



WEEK 5

ELEMENTARY LESSON OUTLINE

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THE BIG IDEA

The message of Jesus is powerful.

THE BIBLE

Jesus Helps a Suffering Man:
Mark 1:21-28; (Psalm 111)

This Week At A Glance

LARGE GROUP TIME

- MUSIC** | YouTube Praise
- VIDEO** | Spot the Difference
- ACTIVITY** | Color Milk Explosion
- QUESTION** | Chatting with Friends
- SCRIPTURE** | Mark 1:21-28
- THE BIG IDEA** | The message of Jesus is powerful.
- VIDEO** | Subscribe Now, Episode 5
- QUESTION** | Jesus Chatter
- ACTIVITY** | DM Story
- SCRIPTURE** | Psalm 111
- ACTIVITY** | Insta-Confetti Canno
- REFLECTION** | Who Told You About Jesus?
- ACTIVITY** | Predictive Text
- PRAYER**

SMALL GROUP TIME

- DISCUSSION**
 - Why was the crowd amazed by Jesus' teachings?
 - Who did the suffering man say that Jesus is?
 - Did Jesus become more or less popular after this event?
 - Read Mark 1:27-28. Why is it important that the message of Jesus spreads?
 - What are ways we can help share the powerful message of Jesus?
 - Are there ways to share the message of Jesus without talking?
 - Who in your life does not know Jesus and needs to hear this message?
- ACTIVITY** | InstaStories
- MEMORY VERSE** | John 14:6 (NIV)



WEEK 5

HACKS FOR PRETEENS

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BY STEPHEN BAY

HOW TO HACK THIS SERIES FOR PRETEENS

In children's ministry, you've got a wide range of ages you need to engage every week, but preteens tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your preteens more engaged.

MUSIC | YouTube Praise

Play the lyric video of "[You Say](#)" as performed by Lauren Daigle (not the kids' version). Give each kid a piece of paper and pencil and have them jot down the lyrics that they connected with the most.

VIDEO | Spot the Difference

A picture is worth a thousand words. A picture tells a story, and stories are powerful messages! Show the kids pictures from [The Best of "My Shot" submissions](#) (National Geographic Kids) and ask them to share what makes each picture so good. What story does each picture tell?

ACTIVITY | Color Milk Explosion

- *Add these points and questions to the activity:*
 - **What does it mean to go viral on social media?** "Going viral" is when a post spreads quickly from one person to another and reaches thousands, or even millions, of people!
 - Social media has the power to influence people by spreading messages quickly. **Who are some social media influencers you know?**
 - Today's experiment showed us how things can spread quickly! The dish soap broke the surface tension of the milk, "influencing" the food coloring to spread like wildfire!
 - **What if you could be like the dish soap – an influencer who could spread the message of Jesus far and wide?**



ACTIVITY | InstaStories

Have the kids draw an Instagram Story based on Psalm 111. Draw a picture about one of the verses and add Instagram-style hashtags, text, and stickers to further tell the story.



WEEK 5

HACKS FOR KIDS WITH SPECIAL NEEDS

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BY CHRISTIN RICKMAN

HOW TO HACK THIS SERIES FOR KIDS WITH SPECIAL NEEDS

In children's ministry, you've got a wide range of ages you need to engage every week, but kids with special needs tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your kids with special needs more engaged.

VIDEO | Spot the Difference

Avoid stress-inducers by eliminating the time aspect of this activity. Pause the video at each scene and give kids plenty of time to spot the differences. To aid them, point to a spot on one image and ask them to tell you what is different about that same exact spot in the other picture.

ACTIVITY | DM Story

Since the spaces in the printable are relatively small, try setting up two phones or tablets with messaging capabilities. Have kids complete the activity by typing their responses into the chat, using emoji and GIFS, if they'd like. Or write some text that matches up with the Bible story beforehand in [chat bubbles](#) and have kids cut them out and put them in any order.

ACTIVITY | Insta-Confetti Cannon

Have ready-made confetti cannons that kids can play with, or partially-made ones that they can decorate with stickers. Make sure no one points the cannons directly at them, especially for kids with tactile sensitivity.



WEEK 5

ELEMENTARY LESSON GUIDE

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THE BIG IDEA

The message of Jesus is powerful.

THE BIBLE

Jesus Helps a Suffering Man:
Mark 1:21-28; (Psalm 111)

LARGE GROUP TIME

WHAT? What are we talking about today?

MUSIC | YouTube Praise

- **INSTRUCTIONS:** Play some worship songs that the kids can sing along with. Here are some suggestions:
 - [Super Wonderful](#) by SweetLife Toddler & Pre K worship
 - [A Thousand More](#) by Thrive Worship
 - [You Say](#) by Lauren Daigle (Kids Version)
 - ✂ **PRETEEN HACK:** Play the lyric video of "[You Say](#)" as performed by Lauren Daigle (not the kids' version). Give each kid a piece of paper and pencil and have them jot down the lyrics that they connected with the most.

