



Jesus Demonstrates His Authority

Mark 1:21-28

Fairy tales, magic, superheroes—preschoolers meet them all in their imaginations. So it's not difficult for children to believe that Jesus did amazing things. What they may not understand, though, is that Jesus was a real man, not a make-believe hero. Use this lesson to emphasize that Jesus was real and that it was God's power that helped Jesus do amazing things.



► **Bible Point**
Jesus is strong.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started <i>about 5 min.</i></p>	<p>Welcome and Celebrate Welcome each other, and praise God through music.</p>	<p>CD player Teacher Pack: CD</p>	
<p>2</p> <p>Key Verse Activity <i>about 10 min.</i></p>	<p>Resting in Jesus Sing the Key Verse, and then rest together.</p>	<p>Bible</p>	
<p>3</p> <p>Bible Exploration <i>about 15 min.</i></p>	<p>Puppy Pointers Find out that Theo wants to heal his friend's leg.</p>	<p>CD player, Theo puppet, bandage, string Teacher Pack: CD</p>	<p>Tie the bandage to Theo's paw.</p>
	<p>Bible Time: Jesus Is Strong Participate in what they hear about in the Bible.</p>	<p>Bible</p>	

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 believe Jesus is strong and he can do anything.

***Bold text** within the lesson is spoken text.*



LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life <i>about 20 min.</i> <i>(Choose 2 centers.)</i></p>	<p>Center 1: Jesus Is Strong Book Make books about what Jesus can do.</p>	My Bible Hugs, pencils, crayons, child-safe scissors	Remove the Lesson 9 pages from each My Bible Hugs student book, and write children's names on them.
	<p>Center 2: Pudding Surprise Children will make pudding from powder.</p>	large container with lid, measuring tablespoon, milk, bowls, spoons, instant pudding mix, antibacterial gel (optional)	Place 3 tablespoons per child of instant pudding mix in the container.
	<p>Center 3: Amazing Goop Explore the texture of glue and liquid starch, and talk about what Jesus can do.</p>	1½ cups white glue and 1½ cups liquid starch for every 10 kids, mixing bowl, paper bowls	
	<p>Center 4: Blown Away Create pictures by blowing away paint.</p>	white construction paper, straws, 3 colors of tempera paint, marker	With a marker, write the words "Jesus is strong" at the top or bottom of a piece of construction paper for each child.
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions <i>about 10 min.</i></p>	<p>Daily Challenges Choose a Daily Challenge to apply God's Word.</p>	My Bible Hugs	
	<p>Action Prayer Say a prayer asking for Jesus' help during the week.</p>		
	<p>Weaving Faith at Home Talk about how to share what they learned with their families.</p>		

Bold text within the lesson is spoken text.



Welcome and Celebrate Supplies

CD player

Teacher Pack

CD: "Welcome, Welcome" (track 14),
"Jesus Loves Me Rock" (track 10)

1

GETTING STARTED

Welcome and Celebrate



Tip Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do ■■■■■■

As the children arrive, greet each one with a smile. When it's time to begin, use your signal to gather the children together in a circle.

Lead children in singing "Welcome, Welcome" (track 14 on the CD) to the tune of "Ten Little Indians." Have the children stand in a circle and hold hands as they swing their arms and sing. Encourage them to smile at each other throughout the song.



Welcome, welcome to our church.

Welcome, welcome to our church.

Welcome, welcome to our church.

We're so glad you're here!

(Repeat 2x.)

Say: **This week we'll learn that ► JESUS IS STRONG. Let's sing another song together. This song will help us remember that Jesus is amazing and ► JESUS IS STRONG.**

Lead children in singing "Jesus Loves Me Rock" (track 10). Encourage children to sing the echoes in parentheses.



Jesus loves me; *(echo)*

This I know *(echo)*

For the Bible *(echo)*

Tells me so. *(echo)*

Little children *(echo)*

To him belong. *(echo)*

They are weak, but *(echo)*

He's so strong! *(echo)*

Jaaaayyy! *(echo)*

Eeeeeeee! *(echo)*

Ssssssss-aaaah! *(echo)*

Uuuuuu! *(echo)*

Ssssssss-aaaah! *(echo)*





And what's that spell? *(Jesus!)*
 And who do you love? *(Jesus!)*
 And who loves you? *(Jesus!)*
 Who died for you? *(Jesus!)*
 And who's your guy? *(Jesus!)*
 The apple of your eye! *(Jesus!)*
 And who's your friend? *(Jesus!)*
 He'll love ya to the end!

