



# Jesus Heals, Prays, and Preaches

Mark 1:29-39

“Mommy, can you help me...” “Daddy, I need you to...” These are common phrases heard from 8- and 9-year-olds. They’d love to do things on their own, but they realize some of their inability and quickly run to their parents for help. Children with positive parental role models will quickly grasp the concept of their loving Savior caring for them. But if you lead kids who don’t have positive parental role models, you might need to spend a little more time helping them understand this concept. Use this lesson to help kids see that God loves caring for 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


Children will turn their everyday worries over to Jesus.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<b>1</b> Getting Started	<b>Mule Pack</b> <i>(about 10 min.)</i> Carry a backpack full of “burdens.”	backpack filled with several heavy books	
<b>2</b> Bible Exploration	<b>Jesus Shows He Cares</b> <i>(about 20 min.)</i> In groups, come up with a way to present how Jesus showed he cared for people in the Bible passage.	Bible, paper, markers	
	<b>Give Me Rest</b> <i>(about 10 min.)</i> Discuss the meanings of <i>weary</i> and <i>burdened</i> , and sing the Key Verse song.	Bibles, copies of the lyrics page (at the end of this lesson), CD player <b>Teacher Pack:</b> CD	

*Bold text within the lesson is spoken text.*





LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p><b>3</b></p> <p>Weaving Faith Into Life</p>	<p><b>Soar With Eagles</b> <i>(about 20 min.)</i> Share in pairs about Isaiah 40:28-31, and commit to giving their burdens to Jesus.</p>	<p>Bibles, Bible Truth Sleuth, CD player, pens, paper, tape <b>Teacher Pack:</b> CD, “Soar With Eagles” poster</p> 	<p>Tear out the Lesson 10 pages from each Bible Truth Sleuth student book.</p> <p>Hang the “Soar With Eagles” poster where kids can easily see it.</p>
<p><b>4</b></p> <p>Lasting Impressions</p>	<p><b>Daily Challenges</b> <i>(about 5 min.)</i> Choose a Daily Challenge to apply God’s Word.</p>	Bible Truth Sleuth	
	<p><b>Weaving Faith at Home</b> <i>(about 2 min.)</i> Talk about how to share what they learned with their families.</p>		

*Bold text within the lesson is spoken text.*







### Mule Pack Supplies

backpack filled with  
several heavy books

### Jesus Shows He Cares Supplies

Bible  
paper  
markers

## 1 GETTING STARTED

### Mule Pack

#### What You'll Do ■■■■■■

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

When everyone has arrived, invite a willing child to place the backpack on his or her back. Then have the child skip around the room, do several jumping jacks, or try to do some push-ups.

Say: **That looks really heavy! How does it feel? Here, let me help you.**

Take the backpack off the child, and place it on another willing child. Do this until everyone that would like to has had an opportunity to briefly wear the backpack and try various activities.

#### Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- What was it like to wear the backpack?
- What was good about having the backpack taken from you?
- Tell about things you have to do that make you feel weighed down as if you're carrying around a heavy backpack.
- What do you do to find relief when you feel weighed down?

Say: **We all carry worries around with us, sometimes more than others, but worries can leave us feeling weighed down. Jesus cares for all of our needs and worries. Today we'll learn that Jesus wants us to give him our burdens. Let's explore how**  
▶ **JESUS CARES FOR US.**

## 2 BIBLE EXPLORATION

### Jesus Shows He Cares

#### What You'll Do ■■■■■■

Say: **Jesus taught people about himself and about God. He also helped people with their troubles and cared for many in need. Let's look at what he did to help a woman who was very sick.**





Read Mark 1:29-34 aloud.

Ask:

- Why do you think what Jesus did for this woman showed he cared about her?
- Tell about ways people have shown they care when you've been sick.

Read Mark 1:35-39 aloud. Set out paper and markers, and then have kids form four groups. Assign one of the following to each group: 1) James and John, 2) Simon and Andrew, 3) Simon's mother-in-law, and 4) the townspeople who were sick and demon-possessed.

Have each group discuss how Jesus showed he cared for the people in the Bible, and have group members come up with a way to present how they believe Jesus showed he cared for the people they talked about in their group. They could either act it out, draw pictures on paper, or talk to everyone.

After each group has presented, gather kids in a circle.

### Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- Based on how Jesus showed care to people in the Bible, what does that show you about ways he can care for people today?
- What does it tell you about Jesus that he was willing to help so many people?
- In what ways have you personally experienced Jesus' care?

Say: **Jesus showed incredible kindness and love for the sick woman when he healed her and for the many other people he helped. ► JESUS CARES FOR US with that much love, too. Let's look at the reminder of Jesus' love for us in today's Key Verse.**

## Give Me Rest

### What You'll Do ■■■■

Say: **Our Key Verse today is an example of how ► JESUS CARES FOR US. It's found in Matthew 11:28, and it contains Jesus' words.**

Make sure kids have Bibles, and invite a willing child to read the Key Verse aloud: "Come to me, all you who are weary and burdened, and I will give you rest."

Say: **We're going to sing a song that'll help us remember our Key Verse. It'll also remind us that we can give our burdens to Jesus and he can help us rest.**




### Give Me Rest Supplies

- .....
- Bibles
- copies of the lyrics page (at the end of this lesson)
- CD player
- Teacher Pack**
- CD: "I Will Give You Rest" (Matthew 11:28) (track 15)





Pass out copies of the lyrics, and play “I Will Give You Rest” (Matthew 11:28) (track 15 on the CD). Have kids listen to the song once and pick out the parts of the Key Verse in the song. Then play the track again, and sing along with the kids.

 **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.

### **Talk With Kids** ■■■■

Lead kids in this discussion.

