



Jesus Heals, Prays, and Preaches

Mark 1:29-39


Most first- and second-graders have played house. They've played the role of mom or dad and used a younger sibling or doll as the child. They love to mimic the care given to them by their parents. As you're helping children discover how Jesus cares for them, remember that they're carrying with them the concepts of care that their parents have instilled in them. In most cases, those will be positive concepts. But if they're not, contrast those negative experiences with the perfect love and caring we receive from Jesus. Use this lesson to help kids understand and believe that Jesus cares for them and will take care of them.



► **Bible Point**
Jesus cares for us.

Key Verse
"Come to me, all you who are weary and burdened, and I will give you rest"
(Matthew 11:28).

Weaving Faith Into Life
Kids will trust Jesus to care for them and will tell others about his love.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
1 Getting Started	Weary and Burdened <i>(about 10 min.)</i> Try fun endurance tests.	scrap paper	
2 Bible Exploration	Comfort Pillows <i>(about 10 min.)</i> Make pillows, and learn the Key Verse.	Bibles, CD player, brown paper bags, scrap paper, markers, packing tape Teacher Pack: CD, "Jesus Heals" poster (from the Big Bible Poster Pack) 	
	Care Shares <i>(about 10 min.)</i> Act out the healing of Simon's mother-in-law.	Bible, comfort pillows (from previous activity)	
	A Way to Pray <i>(about 10 min.)</i> Hear how Jesus prayed.	Bible, comfort pillows (from previous activity), 1 sheet of paper, tape Teacher Pack: talkie tape	Tape one end of the talkie tape to a sheet of paper. The talkie tape operates on the same principle as a needle on an LP record. Practice a few times before you demonstrate the tape.

Bold text within the lesson is spoken text.





LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
3 Weaving Faith Into Life	Care to Spare <i>(about 10 min.)</i> Find out who Jesus cares for.	My Bible Fun, pens	Tear out the Lesson 10 pages from each My Bible Fun student book.
	Thank You, Jesus! <i>(about 10 min.)</i> Thank Jesus for caring for them.	My Bible Fun, pens	
4 Lasting Impressions	Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.	My Bible Fun	
	Weaving Faith at Home <i>(about 2 min.)</i> Talk about how to share what they learned with their families.		

Bold text within the lesson is spoken text.





Jesus Heals, Prays, and Preaches

Mark 1:29-39

BIBLE BACKGROUND
FOR LEADERS

Jesus Heals Peter’s Mother-in-Law

We learn from the beginning of this passage that Peter (called Simon in this passage) was married, because it tells us he had a mother-in-law. Luke tells us that she was ill with a high fever (Luke 4:38). The fact that she was able to get up and start serving her guests immediately after being healed by Jesus demonstrated the completeness of her healing.

Jesus Heals People and Casts Out Demons

Not a single day had passed since Jesus healed the demon-possessed man in the synagogue, yet at nightfall people from all over town brought their sick to him for healing. It’s interesting to note that in that culture, without electric lights, all outdoor activity generally ceased when darkness came. But not that night—when the sun set, the Sabbath was over. At that point, the work involved in bringing these people to Jesus was permissible. Jesus met the needs of those who came to him, healing diseases and casting out more demons.

Jesus Tells the Demons to Be Silent

Why did Jesus silence the demons that knew who he was? Perhaps because he didn’t want his identity to be made known by demons but rather by his own words and actions. After a strenuous day and evening, Jesus apparently stayed at Peter’s house that night. Jesus got up before dawn to be alone and pray. As he was praying, Peter and the others found him and presented him with more requests. However, Jesus wasn’t interested in building his popularity. Instead, he was ready to move on to where he could minister to people who didn’t already know him.

Jesus knew his mission. He knew that people in other parts of the region had physical needs he could meet. He also knew that those people needed to know who he was. So he continued on, sharing his message of the coming kingdom, demonstrating his power, and freeing people from the bondage of evil.

The Jesus Connection

What do you need right now? Whatever it is, Jesus cares, and he can help. All the resources of heaven and earth belong to him, and he’s ready to help you today.

