

Jesus And The Sabbath

LOWER 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:

- **Bible**
- **Blank index cards**
- **Markers**
- **Timer**
- **Prize (optional)**

Get Ready:

1. Write the words "Jesus, Lord, Sabbath" on the index cards, with one word per card.
2. Shuffle the cards and place them face down in a grid pattern on a flat surface.
3. Set the timer for 2 minutes.

Do This:

1. Have the children take turns flipping over two cards to reveal the words underneath.
2. If the two cards match (e.g. both say "Sabbath"), the player gets to keep the cards and flip over another two.
3. If the cards do not match, the player must flip them back over and it is the next player's turn.
4. Continue until all the cards are matched.
5. The player with the most pairs at the end wins a prize (if desired).

Bible Interactive Experience

You'll Need:

- **A large piece of blue cloth (to represent a lake)**
- **Paper fish (one per child)**
- **A small basket**
- **Markers or crayons**
- **Paper and pencils**
- **A "boat" (this can be a large box or a space marked out on the floor)**

Get Ready:

- Before class, write a simple, kid-friendly version of Mark 3:4 on a piece of paper and place it in the basket.
- Lay the blue cloth on the floor to represent the Sea of Galilee.
- Place the "boat" on one side of the "sea."
- Scatter the paper fish around the "sea."

Do this:

1. ****Story Fishing****: Invite the children to sit around the "sea." Explain that today they're going to learn about how Jesus is Lord of the Sabbath, based on Mark 3:4. Tell them that to start, they will go fishing for the story. Each child takes a turn "fishing" by picking a fish from the sea and bringing it to the "boat." Once all the fish are collected, reveal the piece of paper from the basket and read the simplified Mark 3:4 story aloud.
2. ****Creative Response****: Give each child a piece of paper and some markers or crayons. Ask them to draw a picture of what they think it means for Jesus to be Lord of

the Sabbath. Encourage them to think about a day of rest, helping others, or being with Jesus.

3. ****Act It Out****: Divide the children into small groups and have them act out different ways they can rest or help others on the Sabbath, inspired by the story of Jesus healing on the Sabbath. This could include simple acts like helping a family member, spending time in prayer, or enjoying God's creation. After each group presents, discuss how these actions reflect Jesus being Lord of the Sabbath.

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: Sabbath Sheep Snacks

You'll Need:

- Mini marshmallows
- Pretzel sticks
- Graham crackers
- Chocolate spread or cream cheese
- Plastic knives

Get Ready: Make sure your working area is clean and you have all your materials ready.

Do this:

1. Spread a thin layer of chocolate spread or cream cheese on a graham cracker using a plastic knife. This represents the field that Jesus and His disciples walked through on the Sabbath.
2. Stick pretzel sticks into the spread or cream cheese at various angles to look like wheat in the field. This reminds us of when Jesus said it was okay to do good on the Sabbath, like when He healed the man with the withered hand (Mark 3:4).
3. Add mini marshmallows around the pretzel sticks to represent sheep, reminding us that Jesus is our shepherd every day of the week, including the Sabbath. He takes care of us and leads us.
4. As you eat your Sabbath Sheep Snack, remember that Jesus is Lord of the Sabbath and He wants us to do good and help others, just like He did.

Game Activity: Sabbath Hop and Heal

You'll Need:

- **Sidewalk chalk**
- **A large, open concrete or asphalt area**
- **Small stones or beanbags**

Get Ready: Draw a large hopscotch grid on the ground, but instead of numbers, write actions related to helping and healing on each square (e.g., 'Share a toy', 'Give a hug', 'Say a kind word'). At the start line, draw a heart to represent Jesus' love.

Do this:

1. Have the children line up at the start line. Explain that Jesus taught us to do good and help others, even on the Sabbath, showing that love and kindness are always important.
2. Each child takes a turn tossing their stone or beanbag onto the grid. They hop through the squares, skipping the one with their stone or beanbag, and perform the action written on each square they land on.
3. When they reach the end, they say, 'Jesus is Lord of the Sabbath!' and hop back, picking up their stone or beanbag on the way back. The game continues until all children have had several turns, reminding them that following Jesus means showing love and kindness every day.

Craft Activity: Sabbath Healing Hands

You'll Need:

- **Construction paper (various colors)**
- **Scissors**

- **Glue**
- **Markers or crayons**
- **Template of a hand (optional)**

Get Ready: If you're using a hand template, print it out beforehand. Otherwise, you can draw a hand on construction paper and cut it out to use as a template.

Do this:

- Have each child trace their hand on a piece of construction paper using the template or by drawing around their own hand. Then, cut out the hand shapes.
- On one side of the hand, have the children write 'Jesus is Lord of the Sabbath' and on the other side, let them draw or write ways they can help others or do good, just like Jesus did. This could be helping at home, being kind to friends, or sharing toys.
- Once everyone has finished, share the hands within the group, discussing the different ways everyone can be like Jesus by helping and doing good every day, not just on the Sabbath.

Prayer Activity: Sabbath Day

You'll Need:

- **Paper plates**
- **Pencils or crayons**
- **Scissors**
- **Markers**
- **Glue or tape**

Get Ready:

- Cut out 3 large circles from the paper plates
- Write each word of the bible verse "Jesus is Lord of the Sabbath" on each circle in bold letters.
- Write the verse reference "Mark 3:4" on a separate piece of paper.

Do this:

- Give each child a paper plate circle and have them decorate it with the markers and crayons. Encourage them to be creative and use bright colors.
- Once the plates are decorated, flip them over and have the children write the verse reference "Mark 3:4" on the back.
- Now, have the children flip the plates over again and cut the circles into puzzle pieces.
- Mix up the puzzle pieces and have the children put them back together in the correct order. Encourage them to say the verse together as they put the pieces together.
- Once the puzzle is complete, have the children say the verse one more time. Then, have them repeat the verse line by line as you point to each word on the puzzle pieces.

PRAY: Lord, give us strength to always try to help people. Help us always try to do the right thing.

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

- A list of silly laws
- Bible
- Blank index cards
- Markers
- Timer
- Prize (optional)
- A large piece of blue cloth (to represent a lake)
- Paper fish (one per child)
- A small basket
- Markers or crayons
- Paper and pencils
- A "boat" (this can be a large box or a space marked out on the floor)
- "Jesus and the Sabbath" video lesson
- Something to play the video
- Mini marshmallows
- Pretzel sticks

- Graham crackers
- Chocolate spread or cream cheese
- Plastic knives
- Sidewalk chalk
- Small stones or beanbags
- Construction paper (various colors)
- Scissors
- Glue
- Paper plates
- Pencils or crayons

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