

LESSON 8: JESUS HEALS A CRIPPLED WOMAN ON THE SABBATH

Leader Guide for Grades 5 & 6

Classroom: Deeply Rooted

 Luke 13:10-17

04/26/2020

Teachers Dig In

Dig In to the Bible

- Read: Luke 13:10-17
- In This Passage: One Sabbath day, Jesus sees a crippled woman in a synagogue. She's been unable to stand up straight for 18 years! Jesus heals her, even though the legalistic religious leaders don't approve. But Jesus values love over man-made rules.
- Bible Point: Jesus is loving...
- Application: ...so we're loving.
- Summary Verse: "Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves" (Philippians 2:3).

Dig Deeper

- You'll Be Teaching: *Jesus is loving.* Most kids would consider themselves loving. But like the religious leaders, we all have priorities that get out of whack sometimes. Use this lesson to help kids evaluate whether they're truly putting love for others above their own opinions and values.
- Think About: How do you know Jesus loves you? How can others see Jesus' love through you?

Dig In to Prayer

- Ask God to show his love to other kids through the kids in your class.

Quick Tip

- In this story, the religious leaders were more focused on rules than on love. Maybe you fall into the same habit without realizing it! Rules provide boundaries that help kids understand what is acceptable behavior. However, too many rules can send the message that rules are what you're all about. Kids would rather hear about the things they can do than about the things that are off limits, so try to set a few positive rules such as "respect others" and "stay safe." If a child is breaking the rules, approach the situation with love, seeking first to understand.

This Lesson at a Glance



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible



CORE BIBLE DISCOVERY

Kids walk like the crippled woman, have a debate, and consider what they're in bondage to.

Supplies

- Bibles
- sticky notes
- thick rubber bands (1 per child, plus 1 extra)
- pens
- scissors

Easy Prep

- Use sticky notes to bookmark Luke 13:14-16 in several Bibles.



LIFE APPLICATION WRAP-UP

Kids pray for each other.



HIGH-ENERGY GAME

Kids play a version of Blob Tag.

Supplies

- upbeat music (optional)
- music player (optional)



CRAFT

Kids make heating pads so they can show love to hurting people.

Supplies

- men's socks (1 per child)
- rice (about 1½-2 cups per child)
- measuring cups
- peppermint essential oil (optional)
- permanent markers
- "Heating Pad Instructions" handout (1 for every 4 kids) (download [here](#))

Easy Prep

- Make a sample craft to show kids.
- Cut apart the "Heating Pad Instructions."



LOW-ENERGY GAME

Kids try to fill up a moving basket.

Supplies

- small, round laundry basket
- lightweight foam balls or paper wads (6 per person)
- upbeat music (optional)
- music player (optional)



OBJECT LESSON

Kids experiment to see how water makes objects stick together.

Supplies

- spray bottles with water (1 for every 4-6 kids)
- 8½x11 pieces of printer paper (1 per child)
- aluminum foil (1 piece per child)
- plastic rulers (1 per child or have kids share)
- disposable plastic and foam plates and cups (1 per child)



DEEPER BIBLE

Kids use a paddle ball to see how we can stay connected to Jesus even in hard times.

Supplies

- Bibles
- paddle balls (1 for every 5 kids)
- timer

**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 give an elbow-five to five friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids do jumping jacks as many times as the birthday child is old. With each jumping jack, they'll say, "Happy birthday!"
- Collect the offering.

Introduce the Lesson

Say: **Today we're going to learn that Jesus is loving, so we're loving. Let's talk about different ways people show us love.**

Share

- Tell kids whether *you'd* rather get a hug or a kind word.
- Have kids form pairs. Ask kids to share whether *they'd* rather get a hug or a kind word. Then have kids go to one side of the room or the other to vote for their choice.
- Repeat with these choices:
 - Would you rather have a whole day doing your favorite thing with someone, or would you rather have a small gift?
 - Would you rather someone you love do your chores for you, or would you rather watch a movie together?

Summarize

Open a Bible to Luke 13, and say: **All the things we talked about are ways to show love, but we all have different ways we *most* like to be loved. Let's see how Jesus showed love to a woman in the Bible. The Bible isn't an ordinary book; it's God's book for us, full of stories that show how Jesus is loving. As we explore his Word today, we'll experience how loving he is. Let's start by talking to Jesus.**

Pray, praising Jesus for being loving.



Supplies

- Bibles
- sticky notes
- thick rubber bands (1 per child, plus 1 extra)
- pens
- scissors

Easy Prep

- Use sticky notes to bookmark Luke 13:14-16 in several Bibles.

Tip

- If you're able to lead kids out of the room, walk farther in the "Walk Hunched Over" section!