(Repeat from beginning.)

"Jesus Loves Me Rock" by Dean-o. © 2003 Group Publishing, Inc. All rights reserved.

Talk With Kids ■■■■

Say: **We can rejoice and thank Jesus because ► JESUS IS STRONG. We can be excited because we know Jesus will always take care of us!**

2

KEY VERSE ACTIVITY

Resting in Jesus

What You'll Do ■■■■■■

Have children form a circle and sit down. Open your Bible to Matthew 11:28, and show children the words. Tell children that the Bible is God's special book.

Say: **Our Key Verse from the Bible, Matthew 11:28, says, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). This means that Jesus wants us to come to him and rest. Let's say our Key Verse together.** Lead children in saying the simplified version of the Key Verse with you: **Come to me and rest (Matthew 11:28).**

Say: **Jesus wants us to come to him and rest. We can rest in Jesus by praying.** Have the children fold their hands. **We can also come to Jesus and rest by letting him help us.** Have the children hold out a hand, palm up. **And we can come to Jesus by trusting in Jesus' love for us.** Have the children hug themselves.

Say: **We know that ► JESUS IS STRONG, so we can trust Jesus to help us rest. Let's sing a song now. We're going to have to work really hard while we sing this song, but then at the end we can rest.**

Sing the following song, "Come to Me and Rest," to the tune of "The Farmer in the Dell." Have one child pretend to be Jesus and sit in the middle of the circle while the



Resting in Jesus Supplies

Bible





other children circle the child and sing. Sing the song two or three times, and encourage children to sing and to move faster and faster around in a circle until you signal them to stop singing. Then kids can drop to the ground and rest with the child playing Jesus.

 **Come to me and rest.**

Come to me and rest.

Jesus is strong.

Come to me and rest.

While kids are resting, have them say the Key Verse together: **Come to me and rest (Matthew 11:28).**

Select another child to pretend to be Jesus, and play the game again. Play until all the kids have a chance to be Jesus or until they're tired.

Talk With Kids

Lead children in this discussion.

Ask:

- **What was it like as we sang faster and faster?**
- **What did you like about resting?**
- **Why do you like that you can rest in Jesus?**

Say: **Sometimes we can get really tired, like we did in our game as we sang faster and faster. But the good news is we can always rest in Jesus because ► JESUS IS STRONG. Jesus will always take care of us. We can take a big breath and trust that Jesus will take care of things. Let's say our Key Verse together one more time.** Lead children in saying the Key Verse: **Come to me and rest (Matthew 11:28).**

3 BIBLE EXPLORATION

Puppy Pointers

What You'll Do

Say: **Listen, everyone, Theo's coming! He has something to show us. Let's find out what it is.** Play "Here, Theo" (track 4 on the CD), and bring out Theophilus the FaithRetriever.

Theo: Hi, everybody!

Teacher: Hello, Theo! It's so good to see you at church with us today. What do you have there?

Theo: I brought this bandage with me.

Teacher: Why did you bring a bandage?

Theo: My friend hurt his leg, and I want to heal him.

Puppy Pointers Supplies

CD player
Theo puppet
bandage
string

Teacher Pack

CD: "Here, Theo"
(track 4)

Puppy Pointers Easy Prep

Tie the bandage to
Theo's paw.



Teacher: That's very nice of you, Theo, and I'm sure that the bandage will make your friend feel better, but it's impossible for us to heal people! Only Jesus can do that. Friends, let's say our Bible Point for Theo.

(Lead children in saying the Bible Point for Theo: ► **JESUS IS STRONG.**)

Teacher: No one is as strong as Jesus. And only Jesus can do impossible things like healing people. In the Bible today, we're going to find out about a very special thing that Jesus did to help a man.

Theo: Jesus is amazing! I'm going to go give this bandage to my friend and tell him that ► **JESUS IS STRONG.**

Teacher: That's good! Friends, let's say goodbye to Theo.

Encourage the children to wave or say goodbye to Theo. Then put Theo away in a safe place for next week's use.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Why do you think Theo can't heal his friend?
- Explain whether you can heal people when they're sick or sad.
- Why do you know Jesus can heal anyone?

Say: **Theo can't heal his friends. And we can't heal people on our own, but ► JESUS IS STRONG, and he can heal anyone. Let's listen to the Bible now and find out how Jesus helped a man because Jesus is strong and he can do anything.**

Bible Time: Jesus Is Strong

What You'll Do ■■■■

Open your Bible to Mark 1:21-28, and show children the words. Tell children that the Bible is God's special book.

