

# Jesus And The Sabbath

## UPPER ELEMENTARY LESSON PLAN

**Theme:** Jesus is Lord of the Sabbath.

**Scripture:** Mark 3:4

**Memory Verse:** Is it lawful to do good on the Sabbath days, or to do evil? to save life, or to kill? - Mark 3:4

**Get Ready:** Click [here](#) to get your complete supply list for this lesson.

## The Children's Sermon

### You'll Need:

- A list of silly laws.

### Do This:

**SAY:** Sometimes the people who make our laws get a little carried away and pass some very silly laws. I did some research on the Internet and found some examples of some of the silliest laws I have ever heard of.

- In Fairbanks, Alaska, it is illegal to serve alcohol to a moose. I wonder if it is legal to serve alcohol to a bear?
- There is a city in Arizona where it is illegal to drive a car in reverse. So, how are you supposed to get out of your parking space at the mall?
- There is a town in Minnesota where a woman can be arrested for impersonating Santa Claus. Hmm...I wonder if they can impersonate Mrs. Claus?

- In Oklahoma, people who make ugly faces at dogs can be arrested and put in jail or fined. I wonder if a bulldog can get thrown in the pound for making ugly faces at people?
- In Nicholas County, West Virginia, a preacher is not allowed to tell jokes from the pulpit. Uh-oh, I hope they don't think this sermon is a joke!
- In Morrisville, Pennsylvania, women need a permit to wear makeup. Oh my! I hope the makeup police aren't here this morning.

I think you will all agree that those are some pretty silly laws, but this is nothing new. Even back in the day when Jesus lived, they had some pretty silly laws. There was a group of religious leaders called the Pharisees who were keepers of the law of Moses and they believed that keeping the law was everything. They also believed that their own understanding and teaching about the law was the only correct teaching. Jesus was quite often opposed by the Pharisees and was accused of breaking the laws of Moses, especially the laws regarding the Sabbath. Today's lesson tells us about two times that the Pharisees accused Jesus and his followers of violating the Sabbath.

One Sabbath day, Jesus and his disciples were walking through some fields of grain. His disciples were hungry and began to break off some heads of grain to eat. The Pharisees saw it and said to Jesus, "Look, why are they breaking the law by harvesting grain on the Sabbath?"

Realizing the foolishness of the Pharisees to compare breaking off a few heads of grain to eat with harvesting the whole crop, Jesus answered them, "Haven't you read in the Scriptures what David did when he and his companions were hungry? He went into the house of God and broke the law by eating the sacred loaves of bread that only the priests were allowed to eat. He also shared it with his companions."

Then he said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."

Another time, Jesus went into the synagogue and noticed that there was a man who had a deformed hand. Since it was the Sabbath, some of them were looking for a reason to accuse Jesus, so they watched to see if he would heal the man on the Sabbath. If so, they would accuse Jesus of working on the Sabbath.

Jesus said to the man with the deformed hand, "Come and stand in front of everyone." Then he turned toward his enemies and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil?" The Pharisees refused to answer him.

Jesus looked at them angrily and was saddened at the hardness of their hearts. Then he said to the man, "Hold out your hand." He held out his hand and Jesus healed him. Immediately left to go and meet with Herod to plot how to kill Jesus.

One of the ten commandments says, "Remember the Sabbath day by keeping it holy", but can you imagine a law so silly that you could not do a good thing like healing someone because it was the Sabbath? Surely that was not what God meant.

**PRAY:** Dear Father, help us to be faithful in following the teaching we find in your Word, but also help us to follow the example of Jesus in loving and caring for others. In Jesus' name we pray. Amen.

## Bible Memory Verse

**“Is it lawful to do good on the Sabbath days, or to do evil? to save life, or to kill?” Mark 3:4**

### **You'll Need:**

- **Bibles**
- **Pens or pencils**
- **Paper**

### **Get Ready:**

Write the memory verse Mark 3:4 on a whiteboard or large piece of paper.

