

LESSON 1

JESUS HEALS THE MAN WHO IS PARALYZED

LESSON AT A GLANCE

WONDER TRUTH: Jesus Forgives and Heals

SCRIPTURE: Mark 2

GOD'S BIG STORY: By miraculously giving the ability to walk to a man who is paralyzed, Jesus shows that He has power to forgive sins and to heal.

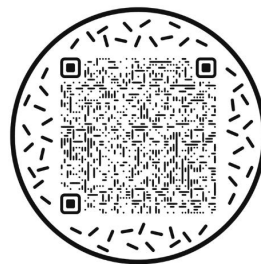
WORD OF WONDER: Come to me, all who are tired. I will give you rest. —from Matthew 11:28

CURIOSITY

BELIEF

FAITH

- Play Stations:
 - Doctor Play
 - Build a House
 - Jesus Heals the Man Who Is Paralyzed Coloring Sheet
- Word of Wonder: From Matthew 11:28
- Curiosity Activity: Three-Legged Race
- God's Big Story / Snack
- Circle Time: Forgive and Heal
- LARGE GROUP
- Responding in Worship: Friendship Bracelets
- Game: Carry with a Friend



[Walking With Jesus Preschool Spotify playlist](#)



LESSON 1 FOR LEADERS

INVITATION

We invite you to pause, listen, and shift your gaze toward the Father ...

LESSON AT A GLANCE

WONDER TRUTH: Jesus Forgives and Heals

SCRIPTURE: Mark 2

WORD OF WONDER: From Matthew 11:28

The Bible gives account after account of miracles Jesus did while walking on earth. Sometimes we read through these familiar stories and lose sight of the true power that Jesus demonstrated.

Read Mark 2:1–12. In this passage, we learn about the time when Jesus, teaching in a crowded house, healed a man who was paralyzed. Can you imagine what it would have been like to be in the crowd that day? The physical healing of this man is impressive, but the spiritual healing, the forgiving of the man's sins—that demonstrated the type of power that the religious onlookers found offensive. Jesus' power isn't merely for physical healing or forgiveness. Jesus has power for both.

When we recognize Jesus' power over sin and His complete defeat of death, we too can experience the spiritual healing Jesus offers. First John 1:9 tells us that if we confess our sins, Jesus is faithful and just to forgive our sins. Only Jesus has the power to forgive.

Take a moment to rest in awe of Jesus' power. In what part of your life do you most want to see Jesus work today? There is nothing we face in this world that is more powerful than Jesus. What an amazing truth we can rest in as we walk with Jesus!

—Ana Dutton

Children's Ministry Volunteer

Contributor to Wonder Ink

LESSON 1 **FOR LEADERS**
JESUS HEALS THE MAN WHO IS PARALYZED

DID YOU KNOW?

FOUNDATION BUILDING BLOCKS

WHO?

Teachers of the law, or scribes, were experts in the law of Moses and in traditions about how the law should be applied. They were responsible for teaching others, especially children, how to read and understand the Scriptures. Some scribes were also Jewish religious leaders called *Pharisees*.

WHAT?

While Jesus taught inside a crowded house in Capernaum, four people dug out a hole in the roof to lower down a man who could not walk. Jesus forgave the man's sins and then healed him, demonstrating His authority to the teachers of the law.

WHERE?

Jesus' early ministry took place in the region of Galilee, north of Jerusalem and the region of Judea. Capernaum was a town in Galilee located on the northwestern shore of the Sea of Galilee. Jesus used it as a home base.

WHEN?

This story comes early in Jesus' ministry. Jesus had begun preaching about God's kingdom and had called His first disciples. Because Jesus cast out demons and healed many sick people, word about Him started to spread, and large crowds found Him wherever He went.

CONNECTING TO GOD'S BIG STORY

Jesus inaugurated God's kingdom and made a way for all people to be part of it. This story demonstrates Jesus' power to forgive sins and to heal—that is, to bring about the realities of God's kingdom, which was beginning to break through.



LESSON 1 **EARLY CHILDHOOD**

Spark curiosity, encourage exploration, and get kids thinking about the wonder of God.

LESSON AT A GLANCE

WONDER TRUTH: Jesus Forgives and Heals

SCRIPTURE: Mark 2

WORD OF WONDER: From Matthew 11:28

Play Stations

SUPPLIES: toy doctor supplies and dress-up clothes (such as toy stethoscope, blood pressure cuff, medicine cup, bandages, lab coat, hair net, face mask); dolls or stuffed animals; small interlocking plastic blocks or magnetic blocks; toy people figures; coloring utensils

RESOURCES: [Jesus Heals the Man Who Is Paralyzed Coloring Sheet \(1 per kid\)](#)

Greet kids warmly as they arrive and briefly explain the play stations. Invite them to play at any of the play stations.

"Welcome to church! While we're getting ready to start, you can play at any of these stations to help get ready for our lesson today. Do you have any ideas of what we'll be learning about today?"