Say: **Today we'll learn that ► JESUS IS STRONG, and we'll learn how he uses his strength to do something really special.**

Say: **All of you have a very important part today. You'll pretend to be the people who are listening to Jesus. Every time I say, "The people said," I want you to say, ► "JESUS IS STRONG!"** Have the children practice saying this with surprised voices and facial expressions.

Say: **Jesus and his friends went to church in a town called Capernaum. Jesus began to teach. The people saw how wonderfully he taught! He talked to them about God, and they understood him. Jesus said things that only God would know. The people said...**Lead the children to respond, "► **JESUS IS STRONG!**"

Say: **Well, as Jesus was teaching the people, a man with a bad spirit started to scream. He didn't want Jesus to teach about God anymore.**



Bible Time: Jesus Is Strong Supplies

.....
Bible





Say: **Jesus loved the man. So Jesus got rid of the bad spirit that was making this man do bad things. He helped the man so the man never did those bad things anymore. And the people said...Lead the children to respond, ► “JESUS IS STRONG!”**

Say: **The people were so amazed that they told everyone, and the news spread to all the nearby towns. Only Jesus could take the bad spirit away from the man and make him happy. ► JESUS IS STRONG!**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What surprised you about what happened with Jesus and the man?
- Why do you think Jesus can do that?
- What are some ways Jesus can show he’s strong in your life?

Say: **The bad spirit was controlling the man, and the man couldn’t do anything about it. No one around could do anything to help the man. But Jesus could, because ► JESUS IS STRONG. All Jesus had to do was tell the bad spirit to leave the man because Jesus can do anything.**

.....

4 WEAVING FAITH INTO LIFE

Choose at least two of the learning centers to help reinforce today’s Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you’re ready for them. Allow the children to choose which center they’d like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center’s description.

■ CENTER 1:

Jesus Is Strong Book

What You’ll Do ■■■■■■

Give each child a Lesson 9 page from My Bible Hugs. Say: ► **JESUS IS STRONG. He can do anything. He made the bad spirit leave the man. And he can do things to help you, too. Let’s think of some things Jesus can do that show how strong he is. We’ll make a book to show all these things.**

Sit with the children, and assist them as they each cut along the dotted lines marked “cut here” to remove the Jesus Is Strong Book from the page. Help the children fold

Center 1: Jesus Is Strong Book Supplies

.....

My Bible Hugs
crayons
pencils
child-safe scissors

Center 1: Jesus Is Strong Book Easy Prep

.....

Remove the Lesson 9 pages from each My Bible Hugs student book, and write children’s names on them.





the sections accordion style. Read the words to the children, and have children draw pictures and color them to illustrate the book.

Talk With Kids

Lead children in this discussion.

Ask:

- What are some things Jesus can do?
- What things are hard for you to do?
- What are some ways Jesus can help you?

Say: **There are so many things Jesus can do that show he’s strong. We couldn’t make a book big enough to show all the things he can do. Let’s remember this week that ► JESUS IS STRONG, Jesus loves us, and Jesus wants to take care of us.**

CENTER 2:

pudding Surprise

What You’ll Do

Have children clean their hands and then sit down for the snack.

Say: **Let’s look at what’s in the container.**

Ask:

- What do you think that powdery stuff is?
- What sorts of things do you think we can make from that powder?

Say: **Let’s pour some milk into the container and see if we can make some yummy pudding from the powder.**

Pour milk into the container, following the recipe to make pudding. Then place the lid on tightly. Pass the container around, and let each child vigorously shake it for several seconds. Once each child has had a turn, let the container sit.

Ask:

- What are some amazing things that Jesus has done?
- What are some things that Jesus has done for you that show he’s strong?

Say: **Jesus did many, many amazing things when he was on earth, and Jesus is still doing amazing things! ► JESUS IS STRONG and he can do anything. Now let’s see if our powder has turned into pudding!**

Open the container, and put a spoonful of pudding in a bowl for each child. Encourage children to taste the pudding.



Center 2: Pudding Surprise Supplies

-
- large container with lid
 - measuring tablespoon
 - milk
 - bowls
 - spoons
 - instant pudding mix
 - antibacterial gel (optional)

ALLERGY ALERT

Center 2: Pudding Surprise Easy Prep

-
- Place 3 tablespoons per child of instant pudding mix in the container.





Center 4: Amazing Goop Supplies

1½ cups white glue and
1½ cups liquid starch
for every 10 kids
mixing bowl
paper bowls

Ask:

- What's different about the powder now?
- Are you surprised? Why?

