

LESSON 1

JESUS HEALS THE MAN WHO IS PARALYZED

LESSON AT A GLANCE

WONDER TRUTH: Jesus Forgives and Heals

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 who are tired. I will give you rest. —from [Matthew 11:28](#)

CURIOSITY

Interactive activities to help kids begin thinking about the wonder of God.

- Free Play
- Declaring God's Wonder



BELIEF

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 and Worship
- God's Big Story
- Connecting the Wonder Truth
- Memory Verse: [From Matthew 11:28](#)

FAITH

An intentional interactive discussion that helps kids discover the wonder of God's story and how it connects to their own.

- Circle Time: Discussion
- Prayer and Blessing

CLOSING

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

- Option 1: Friendship Bracelets
- Option 2: Follow the Leader

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.

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

Free Play

As kids arrive...

Greet kids warmly and help them find a game or activity to enjoy until the lesson begins. This is a great opportunity to get to know kids and build relationship. Getting on their level and playing alongside them is a great way to do that.

PRO TIP: Use this time for a bathroom reminder before the lesson begins!

Clean Up

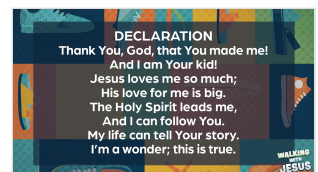
At the end of free play...

Play the Clean Up video to signal time to put away toys and activities. After working together to clean up, gather kids on sit spots, chairs, or benches to begin the lesson.

Declaring God's Wonder

SUPPLIES: Early Childhood Declaration [Slide](#)

Show the [Declaration Slide](#) and encourage the kids to say the statements and do the motions with you.



Welcome to church today, friends! I am so glad to be here with all of you. Let's get started with our declaration. These words that we're going to say together remind us of what God says is true about me and you! Stand up and repeat after me:

Thank You, God, that You made me! (*Kids repeat words and motions.*)

Make prayer hands, then point up to God and to yourself.

And I am Your kid! *(Kids repeat words and motions.)*

Put your hands on your hips.

Jesus loves me so much; *(Kids repeat words and motions.)*

Spread your arms out wide to your side one at a time, then pull them in for a hug around your chest.

His love for me is big. *(Kids repeat words and motions.)*

Hold your arms up high and wide above your head.

The Holy Spirit leads me, *(Kids repeat words and motions.)*

Bring your arms down from the sky, making a path in front of you.

And I can follow You. *(Kids repeat words and motions.)*

March like you're following the leader.

My life can tell Your story, *(Kids repeat words and motions.)*

Hold your hands in front of you like an open book.

I'm a wonder; this is true. *(Kids repeat words and motions.)*

Put your hands up, shaking your fingers, celebrating ("praise hands").



Belief

LESSON 1 EARLY CHILDHOOD

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

LESSON AT A GLANCE

WONDER TRUTH: Jesus Forgives and Heals

SCRIPTURE: Mark 2

MEMORY VERSE: From Matthew 11:28

Worship

SUPPLIES: Worship music videos

Today we'll learn about how Jesus healed a man who couldn't walk. Let's sing about how Jesus forgives and heals!

Play songs and encourage the kids to sing and dance as they praise God.

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.**

Curiosity Activity: Three-Legged Race

SUPPLIES: parachute, stuffed animal or person puppet

Ask kids to stand or sit in a circle and hold the edge of the parachute. Then have the kids raise and lower a stuffed animal on it (like the friends lowered the paralyzed man).

That was fun! Everyone did a great job of working together. In this game, you had to work with others to lower our friend to the floor carefully. In God’s big story today, we’re going to learn about a man who couldn’t walk and who needed a group of his friends to help him get to Jesus. Jesus is the only one with the power to forgive and heal. Today’s Wonder Truth is **JESUS FORGIVES AND HEALS.**

God’s Big Story

SUPPLIES: Bible

Hold up a Bible and show the kids. Tell them today’s story comes from the book of Mark in the Bible. Open a Bible and show them where the story is found.

Let’s hear part of God’s big story, which comes from the book of Mark in the Bible. Mark is one of the first four books of the New Testament. They’re called the Gospels.

Read the God’s Big Story Script provided or read [Mark 2:1–12](#) from the Bible.

