

There Is Power In A Touch

LOWER ELEMENTARY 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 immediately healed. - Mark 5:29

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 immediately healed. - Mark

5:29

You Will Need:

- Fabric squares (enough for each child)
- Markers or fabric paint
- Stickers with words of healing and faith

Get Ready:

- Cut fabric squares, one per child.
- Set up a table with fabric squares, markers or fabric paint, and stickers.

Do This:

1. Share the story of the woman who was healed by touching Jesus' cloak. Emphasize her faith and the power of Jesus to heal.
2. Give each child a fabric square and ask them to decorate it with markers or fabric paint, adding stickers that represent healing and faith.
3. Encourage the children to keep their decorated fabric square as a reminder that when we reach out to Jesus in faith, we can feel His healing power in our lives.

Bible Interactive Experience

You'll Need:

- A small, lightweight cloth (like a handkerchief or a piece of fabric)
- A "Power of Jesus" badge for each child (can be made with paper, markers, and safety pins)
- A Bible

Get Ready:

- Prepare the "Power of Jesus" badges beforehand. Write "Jesus' Power" on each badge and decorate them as desired.
- Have the Bible open to Mark 5:27-29 for easy reference.
- Lay the cloth in a central area where all children can reach it.

Do this:

1. Gather the children around and read Mark 5:27-29 aloud. Explain that the woman believed just touching Jesus' clothes would heal her because she felt His power. Ask the children if they've ever felt a time they needed help and how they think Jesus can help us today.
2. Tell the children they will now have a chance to "feel" the power of Jesus, just like the woman did. Explain that the cloth represents Jesus' cloak. Each child will have a turn to gently touch the cloth while saying a short prayer or a wish for help from Jesus in any area of their life.
3. After each child has had their turn, present them with a "Power of Jesus" badge to pin on their shirt. Explain that this badge represents their faith in Jesus' power in their lives, just like the woman's faith healed her. Encourage them to wear the badge as a reminder that Jesus' power is always with them, ready to help and heal.

Snack Activity: Powerful Touch Pretzel Sticks

You'll Need:

- Pretzel sticks
- White chocolate chips
- Blue sprinkles (to symbolize power)
- A microwave-safe bowl
- Wax paper

Get Ready: Lay out a piece of wax paper on a flat surface.

Do this:

1. In the microwave-safe bowl, melt the white chocolate chips in the microwave. Start with 30 seconds, stir, and then heat in 10-second intervals, stirring in between, until fully melted.

2. Dip one end of each pretzel stick into the melted white chocolate, covering about half the pretzel. This white chocolate represents the purity and healing power of Jesus.
3. Before the white chocolate hardens, sprinkle the blue sprinkles over the white chocolate part of the pretzel. These blue sprinkles symbolize the power of Jesus that the woman felt when she touched His garment, as told in Mark 5:27-29.
4. Lay the pretzel sticks on the wax paper and let them cool until the white chocolate hardens. As you eat them, remember that just like the pretzel sticks are changed with white chocolate and sprinkles, Jesus can change and heal our lives with His power.

Game Activity: Power Path

You'll Need:

- Sidewalk chalk
- A large, open concrete or blacktop area
- Small stones or beanbags

Get Ready: Draw a large hopscotch-like path on the concrete with the chalk. The path should have a start and an end, with various squares in between. Label some squares with challenges or fears kids might face (like 'Bullying', 'Feeling Alone', 'Sickness') and others with words that represent the power of Jesus in our lives ('Healing', 'Friendship', 'Courage').

Do this:

1. Explain to the kids that the path represents our life journey, where we encounter both challenges and the healing power of Jesus. Just like the woman in Mark 5:27-29 believed that touching Jesus' cloak would heal her, we can also feel Jesus' power in our lives when we face challenges.

2. Kids take turns tossing a stone or beanbag to land on a square. If it lands on a challenge, they share a time they felt that challenge and then jump to the next square that represents Jesus' power, sharing how Jesus can help overcome that challenge.
3. If the stone lands on a square representing Jesus' power, they share how they or someone they know has experienced that positive power or how they can in the future. They then hop through the path to the end, feeling the power of Jesus with every hop.

Craft Activity: Touch of Faith Bracelets

You'll Need:

- Colorful beads
- Elastic string
- Heart-shaped charm
- Scissors

Get Ready: Cut a piece of elastic string about 12 inches long for each child.

Do this:

1. Start by telling the story from Mark 5:27-29, focusing on the woman who believed that if she could just touch Jesus' cloak, she would be healed. Explain how this shows the power of faith in Jesus.
2. Have each child thread the colorful beads onto their piece of elastic string, leaving enough room to tie it off at the end. As they do this, encourage them to think about the different ways they can feel Jesus' power in their lives, such as through prayer, helping others, or feeling peace in difficult times.
3. Once they have added enough beads, help them secure the heart-shaped charm onto the string. This charm represents their personal touch of faith, similar to the

woman's touch of Jesus' cloak. Tie the ends of the string together to create the bracelet.

4. Close with a prayer, asking Jesus to help the children feel His power and presence in their lives, just like the woman did when she reached out in faith.

Prayer Activity: Touch of Faith

You'll Need:

- A small, soft piece of fabric (like a piece of felt or a small handkerchief)
- A printout of Mark 5:27-29
- A prayer jar or box

Get Ready: Before the activity, read the story of the woman who touched Jesus' cloak and was healed (Mark 5:27-29) to understand the faith she had in Jesus' power to heal her. Prepare a small, soft piece of fabric for each child and have the prayer jar or box ready.

Do this:

1. Give each child a piece of fabric. Explain that this represents the edge of Jesus' cloak in the story. Ask them to hold it gently in their hands.
2. Read Mark 5:27-29 together. After reading, discuss how the woman felt before and after she touched Jesus' cloak. Emphasize the power of faith and Jesus' ability to heal and help us.
3. Invite the children to think of a time they need Jesus' help or healing in their lives or someone they know who does. Ask them to silently say a prayer to Jesus as they hold the fabric, imagining reaching out in faith like the woman in the story.
4. After they have prayed, have them place their piece of fabric into the prayer jar or box as a symbol of their faith and prayer to Jesus. Close with a group prayer, asking

Jesus to work powerfully in their lives as He did in the life of the woman who touched His cloak.