### **Do This:**

- Explain to the children that in the Bible, Jesus often healed people on the Sabbath day. The religious leaders of that time accused Him of breaking the Sabbath laws, but Jesus reminded them that He is Lord of the Sabbath.
- Read Mark 3:4 together as a group and have the children repeat it a few times.
- Give each child a piece of paper and ask them to write the memory verse in large letters, leaving space between each word.
- Once they have written the verse, have them cut out each word.
- Mix up the words and have the children put the verse back together in the correct order.
- Challenge them to say the verse from memory as they arrange the words.
- For an extra challenge, add a timer and see who can put the verse together the fastest.

- Repeat this activity a few times, encouraging the children to memorize the verse as they go.
- To end the activity, ask each child to recite the verse without looking at their paper. Those who can successfully do it without mistakes can receive a small prize or sticker.

Before ending, remind the children that Jesus is truly Lord over everything, including the Sabbath, and that we should honor and remember Him on this special day.

## Bible Interactive Experience

### You'll Need:

- **A large printout or drawing of a hand**
- **Markers or crayons**
- **Sticky notes**
- **A Bible or printed copy of Mark 3:4**
- **A small ball**

### Get Ready:

- Read Mark 3:4 aloud, "Then he said to them, 'Is it lawful to do good on the Sabbath or to do evil, to save life or to kill?' But they were silent."
- Prepare the large hand drawing or printout by placing it on a wall or table where children can easily reach.
- Write different acts of kindness (e.g., help a friend, share a toy, donate clothes) on sticky notes and place them around the room.

## Do this:

1. **Understanding the Verse**: Start by discussing Mark 3:4. Ask the children what they think Jesus means by asking if it's lawful to do good on the Sabbath. Emphasize that Jesus teaches us the importance of doing good every day, including the Sabbath.
2. **Acts of Kindness Challenge**: Explain that they will be doing a challenge to understand the importance of doing good deeds. Each child takes a turn throwing the ball to hit the sticky notes around the room. When a sticky note is hit, the child reads the act of kindness out loud, takes the note, and sticks it on the large hand printout.
3. **Reflection and Application**: Once all acts of kindness are stuck on the hand, gather the children around the hand. Discuss how each act of kindness, no matter how small, is significant and how they can incorporate these acts into their daily lives, reflecting Jesus' teaching in Mark 3:4. Encourage them to think of one act of kindness they can do in the coming week and write it on a new sticky note to add to the hand.

## Jesus and the Sabbath Video Lesson

### You'll Need:

- "Jesus and the Sabbath" video lesson
- Something to play the video

### Do This:

Show them the video.

### ASK:

- In what way is Barkley's Day the same or different from the Sabbath during Jesus' time?
- Is it always easy to help others? Why or why not?

# Snack Activity: Healing Hands Fruit Platter

## You'll Need:

- **A variety of fruits (grapes, strawberries, blueberries, slices of kiwi, apple, and banana)**
- **A large platter**
- **A small knife (to be used by the teacher or an adult helper)**
- **Toothpicks**

**Get Ready:** Wash all the fruits thoroughly and have them dried. Slice the apples, kiwi, and bananas into thin slices that can be easily arranged.

## Do this:

- Arrange the fruits on the platter to form the shape of a hand. This symbolizes the healing hand of Jesus, as mentioned in Mark 3:4, where Jesus heals the man with the withered hand, showing He is Lord even of the Sabbath.
- As you arrange each fruit, discuss the importance of each type of fruit (health benefits, taste, etc.) and how they can represent the different ways Jesus heals and nurtures us. For example, blueberries are full of antioxidants, just like how Jesus' teachings and healings are meant to protect and preserve our spirits.
- Once the fruit hand is complete, use the toothpicks to allow the children to pick up the fruits they would like to eat.
- Encourage them to share which fruit they picked and why, fostering a conversation about personal choices and how Jesus' teachings guide those choices.