Walk Hunched Over

Say: **Today we're going to explore how Jesus is loving.**

Ask: • **Who or what do you love?**

Say: **Jesus loves people! Let's see how he showed love to a woman in the Bible. The Bible tells us this woman was bent over for 18 years! She couldn't stand up straight.**

Let's imagine what life was like for her. Have kids stand up and bend over at the waist so that they're looking at the floor.

Say: **She was bent over when she walked to the market.** Lead kids in walking around and pretending to shop, reaching for things on shelves while staying bent over.

Say: **She was bent over when she walked home.** Lead kids in walking around the room.

Say: **She was bent over when she cooked dinner.** Have kids motion as if they are preparing food.

Say: **She was bent over when she hung out with friends.** Have kids stand near some other hunched-over friends and give fist bumps.

Say: **She was bent over when she went to the doctor.** Lead kids in walking around the room.

Say: **And she was bent over on the day she went to the synagogue, or church.** Lead kids in walking around the room again.

With kids still hunched over, lead them in discussing these questions.

Ask: • **How do you feel right now?**

• **What would be the hardest part about walking like this for 18 years?**

Say: **Thankfully, you won't have to walk like that for 18 years. I'll read to you what Jesus did, and then I'll come around and help you stand up straight.**

Read Luke 13:12-13. Go around and touch each child's shoulder, saying: [Name of child], **you are healed of your sickness!** Adult and teen helpers can assist you.

Once all the kids are standing up straight, have them cheer like the woman praised God.

Debate

Say: **Jesus is loving. He cared about this woman, so he touched her and healed her. But there were some people there who cared more about rules than about love. They were the religious leaders.**

You see, there was a rule that said no one could do work on the Sabbath, God's special day of the week. And the day Jesus healed the woman was the Sabbath. So the religious leaders figured that was sort of like work. Let's have a debate—that's sort of like an argument but without yelling.

Form two teams: the Synagogue Leaders and the Jesus Group. Give each group a few Bibles. Have the Synagogue Leaders read Luke 13:14 and the Jesus Group read Luke 13:15-16.

Then have kids prepare to explain their side of the story, using the arguments from the Bible as well as their own thoughts. After several minutes of preparation, have the groups debate one another, giving each group one turn to present arguments and one turn to respond to what the other group said.

Say: **Let's reread what the leader said.**

Read Luke 13:14.

Ask: • **What was unloving about what the leader said?**

• **Was there anything loving in his words or actions?**

Say: **The synagogue leader didn't say the woman shouldn't have been healed at all; he just said she should've come on a different day to be healed. Maybe he thought *that* was loving.**

Ask: • **From what the synagogue leader said, what do you think was more important to him: rules or people? Explain.**

Say: **This leader was so focused on the rules that he put them ahead of loving others. Jesus loves people! And what the leader did wasn't loving.**

Jesus is loving, so we're loving. When we're loving, we care more about helping others than doing what's comfortable or what we're used to doing.

Ask: • **Think of an example of a time being kind and loving might feel awkward.**

Say: **Jesus is loving, so he put the woman's needs first, even though he knew other people might get mad. Let's think about how we need Jesus' love in our lives.**

Be Released

Say: **In our Bible story, the woman needed healing for her back. Maybe you need healing from Jesus, too. You may not have a physical hurt like being bent over, but maybe your heart hurts because your parents are fighting or you feel lonely. Maybe you're sad or you're struggling in school. After Jesus healed the woman, he said she was *released* after 18 years of being in bondage. *Bondage* means being in chains. She was in bondage to her sickness!**

Give each child a rubber band and a pen. Have kids each write on the rubber band what they're in bondage to, such as the examples you gave above. Then have kids put both wrists into one rubber band to demonstrate being in bondage.

Say: **Jesus is loving, and he can release us from our bondage. And he can help us pass on his love, too!**

Cut the rubber band off one child's wrists as you say: [Name of child], **Jesus loves you**. Then have that child cut the rubber band off another child's wrists, repeating the blessing. As kids do that, put a rubber band on your own wrists so that the last child can cut yours off.

Have kids hold up their broken rubber bands. Say: **Jesus is loving, and he frees us from bondage. He can use you to share his love with others who need to be released from bondage! Let's spread his love this week.**



LIFE APPLICATION WRAP-UP

[5 min]

Pray and Stand

Pray for Partners

Say: **Today we learned about how Jesus showed love by healing a woman who wasn't able to stand up straight. Maybe you can stand up straight but there's something hurting your heart. Let's pray about those things.**

- Have kids form pairs.
- Partners will exchange prayer requests for things that are hurting their hearts (or other people they know).
- One partner will bend forward like the woman in the story while the other partner prays for the first partner's prayer request. Then the first partner will stand up straight.
- Partners will trade places until they've both prayed for each other.

