

# Suzy Snoozy

## UPPER ELEMENTARY LESSON PLAN

**Theme:** Jesus heals on the Sabbath

**Scripture:** Luke 13:10-17

**Memory Verse:** Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her? - Luke 13:16

## 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 should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her? - Luke 13:16**

You Will Need:

- Construction paper
- Scissors
- Markers or crayons
- Yarn or string

Get Ready:

- Cut the construction paper into strips before class.
- Write one word of Luke 13:16 on each strip of paper.

Do This:

1. Mix up the strips of paper and challenge the children to put the verse in order by arranging the strips.
2. Once the verse is correctly arranged, have the children decorate the strips with markers or crayons, illustrating what they think freedom in Jesus looks like.
3. Punch holes in the top of each strip and string them together to create a 'Freedom Chain'. Hang the chain in the classroom as a reminder that Jesus frees us from what binds us.

## **Bible Interactive Experience**

You'll Need:

- A Bible or printed copies of Luke 13:10-17
- Bendable straws or pipe cleaners

- A small bell
- Blindfolds
- Printed pictures or figures representing Jesus, the crippled woman, and Pharisees
- Sticky notes and pens

#### Get Ready:

- Read Luke 13:10-17 thoroughly to familiarize yourself with the story.
- Prepare a space where children can move around safely.
- Set up a "healing station" with the bell and a chair.
- Distribute the printed pictures/figures around the room, with Jesus at the healing station.

#### Do this:

1. **\*\*Introduction\*\***: Start by reading Luke 13:10-17 aloud to the group. Discuss the importance of helping others, even when it might not seem like the "right" time.
2. **\*\*Role-Play Activity\*\***: Divide the children into three groups – one representing Jesus, another the crippled woman, and the third the Pharisees. Give the child playing Jesus a bell. The child playing the crippled woman should use straws or pipe cleaners to symbolize her infirmity, making it look like she's bent over. The Pharisees should wear blindfolds to symbolize their blindness to Jesus' compassion and power.
3. **\*\*Healing Walk\*\***: The child playing the crippled woman starts at one end of the room and slowly makes her way towards the healing station where Jesus is. Jesus rings the bell to signal the start. As the crippled woman progresses, the Pharisees try to verbally stop her based on their interpretation of the Sabbath laws (without physical contact).

4. **Miracle Moment**: Once the crippled woman reaches Jesus, he performs the "healing" by removing the straws or pipe cleaners, helping her to stand straight. This symbolizes Jesus' healing power and compassion.

5. **Reflection and Discussion**: After the role-play, gather the children and discuss how the crippled woman might have felt before and after meeting Jesus. Ask how the Pharisees' reaction differs from what God desires from us. Use sticky notes and pens for children to write down one way they can help or show kindness to someone, keeping in mind that there's never a wrong time to do the right thing.

6. **Closing Prayer**: Conclude with a prayer, asking God to help the children recognize opportunities to serve and help others, just as Jesus did.

## Snack Activity: Bent-Over Woman Pretzel Bends

You'll Need:

- 1 package of refrigerated breadstick dough
- 1 large baking sheet
- Parchment paper
- Olive oil or melted butter
- Garlic powder (optional)
- Salt (optional)

Get Ready: Preheat your oven to the temperature specified on the breadstick dough package. Line your baking sheet with parchment paper.

Do this:

1. Open the package of breadstick dough and separate the individual breadsticks.

Explain to the children that these breadsticks represent the woman who was bent over for 18 years, just like in Luke 13:10-17.

2. Show the children how to twist and bend the breadsticks into shapes that resemble a bent-over figure. As they work on shaping their breadsticks, discuss the significance of Jesus healing the woman on the Sabbath and what it teaches us about compassion and the purpose of the Sabbath.

3. Place the shaped breadsticks on the prepared baking sheet. Brush each 'bent-over woman' breadstick lightly with olive oil or melted butter and sprinkle with garlic powder and salt if desired. Bake according to the package instructions until golden brown. While the breadsticks are baking, continue the discussion on the scripture, focusing on the joy and freedom the woman must have felt being healed by Jesus.

4. Once baked and cooled enough to handle, encourage the children to enjoy their 'Bent-Over Woman Pretzel Bends' as a reminder of the miracle Jesus performed and the importance of showing kindness and helping others, no matter the day.

## Game Activity: Healing Hopscotch: Jesus Heals on the Sabbath

You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- Printed pictures or drawings of different ailments (e.g., a bandaged hand, a crutch, etc.) and blessings (e.g., a heart, a smiley face, etc.)

Get Ready: Use the sidewalk chalk to draw a large hopscotch grid on the ground. Inside each square, place a picture or drawing. Alternate between ailments and blessings in

the squares. At the end of the hopscotch grid, draw a large heart to represent Jesus' healing power.

Do this:

1. Explain to the children that as they play this game, they will learn about how Jesus healed a woman on the Sabbath, showing His love and power. Read Luke 13:10-17 together as a group.
2. 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, encourage them to say a prayer or a word of kindness for someone they know who needs healing or encouragement, mimicking Jesus' act of healing.
3. When a player reaches the end of the grid, they stand on the heart and say, 'Jesus heals!' to remind everyone of the power of Jesus' love and healing. Then, they pick up their stone, and the next player takes their turn.
4. After everyone has had a turn, gather the children and discuss how Jesus' healing on the Sabbath shows His love and how we can show love and care for others every day of the week.

## Craft Activity: Healing Hands Mobile

You'll Need:

- Construction paper (various colors)
- Yarn or string
- Markers or crayons
- Scissors
- Hole punch

Get Ready: Read Luke 13:10-17 together as a class. Discuss the significance of Jesus healing the woman on the Sabbath and what it teaches us about compassion and the purpose of God's laws.

Do this:

1. Have each student choose a color of construction paper and trace their hand on it. Cut out the handprint. This represents the healing hand of Jesus.
2. On another piece of paper, have them draw and cut out a figure of a woman bent over, representing the woman Jesus healed.
3. Use the markers or crayons to write 'Jesus Heals on the Sabbath' on one side of the handprint and Luke 13:10-17 on the other side. They can also decorate the woman figure with details or patterns.
4. Punch a hole at the top of each cutout and tie them together with yarn or string, placing the hand above the woman figure, symbolizing Jesus' healing power over her.
5. Hang the mobiles in the classroom or at home as a reminder of the story and its teachings about compassion, healing, and the true meaning of observing God's commands.

## Prayer Activity: Healing Hands: A on Jesus' Miracle

You'll Need:

- A copy of Luke 13:10-17 for each child
- Small bottles of hand sanitizer or lotion
- Prayer request cards

Get Ready: Before the class, set up a reading corner with cushions and a calm atmosphere. Prepare the small bottles of hand sanitizer or lotion by attaching a small



tag to each that says 'Healing Hands'. Write out some example prayer requests that focus on healing, comfort, and helping others.

Do this:

1. Start by reading Luke 13:10-17 together in the reading corner. Discuss the importance of Jesus healing on the Sabbath and what it teaches us about compassion and helping others.
2. Hand out the prayer request cards and ask the children to write down a prayer request for someone they know who needs healing or comfort. Encourage them to think about what it means to offer help and healing, just as Jesus did.
3. Once they have written their requests, invite the children to come forward and pick up a bottle of 'Healing Hands' sanitizer or lotion. Lead them in a prayer, asking God to use their hands to bring comfort and healing to those around them, just as Jesus' hands did. As they use the sanitizer or lotion, remind them that they are spreading kindness and healing through their actions and prayers.