# Game Activity: Sabbath Healing Hopscotch

## You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- A printed copy of Mark 3:4

## Get Ready:

Use the chalk to draw a hopscotch grid on the sidewalk or any flat surface. Instead of numbers in each square, write attributes that Jesus showed in his healing on the Sabbath (e.g., love, kindness, bravery, healing, faith, mercy, power, rest). Leave a space at the start of the hopscotch for the scripture reference (Mark 3:4).

## Do this:

- Each child takes a turn tossing their stone or beanbag onto the hopscotch grid. They must skip the square where their stone lands.
- As they hop through the grid, encourage them to say the attribute in each square out loud, reflecting on how Jesus embodied that attribute when he healed the man with the withered hand on the Sabbath.
- Once they reach the end, they hop back, pick up their stone, and pass it to the next player.
- The game continues until each child has had several turns. After the game, discuss how we can follow Jesus's example in our own lives by doing good and helping others, regardless of the day.



# Craft Activity: Healing Hands: A Craft on Doing Good

## You'll Need:

- **Construction paper (various colors)**
- **Scissors**
- **Markers or crayons**
- **Glue sticks**
- **A printout of Mark 3:4 ('Then he said to them, "Is it lawful to do good on the Sabbath or to do evil, to save life or to kill?" But they remained silent.')**

**Get Ready:** Prepare a sample craft ahead of time to show as an example. Print or write out the verse from Mark 3:4 on a piece of paper for each child.

## Do this:

- Have each child select a piece of construction paper for their background. Then, they should cut out the shape of their own hand from a different color of paper. This represents their ability to do good, just like Jesus.
- Next, ask the children to glue the hand shape onto their background paper. Around or on the hand, have them write the verse from Mark 3:4 or draw pictures of ways they can do good or help others.
- Encourage the children to share their craft and what they've learned about doing good, just like Jesus did, regardless of the day.

# Prayer Activity: Healing Hands: A on Doing Good

## You'll Need:

- **A Bible or a printed copy of Mark 3:1-6**

- **Several sheets of paper**
- **Markers, crayons, or colored pencils**
- **A small bowl of water**
- **A towel**

## **Get Ready:**

Read Mark 3:1-6 together as a group to understand the context of Mark 3:4. Discuss what it means to do good and to heal.

## **Do this:**

- Ask each child to draw or write on a piece of paper an act of kindness or a way to help others, inspired by Jesus' healing on the Sabbath. Encourage creativity and personal commitment.
- Let each child share their drawing or writing with the group, explaining how their act of kindness is a way of doing good, just like Jesus did.
- After sharing, invite the children to fold their paper and dip it into the bowl of water, symbolizing the healing and cleansing power of doing good. They can then unfold the paper to see the effect water has on their artwork or writing, reflecting on how acts of kindness can transform and heal.
- Conclude with a group prayer, asking God to help each child carry out their act of kindness and to always remember the importance of doing good, just like Jesus taught us.

## **Time to Praise God**

### **You'll Need:**

- **Song:** "Footsteps of Jesus"

[Words and Music \(pdf\)](#)

[MP3 Accompaniment Track](#)

- **Song:** "The B-I-B-L-E"

[Words and Music \(pdf\)](#)

[MP3 Accompaniment Track](#)

Lead children in singing "Footsteps of Jesus" and "The B-I-B-L-E".

## Complete Supply List

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- Bibles
- Pens or pencils
- Paper
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- Markers or crayons
- Sticky notes
- A small ball
- "Jesus and the Sabbath" video lesson
- Something to play the video
- A variety of fruits (grapes, strawberries, blueberries, slices of kiwi, apple, and banana)
- A large platter
- A small knife (to be used by the teacher or an adult helper)
- Toothpicks
- Sidewalk chalk

- A small stone or beanbag
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