

Jesus And The Sabbath

PRESCHOOL LESSON PLAN

Theme: Jesus is Lord of the Sabbath.

Scripture: Mark 3:4

Memory Verse: It is lawful to do good on the Sabbath. - Mark 3:4

The Children's Sermon

One day, Jesus went into a place called a synagogue, kind of like a church, and he saw a man whose hand was not like the other one; it was hurt and didn't work right. It was also a very special day called the Sabbath, a day when people rested and didn't do their usual work. Some people were watching Jesus to see what he would do because they thought you shouldn't do anything, even helping, on the Sabbath. They wanted to see if Jesus would heal the man, which they thought was like working.

Jesus knew what they were thinking and asked the man with the hurt hand to come up in front of everyone. Then he asked a question, "Is it okay to do good things on the Sabbath, or should we do bad things? Should we help people or leave them hurting?" The people who were trying to trick Jesus didn't say anything.

Jesus was very sad and upset because their hearts were hard; they didn't understand what was truly important. So, he told the man, "Stretch out your hand." And when the man did, his hand was all better! But, the people who didn't understand Jesus's kind heart decided to go and make plans against him because he did something good on the Sabbath.

Now, let's think about this Sabbath healing incident. The rules said to rest on the Sabbath, but Jesus showed that helping someone is always a good thing, no matter what day it is. Imagine if there was a rule that said you couldn't smile at your friend if they were sad on Tuesdays. That would be silly, right? Just like that, Jesus was showing that being kind and helping others is always good.

In the Sabbath healing incident, Jesus teaches us something very special. He shows us that being kind and helping others is what God likes the most. It's not just about following rules; it's about loving and caring for people around us. Jesus wants us to know that doing good things for others is like giving a gift to God.

Now, think about your own life. Maybe you have rules at home, like not running inside the house or always putting your toys away. But what if your little brother or sister fell down and needed help? Would you wait until you've put your toys away to help them? No, you'd probably help them right away because you care about them. That's a bit like what Jesus did. He saw someone in need and helped them, even though some people thought he shouldn't because of the rules.

The Sabbath healing incident isn't just a story about breaking rules. It's a reminder that being kind and helping others is what makes God happy. Jesus didn't ignore the rules; he showed that love is the most important rule.

Sometimes, we might hear about rules that seem strange or don't make sense to us. Like maybe you've heard you shouldn't wear certain clothes on certain days, or you can only eat certain foods at certain times. But what Jesus teaches us in the Sabbath healing incident is that we should always think about what is kind and loving. If

something we do can help someone feel better, be happier, or be safer, then it's a good thing to do, no matter what day it is.

Remember the story of the Sabbath healing incident as a lesson that doing good, being kind, and helping others is what God loves the most. It's like if you see a friend at school who is sad because they don't have anyone to play with. Even if you're in the middle of a game, you can invite them to join or spend some time talking to them. That's being like Jesus, showing love and kindness.

So, let's think about how we can be like Jesus every day, not just on special days. Can we help someone at home, like doing a chore without being asked? Can we share our toys with our brothers and sisters or friends? Can we say kind words to make someone smile? All these things are ways we can show love, just like Jesus did in the Sabbath healing incident.

Dear Father in heaven, thank you for teaching us through Jesus how to love and care for others. Help us to remember the Sabbath healing incident and to always look for ways to do good things for the people around us. Help us to be kind, to share, and to help, just like Jesus did. We want to make you happy by loving others every day. In Jesus' name, we pray. Amen.

Remember, kids, every day is a good day to do something nice for someone else, just like Jesus did. Let's be helpers and friends to everyone, showing love and kindness always.

Bible Memory Verse

It is lawful to do good on the Sabbath. - Mark 3:4

You Will Need:

- Construction paper
- Markers or crayons
- Stickers with themes of helping and kindness

Get Ready:

- Cut the construction paper into large heart shapes, one for each child.
- Write the memory verse on each heart with a marker.

Do This:

1. Give each child a heart with the memory verse and explain that Jesus taught us it's important to do good things for others, even on the Sabbath.
2. Ask the children to think of good deeds they can do for others, like helping at home, being kind to a friend, or sharing toys.
3. Let them decorate their hearts with markers and stickers to represent the good deeds they want to do. Encourage them to hang their heart somewhere at home where they'll see it and remember to do good things every day, including the Sabbath.