Lots of people care about what happens to us, but nobody cares like Jesus. He has the power, the wisdom, and the love to know what’s best for us. Jesus tirelessly cares for us and our needs. What cares can you leave in Jesus’ capable hands today? What can you learn about caring for others from Jesus’ example? You can write your prayer here.





Weary and Burdened Supplies

scrap paper

1 GETTING STARTED

Weary and Burdened

What You'll Do ■■■■■■

Welcome kids warmly as they arrive, and ask them how their week went.

Gather everyone together.

Say: **Today we're going to see how strong you are! Let's see how long you can keep your arms out.**

Have the children stand up and spread out. Have them extend their arms out from their sides and make little circles with their arms. Demonstrate for the children. Then say: **Keep doing this as long as you can, but lower your arms when you get too tired.** Wait until most or all of the children have lowered their arms.

Say: **That was tiring! Let's try another test.** Put the kids into two teams, and have each team line up single-file.

Say: **First we'll have to get our supplies ready.** Give kids the scrap paper, and have them make at least one paper wad per child.

Say: **I'll give the first person in each line a few paper wads. Each person will turn around and quickly pass the wads to the next person in line. The last person to get the wads goes to the front of the line and continues passing.**

Give the first child in each line a handful of paper wads. Encourage children to hurry as they pass the paper wads. Keep giving the first child in each line more and more paper wads until children have trouble keeping the game going. Then call time, and have kids sit in a circle.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What was it like trying to hold your arms stretched out?**
- **What was it like trying to pass all those paper wads so quickly?**
- **Tell about a time you had to do something really hard.**
- **Who can you go to when you need help?**

Say: **Both of our activities were really hard. And there are times that things in life feel really hard like that. But our Bible Point tells us that ► JESUS CARES FOR US. Jesus wants to care for us when we're tired and worried and upset. Today we'll learn how Jesus cares for and helps us in our lives.**





2

BIBLE
EXPLORATION

Comfort Pillows

What You'll Do

Show kids the "Jesus Heals" poster. Say: **Today we'll hear how Jesus took care of a hurting woman. Jesus was in Simon and Andrew's house. Simon and Andrew were two of Jesus' disciples. Simon's mother-in-law was sick in bed with a fever. Let's make pillows right now so we can pretend to be sick in bed, too.**

(It's probably unnecessary for young children to understand what a mother-in-law is. If children ask, simply say that the sick woman was Simon's wife's mother, but don't unnecessarily confuse them with details that aren't vital. It's more important to keep the focus on Jesus!)

Distribute the brown paper bags, scrap paper, and packing tape.

Open your Bible to Matthew 11:28, and show kids the verse. Help kids find the verse in their own Bibles.

Say: **We'll use these bags to make pillows. You know, thinking of pillows makes me think of our Key Verse for today. Let's say it together: "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28).** Lead kids in repeating the Key Verse several times.

Say: **This verse says that we can come to Jesus and give him all of our worries, and he'll give us rest. That's why pillows can remind us of this verse. When we rest, we often lay our heads on pillows. Let's give our worries to Jesus so he can give us rest.**

Have kids write a worry on scrap paper and then crumple the paper. Then have them put the crumpled papers into their bags. Let kids use more scrap paper to stuff the rest of their bags, leaving a space of about 2 inches at the top to turn down. Help children tape down the tops of their bags to form pillows. Finally, give kids markers to decorate their pillows and to write "Jesus Cares" in the center of one side of the pillow.

As children work, play "I Will Give You Rest" (Matthew 11:28) (track 20 on the CD). Lyrics are at the end of this lesson. When they've finished their pillows, have kids sit in a circle.

Talk With Kids

Lead children in this discussion.

Ask:

- **Why do pillows remind you of comfort?**
- **What other things in your life give you comfort?**
- **What can you do to remember Jesus gives you comfort?**



Comfort Pillows Supplies

-
- Bibles
 - CD player
 - brown paper bags
 - scrap paper
 - markers
 - packing tape
 - Teacher Pack**
 - CD: "I Will Give You Rest" (Matthew 11:28) (track 20)
 - "Jesus Heals" poster (from the Big Bible Poster Pack)





Care Shares Supplies

Bible
comfort pillows (from
previous activity)

A Way to Pray Supplies

Bible
comfort pillows (from
previous activity)
1 sheet of paper
tape

Teacher Pack
talkie tape

A Way to Pray Easy Prep

Tape one end of the
talkie tape to a sheet of
paper. The talkie tape
operates on the same
principle as a needle on
an LP record. Practice
a few times before you
demonstrate the tape.

