

There Is Power In A Touch

UPPER ELEMENTARY LESSON PLAN

Theme: Feeling the power of Jesus in our life

Scripture: Mark 5:27-29

Memory Verse: She thought, 'If I just touch his clothes, I will be healed.' - Mark 5:28

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

She thought, 'If I just touch his clothes, I will be healed.' - Mark

5:28

You Will Need:

- Red, blue, and white construction paper
- Scissors
- Glue sticks
- Markers

-Fabric scraps

Get Ready:

- Cut the construction paper into large tunic shapes beforehand.
- Cut fabric scraps into small squares or strips.

Do This:

1. Give each child a construction paper tunic and several fabric scraps. Explain that these represent Jesus' clothes.
2. Have them write the memory verse on the tunic with markers.
3. Encourage them to glue the fabric scraps onto the tunic as if reaching out and touching it, symbolizing the woman's faith in the story. As they do this, discuss the importance of faith and how reaching out to Jesus can bring healing and change in our lives.

Bible Interactive Experience

You'll Need:

- A long piece of fabric or rope to represent Jesus' robe
- Small pieces of paper and pens
- A "Faith Box" (any small box will do)
- A blindfold

Get Ready:

- Write out Mark 5:27-29 on a large poster or whiteboard for all the children to see.
- Place the long piece of fabric or rope in the middle of the room, stretched out to represent Jesus' robe.
- Put the Faith Box at one end of the fabric/rope.

Do this:

1. Begin by reading Mark 5:27-29 aloud to the group. Discuss the faith of the woman who believed that touching Jesus' clothes would heal her. Emphasize the power of faith and belief in Jesus.
2. Blindfold a volunteer and have them stand at the end of the fabric/rope opposite the Faith Box. Explain that the fabric/rope represents the path to Jesus and the power of reaching out to Him in faith.
3. The rest of the children will quietly guide the blindfolded child by giving verbal directions to reach the end of the fabric/rope and touch the Faith Box, symbolizing the woman's journey to touch Jesus' robe. This represents how we, as a community, support each other in faith.
4. Once the child reaches the end and touches the Faith Box, they can remove the blindfold. Invite them to write a prayer or a moment when they felt Jesus' power in their life on a piece of paper and place it in the Faith Box.
5. Repeat with other volunteers as time allows, encouraging each child to experience the journey of faith and to share their own stories of feeling Jesus' power in their lives.

Snack Activity: Healing Touch Energy Bites

You'll Need:

- 1 cup of dates (pitted)
- 1/2 cup of almonds
- 1/2 cup of oats
- 2 tablespoons of honey
- 1/4 teaspoon of cinnamon
- Blender or food processor
- Mixing bowl

- Wax paper or a non-stick baking sheet

Get Ready: Gather all your ingredients and measuring tools. Make sure the dates are pitted and your hands are clean.

Do this:

1. In the blender or food processor, blend the almonds and oats together until they form a fine powder. Pour this mixture into your mixing bowl.
2. Add the pitted dates, honey, and cinnamon to the blender or food processor. Blend until the mixture becomes a sticky dough.
3. Take the sticky dough and mix it with your almond-oat powder in the mixing bowl. Use your hands to mix well.
4. Once mixed, take small portions of the mixture and roll them into balls. Place these balls on your wax paper or non-stick baking sheet.
5. As you roll each ball, think about the story from Mark 5:27-29, and how just a touch of faith led to healing. Discuss with your friends or family how we can reach out in faith in our own lives.
6. Let the energy bites sit for about an hour to firm up, or you can enjoy them right away as a reminder of the power of faith and the healing touch of Jesus.

Game Activity: Healing Touch Relay

You'll Need:

- A long piece of fabric or rope to represent Jesus' garment
- Blindfolds for each team
- A bell or noise-making object
- Cones or markers to set up the start and finish lines

Get Ready: Divide the children into two teams. Set up a start and finish line in your play area. Place the bell or noise-making object at the 'finish line' to represent Jesus. Spread the piece of fabric or rope along the ground between the start and finish lines to symbolize the hem of Jesus' garment.

Do this:

1. The first player from each team is blindfolded to symbolize the woman's desperation and faith, not seeing but believing in Jesus' power.
2. On 'Go', the blindfolded player must crawl or walk on their knees, feeling their way along the 'garment' towards the sound of the bell. Teammates can offer verbal guidance but cannot physically guide them.
3. Once the player reaches the end and touches the bell, it represents the moment the woman touched Jesus' garment and was healed. They then run back to tag the next player in line, who then puts on the blindfold and repeats the process.
4. The first team to have all members complete the relay and sit down is declared the winner, emphasizing the power of faith and the healing touch of Jesus in our lives.

Craft Activity: Touch of Faith Bracelets

You'll Need:

- Beads (various colors including one gold or bright yellow bead to represent Jesus' power)
- Elastic string
- Scissors
- Small cross charms

Get Ready: Cut the elastic string into 10-inch lengths, one for each child.

Do this:

1. Start by explaining the story from Mark 5:27-29, focusing on the woman's faith in Jesus' power to heal her just by touching His garment. Emphasize the idea of Jesus' power being accessible and transformative.
2. Have each child pick out their beads, but make sure each one includes the special gold or bright yellow bead to represent the power of Jesus in our lives. Explain that the other beads can represent different parts of their lives or prayers they have.
3. Thread the beads onto the elastic string, planning to place the gold or bright yellow bead in the center. As they do this, encourage them to think about areas of their lives where they need Jesus' healing touch or power.
4. Once all the beads are on the string, help them tie off the bracelet with a secure knot. Attach a small cross charm to remind them of their connection to Jesus.
5. Close with a prayer, asking Jesus to touch and heal every part of the children's lives, just as He did for the woman in the story.

Prayer Activity: Feeling Jesus' Healing Touch

You'll Need:

- A long piece of fabric or rope
- Blindfolds
- Printed verses (Mark 5:27-29) for each child

Get Ready: Before the activity, spread the fabric or rope on the floor to represent the crowd Jesus was walking through. Prepare the printed verses and ensure there's enough space for the children to walk around safely.

Do this:

1. Explain the story of the woman who believed that if she could just touch Jesus' clothes, she would be healed. Read Mark 5:27-29 together.
2. Blindfold a volunteer and have them represent the woman. The other children will stand scattered around the fabric or rope, representing the crowd. The 'woman' must navigate through the 'crowd' to touch the fabric or rope, symbolizing her faith in reaching out to Jesus.
3. Once the 'woman' touches the fabric or rope, everyone gathers around. Discuss how the woman felt before and after touching Jesus' cloak, relating it to how we can reach out to Jesus in prayer and faith in our lives. Each child then shares a personal prayer request, and together, they pray for each other's needs, emphasizing the power of faith and prayer.