Bible Interactive Experience

You'll Need:

- Soft play dough (various colors)
- Small cloth pieces
- Animal figurines
- Printable picture of Jesus (simplified for preschoolers)

Get Ready:

- Print out a simple, child-friendly picture of Jesus.
- Set up a small table or area where children can comfortably sit and play with the play dough and other materials.
- Lay out the play dough, cloth pieces, and animal figurines on the table.

Do this:

1. Give each child a piece of play dough and encourage them to create something they think represents rest or helping others, explaining that Jesus taught us to help and to rest.
2. Show them the printable picture of Jesus and tell them that Jesus is special because He is Lord of the Sabbath, which means He wants us to rest and be happy.
3. Let the children use the cloth pieces to make little beds or resting places for their animal figurines, teaching them that just like they are taking care of their animals, Jesus takes care of us and wants us to rest and be kind.

Snack Activity: Sabbath Sheep Snack

You'll Need:

- Mini bagels
- Cream cheese
- Raisins
- Plastic knives

Get Ready: Spread a tablecloth on your snack table and place the materials in the center where all the children can reach.

Do this:

1. Give each child a mini bagel and help them to spread cream cheese over the bagel using a plastic knife. Explain that the cream cheese is like the goodness Jesus spreads in our lives.
2. Next, let the children place raisins on top of the cream cheese to create 'sheep' eyes and mouths. Share how Jesus, the Lord of the Sabbath, watches over us like a shepherd watches over his sheep, ensuring we're safe and cared for.
3. As they enjoy their snack, remind them that just like they are taking care of their sheep by feeding them (eating the snack), Jesus takes care of us, especially on the Sabbath, a day of rest and joy.

Game Activity: Sabbath Hop and Help

You'll Need:

- Chalk
- Open space (like a driveway or a sidewalk)
- Pictures of good deeds (helping someone up, sharing toys, etc.)

Get Ready: Draw a hopscotch grid on the ground with the chalk. At the start of each box, place a picture of a good deed.

Do this:

1. Explain to the children that Jesus taught us to do good and help others, especially on the Sabbath. Each picture represents a good deed that Jesus would be happy about.
2. Have the children line up at the start of the hopscotch. As they hop on each square, they pick up the picture and say a simple sentence about the good deed. For example, 'Help friends' or 'Share toys'.
3. Once they reach the end, they can say, 'Jesus loves when we help!' Then, it's the next child's turn. The game continues until all children have had several turns.

Craft Activity: Sabbath Day Helping Hands

You'll Need:

- Construction paper (preferably blue or green)
- Safety scissors
- Glue sticks
- Markers or crayons
- Template of a hand (optional)

Get Ready: If using a template, print or draw a hand outline on a piece of paper. Each child will need one hand outline. If not using a template, prepare to assist children in tracing their own hands on the construction paper.

Do this:

1. Help each child trace their hand on the construction paper using the template or by tracing around their own hand. Assist with cutting out the hand shapes with safety scissors.
2. On the cutout hand, have the children draw or write ways they can help others, reflecting on how Jesus healed and helped on the Sabbath. For younger children, they can draw symbols or you can write for them as they dictate.
3. Discuss how Jesus is Lord of the Sabbath and how we can follow His example by helping others. Encourage the children to display their 'Helping Hands' at home as a reminder to be kind and helpful like Jesus.

Prayer Activity: Resting in Jesus' Care

You'll Need:

- A small pillow or blanket for each child
- A picture of Jesus (illustration or printed image)
- Soft instrumental music (optional)

Get Ready: Arrange a comfortable area in your classroom where children can sit or lie down with their pillows or blankets. Place the picture of Jesus where all the children can see it.

Do this:

1. Gather the children in the comfortable area and ask them to sit or lie down with their pillows or blankets. If using music, start playing the soft instrumental music to create a calm atmosphere.
2. Explain to the children that just like we need rest and have a special day to rest, Jesus is the Lord of the Sabbath, which means He wants us to have a special time to rest and think about Him.
3. Lead the children in a simple prayer, encouraging them to repeat after you: 'Dear Jesus, thank You for loving us and giving us a special day to rest. Help us to remember to take time to rest and think about Your love. Amen.'
4. After the prayer, allow the children to rest quietly for a few minutes, reminding them that this quiet time is a gift from Jesus, who cares for us and gives us rest.