

Explore It FOR LEADERS



HEALTHY MIND

Luke 4:38-44 Jesus heals many

Each child will need:

- A Bible – if they don't have access to one use an online version

You will need:

- A timer/stopwatch
- Images of Jesus healing many at Capernaum

<https://www.freebibleimages.org/photos/healing-capernaum/>

- Script

<https://www.freebibleimages.org/reference/?ref=WyJGQI9IZWFsaW5nX0NhcnVybmlbSlM10>

Start It

How alert are you today? Play a game called Five Seconds! In this game ask one child to name three things in five seconds. If they can name three, they get a point. If they can't, ask the same question to the next player. There are endless things you could ask but here are some suggestions:

Name three:

colours, animals, countries, body parts, pieces of furniture, rooms in a house, pizza toppings, sports, playground games, lessons, and so on ...

You can develop this further by letting the children ask their own five-second question.

Sing It

Sing and dance to this lively song, celebrating God's love for us.

'Give it away' by Lifetree Kids

<https://www.youtube.com/watch?v=ywCiDhbD-Js>

Tell It

- **Say:** This week's story tells us about some of the amazing healing Jesus did. As we share the story together, listen out for ways Jesus helped others and how he also took care of himself.

Screen share images of Jesus healing at Capernaum and read the script.

Discuss together:

- I wonder why people went to Jesus for help?
- I wonder what is healing?
- I wonder why Jesus went to a solitary place?

- I wonder how Jesus can help you?
- I wonder who you know who needs healing?
- I wonder how you look after yourself?

Action It

Ask: I wonder what picture you see in your mind when you think of God's word?

Screen share:

'God's word is alive and working. It is sharper than a sword sharpened on both sides. It cuts all the way into us, where the soul and the spirit are joined. It cuts to the centre of our joints and our bones. And God's word judges the thoughts and feelings in our hearts.'

(Hebrews 4:12 ICB)

Ask: What do you think about the way the Bible describes God's word?

Screen share:

'My child, do not forget my teaching. Keep my commands in mind. Then you will live a long time. And your life will be successful.'

(Proverbs 3:1-2 ICB)

Ask: What do you think God is saying in these verses?

● **Say:** The Bible can bring us joy, hope, encouragement, healing, love and many others things – but only if we read and know it.

Ask: Does anyone have a verse in the Bible which they remember and would like to share?

Give time for the children to share.

● **Say:** Words in the Bible can help us in times of difficulty and sadness and also in times of joy and celebration. They can bring us closer to God and give us strength to persevere.

Screen share: Luke 6:31; Colossians 3:2; Philippians 4:13

● **Say:** Using your Bibles, choose one verse to look up and spend a few minutes reading this verse through.

Depending on numbers in your group, you could go into breakout rooms and children could read together in small groups.

Pray It

Adapted from: <https://www.illustratedministry.com/2017/ways-to-pray-with-kids/>

Ask: How does silence make you feel?

● **Say:** Sometimes when we pray, we pray with our voices or we write our prayers.

Silence can help us empty our minds of other thoughts and open ourselves to God's action in our lives. Today in our prayer time we are going to have a time of silence.

● **Say:** If you are comfortable, close your eyes. Imagine that you are standing in a forest alongside a stream. When a thought comes into your mind, imagine the thought landing on a leaf, floating down on to the surface of the stream and away until it's out of view.

Some children may find it difficult to sit silently for a period of time while others may enjoy it. You will need to find a suitable balance for the children in your group.

Explore It

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