

Explore It

FOR LEADERS



HEALTHY ME

Luke 2:21-40 Jesus presented in the Temple

Each child will need:

- A baby photo of themselves to share
- Paper, pens/pencils

You will need:

- Images of infant Jesus at the Temple

<https://www.freebibleimages.org/illustrations/gnpi-010-simeon-anna>

Start It

Ask the children to search their homes for things that grow. You may choose to let them hunt or share some examples if they need prompting, for example: a plant, fruit, vegetables, a pet, or even themselves!

Ask children to share their things and talk about what is needed for those things to grow well.

Encourage children to share their baby photos. How have they changed from when they were a baby? What has changed? Prompt them to consider not just those changes they can physically see. What has helped them grow?

Sing It

How good it is to keep growing in Jesus, a little more every day!

'Grow, grow, grow' by Jana Alayra

<https://www.youtube.com/watch?v=HqmwCWUil8A>

Tell It

Ask: How are you feeling? Give the children time to share how they are feeling about life at the moment, school, being at home ...

● **Say:** We know many people are finding life tough at this time and it is important to take care of ourselves. In today's story we read about what happened when Jesus was very young.

● **Say:** A month ago we celebrated Christmas and the birth of baby Jesus. Often after babies are born, parents take their baby to church to thank God and celebrate the blessing God has provided.

Ask the children if they have been to a dedication ceremony or christening. Why are they special?

● **Say:** Mary and Joseph brought baby Jesus to the Temple after he was born and this is what happened.

Share screen and read together Luke 2:22-40.

You may wish to use images to accompany the verses.

Ask:

- What do we know happened to Jesus when he was little?
- How did Mary and Joseph care for Jesus?
- Other followers of God looked out for Jesus. Are there people in your church who look out for you?
- What did the Bible say happened to Jesus as he grew up?

🗨 **Say:** We understand that when Jesus was a little boy his family moved to the town of Nazareth. Jesus grew up there and did all the things that children do.

Ask: What do you think he might have done? How do you think he grew up to be strong, healthy and smart?

Action It

Self-portrait

Explain to the children they are going to create a self-portrait of themselves – but not just of their physical appearance.

- Ask the children to fold their piece of paper in half, folding the top to the bottom.
- On the front ask them to draw a picture of themselves, based on what they can see on screen. Encourage them to be positive about themselves.
- On the inside ask the children to split their piece of paper into four sections.
- Write in each box one of the headings: soul, mind, body, others.
- In each box draw or write the things which help them to take care of their lives in each of those areas. Encourage the children to share their ideas, and then you can add some if needed.

Consider these questions in turn and encourage the children to share their ideas:

- How do I look after my relationship with Jesus? *pray, read my Bible, serve others, share what I have ...*
 - How do I take care of my mind? *learn, read, watch, observe, question ...*
 - How do I take care of my body? *eat and drink well, exercise, be clean ...*
 - How do I take care of my relationships? *treat others kindly, speak truth, share ...*
- 🗨 **Say:** This month we are going to explore ways we grow as healthy children and as children of God.

Pray It

Shout praises!

Explain to the children that this week for our prayer time we are going to shout praises to God and thank him for all he has given! You may want to all shout at the same time or take turns to hear what each other is saying.

- Thank God for the people he has given in your life who look after you!
- Thank God for the people who help you learn!
- Thank God for people in your church who care for you!
- Thank God for something he has given you!

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.