



# WEEK 1

## ELEMENTARY LESSON OUTLINE



### THE BIG IDEA

Jesus takes care of me.

### THE BIBLE

**Jesus Heals Many People:**  
Mark 1:29-39; (Psalm 147:1-11, 20c)

### THIS WEEK AT A GLANCE

## LARGE GROUP TIME

- MUSIC** | “Born to Run”
- ACTIVITY** | Epic Obstacle
- ACTIVITY** | Don’t Dodge This Ball
- OBJECT LESSON** | Pump It Up
- SCRIPTURE** | Mark 1:29-39
- THE BIG IDEA** | Jesus takes care of me.
- VIDEO** | Challenge Accepted, Episode 1
- QUESTION** | How Has Someone Taken Care Of You?
- IMAGE** | Caretakers
- SCRIPTURE** | Psalm 147:1-11
- REFLECTION** | Ball It Up
- RESPONSE** | Care Reminders
- MEMORY VERSE** | Run the Bases
- PRAYER**

## SMALL GROUP TIME

- DISCUSSION**
  - How many disciples did Jesus have?
  - Whose mother-in-law was healed by Jesus?
  - Why did people from all over the city come to see Jesus?
  - Re-read 1 John 5:5. What do you think it means to overcome the world?
  - What do you think the disciples thought when they saw Jesus healing people?
  - Have you seen or heard any stories about how someone was healed? Tell us about it!
  - How does Jesus take care of you?
- ACTIVITY** | Game Plan
- MEMORY VERSE** | 1 John 5:5 (NIV)



# WEEK 1

## HACKS FOR PRETEENS



**BY ANGIE DEWITT**

### 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.

#### **ACTIVITY | Epic Obstacle**

Ask each team to have a captain and come up a team name. Choose a kid to be the scorekeeper for the month.

#### **ACTIVITY | Don't Dodge This Ball**

Have each team send out two people at a time to try to get from one end of the room to the other. They start out lying on their backs, and as soon as person 1 passes the ball to person 2, person 1 has to get up and go lie down behind person 2 and accept the ball. Then person 2 has to get up and so on. Once the pair make it across the room, have them throw the ball to their team, and the next two can go! First team to get their entire team across the room wins!

#### **SCRIPTURE | Mark 1:29-39**

Encourage kids to open their bible or provide one for them. Ask for volunteers to read out loud.

#### **THE BIG IDEA | Jesus takes care of me.**

Involve your preteens in prep work as much as you can. If you have early arrivers ask them to create this Big Idea banner and each of the pieces of paper containing the words to the Big Idea. Ask a couple of kids to hold the banner as the others run through it. This would be a good way to involve the shy, quiet ones!



# WEEK 1

## HACKS FOR KIDS WITH SPECIAL NEEDS



### BY SUNNY BROWN

#### 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.

#### **MUSIC | "Born to Run"**

Celebrate the words captioned in the video. You can mention how everyone has access to the lyrics as a means of normalizing accessibility.

#### **ACTIVITY | Don't Dodge This Ball**

For kids with limited mobility, allow them to pass the ball in a way that is comfortable for them. One possible way might be to allow them to stand and pass the ball between their elbows.

#### **IMAGE | Caretakers**

Prepare images of caretakers that kids with special needs can identify with. Include a picture of a Sign Language Interpreter or special needs dog.

#### **SCRIPTURE | Psalm 147:1-11**

If a kid has accommodations for reading/writing, encourage duos to partner and make one photo per duo.

#### **MEMORY VERSE | Run the Bases**

If your group has a kid that needs mobile accommodations. use partners to push from one base to the other. You can use a rolling chair, wagon, or even a wheelbarrow (if outside).



# WEEK 1

## ELEMENTARY LESSON GUIDE



### THE BIG IDEA

Jesus takes care of me.

### THE BIBLE

**Jesus Heals Many People:**  
Mark 1:29-39; (Psalm 147:1-11, 20c)

## LARGE GROUP TIME

*WHAT? What are we talking about today?*

#### MUSIC | “Born to Run”

- **INSTRUCTIONS:** This song, “[Born to Run](#),” by SEU Worship will be played every week. Each week, there will be different instructions as the kids sing the song. This week, play the video and invite the kids to learn and follow along to the song.
  - ✂ **SPECIAL NEEDS HACK:** Celebrate the words captioned in the video. You can mention how everyone has access to the lyrics as a means of normalizing accessibility.

#### ACTIVITY | Epic Obstacle

- This month, we are talking all about challenges and how people in the Bible accepted and overcame the challenges they faced. For extra fun, we will be having a month-long challenge among teams. For every activity, teams will compete against each other, and whichever team wins will receive “challenge points.” Leaders will record points, and at the end of the month, the team with the most points will win a fun celebration party!
- **INSTRUCTIONS:** Each week, activities will be sports and competition based. Groups can be split up to fit your ministry setting. Make sure to keep track of points given each week. For this activity, separate the kids into teams and have them face each other. The kids must ride the pool noodles while completing the obstacle course. Each small group leader will be in charge of timing their group. The team that completes the obstacle course the fastest will receive 100 challenge points!
  - ✂ **PRETEEN HACK:** Ask each team to have a captain and come up a team name. Choose

a kid to be the scorekeeper for the month.