God's Big STORY SCRIPT: JESUS HEALS THE MAN WHO IS PARALYZED

SUPPLIES: Bible, [God’s Big Story Video](#)

When Jesus started doing God’s work, He told people about the good news of God’s kingdom. “ ‘It’s time,’ he said. ‘The kingdom of God is close. Stop sinning and believe the good news!’ ” Jesus was letting people know that God is in charge and is fixing the broken

parts of the world. Jesus healed people and helped people. Everything He did showed them what God's kingdom is like.

One day Jesus was teaching at a house in a town called Capernaum. Jesus had been there before, and people had heard about how great He was. Lots of people came to see Him. The house where Jesus was teaching was full of people. There wasn't even room to stand outside the door and listen. It probably felt a little like our classroom, full of people listening. Show me what you would look like if you were trying really hard to hear what Jesus was saying.

Allow kids to respond.

Then four friends came to the house carrying a man who couldn't walk. They wanted to bring their friend to Jesus, but there were too many people! They couldn't even get through. Let me hear you say, "Excuse me! Excuse me!" Allow kids to respond. But they just couldn't get through.

In those days, houses had stairs on the outside, and the stairs led up to the roof. When the four friends got to the roof, which was made of mud, they dug and dug and dug. Let me see you use your hands to dig. Allow kids to respond. They made a hole big enough for their friend to fit through. Then they lowered the man down on a mat so he could see Jesus.

Jesus saw the man coming down, but that's not all He saw. Jesus saw the faith of the four friends. Jesus saw that they trusted Him. So Jesus said to the man on the mat, "Son, your sins are forgiven" (Mark 2:5). Jesus was letting the man know that God forgave him for all the wrong things he had done. This was a great gift.

Some people did not understand what Jesus meant. They did not understand why Jesus said that the man was forgiven. They did not understand that Jesus is the Son of God!

Jesus told them that He had the power to forgive sins. Then 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 before stood up. Let me see you jump up like the man on the mat. Allow kids to respond. He took his mat and walked away! It was a miracle!

Jump up and shout, "It's a miracle!" then sit back down. Allow kids to respond.

Everyone at the house praised God. The kingdom of God was close. Jesus was the one who had brought the kingdom of God close because Jesus forgives and heals.

Watch God's Big Story

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



Connecting the Wonder Truth

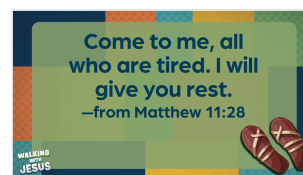
Our Wonder Truth today is **JESUS FORGIVES AND HEALS**.

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

Memory Verse

SUPPLIES: Bible, Memory Verse slide

Read the memory verse aloud for the kids a couple of times. Then, ask the kids to walk around the room and to act like they're tired and carrying a heavy load as they say the verse. Next, have them say it again as they act rested, refreshed, and energized.



MEMORY VERSE

Come to me, all who are tired. I will give you rest.

—from Matthew 11:28

Nice job! When we are tired, Jesus will give us rest! Now, let me show you some motions to help you remember the verse. Repeat after me:

Encourage the kids to do the motions and say the verse with you.

- **COME TO ME,**—Fan one arm toward your body, as if inviting someone to come with you.
- **ALL**—Spread your arms out in a circle.
- **WHO ARE TIRED.**—Pretend to sleep.
- **I WILL GIVE YOU REST.**—Cross arms over your chest.
- **FROM MATTHEW 11:28**—Hold your hands together in front, palms together, as if opening a book.

**Wonder
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Faith

LESSON 1 **EARLY CHILDHOOD**

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

Divide kids into small groups. Pass out coloring sheets to keep hands busy while you discuss the Bible story. Don't forget to practice the memory verse and award prizes!

Circle Time: Discussion

In our story, the man could not walk until Jesus healed him. After Jesus healed him, he was able to take his mat and walk away! What do you think he said or thought after this happened? Allow the kids to answer.

