



# Jesus Heals, Prays, and Preaches

Mark 1:29-39



“I can do it myself!” Preschoolers are beginning to exercise their independence and want to prove that they’re capable individuals. They may reject offers of help, and these rejections may provide teachable moments in which you can guide children to an understanding that at times we all need someone to take care of us. Use this lesson to share with the preschoolers that grown-ups—even you—need Jesus’ love and care. In this way, you’ll prepare children to ask for and accept Jesus’ love and care when they need it.



► **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 know Jesus loves them and will always take care of them.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p><b>1</b> Getting Started <i>about 5 min.</i></p>	<p><b>Welcome and Celebrate</b> Welcome each other, and praise God through music.</p>	<p>CD player <b>Teacher Pack:</b> CD</p>	
<p><b>2</b> Key Verse Activity <i>about 10 min.</i></p>	<p><b>Come and Rest</b> Carry a heavy load to a picture of Jesus and rest.</p>	<p>Bible, CD player <b>Teacher Pack:</b> CD, “Jesus’ Face” poster</p>	
<p><b>3</b> Bible Exploration <i>about 15 min.</i></p>	<p><b>Puppy Pointers</b> Discover what a thermometer has to do with the Bible.</p>	<p>CD player, Theo puppet, nonbreakable thermometer, string <b>Teacher Pack:</b> CD</p>	<p>Tie the thermometer to Theo’s paw.</p>
	<p><b>Bible Time: She’s Healed!</b> Hear how Jesus healed Simon’s mother-in-law.</p>	<p>Bible, blanket, 1 adhesive bandage per child <b>Teacher Pack:</b> “Jesus Heals” poster (from the Big Bible Poster Pack)</p>	

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



LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;"><b>4</b> Weaving Faith Into Life <i>about 20 min.</i> (Choose 2 centers.)</p>	<p><b>Center 1: A Thankful Dinner</b> Draw pictures of food on plates.</p>	My Bible Hugs, crayons	Remove the Lesson 10 pages from each My Bible Hugs student book, and write children's names on them.
	<p><b>Center 2: Rest-in-Bed Snack</b> Make a "bed," and then eat it.</p>	apples, slices of cheese, knife, antibacterial gel (optional)	Cut the apples so there's one half per child. Remove the seeds.
	<p><b>Center 3: Swirling and Still</b> Watch oil swirl in water and then come to a rest.</p>	water, oil, bowls, spoons	
	<p><b>Center 4: Thermometer</b> Make thermometers with moving temperatures.</p>	clear straws, red string, scissors, tape, markers	Cut a 5-inch piece of red string for each child.
<p style="text-align: center;"><b>5</b> Lasting Impressions <i>about 10 min.</i></p>	<p><b>Daily Challenges</b> Choose a Daily Challenge to apply God's Word.</p>	My Bible Hugs	
	<p><b>Action Prayer</b> Say a rhyming prayer while resting on their hands as pillows.</p>		
	<p><b>Weaving Faith at Home</b> Talk about how to share what they learned with their families.</p>		

***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

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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

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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

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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

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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.

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## Welcome and Celebrate Supplies

CD player

### Teacher Pack

CD: "Welcome, Welcome" (track 14),  
"We Need Jesus" (track 5)

# 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 CARES FOR US. Let's sing another song to remind us that we need Jesus to care for us.** Lead children in singing "We Need Jesus" (track 5) to the tune of "Jesus Loves Me." Encourage children to follow the motions in parentheses.



