, kids!**

Theo: *(Speaks through the megaphone.) Thank you for the scratches!*

Leader: **Wow! We can really hear you through that megaphone, Theo.**

Theo: *(Speaks through the megaphone.) What's a megaphone?*

Leader: **It's the thing you're using right now. It makes your voice louder so people in a crowd can hear you.**

Theo: *(Speaks through the megaphone.) Oh, yes. I'm trying to be bold.*

Leader: *(Smiles at Theo.) Did you hear about what we're learning today, Theo?*

Theo: *(Speaks through the megaphone.) Yes. I heard that Jesus is bold, so we can be bold, too.*

Leader: **That's exactly what we're learning.**

Theo: *(Hands megaphone to a child.) Do you want to be bold, too?* *(Encourages child to say something into the megaphone, and then invites each child to say "hello" into the megaphone.)*

Leader: **Do you know what it means to be bold, Theo?**

Theo: *(Speaks through the megaphone.) Yes, it means to be loud.*

Leader: **Well, not exactly.**

Theo: *(Speaks through the megaphone.) What do you mean?*

Leader: **When we say Jesus is bold, we mean that Jesus is strong and not afraid to do the right thing.**

Theo: *(Sets megaphone down.) Oh. I guess I don't need this, then.*

Leader: **No, you don't need a megaphone to be bold.**

Theo: ***If being bold isn't about being loud, then how can I be bold?***

Leader: **Jesus shows us how to be bold so we can learn from him.**

Theo: ***How does he do that?***

Leader: **In the Bible story we're reading today, Jesus made a man's hand that didn't work all better.**

Theo: *(Looks to kids.) Do any of you have a cut or bruise? I'll try to make it better. (Circulates among the kids, looking at their arms and legs for wounds.)*

Leader: **Let me explain a little more, Theo. Jesus was bold because there were some other leaders who didn't want Jesus to heal the man.**

Theo: *(Looks surprised.) Why wouldn't they want him to help someone?*

Leader: **They had some silly rules they were following, and they wanted Jesus to follow their silly rules, too. And one of their rules was that Jesus couldn't heal anyone on their day of rest.**

Theo: *(Looks confused.) I don't get it.*

Leader: **The point is that Jesus is loving no matter what. He was bold when he showed love and care for the man, even though he knew the leaders would be mad. Jesus was bold by doing the right thing, even when it took bravery.**

Theo: ***Oh, okay. So if I'm brave and do the right thing even when my friends aren't, that's being bold?***

Leader: **You could say that.**

Theo: ***What about when my friends are sneaking a treat?***

Leader: **If you say to your friends, "I'm not going to sneak a treat with you because it's not the right thing to do," then that's being bold.**

Theo: ***I can do that! I can try to be bold like Jesus.***

Leader: **I'm glad you want to be bold like Jesus, Theo.**

Theo: *(Looks to kids.) Will you try to be bold, too? (Waits for kids to respond.) What if your friend is sneaking a cookie—will you be bold and say "Let's not sneak a treat"? (Pauses for responses.) What if you see someone on the playground who is all alone—will you be bold and go say hi? (Pauses for responses.) Can you think of other ways to be bold? (Helps kids with ideas, if needed, such as saying kind things to people when others are making fun of them or telling other friends about Jesus.)*

Leader: **Sounds like all of you have some ideas for being bold this week.**

Theo: ***I'm glad we can all plan to be bold. I'm going to go look for some more ways to be bold now.***

Leader: **We'll see you later, Theo. Give Theo a big "woof, woof, goodbye"! (Leads kids to say "woof, woof, goodbye," and then places Theo out of sight.)**



Bold Hops

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.
- 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?** Preschoolers 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 preschoolers the sample craft. **Let's make this handprint craft to remember our Bible story.**

- Give each preschooler a section of construction paper.
- Have preschoolers 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 preschooler 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 preschoolers how to curl the chenille wire around the top of the pencil.
- Help each preschooler tape the top inch of the chenille wire to the back of the handprint.
- Have preschoolers 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.

The Heart of God, Lesson 2: Jesus Heals a Man's Deformed Hand on the Sabbath. Design and base content copyright © Group Publishing, Inc. Licensed for use with 1-20 students. Permission to reproduce granted for local church use only.