

LESSON 1

JESUS HEALS THE MAN WHO IS PARALYZED

LESSON AT A GLANCE

WONDER TRUTH: Jesus Has Power to Forgive and Heal

SCRIPTURE: [Mark 2](#)

GOD'S BIG STORY: By miraculously giving the ability to walk to a man who is paralyzed, Jesus shows that He has power to forgive sins and to heal.

MEMORY VERSE: Come to me, all you who are weary and burdened, and I will give you rest. — [Matthew 11:28](#)

CURIOSITY Large Group or Small Group

Activities that spark curiosity, encourages exploration, and get kids thinking about the wonder of God.

- Welcome Question: What is the best thing a friend has ever done for you?
- Curiosity Questions
- Declaring God's Wonder

**BELIEF Large Group**

A deep and interactive dive into Scripture that guides kids into knowing God more deeply, exploring His big story, and marveling at His wonder.

- Prayer of Invitation
- God's Big Story: Hear It, Watch It, Experience It!
- Connecting the Wonder Truth
- Memory Verse: [Matthew 11:28](#)

FAITH Small Group

An intentional conversation that helps kids see the wonder of God's story and how it connects to their own, emboldening their faith and fostering a deeper understanding of their place in God's kingdom.

- Discussion Questions for Younger and Older Kids
- Small Group Prayer Time
- Blessing Your Kids

CLOSING Large Group or Small Group

Interactive activities to reinforce the lesson and keep kids engaged during pick up.

- Three-Legged Race
- Make Your Move
- Responding in Worship: Our Sicknesses, Our Sins, Our Savior

INVITATION

We invite you to pause, listen, and shift your gaze toward the Father ...

The Bible gives account after account of miracles Jesus did while walking on earth. Sometimes we read through these familiar stories and lose sight of the true power that Jesus demonstrated.

Read [Mark 2:1–12](#). In this passage, we learn about the time when Jesus, teaching in a crowded house, healed a man who was paralyzed. Can you imagine what it would have been like to be in the crowd that day? The physical healing of this man is impressive, but the spiritual healing, the forgiving of the man's sins—that demonstrated the type of power that the religious onlookers found offensive. Jesus' power isn't merely for physical healing or forgiveness. Jesus has power for both.

When we recognize Jesus' power over sin and His complete defeat of death, we too can experience the spiritual healing Jesus offers. [First John 1:9](#) tells us that if we confess our sins, Jesus is faithful and just to forgive our sins. Only Jesus has the power to forgive.

Take a moment to rest in awe of Jesus' power. In what part of your life do you most want to see Jesus work today? There is nothing we face in this world that is more powerful than Jesus. What an amazing truth we can rest in as we walk with Jesus!

JESUS HEALS THE MAN WHO IS PARALYZED

DID YOU KNOW?

FOUNDATION BUILDING BLOCKS

WHO?

Teachers of the law, or scribes, were experts in the law of Moses and in traditions about how the law should be applied. They were responsible for teaching others, especially children, how to read and understand the Scriptures. Some scribes were also Jewish religious leaders called *Pharisees*.

WHAT?

While Jesus taught inside a crowded house in Capernaum, four people dug out a hole in the roof to lower down a man who could not walk. Jesus forgave the man's sins and then healed him, demonstrating His authority to the teachers of the law.

WHERE?

Jesus' early ministry took place in the region of Galilee, north of Jerusalem and the region of Judea. Capernaum was a town in Galilee located on the northwestern shore of the Sea of Galilee. Jesus used it as a home base.

WHEN?

This story comes early in Jesus' ministry. Jesus had begun preaching about God's kingdom and had called His first disciples. Because Jesus cast out demons and healed many sick people, word about Him started to spread, and large crowds found Him wherever He went.

CONNECTING TO GOD'S BIG STORY

Jesus inaugurated God's kingdom and made a way for all people to be part of it. This story demonstrates Jesus' power to forgive sins and to heal—that is, to bring about the realities of God's kingdom, which was beginning to break through.

Large Group or Small Group

Spark curiosity, encourage exploration, and get kids thinking about the wonder of God.