Say: **Pillows probably make us think of comfort because they make us think of cozying in our beds when we're tired or sick. One thing we'll learn today is that Jesus brings us true comfort. Our Bible Point tells us that ► JESUS CARES FOR US. When we bring our worries and burdens to Jesus, he takes them away and gives us rest, just as we got rid of our paper worries and got pillows to rest on instead.**

Care Shares

What You'll Do ■■■■■■

Open your Bible to Mark 1:29-39, and show the passage to the children. Read aloud Mark 1:29-31.

Say: **Isn't that amazing? Jesus went to Simon's mother-in-law, took her hand, and helped her get up. Her fever went away, and she got up and started to bring them some food. Let's pretend that each of us is either Jesus or Simon's mother-in-law. Find a partner, and we'll act out what happened.**

Say: **Decide in your pair who will be Jesus and who will be Simon's mother-in-law. Pause. If you're Simon's mother-in-law, lie down with your head on your pillow. Now listen as I read the verses again, and do what you hear.** Slowly read aloud Mark 1:29-31, and encourage kids to act out what happened. Then have kids switch roles and role-play again.

Say: **Jesus didn't stop there. He cared for several other people as well.** Read aloud Mark 1:32-34.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- How long does it usually take you to get well when you're sick?
- What do you think was exciting about Jesus making all these people well?
- What do you think are some other ways Jesus helps people get well?

Say: **► JESUS CARES FOR US. He wants to care for us by taking away our burdens and hurts, just as he did for Simon's mother-in-law. Just like we let our friends help us as we pretended to get well in our activity, we can let Jesus help us get well.**

A Way to Pray

What You'll Do ■■■■■■

Say: **The Bible tells us that on the morning after Jesus healed Simon's mother-in-law, while it was still dark, Jesus went off by himself to a quiet place to pray. Read aloud Mark 1:35-36. Then say: We don't know exactly what Jesus prayed about, but we do know that it was very important for Jesus to stay in touch with his Father in heaven.**





Say: **We can use Jesus as our example. Jesus went off by himself to a quiet place to pray. Take your pillow, and find a place to be all by yourself somewhere in the room. Allow time.**

Say: **Think of something you'd like to pray about right now. Maybe you have a worry or burden you'd like to give to Jesus. Or maybe you'd just like to thank him for caring for you. Lie on the floor with your head on your pillow, and I'll give you time to pray. Remember that ► JESUS CARES FOR US.**

Turn off the lights, and give children a minute or two to pray silently. Then turn the lights on, and gather children in a circle.

Say: **When the disciples found Jesus, they said, "Everyone is looking for you!" Jesus said, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." So Jesus and his disciples traveled throughout the land, and Jesus preached and healed many people.**

Show children the talkie tape. Demonstrate how to activate the tape by running your thumbnail down the length of the tape. As you do so, you'll hear the words "Jesus loves you." Then pass the talkie tape around the circle and let kids try it out. After each child has a turn, have the child say, "Thank you, Jesus!"

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What did you like about taking a moment to get away and pray?
- How can taking time to pray make you open to Jesus' help in your life?
- How did the talkie tape help you share the message of Jesus?

Say: **We can follow Jesus' example and take time by ourselves to pray. And when we do, we'll be taking time to see and know that ► JESUS CARES FOR US. Just like the talkie tape says: "Jesus loves you."**

.....