Talk With Kids ■■■■

Say: **We did something pretty amazing by making our pudding-surprise snack this way, but that's not nearly as amazing as the things Jesus can do. ► JESUS IS STRONG—he made the bad spirit leave the man, and he can do anything. Let's thank Jesus for the yummy food he gives us to eat.** Invite a child to pray and thank Jesus for the snack. Serve the rest of the pudding, and encourage children to continue eating their snack.

■ CENTER 3:

Amazing Goop

What You'll Do ■■■■■■

Say: **The man with the bad spirit was changed when Jesus used his strength and power. Jesus changed the man so he was free of the bad spirit and happy again.**

Pour the glue and starch into a large mixing bowl and mix the ingredients. Say: **When I mix these two things together, it makes something kind of icky. I'll give each of you some, and I want you to see what you can do with it.**

Put some goop in a bowl for each child. Encourage kids to explore the texture of the goop as they squeeze it, "cut" it with their fingers, and watch it ooze.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What happens to the goop when you squeeze the water out?
- How is that like or unlike when Jesus made the bad spirit leave the man?
- What things can Jesus help you with when things get hard for you?

Say: **Think about how this goop changes when you squeeze it. The water comes out, kind of like when Jesus helped the man in the Bible. But when Jesus healed the man, he changed him forever. Jesus can change anything because ► JESUS IS STRONG.**



CENTER 4:

Blown Away

What You'll Do

Give each child a piece of construction paper.

Say: **When the man yelled out bad things, Jesus told the man to be quiet. Jesus told the bad spirit inside the man to go away, and it did. ► JESUS IS STRONG, and Jesus wants to help us just as he helped the man in the Bible. Let's make a craft right now to show that Jesus can help us get rid of the bad things we've done or said, just as Jesus got rid of the bad spirit inside the man.**

Encourage children to think of some things they've done wrong as they gently drop three different colors of tempera paint onto the white paper. Give each child a straw, and remind him or her that when Jesus told the bad spirit to go away, the spirit obeyed God. After each child has a straw, encourage the children to say, ► **"JESUS IS STRONG"** and then use the straw to gently blow the paint away. As children blow the paint around the paper, it will create many strings and lines of color.

Talk With Kids

Lead children in this discussion.

Ask:

- What do you think was neat about making this craft?
- What's neat about how Jesus made the bad spirit leave the man?
- What are some bad things that Jesus can blow away?

Say: ► **JESUS IS STRONG! Jesus made the bad spirit be quiet and go away, and Jesus can help us get rid of the bad things in our lives. When we believe in Jesus, Jesus "blows" away all the wrong things we've done and makes our hearts beautiful, kind of like the way we blew away the paint drops on our pictures and made the pictures beautiful.**



Center 4: Blown Away Supplies

- white construction paper
- straws
- 3 colors of tempera paint
- marker

Center 4: Blown Away Easy Prep

With a marker, write the words "Jesus is strong" at the top or bottom of a piece of construction paper for each child.

5 LASTING IMPRESSIONS

Daily Challenges

What You'll Do

After the children have cleaned up their centers, bring everyone back to a circle area on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they remember about what they learned from the Bible today.

Daily Challenges Supplies

My Bible Hugs



Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives this week. Use this challenge for encouraging your children's growing relationships with Jesus.

Talk With Kids ■■■■

Say: **Today we learned that ► JESUS IS STRONG. I would like each of you this week to choose a way to show you know that Jesus is strong.**

Give kids these two challenges to choose from:

- **Invite a friend over, and make muscles in front of a mirror. Then tell your friend why you know that ► JESUS IS STRONG.**
- ■ **Have your mom or dad read to you about a miracle Jesus did when he was on earth, and then act out what happened together. Talk about what Jesus did that was strong.**

Say: **If you want to make muscles, circle the choice with one dot. If you want to act out a miracle, circle the choice with two dots.** Check that each child circled a choice on his or her My Bible Hugs page. Make sure you choose a challenge as well, and tell the kids. Your commitment will inspire your kids and give them an opportunity to see God at work in your life as well as in theirs!

Action Prayer

What You'll Do ■■■■■■

Ask:

- **What are some things you need Jesus' help with this week?** Allow time.

Then lead the children in thanking Jesus that he's strong and asking him for help with the things the children mentioned.

Weaving Faith at Home

Have children take home their My Bible Hugs pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the "Daily Challenges" activity. Encourage the parents to help their kids fulfill this commitment during the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

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