

There Is Power In A Touch

PRESCHOOL LESSON PLAN

Theme: Feeling the power of Jesus in our life

Scripture: Mark 5:27-29

Memory Verse: When she touched his cloak, she was healed. - Mark 5:27-29

The Children's Sermon

One day Jesus was walking through a large crowd of people. The people were crowding around so that he could hardly move. There was a woman in the crowd who had a very bad sore that had been bleeding for twelve years. She had been to many doctors, but none had been able to help her. She had heard about Jesus and she believed that he could heal her, but there were so many people crowded around him that it seemed hopeless.

The woman thought to herself, "If I could just get close enough to touch his robe, I would be healed." So she pushed through the crowd and reached out and touched Jesus' clothes. Her bleeding stopped immediately and her suffering was ended.

The Bible tells us that as soon as the woman touched him, Jesus felt the power go out of him. He turned to the woman and said, "Your faith has healed you. Go in peace and be free from your suffering."

Now, let's talk more about the Healing Touch of Jesus. Imagine being in a place where everyone wants to see one person, like when you're trying to see a parade and everyone is taller than you. It's hard to see anything, right? But this woman had

something more important than seeing; she needed to be healed. She believed so much in the Healing Touch of Jesus that she did everything she could just to touch a piece of his clothing.

Jesus was surrounded by so many people, but he noticed her. He felt her touch among all the others. This shows us how special each one of us is to Jesus. Even when it feels like we are just one in a big crowd, Jesus knows and cares about each of us. He knows when we reach out to him, just like the woman did.

The Healing Touch of Jesus is not just about making our bodies feel better. It's also about healing our hearts and minds. Sometimes we feel sad, lonely, or scared. When we talk to Jesus about these feelings, it's like reaching out to touch his robe. We are asking for his healing.

Let's imagine what it would be like to reach out to Jesus. Maybe you're feeling worried about a test at school or sad because you had a fight with a friend. By praying and telling Jesus about it, you're reaching out for his Healing Touch. Just like the woman in the story, we have to believe that Jesus can help us.

Jesus wants us to have faith, just like the woman did. Faith means believing in something even when we can't see it. The woman believed that Jesus could heal her, and that's exactly what happened. We can have faith that Jesus will take care of us and help us with our problems, too.

Now, you might wonder, how can we reach out to Jesus today? We can pray, read stories about him in the Bible, and talk about him with our friends and family. Every

time we learn more about Jesus and talk to him, it's like we're reaching out to touch his robe, hoping for the Healing Touch of Jesus.

Remember, Jesus' power to heal and help us hasn't changed. Even though we can't see him like the people in the Bible did, he is always with us. His love and care for us are just as strong now as they were back then.

Dear Jesus, we long to reach out and touch you and to feel your power in our life. Help us to remember that no matter how big the crowd is, you see us and you care about us. Thank you for your Healing Touch that makes our bodies, hearts, and minds feel better. Amen.

So, kids, let's remember the story of the woman who was healed by just touching Jesus' robe. Let it remind us to reach out to Jesus in faith, knowing that his Healing Touch is there for us, too. Whether we need healing in our bodies, our hearts, or our minds, Jesus is always ready to help us. All we need to do is believe and reach out to him.

Bible Memory Verse

When she touched his cloak, she was healed. - Mark 5:27-29

You Will Need:

- Construction paper (various colors)
- Scissors
- Glue
- Stickers or glitter

Get Ready:

- Cut out cloak shapes from construction paper.
- Prepare a small area where children can work comfortably.

Do This:

1. Give each child a cloak shape and let them decorate it with stickers or glitter.
2. While they work, talk to them about how the woman in the story believed that just touching Jesus' cloak would heal her because Jesus is so powerful.
3. Encourage the children to share their cloaks and tell each other about a time they felt happy or safe, reminding them that Jesus' love and power are always with us, just like the cloak.

Bible Interactive Experience

You'll Need:

- A small, simple cloth or fabric piece (to represent the garment of Jesus)
- Heart stickers
- A picture of Jesus (optional)

Get Ready:

- Cut the cloth into small, manageable pieces for little hands.
- Place heart stickers and cloth pieces in a basket or box for easy access.