3 WEAVING FAITH INTO LIFE

Care to Spare

What You'll Do ■■■■

Give each child a My Bible Fun page and a pen. Say: **Our Bible Point tells us that ► JESUS CARES FOR US.**

Explain that for each situation pictured, kids will think of someone they know who Jesus cares for. Say: **Write that person's name in the blank under the picture. It's okay for**



Care to Spare
Supplies

My Bible Fun
pens

Care to Spare
Easy Prep

Tear out the Lesson 10
pages from each My
Bible Fun student book.





you to write your own name under one or two of the pictures. Circulate among the children to offer help as needed. Give them several minutes to write their answers, and then have kids form pairs and explain to their partners why they chose the people on their My Bible Fun pages.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **Tell why you want Jesus to care for one of the people on your page.**
- **What makes you sure he will?**

Say: ► **JESUS CARES FOR US, and Jesus cares for others, too. Jesus loves everyone, and he wants to help everyone. In our Bible passage, we learned that Jesus healed and cared for many different people with many different troubles. We know he'll care for us and our hurts and troubles, too.**

Thank You, Jesus!

What You'll Do ■■■■■■

Say: **The people Jesus cared for were probably very happy, and they probably thanked Jesus for caring for them. Let's thank Jesus for caring for us.** Lead kids in saying, "Thank you, Jesus!" Then point out the "Thank You, Jesus!" section on the My Bible Fun page.

Say: **Our Bible Point reminds us that ► JESUS CARES FOR US. But Jesus doesn't just care about our outside hurts. He cares about our inside hurts, too. Jesus cares so much about us that he died for our sins so that we could live with him forever! He's the best friend we could ever have. He cares when we're sad, lonely, or even mad. He loves us so much!**

Encourage kids to think of as many words as possible to finish the sentence written above the picture of the green bandage in My Bible Fun. Tell them to write the words on the bandages as a way to say thank you to Jesus.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What's it like to get better after being really sick?**
- **Tell about a way Jesus has cared for you.**
- **What do you most need Jesus' care with right now?**

Say: **Jesus healed and cared for the people in the Bible that we read about today. And we know Jesus has taken care of us in the past. So we can be sure Jesus will care for us and the people we love in the future. ► JESUS CARES FOR US.**

Thank You, Jesus!
Supplies

My Bible Fun
pens





4

**LASTING
IMPRESSIONS**

Daily Challenges

What You'll Do

Say: **Let's think about how ► JESUS CARES FOR US.**

Have kids find this week's Daily Challenges on their My Bible Fun pages and choose one to do this week. They can choose one or more of these three options:

- **Bring a handmade greeting card to a friend who's sick or sad, and tell your friend that Jesus cares for him or her!**
- **Say the Key Verse to your family members at dinner, and tell them that Jesus loves and cares for each one of them.**
- **Before you go to bed at night, thank Jesus for caring so much about you that he died for your sins.**

Make sure you choose a Daily Challenge as well, and tell kids what you chose. Kids will be more inclined to follow through on their commitments when they see you doing the same.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- **What's a practical way you're going to do your Daily Challenge? Include a time, a place, and other ideas.**

Say: ► **JESUS CARES FOR US** just like he cared for the sick woman. **We can go to him anytime we're sick, hurt, or sad. We can encourage our friends and family members to go to him as well. Remember that Jesus will care for you as you follow through on your Daily Challenges this week.**

Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about how Jesus cares for them. Kids can also do the activities in the "HomeConnect" section of their My Bible Fun pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at group.com/digital.

Take a couple of minutes to pray with your kids. Pray: **God, thank you for sending Jesus to care for us. Thank you that Jesus is strong and he can help us with anything. Help us to trust Jesus this week. In Jesus' name, amen.**



Daily Challenges Supplies

My Bible Fun



**Lyrics** ■■■■**I Will Give You Rest (Matthew 11:28)**

If you are tired,
If you are worn,
If you're feeling burdened,
You can come to me for sure.
If you are sad,
If you feel bad,
If you're feeling weary,
I will always make you glad.

(Chorus)

**Come, come, come to me,
All of you who are weary and burdened,
And I will give, give, give you rest.
Come, come, come to me,
All of you who are weary and burdened,
And I will give, give you rest.**

(Repeat from the beginning; then repeat chorus.)

"I Will Give You Rest" (Matthew 11:28) by Ben Glover. © 2005 Group Publishing, Inc. All rights reserved.