Wrap Up

Pray: **Jesus, thank you that you're so loving! Help us show your love to others. In your name, amen.**

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



Supplies

- 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](#).

Play a Version of Blob Tag

Say: **Today's Bible story is a great example of Jesus' loving care for others. Jesus healed a woman who'd been bent over for years so that she could stand upright again. Instead of focusing on the rules above all else, Jesus put love first.**

Let's play a game to see the difference between overlooking people and showing people they matter.

- Invite a willing person to be "It."
- It will try to tag as many people as he or she can, and anyone who is tagged joins hands with It or another child who's been tagged to become a team It.
- Once the It team has grown to about half your total kids, whisper to the kids on the It team a new rule that excludes some of the kids, such as they can't tag anyone wearing red or anyone wearing a short-sleeved shirt or jeans. It can be anything that has to do with what kids in your group are wearing and will include more than one child.
- Allow the game to continue until everyone but the kids who are being excluded are in the It team.
- Play a few rounds of the game, starting with a new It each time and using different exclusionary rules.
- If you'd like, play upbeat music while kids play as many rounds as time allows.

Talk About It

Ask: • **What was it like when you were purposefully left out of joining the tagging group?**

Say: **It isn't fun to be ignored or left out. It sends an unloving message.**

Ask: • **What's it like to be noticed and shown you matter?** Share an example of your own, such as when someone noticed you needed help carrying something or a co-worker noticed your effort and thanked you.

Say: **When we notice and care for others, it sends a very loving message that says "you matter." That's the message Jesus has for everyone because Jesus is loving. We can also be loving and help the people around us know they matter to us and Jesus.**



Supplies

- men's socks (1 per child)
- rice (about 1½-2 cups per child)
- measuring cups
- peppermint essential oil (optional)
- permanent markers
- "Heating Pad Instructions" handout (1 for every 4 kids) (download [here](#))

Easy Prep

- Make a sample craft to show kids.
- Cut apart the "Heating Pad Instructions."



Make Heating Pads

Say: **In our Bible story, Jesus showed love by healing a woman who'd been in pain for a long time. We're going to make heating pads that you can use to help other people when they're in pain.**

Show kids the sample craft you made. Give each child a sock. Set out the remaining supplies to share, and have kids follow the directions on the "Heating Pad Instructions" handout to make heating pads.

- Fill the sock with about 1½ to 2 cups of rice.
- If peppermint oil is available, drip a few drops into the sock periodically as you put the rice in so it's evenly distributed.
- Tie a knot in the sock to hold the rice in.
- Use permanent markers to decorate the sock and the instruction card that goes with it.

Talk About It

Say: **Right now these socks aren't warm. But by microwaving them along with a cup of water, they'll create a comforting heating pad that will soothe pain. The peppermint oil will also help people in pain.**

- Ask:
- **Tell about a time you were hurt and needed a heating pad.** Share your own story first.
 - **Tell about someone you know who's in pain.**

Say: **Jesus is loving, so we're loving. We can show love just like Jesus did by helping people who are in pain!**

Have kids take their heating pads home and warm them up for their friends and families to use when they're hurting.



Supplies

- small, round laundry basket
- lightweight foam balls or paper wads (6 per person)
- 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](#).

Toss Balls Into a Moving Target

Say: **Today's Bible story showed us Jesus is loving. Jesus healed a woman who had been bent over for years so that she could stand up again.**

Let's play a game that celebrates Jesus' love and how it can fill us up!

- Invite a willing person to be the first Basketeer, who will hold the laundry basket on his or her head and run around while everyone else tries to throw balls into the basket to fill it up.
- Give everyone else six balls, and have kids stand in a large circle.
- At your cue, the Basketeer will start running around within the circle while everyone tries to toss balls into the basket with the goal being to get all the balls in the basket. Only the Basketeer can change location, but kids may pick up balls that miss the basket and land near them.
- Swap out the Basketeer as often as necessary to accommodate everyone who would like a turn or two. Reset the balls for each new Basketeer.
- If you'd like, play upbeat music while kids play.

Talk About It

Say: **In the game you filled someone's basket, and it was fun and full of laughs and joy. That's kind of what it's like when someone is loving toward you—it fills you with joy!**

Ask: • **Tell about a time someone was loving toward you.**

• **Tell about a time you were loving toward someone else.** Share an example of your own first, such as making and taking a meal to a family going through a hard time.

