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PRESCHOOL LESSON PLAN

Theme: Jesus heals on the Sabbath

Scripture: Luke 13:10-17

Memory Verse: Then he put his hands on her, and immediately she straightened up and praised God. - Luke 13:13

The Children's Sermon

Let's think about a very special story from a long time ago. It's about Jesus and something amazing he did on a special day called the Sabbath. The Sabbath was a day when everyone was supposed to rest. No work, just time to pray and be with family. But something very special happened one Sabbath. It's a story about Healing on the Sabbath.

Jesus met a lady who was all bent over and couldn't walk properly. It was the Sabbath day and everyone was resting, but this lady was always in pain. Jesus knew that he could heal this lady so that she would be all better. What do you think would be the best way to keep the Sabbath day holy? Should Jesus leave the lady or should he heal her? What would God want?

We know that Jesus healed the lady, so we know that although it is important to rest it is even more important to do what God wants us to do. This shows us something very special about Jesus. He showed us that helping others and Healing on the Sabbath was a good thing. He taught us that being kind and helping others is what God really wants us to do.

Now, imagine if you were there with Jesus. What would you think if you saw Him Healing on the Sabbath? Maybe you would be surprised or maybe happy for the lady. Jesus showed everyone that being kind and helping others is more important than just following rules. He showed that love is the most important rule.

Jesus Healing on the Sabbath teaches us a big lesson. It teaches us that we should always look for ways to help and love others. It doesn't matter if it's a rest day, a school day, or any day. Helping and loving others is what makes every day special.

So, next time you see someone who needs help, remember Jesus and the lady he healed. Remember that you can do good things for others, just like Jesus did. It's a way to show love, just like Jesus showed love by Healing on the Sabbath.

And remember, being kind and helping others makes God very happy. It's like giving God a big hug. So, let's be like Jesus and help others, not just on the Sabbath but every day. Let's make every day a day of love and kindness.

In this way, we can all be a little bit like Jesus, showing love and kindness to everyone around us. And that's a very good thing to do, don't you think?

Bible Memory Verse

Then he put his hands on her, and immediately she straightened up and praised God. - Luke 13:13

You Will Need:

-Construction paper

- Scissors
- Markers or crayons
- Stickers of stars or hearts

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 some markers or crayons.
2. Encourage the children to decorate their hearts with the markers and stickers to make them colorful and bright.
3. As they decorate, talk to them about how Jesus' love can make us feel better and 'straighten us up' just like the woman in the story. Explain that when we help others and show them love, we are sharing Jesus' love.

Bible Interactive Experience

You'll Need:

- A small, lightweight blanket or large towel
- Printed picture of Jesus (optional)
- Printed pictures of various people (to represent the woman and others in the story)
- Simple bendable figures or dolls (optional, to represent Jesus and the woman)

Get Ready:

- Lay the blanket on the floor in the center of your activity area to represent the place where Jesus healed the woman.

- If using, place the printed picture of Jesus at one end of the blanket and the pictures of people or figures around it.

Do this:

1. Gather the children around the blanket and tell them they are going to hear a story about how Jesus healed a woman on the Sabbath, a special day. Explain that Jesus loves everyone and wants to help them.
2. Show the picture or figure of the woman and explain that she was very sick and couldn't stand up straight. If using a bendable figure, bend it to show how she might have looked.
3. Tell the children that Jesus saw her and wanted to help her. He touched her, and suddenly she could stand up straight! If using figures, straighten the figure of the woman to stand up right. Celebrate this moment with a simple cheer or clapping.
4. Explain that some people were upset because Jesus healed on the Sabbath, but Jesus knew it was more important to help someone in need. Jesus loves us every day, even on special days.
5. Encourage the children to act out the story using the blanket as the setting. They can pretend to be Jesus, the woman, or the people watching. Use the figures or pictures to help them visualize the story.

Snack Activity: Healing Hands Fruit Platter

You'll Need:

- A variety of fruits (e.g., grapes, blueberries, slices of banana, apple, and orange)
- A large platter or plate
- A small knife (for adult use only)

Get Ready: Wash all the fruits thoroughly and have an adult slice any fruits that need to be cut into smaller pieces.

Do this:

1. Arrange the fruits on the platter to form the shape of a hand, symbolizing Jesus' healing hands. For example, use grapes to outline the hand and fingers, slices of banana and apple for the palm, and blueberries to fill in details.
2. As you create the hand together, talk about the story of Jesus healing the woman on the Sabbath from Luke 13:10-17. Explain how Jesus showed love and care by healing her, even on the Sabbath.
3. Enjoy eating the fruit together, and remind the children that Jesus' love and healing are always with us.

Game Activity: Healing Hopscotch

You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- Pictures of Jesus and people from the story (optional)

Get Ready: Draw a simple hopscotch grid on the sidewalk or any safe, flat surface. At the start, draw a heart to represent love, and at the end, draw a simple stick figure to represent the healed woman. If using pictures, place them along the course where the kids will hop.

Do this:

1. Explain that Jesus healed a woman on the Sabbath because He loved her and wanted her to be happy and healthy. The heart is where we start because Jesus starts with love.
2. Each child takes a turn tossing the stone or beanbag onto the first square. Before they start hopping, ask them to say, 'Jesus loves everyone!' Then, they hop over the grid, avoiding the square with the stone or beanbag, and make their way to the healed woman at the end.
3. When they reach the end, they can say, 'Thank you, Jesus, for healing and loving us!' After everyone has had a turn, gather the children and briefly discuss how Jesus' love helps us all feel better, just like the woman in the story.

Craft Activity: Healing Hands on the Sabbath

You'll Need:

- Construction paper (preferably blue and green)
- Safety scissors
- Glue sticks
- Markers or crayons

Get Ready: Pre-cut the green construction paper into simple leaf shapes to symbolize healing. If working with older preschoolers, you can let them try cutting out simple shapes with safety scissors under supervision.

Do this:

1. Help the children trace their hands on the blue construction paper using markers or crayons. Assist them in cutting out the hand shapes with safety scissors.

2. Encourage the children to decorate their hand cutouts with the markers or crayons, drawing hearts or simply coloring them. Explain that these hands represent Jesus' healing hands.

3. Have the children glue the green leaf shapes onto their hand cutouts, symbolizing the healing power of Jesus, especially on the Sabbath. As they do this, you can talk about how Jesus healed a woman on the Sabbath, showing His love and care.

Prayer Activity: Healing Hands Prayer

You'll Need:

- A picture of Jesus
- Band-aids
- A small bottle of lotion

Get Ready: Place the picture of Jesus on a table that the children can easily reach. Open the bottle of lotion and have the band-aids within reach.

Do this:

1. Gather the children around the table and show them the picture of Jesus. Explain that Jesus healed a woman who couldn't stand up straight for 18 years, just because He cared for her.
2. Tell the children that Jesus' hands were always ready to help and heal others. Ask them to think of someone they would like to pray for healing or help.
3. Have each child put a small amount of lotion on their hands, helping them to rub it in, explaining that the lotion is like Jesus' healing touch. Then, give each child a band-aid to put on their hand or on the picture of Jesus as a symbol of their prayer for the person they thought of.