

LESSON



Healed at Last!

WORSHIP

We worship God by what we do.

References

Mark 5:21–32; Luke 8:40–48; *The Desire of Ages*, pp. 342–348.

Memory Verse

“Give praise to the Lord” (1 Chronicles 16:8, NIV).

Objectives

The children will:

Know that Jesus has the power to heal.

Feel that they can be secure in God’s care.

Respond by praising God for His power to do wonderful things.

The Message



We praise God for taking good care of us.

Getting Ready to Teach

The Bible Lesson at a Glance

On His way to help Jairus’ sick daughter, Jesus meets a woman who has been sick for 12 years. She reaches out and touches Him, and she is healed. Jesus pauses and asks who touched Him. The woman says that she did. He says that she has been made well because of her great faith.

This is a lesson about worship.

When we acknowledge God’s care for us in every aspect of our lives, we worship

Him. Worship is more than attending Sabbath services; it is our response to God’s love and grace. We worship God seven days a week by honoring Him in all we say and do.

Teacher Enrichment

“Our confession of His faithfulness is Heaven’s chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that

SEVEN

Program Outline			
LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Options	up to 10	A. <i>Nurse! Doctor!</i> B. <i>Reach for It!</i> C. <i>Hip-it-ty, Hop-it-ty</i>	In advance: Invite a medical professional to come to class in uniform, with some medical tools such as a stethoscope, tongue depressors, penlight, tape measure, scale, etc. string long enough to go across the room different colored balloons or colored paper or paper cutouts
* Prayer and Praise*	up to 10	See page 76. *Prayer and Praise may be used at any time during the program.	
2 Bible Lesson	up to 20	Experiencing the Story	someone to be Jesus, someone to be sick woman, white sheet, Bible-times costumes, masking tape
		Bible Study	Bible
		Memory Verse	Bible
3 Applying the Lesson	up to 15	<i>God Cares</i>	items or pictures of things for which children can thank God, box or bag
4 Sharing the Lesson	up to 15	<i>Hands and Feet</i>	colored construction paper; pencils; scissors; hole punch; ribbon; (optional) glitter or sequins, yarn, glue, etc.

which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine. . . . God desires that our praise shall ascend to Him, marked by our own individuality. These precious acknowledgments to the praise

of the glory of His grace, when supported by a Christlike life, have an irresistible power that works for the salvation of souls" (*The Desire of Ages*, p. 347).

Room Decorations

See Lesson 1.

Teaching the Lesson

Welcome

Welcome each child by name as they come in the door. Ask them to share the best thing and the worst thing about their week. Follow up on last week's sharing activity.



Readiness Activities

Select the activity appropriate for your situation.

You Need:

- medical professional
- medical supplies (stethoscope, tongue depressors, bandages, penlight, scale, etc.)

A. Nurse! Doctor!

In advance: Invite a nurse or doctor to come to Sabbath School in uniform with some of their medical tools (stethoscope, tongue depressor, tape measure, etc.). Have them assist the children.

Say: **Doctors and nurses are our friends. We go to them to make sure we are healthy and growing properly, but we also go to see them when we are sick. They help us get better.**

Today we are going to pretend to be doctors and nurses. We've invited _____ to help us.

Divide the children into pairs. Instruct the children to take turns being the doctor/nurse and patient. Show the children how to listen to each other's heartbeat with a stethoscope, look in each other's mouths and ears, measure each other's height and weight, test each other's knee reflexes, etc.

Debriefing

Allow response time as you ask: **What was it like when you were pretending to be the doctor/nurse and you were helping your friends? How did it feel when your friend was pretending to be the doctor/nurse and they were helping you? When we are sick, we go to see a doctor or a nurse. Today in our Bible lesson, we are going to learn about a woman who was sick for a very long time, but Jesus made her better. Jesus cared about her, and He cares about us, too. And that makes us so happy that . . .**



We praise God for taking good care of us.

Say that with me.

B. Reach for It!

Ask two adult helpers to stretch a piece of string or yarn across your classroom. Ask them to hold it high enough so the tallest children in the class can't quite touch it even when they jump. Tell the children to try to touch the string. If they touch it, they must sit down. After the children have tried to touch the

string several times, lower it just enough so the tallest students can just touch it. Continue to lower the string until everybody can jump up and touch it.