Say: **Jesus is loving and shows us that it's awesome to give and receive love. A lot of times when we're loving toward others and filling them up, we get filled up, too. Life is good when we choose to be loving!**



OBJECT LESSON

Water Glue

[10 min]

Supplies

- spray bottles with water (1 for every 4-6 kids)
- 8½x11 pieces of printer paper (1 per child)
- aluminum foil (1 piece per child)
- plastic rulers (1 per child or have kids share)
- disposable plastic and foam plates and cups (1 per child)

Connect Objects Without Water

Say: **When friends love each other, you can say that they're bonded together. Sometimes shared experiences bring us close to others. For example, you feel close to your teammates when you win a big soccer game, or you feel close to your family members when you go through something hard together.**

Ask: • **When have you bonded with a friend?** Share an example from your own life to begin.

Say: **Did you know that water bonds things together, too? Water can act like glue and make things stick together—some better than others. When water makes things stick together, it's called *cohesion*. Let's experiment and see how well cohesion brings different objects together.**

- Form pairs, and give each pair two pieces of paper, two pieces of aluminum foil, two plastic rulers, and two matching plates or cups. Provide spray bottles for pairs to share.
- First, have kids try to bond identical objects without water. Can they make the objects stick together?
- Next, have kids try to bond the objects together with water. Have them do the following experiments, then allow time for them to try other ideas. Before each experiment, have kids guess how well the water will bond the items.
 - Soak each piece of paper, then press them together and see if they stick together.
 - Spray water on one piece of aluminum foil, then press another piece on top of the foil with water to see if the pieces stick together.
 - Spray one plastic ruler, then place another plastic ruler on top, leaving a little bit of the top ruler sticking out. Hold only the top ruler in the air and see how long the bottom ruler sticks before it falls.
 - Spray the inside of a cup or plate, and nest another one inside. Try to hold only the top one in the air and see how long it takes for the bottom one to fall.

Talk About It

Ask: • **Which objects do you think bonded together the best?**

• **Why do you think some didn't stay bonded as well?**

Say: **The religious leaders in our story may have thought they were loving, but they were more like one of our weaker bonds. They let other things like the rules get in the way of love. But Jesus is loving, and his love always sticks with us. We can show his love by putting people before rules.**



Supplies

- Bibles
- paddle balls (1 for every 5 kids)
- timer

Tip

- If you don't have paddle balls, check your local dollar discount store.



Set It Up

Say: **In today's story, we learned that Jesus is loving and showed his love by healing the crippled woman.**

But not everyone gets healed like she did. If Jesus is loving, why are people still hurting? Let's dig in to that.

Dig Deeper

Have kids line up along a wall.

Say: **I'm going to read some verses about God's love. As I read them, count how many negative words are used, such as *hungry* or *danger*. Negative things can make us feel far from God. For each negative word, take a step away from the wall, imagining you're getting farther from God.** Read Romans 8:35-39.

Ask: **• How many negative words did you count?** (In the NLT, we counted 14 words...but don't focus on the right answer!)

• What were some of the negative words in these verses that you've experienced? Share about those times. Give your own example first.

Say: **I'm going to read the verses again. This time, listen for how we know that God is loving, even when we face troubles.**

Reread Romans 8:35-39. Then have kids return to the wall.

Ask: **• Based on these verses, how do we know that God is loving even when we face troubles?**

Say: **Paul, who wrote these verses, said that *nothing* can separate us from God's love. In fact, overwhelming victory is ours even when all *that* is going on, *because* Jesus loves us! That might be a little hard to understand, so let's play a game that will help give you a picture of that.**

Play a Game

Have kids form groups of five, and give each group a paddle ball. Have each group form a circle with about 2 feet between kids. Give the paddle ball to one child in each group, and have that person stand up and hold the paddle reaching toward the center so the ball hangs down in the middle of the circle. The rest of the small group will remain seated and will hit the ball, trying to bat it around to each other for one full minute without missing it. After a minute, have kids switch roles so the person holding the paddle ball gets to play.

Ask: • **What happened to the ball in this game?**

Say: **Even if you tried to control the ball's movement, things might've gotten a little crazy—the ball had its ups and downs. But no matter what happened, the ball was always connected to the paddle.**

Ask: • **How does that remind you of God's love?**

Say: **In life, you'll have ups and downs. You'll have times things feel out of control! But Jesus is loving, and nothing can ever separate you from his love.**

I'm going to read our verses again. Listen for *one* word that reminds you of something you're experiencing in your life.

Read Romans 8:35-39.

Say: **Now I'm going to pray. I'll pause for you to silently fill in the word you picked from the Bible verses.**

Pray: **Dear Jesus, thank you that nothing can separate us from your love. Not even (pause) can separate us from your love. Because of your love, we have overwhelming victory even when we go through hard times. Thank you! In your name, amen.**