Play Station: Doctor Play

Set-up: Provide a variety of toy doctor supplies and dress-up clothes (toy stethoscope, blood pressure cuff, medicine cup, bandages, lab coat, hair net, face mask) and dolls or stuffed animals. If using hair nets and face masks, make sure to have enough for all the kids so they don't share.

Play: Encourage the kids to dress up like a doctor and pretend to take care of the dolls or stuffed animals with the doctor supplies. Kids can work together and pretend to take the doll to a doctor's appointment or an animal to the veterinarian's office.

Leader Tip: Many kids love colorful, adhesive bandages! Consider having real adhesive bandages that the kids can put on the dolls or stuffed animals (or on themselves)!

Play Station: Build a House

Set-up: Set out small interlocking plastic blocks or magnetic blocks and toy people figures.

Play: Allow kids to use the various blocks to build houses for the toy people. Kids can put the people in or on top of the houses. Challenge the kids to see if they can build a set of stairs going to the roof!

Play Station: Jesus Heals the Man Who Is Paralyzed Coloring Sheet

Set-up: Print one copy per kid of the Jesus Heals the Man Who Is Paralyzed Coloring Sheet. Set out the Coloring Sheets and coloring utensils.

Play: Let the kids color. The kids can also turn the sheet over and draw a picture of a time they got hurt or sick.

Curiosity Activity: Three-Legged Race

SUPPLIES: painter's tape, bandannas (1 per every 2 kids)

Before kids arrive, tape two long strips of painter's tape on the floor—one to mark the start line and one to mark a turning around point on the other side of the room.

"Have you ever needed a partner to make something happen? In this game, you'll work with a partner to get somewhere. Divide the group into two or more teams. Place the kids into pairs and make sure each team has the same number of pairs. Invite leaders to help tie each pair's inside legs together with a bandanna. (Not too tight, though!)

Line the pairs up at the start line. When you say, "Go," the first pair of kids from each team must work together to reach the other line, turn around, and travel back to the first line. Once they're back to that line, they tag the next pair in their team to go. When all the teams are finished, end the race and declare the winner.

Leader Tip: If your group is large or you want the game to go more quickly, divide each team into two groups of pairs. Place one group at the start line and the other group at the other end. The first group can tag a group at the other line.

That was fun! Everyone did a great job of working together in our three-legged race. No matter how fast or talented you are by yourself, in this game, you had to work with a friend to get where you needed to go. You needed a friend to help. In God's big story today, we're going to learn about a man who couldn't walk and who needed a group of his friends to help him get to Jesus. Jesus is the only one with the power to forgive and heal. Today's Wonder Truth is **JESUS FORGIVES AND HEALS."**

Make It Inclusive! As an alternative activity, ask kids to stand or sit in a circle and hold a towel or sheet or parachute. Then have the kids raise and lower a stuffed animal on it (like the friends lowered the paralyzed man).

Word of Wonder

SUPPLIES: Bible, craft sticks (5 per kid)

Read the Word of Wonder aloud for the kids a couple of times. Then, ask the kids to walk around the room and to act like they're tired and carrying a heavy load as they say the verse. Next, have them say it again as they act rested, refreshed, and energized.

WORD OF WONDER

Come to me, all who are tired. I will give you rest.

—from Matthew 11:28

Nice job! When we are tired, Jesus will give us rest! Let's do one more activity to help us learn our new Word of Wonder. Doctors use tongue depressors to check us when we're sick. Let's pretend that these craft sticks are tongue depressors like the ones doctors use. We will use them to make letters from our Word of Wonder. Can you line up your sticks in a way that looks like the letter C? C is for come. Give the kids time to form a letter C. Good work! Now let's make the letter M with our sticks. M is for me. In our Word of Wonder, me is talking about Jesus! Allow time to line up their craft sticks in the shape of an M. Now let's use our craft sticks to make an R. R is for rest! Come to me, all who are tired. I will give you rest. Now let's practice our Word of Wonder with motions.

Encourage the kids to do the motions and say the verse with you.

- **COME TO ME,**—Fan one arm toward your body, as if inviting someone to come with you.
- **ALL**—Spread your arms out in a circle.
- **WHO ARE TIRED.**—Pretend to sleep.
- **I WILL GIVE YOU REST.**—Cross arms over your chest.
- **FROM MATTHEW 11:28**—Hold your hands together in front, palms together, as if opening a book.

Gather kids to discuss these questions:

- **Tell about a time when you felt very tired.** Allow the kids to respond. **What are some things in life that can cause us to be tired or feel like we're carrying a heavy load?**
- **How has Jesus helped you?**

God's Big Story / Snack

SUPPLIES: Bible

Hold up a Bible and show the kids. Tell them today's story comes from the book of Mark in the Bible. Open a Bible and show them where the story is found.

Bible Time Rhyme

Say the Bible time rhyme (with motions) each week before the Bible story to remind kids that what they're about to hear is part of God's big story.

I open my Bible and what do I see? (*Hold your hands together, then open your palms, as if opening a book.*)

God's big story, waiting for me! (*Point to yourself.*)

"Let's hear part of God's big story, which comes from the book of Mark in the Bible. Mark is one of the first four books of the New Testament. They're called the Gospels and tell us all about Jesus' life."

