

Suzy Snoozy

LOWER ELEMENTARY LESSON PLAN

Theme: Jesus heals on the Sabbath

Scripture: Luke 13:10-17

Memory Verse: Luke 13:13 - And he laid his hands on her, and immediately she was made straight, and she glorified God.

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

Luke 13:13 - And he laid his hands on her, and immediately she was made straight, and she glorified God.

You Will Need:

-Construction paper

- Scissors
- Glue
- Markers or crayons

Get Ready:

- Cut the construction paper into strips long enough to make a chain.
- Write 'Jesus Heals' on one strip and 'Luke 13:13' on another strip to start and end your chain.

Do This:

1. Have each child write or draw a picture on a strip of paper of a time when they felt God helped them or someone they know.
2. Link the strips together with glue to create a chain, starting with 'Jesus Heals' and ending with 'Luke 13:13'.
3. Hang the chain in the classroom as a reminder that Jesus cares for us and has the power to heal.

Bible Interactive Experience

You'll Need:

- A small, lightweight chair or stool
- Strips of fabric or bandages
- A Bible or printed story from Luke 13:10-17
- Small treat or stickers for participants

Get Ready:

- Set up a "healing" area in your classroom with the chair in the center.

- Cut the fabric or bandages into lengths that can be gently wrapped around a child's arms or legs.
- Review the story from Luke 13:10-17 to be ready to tell it in simple terms.

Do this:

1. Begin by telling the story from Luke 13:10-17. Focus on how Jesus healed a woman who had been unable to stand up straight for 18 years, emphasizing His kindness and the importance of helping others any day of the week, including the Sabbath.
2. Invite one child to sit in the chair and pretend to be the woman who was healed. Use the fabric strips to gently "bind" their arms or legs, symbolizing the woman's ailment.
3. After telling the part of the story where Jesus heals the woman, gently remove the fabric strips, helping the child to "stand up straight." This represents Jesus' healing touch.
4. Conclude by giving each child a small treat or sticker as a reminder that Jesus' love and healing are always available, and encourage them to share kindness and help others every day of the week.
5. Rotate roles so each child has a chance to be the person who is healed, reinforcing the story and its message through repetition and participation.

Snack Activity: Healing Hands Pretzel Sticks

You'll Need:

- Pretzel sticks
- White chocolate chips
- Blue food coloring
- Parchment paper
- A microwave-safe bowl
- A spoon

Get Ready: Melt the white chocolate chips in the microwave-safe bowl. Heat for 30 seconds, then stir. Repeat until fully melted. Mix in a few drops of blue food coloring to represent the healing power of Jesus.

Do this:

1. Lay out a piece of parchment paper on a flat surface.
2. Dip one end of each pretzel stick into the melted blue chocolate to represent Jesus' healing touch. The pretzel sticks symbolize the woman who was bent over for 18 years and how Jesus healed her on the Sabbath.
3. Place the dipped pretzel sticks on the parchment paper to cool and harden. As they cool, share the story from Luke 13:10-17, focusing on how Jesus cared for the woman and healed her, showing God's love is always at work, even on the Sabbath.
4. Once the chocolate has hardened, enjoy the healing hands pretzel sticks together, reminding the kids that Jesus' love and healing power are always with us.

Game Activity: Healing Hopscotch

You'll Need:

- Chalk
- A large, open sidewalk or driveway
- Small stones or beanbags

Get Ready: Use the chalk to draw a traditional hopscotch grid, but instead of numbers, write different ailments in each square (e.g., 'fever', 'blindness', 'lameness'). At the start, write 'Start' and at the end, write 'Sabbath Healing'.

Do this:

1. Explain to the children that in Luke 13:10-17, Jesus healed a woman on the Sabbath, showing that doing good deeds should not be restricted by time. Today, they'll hop through challenges to reach 'Sabbath Healing'.
2. Each player takes a turn tossing their stone or beanbag onto the hopscotch grid, aiming for any ailment square. They then hop through the grid, skipping the square their stone landed on, to reach 'Sabbath Healing'. Before they hop, they say, 'Jesus heals us every day!'.
3. When all players have reached 'Sabbath Healing', gather them and discuss how Jesus healed the woman who had been bent over for 18 years, emphasizing that Jesus cares for us and wants to heal our hurts, physical or emotional, any day of the week.

Craft Activity: Healing Hands on the Sabbath

You'll Need:

- Construction paper (various colors)
- Scissors
- Glue sticks
- Markers or crayons
- Template of a person (optional)

Get Ready: If using, print out a template of a person for each child to use as a base for their project. Otherwise, prepare to guide them in drawing their own.

Do this:

1. Start by reading Luke 13:10-17 together, focusing on how Jesus healed a woman on the Sabbath. Discuss how Jesus showed love and care on a day meant for rest.

2. Have each child choose a piece of construction paper for their background. Then, either draw or use the template to create a person on a separate piece of paper. This person represents the woman Jesus healed.
3. Cut out the person and glue it onto the background paper. Then, using markers or crayons, draw a bright light or rays coming from Jesus (they can draw Jesus or just represent Him with the light) to the person, showing the healing power. Encourage kids to decorate the rest of the page with scenes from the story or things they think represent healing and love.
4. As they work, talk about the importance of helping and healing others, no matter the day of the week. Discuss how we can show love like Jesus did.

Prayer Activity: Healing Hands

You'll Need:

- A large sheet of paper
- Markers or crayons
- Stickers or glitter (optional)

Get Ready: Draw a big outline of a person on the large sheet of paper. This will represent the woman Jesus healed in Luke 13:10-17.

Do this:

1. Read the story of Jesus healing the woman on the Sabbath from Luke 13:10-17 together. Talk about how Jesus cared for her and healed her, even though it was the Sabbath.
2. Ask the children to think of people they know who need healing or help. It could be physical healing, like being sick, or emotional, like feeling sad or lonely.

3. Have the children write or draw these names or situations around the outline of the person on your large paper. If they're too young to write, they can tell you, and you can write it for them. They can also decorate with stickers or glitter.

4. Gather around the paper and say a prayer together. Ask Jesus to bring healing and help to those people and situations, just like He did for the woman in the story.

Encourage the children to place their hands on the paper as a sign of laying hands in prayer.