### ACTIVITY | Don't Dodge This Ball

- **INSTRUCTIONS:** Give each team a dodgeball. Have each team lie down on the floor in a line such that each person's feet almost touch the next person's head. Place the ball at the feet of the first person in line. They have to pick up the ball with their feet and then stretch their legs backward over their head to pass the ball to the person behind them, who grabs the ball with their feet. This continues until the ball makes it through the entire group line. If the ball is dropped at any time, the group must start again at the front of the line. The team to finish first earns 100 challenge points!
  - ✂ **PRETEEN HACK:** Have each team send out two people at a time to try to get from one end of the room to the other. They start out lying on their backs, and as soon as person 1 passes the ball to person 2, person 1 has to get up and go lie down behind person 2 and accept the ball. Then person 2 has to get up and so on. Once the pair make it across the room, have them throw the ball to their team, and the next two can go! First team to get their entire team across the room wins!
  - ✂ **SPECIAL NEEDS HACK:** For kids with limited mobility, allow them to pass the ball in a way that is comfortable for them. One possible way might be to allow them to stand and pass the ball between their elbows.

### OBJECT LESSON | Pump It Up

- **INSTRUCTIONS:** Have a fully deflated basketball and basketball pump close by. You might want to ask another leader to help you pump the ball while you talk because it would take a while. Alternatively, you can use a [beach ball](#) that looks like a basketball.
- **Have any of you ever played with a basketball before?** Well, I have a basketball here that I'm pretty excited about. It's brand new!
  - **Do you want to see it?** (Pull out the deflated ball.)
  - **Do you think I can dribble this ball?** (Try to dribble the ball and let it drop to the ground.)
  - **Why can't I play with this ball?**
  - I guess it would be pretty hard to play with a ball that's flat like this one. But wait, I think I have something that can help. (Pull out the basketball pump and begin pumping air into the ball.)
- This basketball is kind of like us. Sometimes when we are feeling sick, sad, or worried, we lose all our energy, joy, and hope . . . we deflate.
- But when we get like that, there is someone who fills us back up – Jesus. Today's Bible story is going to show us how Jesus does that!

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

### SCRIPTURE | Mark 1:29-39

- **INSTRUCTIONS:** Read or paraphrase Mark 1:29-39. Ask three kids to help tell the story before you begin and introduce them to the group. Place a red stamp or sticker on their hands and call them up when it's time.

✂ **PRETEEN HACK:** *Encourage kids to open their bible or provide one for them. Ask for volunteers to read out loud.*

- This story begins long ago when Jesus was on Earth with the twelve disciples, who were followers of Jesus. Jesus went from place to place to talk to people about God.
- One day, after Jesus had finished teaching in a place of worship called a synagogue – which is a little bit like church – Jesus went with two of his disciples, James and John, to Simon and Andrew’s home.
- Simon’s mother-in-law was in bed feeling really sick. When Jesus came to visit, Jesus took her hand and helped her up. Her fever was immediately gone! She got right up and began moving about!
- The Bible tells us that’s not all. Jesus went on to heal many more people. *(Call up your volunteers one at a time.)*
  - Whenever anyone was sick, all Jesus had to do was pray over them *(remove first person’s sticker)* and they would be completely healed!
  - Sometimes, all Jesus had to do was touch them *(remove second person’s sticker)* and instantly they would be healed.
  - Some people weren’t sick physically but were hurting inside, but when they met Jesus *(remove third person’s sticker)*, they were healed from that, too!
- Jesus didn’t have to heal people. But he took the time to help people get better from all kinds of sickness, because he cared about every single one of them. And Jesus feels that way about us, too.

### THE BIG IDEA | Jesus takes care of me.

- **INSTRUCTIONS:** *Each week, have 2 volunteers hold up a giant banner with the words “Big Idea” written across it. Choose as many kids as there are words in the Big Idea and give each of them a piece of paper with their word written on it! Send them running through the banner one at a time to reveal this week’s Big Idea! (Be sure to use paper that’s easy to tear and/or perforate the paper a bit in the middle to make sure kids can tear through.)*

✂ **PRETEEN HACK:** *If you have early arrivers ask them to create the banner and each of the Big Idea papers. Involve the shy, quiet ones by asking them to hold the banner.*

- Everyone let’s look at this Big Idea banner while clapping and cheering as loudly as we can.
- Shout the Big Idea with me: **Jesus takes care of me!**

### VIDEO | Challenge Accepted, Episode 1

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

### QUESTION | How Has Someone Taken Care Of You?

- One way Jesus takes care of us is by putting people in our lives to take care of us. Our loved ones – like family and friends, teachers, and church leaders all help take care of us.
- **Can you name one way someone has helped take care of you lately?**

**IMAGE | Caretakers**

- **INSTRUCTIONS:** Select a few photos of people who take care of kids. Examples of different caretakers include parents, grandparents, nurses, teachers, etc. They could be random photos from the internet or pictures of people in your church. Use an image distortion tool (like [this one](#)) to create and download jumbled photos, then create a slideshow. Encourage the kids to take a few seconds to guess who each photo is, then show the original photo.
  - ✂ **SPECIAL NEEDS HACK:** Include a picture of a Sign Language Interpreter or special needs dog.
- **How do all of these different caretakers remind us of God's love for us?**
- There are so many people who help take care of us! They help us in many unique ways. Family members provide for us and love us. Doctors and nurses keep us in good health. Teachers prepare us for life's challenges.
- Even if we can't see it, we can know that Jesus takes care of us when we think about all the people in our lives!