Debriefing

Allow response time as you ask: **How did you feel when you couldn't reach the string? Did you give up, or were you determined to keep trying? How did you feel when you finally touched the string? Our Bible story is about a woman who tried very hard to get close to Jesus to talk to Him. Something wonderful happened to her because Jesus cared about her. And He cares about us, too. We want Him to know we are glad He cares, so . . .**



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You Need:

- string or yarn to reach across your classroom (large classes: use several pieces of string)

C. Hip-it-ty, Hop-it-ty

Place a variety of colored balloons or pieces of colored paper or cutout paper shapes around the room. Ask the children to stand along one wall. Teach the children the following clapping rhythm:

**Hip-it-ty, hop-it-ty,
My, oh my!
I see _____ (name of color or object)
With my eye! Go!**

Tell the children that when you say go, they will need to hop to the nearest color or object you name in the chant. Play several rounds, intentionally calling out colors or objects so each child has an opportunity to be first.

Debriefing

Ask: **How did it feel when others got there ahead of you? When you got there first? In our Bible story we will learn about a woman who tried and tried to get to Jesus, but other people kept getting there first. When she finally reached Him, He did a wonderful thing, because He cared about her. And Jesus cares about us, too. That's one reason we come to Sabbath School.**



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Say that with me.

You Need:

- several different colored balloons or pieces of colored paper or cutout paper shapes



NOTE: Prayer and Praise appears on page 76.

2

Bible Lesson

Experiencing the Story

You Need:

- child or adult to play Jesus
- child or adult to play a sick woman
- white sheet
- Bible-times costumes
- masking tape

In advance: Use masking tape to outline the shape of a boat on the floor in a corner of the room.

Dress the children in Bible-times costumes (oversized T-shirts tied at the waist with a piece of yarn, headdresses made from pillowcases and elastic headbands, or towels thrown over one shoulder and tied at the waist). Wrap a white sheet around the person playing Jesus. (Large class option: Use costumes for Jesus and the sick woman only.)

Say: **Have you ever been really, really excited at the**

thought of seeing someone? Who was it?

Give opportunities to respond.

Today we are going to learn about a woman who really, really wanted to see Jesus.

Read or tell the story.

Jesus and His friends were on the other side of the Sea of Galilee, and it was time to go home. They climbed into their boat. Can we climb into the boat? *[Have children "climb" into the shape of the boat you have outlined on the floor and sit down.]* Jesus and His friends sailed across the lake. There were some waves, and the boat went up and down, up and down. Can we do that? *[Pretend to rock back and forth with the boat.]*

When they got to the other side of the lake, Jesus and His helpers got out of the boat. *[Climb out of your pretend boat.]* There were lots and lots of people waiting for Jesus. A man named Jairus wanted Jesus to come to his house because his little girl was sick. What do you think Jesus did? Jesus loves

little children, so of course He started to go right away.

But so many people wanted to see Jesus. Have you ever been in a crowd that was so big you could hardly move? That's how it was around Jesus. The people all wanted to get close to Jesus and talk to Him. *[Have "Jesus" stand in the middle of the group.]* Some sick people wanted Him to make them better. So many people pressed in close to Jesus! He was almost squished in the crowd. *[Have all except the "sick woman" crowd around Jesus.]*

Do you remember the woman we talked about who really wanted to see Jesus? She was sick. She had heard that Jesus made sick people better. She knew that if she could just get close enough to talk to Jesus, He would help her. So she tried and she tried. *[Position the child playing the sick woman on the outside of the group.]* But the crowd was so big, she couldn't get close enough to Him. She knew that Jesus could help her, and she was not going to give up.

Finally the sick woman thought of a plan. She knew that Jesus had the power to make her well. Maybe if she could just touch Him or just His clothes, Jesus would make her better. So she squeezed through the crowd. Jesus was walking past her. He was almost gone. Quickly she reached out her hand and just barely touched the back of Jesus' clothes. *[If necessary, help the child playing the sick woman inch her way through the crowd until she can touch the white sheet.]* Right away she was well! She could feel it in her body. She felt good for the first time in 12 years. Jesus had made her well! She was so happy! But then something happened!