VIDEO | Spot the Difference

- Instagram made a powerful difference in the social media world by giving people a way to connect through pictures.
- Instagram is the most popular social media platform with more than one billion users!
- Images can be powerful. Let's take a moment to look at some fun photos and spot the difference!
- **INSTRUCTIONS:** Divide the kids into two groups. Each team will select a player to come up and try to spot the difference faster than the other team from [this video](#). The first to spot the difference wins a point. The team with the most points wins!

- ✂ **PRETEEN HACK:** *A picture is worth a thousand words. A picture tells a story, and stories are powerful messages! Show the kids pictures from [The Best of "My Shot" submissions](#) (National Geographic Kids) and ask them to share what makes each picture so good. What story does each picture tell?*
- ✂ **SPECIAL NEEDS HACK:** *Pause the video at each scene and give kids plenty of time to spot the differences. To aid them, point to a spot on one image and ask them to tell you what is different about that same exact spot in the other picture.*

ACTIVITY | Color Milk Explosion

- For this activity, we are going to make a colorful and powerful milk explosion!
- **INSTRUCTION:** *Pour milk into a dish. Let it settle for a moment. Scatter some drops of food coloring into the milk. Use a Q-tip or pipette to add a drop of dish soap to the center of the dish and watch what happens. (If you have any kids with dairy allergies in your group, use dairy-free milk.)*
 - ✂ **PRETEEN HACK:** *After this activity, spin off into a more in-depth discussion. Check this week's Preteen Hacks document for more details.*
- Sometimes, we don't know what something or someone is capable of until we try and test the limits of their abilities. Grownups like to call that, "potential."
- **What increased the potential of the colors in the milk so that they spread more?**

QUESTION | Chatting with Friends

- **Have you ever received an instant message from a friend?** Maybe it was on a phone, on an app, or in a game.
- I get super happy when my friends text me and send me messages. Lots of people share selfies, GIFs, stickers, and other fun things through instant messaging!
- **What was the last text or instant message a friend or family member sent you? Or, what was the last message a family member got that they shared with you?**

SO WHAT? *Why does it matter to God and to us?*

SCRIPTURE | Mark 1:21-28

- **INSTRUCTIONS:** *Read Mark 1:21-28.*
- Today's Bible story tells us that Jesus was not like the other teachers and prophets. Jesus' message was powerful and people were amazed when they heard it and started to follow Jesus. If Jesus was on Earth these days, people would say Jesus was trending!
 - Can you imagine it? Jesus . . . a celebrity! **In what kind of setting do you think Jesus would be teaching if he were here on Earth today?**
- Then, a man came and caused a ruckus. He shouted, "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are – the Holy One of God!"
 - **Have you ever been watching a good show and then a sibling, pet, or another person made loud noises or got in your way and distracted you?**

- Sometimes, people disrupt you but don't really mean to. As for the man who interrupted Jesus, there was something different about him. Jesus knew the man was suffering with something so much on the inside that it was making him lose control on the outside. Believe it or not, a mean, evil spirit was inside of him.
- So, Jesus shouted to the spirit, "Be quiet! Come out of him!"
- Then it did! It came out of the man and disappeared. As you can imagine, people were amazed and in shock! They just could not believe Jesus had the power to do that!
- After that, the news of Jesus' power spread even quicker!

THE BIG IDEA | The message of Jesus is powerful.

- **INSTRUCTIONS:** Select a kid to come and push a giant button that says, "Subscribe now" on the stage or wall. Once they do, play the "[subscribe now](#)" video with the audio on, and show the slide containing today's Big Idea.
- Thanks for subscribing to this week's Big Idea!
- **The message of Jesus is powerful.**

VIDEO | Subscribe Now, Episode 5

- **INSTRUCTIONS:** Play this week's [teaching video](#).

QUESTION | Jesus Chatter

- **What do you think people were saying about Jesus?**
- Some people might have been afraid, and maybe some were amazed. But one thing couldn't be denied – Jesus is powerful!
- **What would you do if you were in the crowd and you saw a man instantly change?**
- **Has your life changed because of Jesus? In what ways?**

ACTIVITY | DM Story

- One of the ways you can talk to people on Instagram is through direct messages, or DMs.
- Imagine you were in the crowd when Jesus performed this miracle. Take turns writing a story as if this DM was between two friends. **What would it say?**
- Take turns writing the story about the amazing miracle Jesus performed!
- **INSTRUCTIONS:** Pair the kids and give each pair a DM printable. Tell them to take turns writing a message in the speech bubble. They can also draw a funny picture as a GIF message, or they can use emojis to write the story.

✂ **SPECIAL NEEDS HACK:** Since the spaces in the printable are relatively small, try setting up two phones or tablets with messaging capabilities. Have kids complete the activity by typing their responses into the chat, using emoji and GIFS, if they'd like. Or write some text that matches up with the Bible story beforehand in [chat bubbles](#) and have kids cut them out and put them in any order.