Ask:

- **What do you think it means to be weary and burdened?**
- **What kinds of burdens do you have that make you feel weary?**
- **Why do you think Jesus wants us to rest?**
- **What can you do to give your burdens to Jesus so you can rest?**

Say: **When we're tired, worried, or afraid we can be very distracted by those burdens. ► JESUS CARES FOR US and wants to take those burdens and distractions away so we can enjoy our relationship with him as well as the other good things in our lives. He helped Simon's mother-in-law and many others get rid of their burdens. Jesus wants us to soar like eagles—not be weighed down with worry. Let's explore that further.**





**3**

**WEAVING FAITH  
INTO LIFE**

# Soar With Eagles

## What You'll Do ■■■■■■

Say: **Let's look at a Bible passage that shows us how ► JESUS CARES FOR US. It's found in Isaiah 40:28-31. Pause and help kids find Isaiah 40:28.**

Invite a willing child to read the passage, and then have kids form pairs. Distribute pens and this week's Bible Truth Sleuth pages, and have kids find the "Jesus Cares" activity.

Say: **On your Bible Truth Sleuth pages, you'll see pictures of four different situations that are also on our poster. Point to the "Soar With Eagles" poster. Talk with your partner, and write ways you think Jesus can show he cares about the person in each situation. You can choose whichever person in the pictures you want, or if you want to write how Jesus can help all the people, you can do that, too.**

While kids work, quietly play "Jesus Loves Me Rock" (track 16 on the CD). Allow time for kids to write their thoughts. Have kids discuss the following questions with their partners.

Ask:

- **Tell about times you've been in a situation like one of these shown on the poster.**
- **What about the things going on in these situations might make the people feel tired, worried, or even scared?**
- **Why do you sometimes need help when you're in a situation like any of these?**
- **What do you think it means that Jesus wants us to soar on wings like eagles? Why do you or don't you think it means Jesus wants us to literally fly?**

Say: **In Matthew 11:28, Jesus said he would give us strength when we're tired and weak. That verse says: "Come to me, all you who are weary and burdened, and I will give you rest." He promises to take our burdens. So when we put our hope in Jesus and trust him, he'll renew our strength.**

**I'm going to give each of you a piece of paper. On that piece of paper, write the burdens you have that you want to give to Jesus. Don't write your name on the paper, just your burdens. I'll give you a few minutes to write. Keep in mind that someone may see what you wrote.**

After a few minutes, have kids stop writing.

Say: **Now make a paper airplane from your piece of paper. Allow time.**



## Soar With Eagles Supplies

- .....
- Bibles
- Bible Truth Sleuth
- CD player
- pens
- paper
- tape

### Teacher Pack

- CD: "Jesus Loves Me Rock" (track 16)
- "Soar With Eagles" poster

## Soar With Eagles Easy Prep

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Tear out the Lesson 10 pages from each Bible Truth Sleuth student book.

Hang the "Soar With Eagles" poster where kids can easily see it.





After each child has made his or her airplane, say: **Now take your airplane and fly it across the room. As the airplanes fly across the room, try to catch one, and then throw that one across the room. Do that one more time, and then keep the airplane you catch. Once you have an airplane, open it up and read what's written inside.** Allow time.

### Talk With Kids

Lead kids in this discussion.

Ask:

- **What about this activity reminds you of the way Jesus wants to take our burdens away and bring us rest?**

Say: **Earlier when we read Isaiah 40:28-31, we talked about soaring on wings like eagles.**

Ask:

- **How did throwing your paper airplanes with your burdens written on them remind you of soaring on wings like eagles?**
- **What would need to change about your life this week so you could “fly” like an eagle?**
- **How can you trust Jesus to care for you this week?**

Say: **In the Bible, Jesus took a lot of burdens away from people. He helped people like Simon’s mother-in-law to soar like eagles. He can do the same for us, because**  
 ► **JESUS CARES FOR US.** Let’s pray to ask Jesus to take our burdens. I’ll start a prayer, and then you can either pray silently or aloud for the burdens on the piece of paper you’re holding. After everyone who would like to pray out loud has had a chance, I’ll close the prayer.

Pray: **Dear Jesus, thank you so much for caring for us. Thank you that you want to give us rest by taking away our burdens. We want to give them to you today.** Pause and allow an opportunity for any of the children who want to pray, and then close the prayer. **Jesus, thank you for hearing our prayers and giving us rest. Please help us remember to give you our burdens this week. In your name, amen.**







4

LASTING  
IMPRESSIONS

# Daily Challenges

## What You'll Do ■■■■■■

Say: **Let's think about how we can remember this week that ► JESUS CARES FOR US.**

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

- **Ask a family member about a time they've worried and how Jesus helped them during that time.**
- **Record the things you worry about on pieces of paper, and then fold them into airplanes and hang them in your room to remind you that Jesus makes our worries light when we go to him for rest.**
- **Go outside (with a jacket on if it's cold) to relax and look at the peacefulness of God's creation and let Jesus take your worries.**

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: **When you're carrying worries and burdens this week, think about how Jesus healed the sick woman. Let's discover how ► JESUS CARES FOR US, too, as we follow through on our 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 Jesus' care. Kids can also do the activities in the "HomeConnect" section of their Bible Truth Sleuth pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at [group.com/digital](http://group.com/digital).

Close with prayer. Pray: **God, thank you for hearing all the burdens we talked about or even just thought of today. Thank you that you care for us and want to help us with those burdens. Help us see ways you care for us this week. In Jesus' name, amen.**



## Daily Challenges Supplies

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Bible Truth Sleuth



**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.)*

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**OK**  
TO COPY