**We need Jesus, yes we do.** *(show thumbs up and smile)*

**We need Jesus, me and you.** *(point to friends; then point to self)*

**Heaven to earth,** *(point to sky; then point to the ground)*

**God to man.** *(point to sky; then point to the ground)*

**Come down, Jesus. It's God's plan.** *(hold palms up)*

**Yes, we need Jesus** *(nod head)*

**Yes, we need Jesus** *(nod head)*

**Yes, we need Jesus** *(nod head)*

**Come down, Jesus, today.** *(hold palms up)*

*(Repeat from the beginning.)*

### Talk With Kids ■■■■

Say: **Jesus is great and wonderful. Jesus can do anything. Today we'll learn that because Jesus loves us so much, we know that ► JESUS CARES FOR US.**



**2**

**KEY VERSE**

**ACTIVITY**

# Come and Rest

## 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 CARES FOR US by giving us rest when we're tired and sleepy. He wants to give us comfort when we worry. We might say that life feels "heavy" sometimes. Find something heavy and bring it back to our group.** Encourage each child to find an object he or she can carry, but that's a little heavy. They can find everyday objects in your room. Check that each item isn't too heavy for a child.

Show the "Jesus' Face" poster and hang or lay it across the room from children. Say: **Remember, our verse tells us that ► JESUS CARES FOR US, and he wants us to bring our "heavy" lives to him so we can rest. I'll play a song, and as I do, carry your heavy object around the room. When you feel tired, go to the poster and put it down.** Demonstrate for children what you want them to do.

Play "Come to Me" (track 15 on the CD). Encourage the children to carry their objects around the room but then to go to the "Jesus' Face" poster after a short while. Have children put down the objects and sit to rest by the poster. Encourage them to take deep breaths and remain quiet until the end of the song.

## Talk With Kids

Lead children in this discussion.

Ask:

- **What was it like to carry the heavy object?**
- **What was it like to put it down when you went to the poster of Jesus?**
- **Tell about something you worry about or something that makes you tired.**
- **What can you do to give that bad feeling to Jesus?**

Say: **Jesus doesn't want us to worry and be afraid. He wants us to pray and then rest in him. Whenever we feel like life is "heavy" because we're tired or worried, we can remember that ► JESUS CARES FOR US. Let's say our Key Verse together one more time.** Lead children in saying the simplified Key Verse with you: **Come to me and rest (Matthew 11:28).**

### Come and Rest Supplies

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- Bible
  - CD player
  - Teacher Pack**
  - "Jesus' Face" poster
  - CD: "Come to Me" (track 15)





### Puppy Pointers Supplies

CD player  
Theo puppet  
nonbreakable  
thermometer  
string

#### Teacher Pack

CD: "Here, Theo"  
(track 4)

### Puppy Pointers Easy Prep

Tie the thermometer to  
Theo's paw.

## 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:** This is a thermometer.

**Teacher:** Why did you bring a thermometer with you?

**Theo:** Well, we use thermometers when we're sick, and I wanted to be prepared so I could care for you. Are any of you sick today?

**Teacher:** I think we're all okay today, Theo. But we're reading in the Bible today about a sick woman. We'll hear how Jesus cared for her. Friends, let's say our Bible Point for Theo.

*(Lead children in saying the Bible Point for Theo: ► JESUS CARES FOR US.)*

**Teacher:** Jesus loves us, and Jesus will care for us when we're sick or hurting.

**Theo:** Wow! It sounds like Jesus has everything under control. He'll care for you if you're sick. I'm going to go put this thermometer back in my house.

**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:

- **Theo wanted to care for us. Tell about a time someone cared for you.**
- **What are some ways you want Jesus to care for you?**

Say: **Theo was so thoughtful to bring a thermometer today. He wanted to care for us. Like that, ► JESUS CARES FOR US. But Jesus is always around and always ready to care for us no matter what. When we're tired, sick, or sad, we can always count on Jesus.**



# Bible Time: She's Healed!

## What You'll Do

Open your Bible to Mark 1:29-39, and show children the words. Tell children that the Bible is God's special book.

Set out the "Jesus Heals" poster. Say: **Today we'll read in the Bible about how Jesus healed a sick woman. And we'll learn that ► JESUS CARES FOR US, too.**

Say: **Jesus and his friends were at church one day. And after church, they went to one of the friend's homes: Simon's home. When they got there, they saw that Simon's mother-in-law was sick in bed with a very high fever.** Place a blanket on the floor. Choose a child to pretend to be Jesus, and choose another child to lie on the mat and pretend to be Simon's sick mother-in-law. Lead them in acting out what happened as you tell it.