Welcome Question

Before kids arrive, display the [Healing Welcome Question Slide](#) or point out the following question on a whiteboard: “What is the best thing a friend has ever done for you?”



As kids arrive ...

Warmly welcome kids by name. Show them the [Welcome Question](#). If you have younger kids, be sure to read the question for them. Encourage kids to draw pictures showing something kind that a friend has done for them. You can also encourage them to play charades and act out the kind deed silently as others near them try to guess what it is.

Free Play

Tables will be set with games, toys, and activities for kids to enjoy until the lesson begins. This is a great opportunity to connect with kids by getting on their level and playing right alongside them.

PRO TIP: Use this time for any bathroom breaks to avoid unnecessary disruptions later in class.

Countdown Video

Play one of the [countdown videos](#) provided and then show it every week before your official start time to signal time to clean up.

Curiosity Questions

At your start time ...

Encourage kids to finish their drawings and clean up around their area before coming together as a group. Then draw their attention to the [Welcome Question](#). Call on several kids to share their answers to the [Welcome Question](#): **What is the best thing a friend has ever done for you?**

It feels so good when other people do kind things for us. It also feels great to show kindness to others! Today we'll learn about a miraculous act of kindness that Jesus showed to a man who couldn't walk. But first it's time to be curious.

Pose the following "I'm curious" questions. Say "I'm curious ..." before each question and give kids a chance to think about and answer each one. After each question, consider having kids share their ideas with a neighbor before you call on one or two of them to share with the group.

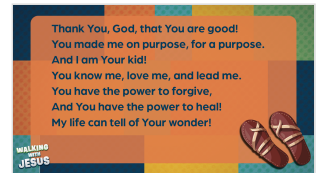
I'm curious ...

- **What are you willing to do for a friend?**
- **What would you want a friend to do for you if you were sick or hurt?**

Declaring God's Wonder

SUPPLIES: Healing Declaration Slide

Display the [Healing Declaration Slide](#). Read each line boldly and invite kids to repeat after you.



Each week we begin our time with a declaration. These words that we're going to declare together remind us of what God says is true about me and you.

Thank You, God, that You are good! (Kids repeat.)

You made me on purpose, for a purpose. (Kids repeat.)

And I am Your kid! (Kids repeat.)

You know me, love me, and lead me. (Kids repeat.)

You have the power to forgive, (Kids repeat.)

And You have the power to heal! (Kids repeat.)

My life can tell of Your wonder! (Kids repeat.)

**Wonder
Ink®**

Belief

LESSON 1 **ELEMENTARY**

Large Group

Guide kids into knowing God, exploring His big story, and marveling at His wonder.

LESSON AT A GLANCE

WONDER TRUTH: Jesus Has Power to Forgive and Heal

SCRIPTURE: [Mark 2](#)

MEMORY VERSE: [Matthew 11:28](#)

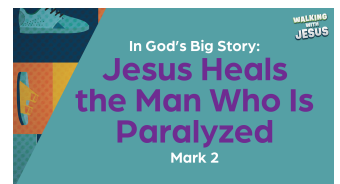
Prayer of Invitation

Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, thank You for loving us and caring for us. Thank You for Your great power that can heal our bodies and forgive our sins. Through the power of Your Spirit, please teach us today about Jesus' amazing power to forgive and heal. In Jesus' name, Amen.**

God's Big Story

Hear It, Watch It, Experience It!

This lesson includes three opportunities for your kids to enter the story—each one reinforces the others! **HEAR** it read directly from the Bible. **WATCH** it in a video. **EXPERIENCE** it through the live script.



SUPPLIES: Bibles (1 per kid), [Healing Title Slide](#), [Jesus Heals the Man Who Is Paralyzed God's Big Story Video](#)

Gather kids together and open a Bible to Mark 2. Explain that today's portion of God's big story comes from the book of Mark, which is the second Gospel in the New Testament, right after Matthew and in the second half of the Bible. Display the Healing Title Slide.

For Older Kids: Let's start by reading part of God's big story directly from the Bible. Afterward, we'll watch and experience more of the story!