SCRIPTURE | Psalm 111

- **INSTRUCTIONS:** Prepare five handouts, each with two verses of Psalm 111 on it. Create five groups and give each group two verses. Have them create hand motions to represent some of the key words in their verses. Have groups come up in order and have them show everyone the hand motions they made as someone in their group reads the verses aloud.
- Thank you everyone for creating these motions to help us remember this Bible passage.
- When we say something is powerful, we are not just talking about physical strength. We mean that something has the power to move us and make us feel a specific way. A powerful message can change our minds and our hearts.
- Every verse in Psalm 111 praises God's goodness . . . the psalmist can't stop talking about how awesome God is! When you experience something powerful like that, it's hard to keep quiet about it.
- **The message of Jesus is powerful. What are some things you would want people to know about Jesus?**

NOW WHAT? *What does God want us to do about it?***ACTIVITY | Insta-Confetti Cannon**

- Sometimes, before you share a powerful message, it might help to get people's attention. One tried-and-true attention getter is a confetti cannon!
- **INSTRUCTIONS:** Give each kid a balloon and have them tie a knot at the mouth, without blowing up the balloon. Cut the balloon in half using a pair of scissors, the dispose of the half without the knot. Stretch out the balloon over one end of a toilet paper tube and secure it in place with strong tape. Decorate the tube with Washi tape, patterned duct tape, or paper. Insert confetti into the open end and have kids await further instructions. You can watch an example of how it's done [here](#).
- ✂ **SPECIAL NEEDS HACK:** Have ready-made confetti cannons that kids can play with, or partially-made ones that they can decorate with stickers. Make sure no one points the cannons directly at them, especially for kids with tactile sensitivity.
- Now that you all have your confetti cannons, **what powerful message do you want to share? Is it Jesus loves you? My sins are forgiven? Jesus is my best friend? God is good?**
- At the count of three, pull back on your balloon knot and release it to shoot out the confetti. At the same time, yell out your message! Ready? 1 . . . 2 . . . 3!
- What a fun way to let people know that **the message of Jesus is powerful!**

REFLECTION | Who Told You About Jesus?

- **When was the first time you heard about Jesus? Who told you? Who told the person who told you?**
- Imagine the number of people the message of Jesus has been told to just to get to you. People from today's story did not have internet, social media, or cell phones with videos.
- **So, how did the message of Jesus spread?**

- The Bible is the most copied, read, most referenced book in the world. Fun fact: Did you know that even if all the Bibles in the world were to disappear, we would still be able to piece it back together completely through other books that aren't the Bible?
- But the message didn't just spread by itself. The pages of the Bible didn't fly all around the world on their own. Someone had to tell it then pass it on. And then the next person did the same thing. It took a lot of people's hard work and even suffering to make sure the message of Jesus can be heard everywhere.
- **The message of Jesus is powerful** to change people's lives when they hear it. But it's our job to make sure people do hear it!

MEMORY VERSE | Predictive Text

- Hmm. . . it looks like someone turned on the "predictive text" option on my phone! Can you help me figure out which of these words comes next in our memory verse?
- **INSTRUCTIONS:** *Print or prepare PowerPoint slides using the printable provided. Ask the kids to complete each clause from the memory verse by selecting the correct predictive text.*

PRAYER

Dear God, Thank You for giving us a powerful message. We are glad that it has reached us thousands of years later, miles and miles from where it started. Help me to be a part of carrying your message to others so that more people will hear and be changed by Your message of love and hope. Amen.

SMALL GROUP TIME

DISCUSSION

- **Why was the crowd amazed by Jesus' teachings?**
- **Who did the suffering man say that Jesus is?**
- **Did Jesus become more or less popular after this event?**
- **Read Mark 1:27-28. Why is it important that the message of Jesus spreads?**
- **What are ways we can help share the powerful message of Jesus?**
- **Are there ways to share the message of Jesus without talking?**
- **Who in your life does not know Jesus and needs to hear this message?**

ACTIVITY | InstaStories

- During the coronavirus outbreak, celebrities read children's books out loud and shared it on Instagram to raise money and spread news about certain charities they believed in.
- Let's try something similar to get the word out about something we believe in – the good and powerful message of Jesus!
- **INSTRUCTIONS:** *Assign one or more verses to each kid to illustrate. Then, put the illustrations together and read Psalm 111 aloud. Record it, upload it, and send a private link to the parents to view. You could even post it on your church social media pages, granted you have parental consent. Optional: Invite the entire family to join. Ask them to share their favorite Christian book,*

read it out loud on their social media pages, and spread the powerful message of Jesus online!

- ✂ **PRETEEN HACK:** Have the kids draw an Instagram Story based on Psalm 111. Draw a picture about one of the verses and add Instagram-style hashtags, text, and stickers to further tell the story.

MEMORY VERSE | John 14:6 (NIV)

- **INSTRUCTIONS:** Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.