Read Mark 2:1–12 from an NIV Bible.

Circle Time: Forgive and Heal

"In our story, the man could not walk until Jesus healed him. After Jesus healed him, he was able to take his mat and walk away! What do you think he said or thought after this happened? Allow the kids to answer. **For circle time today, I will ask some "yes" or "no" questions. If you think the answer is "yes," point to your legs. If you think the answer is "no," point to your arms. Then, after each question, I will choose someone to answer another discussion question about God's big story.**

Remember to point to your legs to answer "yes" and point to your arms to answer "no."

Ask the kids the following questions while encouraging them to point to their legs to answer "yes" and to their arms to answer "no" after each question.

- **Can God heal someone who is sick?**
- **Have you ever been sick or hurt?**
- **In today's story, did God heal a man who couldn't walk?**
- **Can God forgive me when I am mean to someone?**
- **Can God forgive you when you disobey a grown-up?**
- **Can God forgive me when I am dishonest?**

Ask a discussion question below after asking each question above. After all questions have been discussed, point out that all the "yes" or "no" questions were answered with yes. **Did you all notice something? Every time I asked you a "yes" or "no" question about whether or not God could heal and whether or not God could forgive, the answer was always "yes!" God has the power to forgive and heal!"**

DISCUSSION QUESTIONS

- **Why did the friends have to carry the man to see Jesus?** (He couldn't walk.)
- **Why couldn't the man and his four friends get to Jesus easily?** (Lots of people came to see Jesus. The house where Jesus was teaching was full of people. There wasn't room even to stand outside the door and listen.)
- **What did the friends of the man do to get him to Jesus?** (They dug a hole in the roof and lowered the man through it on a mat.)
- **When Jesus saw the man on the mat, what did He say to him?** ("Son, your sins are forgiven" [Mark 2:5], and then later, "Get up. Take your mat and go home" [Mark 2:11].)

Head to Large Group!

Return and finish the rest of this guide before parents arrive.

Responding in Worship: Friendship Bracelets

SUPPLIES: pipe cleaners (1 per kid), pony beads (12 per kid)

"For our worship response, we're going to make friendship bracelets! The man had wonderful friends who worked hard to bring him to Jesus and had faith that he could be healed. Our friendship bracelets will help us remember this story and know that Jesus forgives and heals!

Give each kid a pipe cleaner and 12 pony beads.

Let's close our eyes. The man's friends helped him. Can you think of a time you helped a friend? You don't have to answer aloud. Just think in your mind.

Provide time for kids to think and process. **Now open your eyes. Since the man on the mat had four friends, let's add four beads to your pipe cleaner.**

Now, let's close our eyes again and think of a time a friend helped you.

Provide time for kids to think and process. **Open your eyes and add two more beads to your pipe cleaner.**

You can close your eyes again now. Jesus healed the man! Can you think in your mind and thank God for a time when you were sick, and He healed you? Provide time for kids to think and process. **Open your eyes and add two more beads to your pipe cleaner.**

We can thank God for how He heals and forgives us. Next, let's close our eyes and think of a time you forgave someone, or someone asked you to forgive her. We can thank God for how He forgives. Provide time for kids to think and process. **Open your eyes and now add two more beads to your pipe cleaner.**

Finally, we'll close our eyes one last time and ask God to help us forgive others as He forgives us. Provide time for kids to think and process. **Open your eyes and now add two more beads to your pipe cleaner.**



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Assist the kids with completing the bracelets by twisting the ends of the pipe cleaner together. You can also use string instead of pipe cleaners. **Your friendship bracelets are beautiful! As you wear your bracelet, let it remind you of the man's faithful friends. And even more importantly, may it remind you that Jesus heals and forgives us!"**

Game: Carry with a Friend

SUPPLIES: pool noodles (2, or 4 if your group is large), balloon or beach ball (1, or 2 if your group is large)

"The man's friends carried him to Jesus. Today we will use pool noodles to carry a balloon (or beach ball) from one side of the room to the other! After the friends carried the man to Jesus, Jesus forgave and healed him!"

Have the kids find a partner. Each set of partners will face each other and hold the end of two pool noodles in each hand. The pool noodles will be parallel to each other. A balloon (or beach ball) will be placed on the top center of the pool noodles between the partners. The kids will balance and hold the pool noodles just close enough together so that the balloon (or beach ball) will not fall. A pair of leaders can demonstrate if needed.

Designate a place in the room for the kids to start and finish, and point out the spots to the kids. You can use the lines from the three-legged race during this activity. Indicate a shorter distance to travel for groups of young kids. If the group is large, allow multiple partners to go at the same time and have a race. To add a challenge, kids can go back to the starting point if they drop their balloon (or beach ball) and begin again.

Leader Tip: If pool noodles are not available, modify the game and use two tongue depressors and a pom-pom instead.

Make It Inclusive! This game may be physically challenging for some kids. As an alternative, allow kids to hold their arms straight out and see if they can hold a balloon (or beach ball) on or between their arms without using their hands. You can also allow them to carry the balloon by holding a towel on each end instead of holding pool noodles.