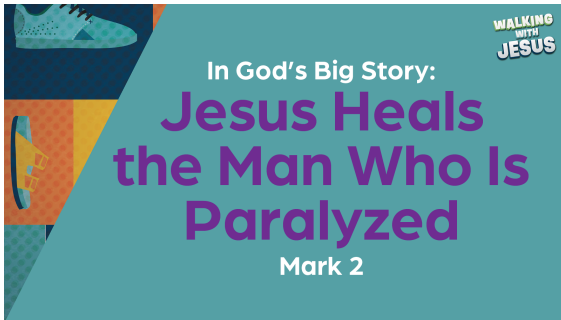
Read [Mark 2:1–12](#). Consider inviting older kids to help you by reading some of the passage. Ask volunteers to help younger kids follow along with the verses.

Then do one or both of the following:

- View [Jesus Heals the Man Who Is Paralyzed God's Big Story Video](#)
- Use the following [Jesus Heals the Man Who Is Paralyzed Experience It! Script](#)

Watch God's Big Story

Watch the [Jesus Heals the Man Who Is Paralyzed God's Big Story Video!](#)



LESSON 1 JESUS HEALS THE MAN WHO IS PARALYZED

EXPERIENCE IT! SCRIPT

SUPPLIES: [What Did They Do? Slide](#)

In today's true story from the Bible, we are all going to play a little game called "What Did They Do?" As we hear the story, there are going to be moments when we will try to figure out what happens next for different people in the story. Are you ready to play? Allow kids to respond.

Leader Tip: Turn this into a game show with contestants! Place three stools or chairs at the front of your space. Each time you ask "What did they do?" invite three kids up to the front and have them take their seats. Each kid will then share her answer to the question. The audience will then "vote" on which answer was the closest by giving a round of applause for the one they think is correct.

Display the [What Did They Do? Slide](#).

When Jesus began His ministry, He started telling people the good news of God's kingdom. " 'The time has come,' he said. 'The kingdom of God has come near. Turn away from your sins and believe the good news!' " (Mark 1:15). Jesus was letting people know that God is in charge and that the broken parts of the world are being fixed.



What is God's kingdom like? When I point at you, say, "In God's kingdom," and then I will tell you something we know about God's kingdom from the way Jesus lived.

Point to the kids, encouraging them to say, "In God's kingdom." **There will be no place for evil, so Jesus drove away evil spirits.**

Point to the kids, encouraging them to say, "In God's kingdom." **There will be no more sickness, so Jesus healed people's diseases.**

Point to the kids, encouraging them to say, "In God's kingdom." **God's grace makes people a part of His family, so Jesus forgave sins**

Everything Jesus did showed that God's kingdom was breaking through.

One day Jesus was teaching at a house in a town called Capernaum. Jesus had been in Capernaum before, and the news about what He was doing had spread. He could hardly go anywhere without a big group of people showing up. That's why the house that day was crammed full of people. There wasn't even room to stand outside the door and listen.

In Capernaum, there was a man who could not walk. When he heard Jesus was in town, what did the man want to do? Ask a couple of kids for an answer. Respond by saying, "Yes" or "Not quite." **That's right! The man wanted Jesus to heal him.**

Four of the man's friends came to the house carrying the man who couldn't walk. They wanted to bring him to Jesus, but the crowd was too thick. The friends couldn't get through. What did they do? Ask a couple of kids for an answer. Respond by saying, "Yes" or "Not quite."

In those days, houses had stairs on the outside leading up to the roof. The roof was made of wooden beams covered with branches and thick grassy plants that were thickly coated with dried mud. The roof was strong enough to walk on but soft enough to dig through. And that's just what the four people did. The four people carrying their friend who couldn't walk dug and dug and dug until they made a hole big enough for their friend to fit through. Then they lowered the man down on a mat to see Jesus. How would you feel if your friends did that for you? Let the kids respond.