Do this:

1. Gather the children and tell them a simplified version of the story from Mark 5:27-29, focusing on how a woman believed that touching Jesus' garment would heal her. Emphasize Jesus' love and power to heal and help us.

2. Invite each child to take a turn to gently touch the cloth piece, symbolizing touching Jesus' garment. As they touch the cloth, encourage them to say a simple prayer or wish, like "Thank you, Jesus, for loving me."
3. After touching the cloth, give each child a heart sticker to place on their hand or shirt to remind them of Jesus' love and power in their lives.

Snack Activity: Healing Touch Sandwiches

You'll Need:

- Bread
- Cream cheese or any spreadable cheese
- Blueberries

Get Ready: Prepare a clean surface to make your sandwiches and wash your hands to remind us that we always need to be clean in our hearts and actions, just like we are when we come to Jesus.

Do this:

1. Spread the cream cheese on a slice of bread. This represents the purity and healing power of Jesus. Explain how the woman believed just touching Jesus' clothes would heal her because of His power and love.
2. Place blueberries in the center of the bread. These blueberries represent us, reaching out to Jesus for healing, help, and love.
3. Cover it with another slice of bread and gently press down. As you press, remind the children that when we reach out to Jesus and believe in Him, He covers us with His love and brings healing into our lives.

4. Cut the sandwich into small pieces suitable for the children to eat. As they eat, remind them that just like the sandwich nourishes their bodies, Jesus' power and love nourish our souls and heal us.

Game Activity: Touch of Faith Tag

You'll Need:

- A large open space, preferably outdoors
- A sash or a piece of cloth to serve as the 'cloak'
- Pictures of Jesus (optional)

Get Ready: Designate an area as the playing field. Explain the story of the woman who believed that if she could just touch Jesus' cloak, she would be healed (Mark 5:27-29). Discuss how Jesus' power to heal and help us is always present, and all we need to do is reach out in faith.

Do this:

1. Choose one child to be 'Jesus' and give them the sash or cloth to wear as a cloak.

Explain that Jesus has healing power.

2. The other children are told they are seeking healing, just like the woman in the story.

When they tag 'Jesus' and touch the cloak, they should say, 'I believe in Jesus' power!'

3. Once a child touches the cloak and says the phrase, they take a turn to be 'Jesus'.

The game continues, allowing each child a chance to be 'Jesus'. This teaches them about the healing power of faith in Jesus and encourages them to express their belief.

Craft Activity: Jesus' Healing Touch

You'll Need:

- Construction paper (various colors)
- Glue sticks
- Markers or crayons

Get Ready: Cut out several small heart shapes from different colors of construction paper. These hearts will represent the healing power of Jesus.

Do this:

1. Give each child a piece of construction paper to use as their background. Explain that the paper represents their life.
2. Show the children the small heart shapes and explain that these hearts represent Jesus' love and healing power. Share the story from Mark 5:27-29, focusing on how the woman believed that touching Jesus' cloak would heal her.
3. Encourage the children to glue the heart shapes onto their paper wherever they wish, encouraging them to feel Jesus' healing power in their lives as they place each heart. As they work, talk to them about how Jesus cares for us and can make us feel better when we are sad, hurt, or sick.
4. Once they have finished, allow them to use markers or crayons to add details or decorations to their paper, encouraging them to think about the different ways Jesus helps and heals us.

Prayer Activity: Feeling Jesus' Power Prayer Touch

You'll Need:

- A small, soft blanket or cloth
- A picture of Jesus (illustration)
- Heart stickers

Get Ready: Before the activity, place the picture of Jesus in a visible spot where all the children can see it. Have the heart stickers and the soft blanket or cloth nearby.

Do this:

1. Gather the children around the picture of Jesus and explain that just like the woman in Mark 5:27-29 believed touching Jesus' clothes would heal her, we can also feel Jesus' power and love in our lives through prayer.
2. Pass around the soft blanket or cloth, letting each child hold it. Explain that the blanket represents Jesus' love surrounding them.
3. After each child has held the blanket, give them a heart sticker to place on their hand or clothing. Tell them this sticker is a reminder that Jesus' love and power are always with them, just like the woman felt healed when she touched Jesus' clothes.
4. Close with a simple prayer, inviting the children to repeat after you, thanking Jesus for His love and asking for His healing power in their lives and the lives of their loved ones.