**SCRIPTURE | Psalm 147:1-11**

- **INSTRUCTIONS:** Select about ten words from the passage beforehand (e.g., brokenhearted, stars, power, heart, etc.) and assign the words to the kids (multiple kids can have the same word). Then encourage kids to draw a picture that matches the word they are given. As you read the Bible verses aloud, tell each kid to hold up their illustration for everyone when their word is read in the passage.
  - ✂ **SPECIAL NEEDS HACK:** If a kid has accommodations for reading/writing, encourage duos to partner and make one photo per duo.
- These verses tell us a lot about God, and how God takes care of us. **What are some examples you see in these verses of God helping us?**

**NOW WHAT?** What does God want us to do about it?

**REFLECTION | Ball It Up**

- **INSTRUCTIONS:** Before the kids arrive, write some of the questions provided onto a soccer ball (or use the beach ball from earlier) using a dry erase marker. If you have a larger group, split the kids into smaller groups with group leaders. Begin the activity by tossing the ball to one of the kids. Wherever their right thumb lands, instruct the kids to read the question aloud and answer it.
- List of Possible Questions (feel free to add or make your own):
  - **Who takes care of us?**
  - **What does the Bible say about how Jesus cares for us?**
  - **How has Jesus helped you?**
  - **How have you seen Jesus help others?**
  - **Choose one word to describe today's Bible story.**
  - **What was today's Big Idea?**
  - **Who does Jesus use to help take care of us?**
  - **Can you recall our Bible story in your own words?**

**RESPONSE | Care Reminders**

- **INSTRUCTIONS:** *Print multiple copies of the Care Reminders printable, and give out one page with a sports ball on it along with something to write with. Instruct them to write down one way Jesus cares for them on the ball. Have them cut it out afterwards. Then using tape, secure the cut outs on the wall to look at every week this month as a reminder of how Jesus cares for us. For added creativity, create the backdrops that match each ball using poster or banner paper, and have kids put up their cut-outs on the corresponding backdrop. Check out our [Pinterest board](#) for more ideas!*
- It's important for us to remember each day how Jesus takes care of us.
- How can we do that? We can read the Bible to see how Jesus cares for all of us every single day! We can also look around at the people Jesus has placed in our lives to help us. **What are some other ways we can remember how Jesus takes care of us?**

**MEMORY VERSE | Run the Bases**

- **INSTRUCTIONS:** *Prepare 3 pieces of white rectangular paper and one in a pentagon shape to represent baseball bases. Write a portion of the memory verse on each of the bases. Place the bases in a traditional [baseball diamond layout](#) around the perimeter of your room. As the kids run the bases, tell them to shout the part of the memory verse that they run past.*
  - ✂ **SPECIAL NEEDS HACK:** *If your group has a kid that needs mobile accommodations, use partners to push from one base to the other. You can use a rolling chair, wagon, or even a wheelbarrow (if outside).*

**PRAYER**

- Dear God, we thank You so much for always taking care of us. Thank You for sending us Jesus and for giving us different people to take care of us as well. Help us to remember that You are always with us. Amen.

**SMALL GROUP TIME****DISCUSSION**

- **How many disciples did Jesus have?**
- **Whose mother-in-law was healed by Jesus?**
- **Why did people from all over the city come to see Jesus?**
- **Re-read 1 John 5:5. What do you think it means to overcome the world?**
- **What do you think the disciples thought when they saw Jesus healing people?**
- **Have you seen or heard any stories about how someone was healed? Tell us about it!**
- **How does Jesus take care of you?**



**ACTIVITY | Game Plan**

- In most sports, before teams play, they come up with what they are going to do to play the game well and win. This is called a “game plan.” Let’s see if we can make a game plan of our own.
- **INSTRUCTIONS:** Give each kid a [small chalkboard and chalk](#) (or chalk markers) – you will use this for the small group activity every week this month. Using stick figures, circles, x’s, and arrows, have them map out a [diagram](#) – to the best of their ability – a challenge they might be facing. Have each kid explain their diagram with the group, then have everyone share and discuss a game plan to help with that challenge.
- You might have heard before that no problem is too big or too small for God. But more than the fact that Jesus has the power to help us with our challenges . . . he wants to! So just like we came up with a game plan for your challenges, the next time you come across something difficult, remind yourself, “**Jesus takes care of me,**” and plan on turning to Jesus for the help you need!

**MEMORY VERSE | I John 5:5 (NIV)**

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