



LOW-ENERGY GAME

Boldly Balanced

[10 min]

Supplies

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

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!**



TALK-ABOUT VIDEO

Balloon Ride

[10 min]

Supplies

- "Balloon Ride" teaching video

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!



DEEPER BIBLE What Does Having a Bold Faith Look Like for Me?

[15 min]

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.**

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.**

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.

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!**



LIFE APPLICATION WRAP-UP

Bold Prayers

[5 min]

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.**



ACTIVITY PAGES WITH A POINT

Bold Colors

[10 min]

Supplies

- “Jesus Heals a Man's Deformed Hand on the Sabbath” Activity Page (1 per reader)
- washable markers
- crayons

Older Kids: Do an Activity Page

Say: **Jesus is bold.** Today's puzzle shows us a word, but we need bold colors to help us see what it says!

Distribute the activity pages and pencils. Kids will color in the squares to reveal the word BOLD.

Ask: • **Why do you think the colors make the word stand out?**

• **How can bright colors that stand out remind you of being bold for Jesus?**

Say: **Just like the yellow squares, Jesus didn't blend in with the crowd. Jesus is bold!** He called up the man to heal him in front of everyone and went against what other people thought he should do. When we do things his way, we might look a little different, but we'll be shining Jesus' light boldly!

ANSWER KEY:



Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Jesus is bold! He boldly healed the man's hand, even though people didn't think he should. Let's color that scene.**

Allow time for kids to color.