Jesus saw the man coming down, but that's not all He saw. Jesus saw the faith of the four friends. He saw that they trusted Him. What did Jesus do? Ask a couple of kids for an answer. Respond by saying "Yes" or "Not quite." **Jesus said to the man on the mat, "Son, your sins are forgiven" (Mark 2:5). Jesus was letting the man know that God was forgiving him for all the wrong things he had done. Jesus was removing the man's sin and letting it go. This was an incredible gift.**

Now there were some teachers of religious law sitting in the crowded—and now very dusty—house. How did they respond to what Jesus had done? Ask a couple of kids for an answer. Respond with "Yes" or "Not quite." **They didn't like what Jesus had said. They were thinking, "Why is this fellow talking like that? He's saying a very evil thing! Only God can forgive sins!" (Mark 2:7). They didn't understand who Jesus is—the Son of God!**

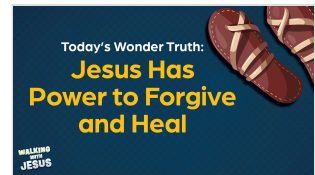
Jesus knew what these teachers were thinking, so He said to them, "Why are you thinking these things? Is it easier to say to this man, 'Your sins are forgiven'? Or to say, 'Get up, take your mat and walk'? But I want you to know that the Son of Man has authority on earth to forgive sins" (Mark 2:8–10). What did Jesus do next? Give a couple of kids a chance to answer. Respond with "Yes" or "Not quite." **Jesus turned to the man and said, "Get up. Take your mat and go home" (Mark 2:11). Then the man who couldn't walk just a few seconds before—the man who had to be lowered through the roof by his friends—stood up, took his mat, and walked away.**

It was a miracle! What did the people who saw this miracle do? Give a couple of kids a chance to answer. Respond with "Yes" or "Not quite." **Everyone at the house saw it and began praising God. What else could they do? The kingdom of God had come to a house in Capernaum, and Jesus was the one who had brought it!**

How incredible! Jesus has power to forgive and heal. So what will we do now? Let's take a moment and think about it. Pause for a few moments. **Now share your answer with your neighbor!** Allow kids time to share their answers.

SUPPLIES: [Healing Wonder Truth Slide](#)

Display the [Healing Wonder Truth Slide](#). Pose the following question to kids to help them connect the Wonder Truth to God's big story:



Our Wonder Truth today is JESUS HAS POWER TO FORGIVE AND HEAL. Where did you see our Wonder Truth in the story? Allow kids to answer freely.

In God's kingdom, the broken parts of the world are being fixed. That means that in God's kingdom, sickness is healed and the wrong things we do are forgiven! Jesus brought God's kingdom to earth—He healed people's sicknesses and forgave their sins. Jesus has power to forgive and heal!

In Awe of God's Wonder

Spend a few moments allowing kids to think about the wonder of God's story, ask questions, and simply be in awe of Him!

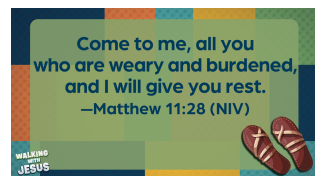
Invite kids to close their eyes, if they would like. **Imagine being in the house as four friends dug a hole in the roof and lowered the man into the house. What do you notice? What do you see, hear, feel?** Allow time for kids to imagine the scene. Consider rereading [Mark 2:1–12](#) as they close their eyes and listen.

As Jesus healed the man who was paralyzed, the people who watched were “amazed” ([Mark 2:12](#)). What amazed you in this part of God's big story? Give kids time to think quietly before inviting them to share their ideas with the group.

Memory Verse

SUPPLIES: Memory Verse slide

Display the [Memory Verse Slide](#). **We have a brand new memory verse to learn together this month. It comes from the book of Matthew and it's words straight from Jesus.**



Today we've seen how Jesus has power to forgive and heal. The man who was paralyzed was probably very weary and discouraged from all the difficulties he was experiencing in life. But Jesus gave him forgiveness, healing, and rest! Let's read the verse together.

Read the verse several times together. Consider having the kids walk around the room acting like they're tired and carrying a heavy load as they say the verse. Then have them say it again as they act rested and refreshed.

For an optional discussion, gather kids to talk about these questions:

- **What are some things in life that can cause us to be tired and feel like we're carrying a heavy load?**
- **What kind of rest does Jesus give us?**

Small Group

Help kids see the wonder of God's story and how it connects to their own story.

