



LOW-ENERGY GAME

Bold Hops

[10 min]

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.

Frog Hop to Hula Hoops

Say: **Today's Bible story is 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!**



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 Pray for One Another

[15 min]

Supplies

- Bible

Pray for Physical Needs

Say: **Jesus is bold!** Jesus boldly showed God's love by healing the man's hand in our Bible story. And the Bible tells us that we can be bold like Jesus, too. We can be bold by sharing God's love even with people who are mean to us. We can be bold by telling others about our friend Jesus. And we can be bold by praying for one another.

Share about a time *you've* prayed for someone.

Ask: • **Tell about a time *you've* prayed.**

Say: **Listen to what the Bible says about being bold.**

Read Hebrews 4:16.

Say: **We can boldly ask God for what we need because he loves us**

and always listens to us! And the Bible tells us that our prayers for one another are powerful.

Read James 5:16.

Say: **Let's be bold right now and pray for one another! Jesus healed the man's body in our Bible story, and we can pray for one another's bodies, too, when we are sick or have owies. Who has an owie you want prayer for?**

Have kids who want prayer share what parts of their bodies are hurting or if they're not feeling well.

Once kids have shared, you can have the rest of the children put a hand on the shoulders of kids who requested prayer if you have a small group. Or you can have your group form a circle, and you can have preschoolers who want prayer sit in the middle of the circle while everyone else prays for them.

Lead kids in a simple prayer for healing, such as **Dear God, we thank you for loving us and being our great Healer. Right now we ask that you'll make us better. In Jesus' name, amen.**

Be bold and ask kids how they feel after you pray!

Pray for Emotional Needs

Say: **Just like we can be bold like Jesus and pray for one another's bodies to be healthy, we can pray for one another's hearts, too. Maybe your heart feels sad because your friend moved away. We can pray for God to bring you a new friend and to help your heart be filled with God's love. Or maybe you feel a little scared about starting school next year. We can pray to God for that, too!**

Let kids share their prayer requests with you, and then lead the rest of the children in praying for those needs.

Allow children to pray as well if they'd like to.

Pray for Friends and Families

Say: **We can also pray for one another's family members and friends. Maybe your dad is looking for a new job. We can pray that God brings him a good job really soon! Maybe your aunt is sick and in the hospital. We can pray that God takes away her pain and heals her so she can go back home.**

Let kids share prayer requests for family members and friends; then lead the rest of the children in praying for those needs.

Say: **God always hears our prayers, so we can be bold like Jesus and pray for others. You don't have to be a grown-up to pray for someone; your prayers are powerful and important to God right now. Jesus is bold, so we're bold.**



LIFE APPLICATION WRAP-UP

Pray

[5 min]

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!**



ACTIVITY PAGES WITH A POINT

Bold Colors

[10 min]

Supplies

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

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.