Say: **When Jesus saw that Simon's mother-in-law was sick, he went to her and made her well again. Then he took her hand and helped her up. Jesus healed her! Right that very minute! Jesus helped her by making her body strong and healthy again.** Put the children in pairs, and let each pair take turns acting out what happened. Encourage the children to share the blanket so several pairs can do it at once. You can also have them do it without the blanket.

Give each child a bandage. Say: **When we have a boo-boo, we put a bandage on it. We remove the bandage when the boo-boo is better. Sometimes Jesus heals people right away, and sometimes Jesus uses other ways, such as bandages, to protect the boo-boos so he can heal us. Let's put the bandage on the poster and ask Jesus to heal our boo-boos.** Have each child put a bandage on the poster and ask Jesus, aloud or silently, to heal a boo-boo he or she has.

Say: **As soon as Jesus healed Simon's mother-in-law, she could make dinner and take care of Jesus and his disciples. The people from the town heard that Jesus healed Simon's mother-in-law, so they brought their sick friends for Jesus to heal. Jesus helped many people that night.**

## Talk With Kids

Lead children in this discussion.

Ask:

- Tell about a time you were sick.
- Tell about a person you know you can count on to take care of you.
- Why do you know you can count on Jesus to care for you?

Say: **Jesus cared for Simon's mother-in-law when she was sick, and ► JESUS CARES FOR US. We have people to take care of us, too, like our parents. But Jesus can care for everything in our lives, even the things that people can't do.**



## Bible Time: She's Healed! Supplies

Bible  
blanket  
1 adhesive bandage per child

**Teacher Pack**  
"Jesus Heals" poster  
(from the Big Bible Poster Pack)





### Center 1: A Thankful Dinner Supplies

My Bible Hugs  
crayons

### Center 1: A Thankful Dinner Easy Prep

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

## 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:

## A Thankful Dinner

### What You'll Do ■■■■■■

Give each child a Lesson 10 page from My Bible Hugs. Say: **We learned today that ► JESUS CARES FOR US. We heard about Jesus healing a woman. Then after Jesus healed her, she got up and made dinner for Jesus and his friends.** Point out the empty plate on the My Bible Hugs pages.

Say: **That was nice of the woman to make food for Jesus and his friends. But we can remember that Jesus cared for her even while she made food. This is how: Jesus is God; so he made sure they had food there to cook.**

Ask:

- **What are some foods you know are good for you?** Allow time.

Encourage the children to draw pictures of good food on the dinner plates on their My Bible Hugs pages.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **Why are you glad that Jesus gives you things you need, like food?**
- **What can you do to thank Jesus when he cares for you?**

Say: **The woman was so thankful that Jesus healed her that she made a dinner for him. But Jesus even gave her the food so she could cook. Jesus always takes care of us, kind of like he took care of people like the woman in the Bible. ► JESUS CARES FOR US because he loves us. We can thank him for his love and care by praying to him, by praising him, and by helping others as he helps us.**





**CENTER 2:**

# Rest-in-Bed Snack

## What You'll Do

Have the children clean their hands and sit down for the snack. Say: **When Jesus and his friends went to Simon's house, they found Simon's mother-in-law sick in bed. Let's make beds with our snack foods. Then we can eat the beds to help us remember that Jesus healed the woman and helped her get out of bed.**

Give each child half an apple. Have each child lay a slice of cheese on the apple to suggest a blanket. Pray with kids to thank God for the snack, and then encourage kids to eat and enjoy.