Ask the kids the following questions while they color:

- **Can God heal someone who is sick?**
- **Have you ever been sick or hurt?**
- **In today's story, did God heal a man who couldn't walk?**
- **Can God forgive me when I am mean to someone?**
- **Can God forgive you when you disobey a grown-up?**
- **Can God forgive me when I am dishonest?**

Ask a discussion question below after asking each question above. **Did you all notice something? Every time I asked you a question about whether or not God could heal and whether or not God could forgive, the answer was always "yes!" God has the power to forgive and heal!**

DISCUSSION QUESTIONS

- **Why did the friends have to carry the man to see Jesus?** *(He couldn't walk.)*
- **Why couldn't the man and his four friends get to Jesus easily?** *(Lots of people came to see Jesus. The house where Jesus was teaching was full of people. There wasn't room even to stand outside the door and listen.)*
- **What did the friends of the man do to get him to Jesus?** *(They dug a hole in the roof and lowered the man through it on a mat.)*
- **When Jesus saw the man on the mat, what did He say to him?** *("Son, your sins are forgiven" [Mark 2:5], and then later, "Get up. Take your mat and go home" [Mark 2:11].)*
- **What is a miracle?** *(something that only God can do)*
- **Jesus has power to heal and forgive each of us! How does that make you feel?**
- **Have you ever been healed? Do you know someone who has been healed?**

When Jesus saw the faith of the man and his friends, Jesus forgave and healed him.

Prayer and Blessing

After discussion, pray with them and thank God for healing and forgiving us!

Thank You, God, for healing and forgiving. Thank You for showing us in Your Word that Jesus is Your Son. Help us forgive others like You do. In Jesus' name, Amen.

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands were open to receive something. Tell them to listen and receive the blessing as you speak it over them.

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 all our sins as we trust in Him.



Closing

LESSON 1 EARLY CHILDHOOD

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

Option 1: Friendship Bracelets

SUPPLIES: pipe cleaners (1 per kid), pony beads (12 per kid) divided amongst small group tubs

We're going to make friendship bracelets! The man had wonderful friends who worked hard to bring him to Jesus and had faith that he could be healed. Our friendship bracelets will help us remember this story and know that Jesus forgives and heals!

Give each kid a pipe cleaner and 12 pony beads.

Let's close our eyes. The man's friends helped him. Can you think of a time you helped a friend? You don't have to answer aloud. Just think in your mind. Provide time for kids to think and process. **Now open your eyes. Since the man on the mat had four friends, let's add four beads to your pipe cleaner.**

Now, let's close our eyes again and think of a time a friend helped you. Provide time for kids to think and process. **Open your eyes and add two more beads to your pipe cleaner.**

You can close your eyes again now. Jesus healed the man! Can you think in your mind and thank God for a time when you were sick, and He healed you? Provide time for kids to think and process. **Open your eyes and add two more beads to your pipe cleaner.**

We can thank God for how He heals and forgives us. Next, let's close our eyes and think of a time you forgave someone, or someone asked you to forgive her. We can thank God for how He forgives. Provide time for kids to think and process. **Open your eyes and now add two more beads to your pipe cleaner.**

Finally, we'll close our eyes one last time and ask God to help us forgive others as He forgives us. Provide time for kids to think and process. **Open your eyes and now add two more beads to your pipe cleaner.**

Assist the kids with completing the bracelets by twisting the ends of the pipe cleaner together. You can also use string instead of pipe cleaners. **Your friendship bracelets are beautiful! As you wear**



your bracelet, let it remind you of the man's faithful friends. And even more importantly, may it remind you that Jesus heals and forgives us!

Leader Tip: Consider giving the beads to the kids only two at a time (or four for the first prompt) instead of all at the beginning so that they will not feel rushed to put them all on at once. This way, they can spend more time focused on the worship response prompts.

Option 2: Follow the Leader

In God's big story today, the man could not walk at first. His friends had to carry him on a mat. When his friends took him to Jesus, Jesus saw their faith and healed the man! He could walk!

To help us remember God's big story, let's play Follow the Leader around the room to show how the man may have moved after Jesus healed him.

Ask the kids to line up behind the leader. The leader will move in different ways around the room, and the kids in line will copy the leader. Some ideas for moving around the room include walking, skipping, hopping, marching, doing high knees, spinning, doing jumping jacks, or galloping. After playing for a short time, allow other kids to take a turn to be the leader.