Divide your group into smaller groups based on age. If your group is already small, stay together for this time.

MEMORY VERSE

**Come to me, all you who are weary
and burdened, and I will give you rest.**

— Matthew 11:28 (NIV)

Questions: Younger Kids

- **When the friends of the man who was paralyzed saw the crowds around Jesus, what did they do with their injured friend?** (*They dug a hole in the roof and lowered the man through it on a mat.*)
- **When Jesus first saw the man who was paralyzed, what did He say to him?** (*"Son, your sins are forgiven"* (Mark 2:5).)
- **The religious teachers didn't like what Jesus was saying. Why were they upset?** (*Only God can forgive sins, and they didn't know Jesus is God's Son.*)
- **What is sin?** (*Sin is the wrong things we do that separate us from God.*)
- **How did Jesus show the crowd that He has the power to forgive sins?** (*If needed, reread Mark 2:9–10.*)
- **Jesus has power to forgive and heal each of us! How does that make you feel?**

When Jesus saw the faith of the man who was paralyzed and his friends, Jesus forgave and healed him. Jesus has power to forgive and heal because He is God. Let's pray to Jesus—He forgives our sins when we trust in Him!

Prayer Time: Younger Kids

Lead the kids into a time of prayer. As you prepare to pray with them, remind them that when they pray, they're talking with Jesus, the Son of God who has power to forgive and to heal. Invite them to share requests and praises and to pray for one another.

Questions: Older Kids

- **The religious teachers didn't like it when Jesus said to the man who was paralyzed, "Son, your sins are forgiven" (Mark 2:5). Why were they upset? (Only God can forgive sins.)**
- **What did Jesus say and do in response to the religious teachers? (If needed, reread [Mark 2:8-11](#).)**
- **Only God has power to forgive and heal sins, but Jesus was able to heal and forgive the man who was paralyzed. What does that tell us about Jesus?**
- **How did the people respond when the man picked up his mat and walked away? (See [Mark 2:12](#).) How do you think you would have responded?**
- **When have you seen Jesus' power to forgive and heal in your life or the life of someone you know?**

When Jesus saw the faith of the man who was paralyzed and his friends, Jesus forgave and healed him. Jesus is the God of miracles, and when we trust in Him, we too can experience His forgiveness! What a miracle! Let's talk with Jesus in prayer now.

Leader Tip: If needed, remind kids that sin is the wrong things we do. When we sin, we disobey God, and our sins separate us from Him.

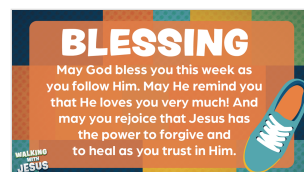
Prayer Time: Older Kids

Lead the kids into a time of prayer where they share prayer requests, pray for each other, and offer praises to God. Spend some time thanking Jesus for His power to heal. Then spend some time thanking Jesus for His power to forgive through His death and resurrection.

Blessing Your Kids

Speak this blessing over your kids, as a group or as individuals. If you bless kids individually, insert each name into the blessing.

Blessing: May God bless you this week as you follow Him. May He remind you that He loves you very much! And may you rejoice that Jesus has the power to forgive and to heal as you trust in Him.



Large Group or Small Group

Use any of the following activities to reinforce the lesson and keep kids engaged during pick up.

OPTION 1: Three-Legged Race

SUPPLIES: painter's tape, cord or rope (at least 2' long, 1 per 2 kids) [Three-Legged Race Slide](#), [Healing Wonder Truth Slide](#)

Display the [Three-Legged Race Slide](#). Lead the kids in competing in a three-legged race. Affix two long strips of painter's tape to the floor in your teaching space—one to mark the start line and one to mark the point where kids will turn and head back to where they started. Divide the group into two or more teams, and place the kids into pairs within those teams, making sure each team has the same number of pairs. (If you have an odd number of kids in your group, ask an adult or teen leader to pair up with a kid so everyone has a chance to play.) Before the race, have each pair of kids stand side-by-side. Invite leaders to tie their inside [nearest] legs together with a cord or rope. (Older kids can do their own tying.)