## Talk With Kids

Say: **We got rid of our beds by eating them! When Jesus healed the woman, he didn't get rid of the bed, but he did get her out of bed. Jesus can do great things for us like that, too. Jesus loves us and ► JESUS CARES FOR US. Jesus wants to help us, just as he helped the woman in the Bible.**

**CENTER 3:**

# Swirling and Still

## What You'll Do

Say: **Jesus made the sick woman better. And ► JESUS CARES FOR US in all kinds of ways, too. Like our Key Verse says, Jesus wants us to come to him and rest. He wants us to come to him and let him care for us. I'll show you what I mean.**

Give each child a spoon and a bowl of water with 1 or 2 tablespoons of oil. Encourage the children to mix the oil and water and watch how the oil swirls and separates. Then have the children stop swirling the water and oil and watch as it comes to a rest. Have the children swirl and "rest" several times.

## Talk With Kids

Lead children in this discussion.

Ask:

- What happened to the oil when you stirred it?
- What happened when the oil stopped moving?
- What are some things in your life that need a rest?
- What are some ways you can rest with Jesus and let him take care of you?

Say: **We made the oil spin and swirl in our bowls. But when we stopped, we let the oil and water "rest" in place. Sometimes we can get tired or worried, and then we need a rest. Jesus wants us to take time to rest in him and let him take care of us.**



### Center 2: Rest-in-Bed Snack Supplies

- apples
- slices of cheese
- knife
- antibacterial gel (optional)

### ! ALLERGY ALERT

### Center 2: Rest-in-Bed Snack Easy Prep

Cut the apples so there's one half per child. Remove the seeds.

### Swirling and Still Supplies

- water
- oil
- bowls
- spoons





#### Center 4: Thermometer Supplies

clear straws  
red string  
scissors  
tape  
markers

#### Center 4: Thermometer Easy Prep

Cut a 5-inch piece of red string for each child.

We can trust Jesus with our fears, worries, and sicknesses. Let's remember this week when we're tired or worried that ► **JESUS CARES FOR US.**

#### ■ CENTER 4:

## Thermometer

### What You'll Do ■■■■■■

Say: **The woman we read about in the Bible today had a very high fever. She was very sick, but Jesus made her better.**

Give each child a straw and a piece of string. Say: **When someone has a fever, we might measure the person's temperature with a thermometer. Let's make play thermometers to remind us that ► JESUS CARES FOR US when we're sick, tired, or worried.**

Help each child push one end of the string up through the straw and tape the last inch of the string to the outside of the bottom of the straw. Have kids use markers to make little measuring marks on the outside of the straws to represent the measurements on a real thermometer.

When the children finish making their thermometers, show them how to place one finger lightly at the bottom of the straw (allowing some air to escape) to keep the string in place. Then encourage them to suck air in and out of the straws to raise and lower the "temperature." They may have to push a small portion of the string back into the straw and then suck. Encourage the children to suck softly so they can see the red going up and down inside the straws.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What did you like about your play thermometer?**
- **What do you like about knowing that Jesus cares for you?**

Say: **None of us likes to be sick, but when we are, we can pray and ask Jesus to heal us and make us better. The next time you're sick, your new thermometer can help you remember that ► JESUS CARES FOR US.**



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.

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 CARES FOR US. I would like each of you this week to choose a way to ask Jesus to care for you.**

Give kids these two challenges to choose from:

- **If you're feeling sick or sad, pray to Jesus. Ask him to care for you.**
- ■ **Sometimes Jesus uses other people to care for us. This week, give a hug to someone who's cared for you. Thank Jesus for using that person to care for you.**

Say: **If you want to pray, circle the choice with one dot. If you want to give someone a hug, 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

Say: **► JESUS CARES FOR US. We can pray to Jesus when we're sick, tired, worried, or afraid. Show me your prayer hands. Allow time. Jesus give us rest. Use your prayer hands to make a pillow for your head to rest.** Demonstrate and allow time for kids to do it. **Let's thank Jesus for always taking care of us. And let's ask him to care for our needs, too.** Lead the children in a prayer. First thank Jesus, then let the children say things they want Jesus to care for.



### Daily Challenges Supplies

My Bible Hugs





## 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](http://group.com/digital).