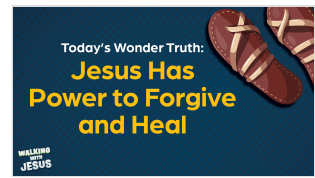


Once every pair of kids is “three-legged,” line them up at the start line. When you say, “Go,” the first pair of kids from each team must work together to reach the second tape strip, turn around, and travel back to the starting line, where they will tag the next pair in their team to go. (If your group is large or you want the game to go more quickly, divide each team into two groupings, with one group of pairs starting at the starting line and tagging teammate pairs at the second line.) When all the teams are finished, end the race and declare a winner.

Leader Tip: If your group is large or your space isn't conducive to having all the kids participate in a three-legged race, choose four kid volunteers (two pairs) to participate in a race. Invite half of the kids to cheer for one pair, and the other half the other pair.

Make It Inclusive! Encourage volunteers to be available to assist kids who need help competing in the race. Or have kids play an alternative game that everyone can participate in, such as having pairs work together to build a house with blocks using only one hand each.

That was fun! Everyone did a great job of working together in our three-legged race. No matter how fast or talented you are by yourself, in this game you had to work with a friend to get where you needed to go. You needed a friend to help. In God's big story today, we're going to learn about a man who couldn't walk and a group of his friends who helped him get to Jesus, the only One with the power to forgive and heal. Display the [Healing Wonder Truth Slide](#). **Today's Wonder Truth is JESUS HAS POWER TO FORGIVE AND HEAL.**



OPTION 2: MAKE YOUR MOVE

In this game, kids will leap to their feet in a variety of wacky, fun ways!

Invite kids to spread out around your room and sit on the floor. Explain that you'll call out ways they are to leap up and move. Then, when you give the word, they'll sit on the floor again until you call out another way to rise and move.

Leader Tip: This game is most fun when you keep it moving quickly by calling out different ways to move at a fast pace.

Ways to suggest they move can include the following: as kangaroos, sloths, superheroes, microwave popcorn, tap dancers, soccer (football) players, bowling balls, frogs, acrobats, snakes, eagles, hot air balloons, monkeys, tightrope walkers, or race cars.

When you've finished the game, invite kids to sit and catch their breath as you continue.

When Jesus healed the man who was paralyzed, the man didn't just say he felt better. He got up, rolled up his mat, and walked out of the room. He moved in a way he didn't think possible! That's because Jesus had the power to both forgive and heal the man. And Jesus still has power to forgive and heal!

Option 3: Our Sicknesses, Our Sins, Our Savior

SUPPLIES: paper (3 sheets per kid), writing utensils, coloring utensils, tape, [Prayer Station Sheets](#)

Ahead of time, print the [Prayer Stations Sheets](#). Set up three prayer stations in your space, displaying one Prayer Station Sheet at each: Our Sicknesses, Our Sins, Our Savior. Set a pile of blank paper (1 sheet per kid) at each station along with writing and coloring utensils and a roll of tape.



Gather kids together.

In God's big story today, Jesus forgave the sins of the paralyzed man and healed the man's body. Jesus has power to forgive and heal, and His power isn't just for that one man a long time ago. Jesus is powerful today! When we trust in Him, He will forgive our sins as we walk with Him now and forever!

In a moment, you will have a chance to visit three prayer stations: Our Sicknesses, Our Sins, and Our Savior. At each station, you can take a blank sheet of paper and draw a picture or write words that show what you think of when you see each of those phrases. When you finish drawing or writing, you can tape your papers below the station signs and quietly talk to Jesus about what is on your heart. Visit each prayer station as you introduce the activity to the kids. **For example, at the "Our Sicknesses" station, you might pray for yourself or someone you know who is sick and thank Jesus for times He has already healed you and others. At the "Our Sins" station, you might tell Jesus ways you have disobeyed God and ask for His forgiveness. This is called confession. At the "Our Savior" station, you might thank God for sending us His Son, Jesus, who has the power to forgive and heal us.**

Allow kids quiet time to visit prayer stations. Be available to support kids by reading the station signs, giving them ideas of what to draw or write if they need help, and praying with them. When all the kids have had an opportunity to visit all three stations, gather everyone together.