Jesus stopped and asked, "Who

touched Me?" *[If a child is playing the part of Jesus, you will need to prompt him.]* He looked around. All of His friends said, "Not me!" "It wasn't me!" They shook their heads. Peter, one of Jesus' friends, thought it was strange that Jesus wondered who had touched Him. He turned to Jesus and said, "But, Lord, there are so many people all around You!"

But Jesus knew that He had healed the woman. He had felt power go out of Him. Finally a little voice said, "I touched you, Sir." *[Prompt the child playing the sick woman to repeat the line.]* She told Jesus that she had been sick for so long and just wanted to be well. And she knew she would be well if she could just touch His clothes. The woman fell at Jesus' feet and thanked Him.

Jesus said to her, "Daughter, your faith has healed you. Go in peace." *[If a child is playing Jesus, prompt him to repeat the lines.]* The woman believed Jesus could heal her, and He did. He cared for her, and He cares for us, too.

Debriefing

Allow response time as you ask:
Have you ever been very, very sick? How did you feel? The woman had been sick for 12 years. That's a long time. How did you feel when you were better? That's how the woman felt when she was better too. She fell down at Jesus' feet and worshipped Him because He cared for her and made her well. Jesus cares about us, too. And that makes us happy. We want Jesus to know we are thankful, so . . .



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Say that with me.

Bible Study

Open your Bible to Luke 8. Show the children the text. Point to verses 40-48. Say: **This is where today's story is found in God's Word, the Bible.** Point to each verse as you read aloud the last part of verse 42 through verse 48.

You Need:

Bible

Debriefing

Ask: **Why couldn't the sick woman get to Jesus? What did she do? What did Jesus say to the crowd? What did He say to the woman?** Talk about faith as believing in Jesus, His love, and His power to help us.

Memory Verse

Open your Bible to 1 Chronicles 16:8. Point to the verse. Point to each word as you read the verse aloud. Teach the children the memory verse, using the following motions:

You Need:

Bible

"Give

Move right hand from right chest, palm facing left, forward in large arc.



praise

Put fingertips to your lips [with flat hand], move hand away from your mouth.



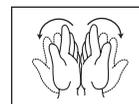
to the Lord."

Move right hand, palm facing left, from above head downward in front of face in an inward arc.



1 Chronicles 16:8

Put palms together, then open.



PRAYER AND PRAISE



Fellowship

Report the children’s joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Give a special, warm greeting to visitors and introduce each by name. Acknowledge birthdays or special events. Review last week’s memory verse.

Suggested Songs

- “Making Music” (*Little Voices Praise Him*, no. 220)
- “Come Praise the Lord” (*Little Voices Praise Him*, no. 211)
- “My God Is So Great” (*Little Voices Praise Him*, no. 112)
- “God Takes Care of Me” (*Little Voices Praise Him*, no. 90)

Mission

Share a story from *Children’s Mission*.

Offering

Say: **One way we worship Jesus is by bringing our offering so that others can learn that Jesus loves them, too.**

Prayer

Ask the children to name different things we do to worship Jesus. Emphasize that kindness, unselfishness, and obedience are acts of worship just as much as singing, praying, and reading Bible stories. When you pray, ask Jesus to help the children worship Him with all their lives.

* Prayer and Praise may be used at any time during the program.

3

Applying the Lesson

You Need:

- things or pictures of things for which children can thank God (water, family, homes, animals, music, food, etc.), one per child
- bag or box

God Cares

Place an item for each child in a bag or box in the center of the room. Ask the children to sit in a circle around the box. Teach the following song to the tune of “Jesus Loves Me.” Tell them that when you come to the part that says “He made _____ beautifully,” they will each take a turn pulling something out of the bag and naming it.

*Jesus loves me, this I know,
For the Bible tells me so.
He made _____ beautifully,
All because He cares for me.*

*Yes, Jesus loves me. Yes, Jesus loves me.
Yes, Jesus loves me, the Bible tells me so.
Go around the circle until each child has had a chance to thank Jesus for something.*

Debriefing

Say: **Look at all of these things Jesus made for us! He gives us everything we need because He cares for us. It’s good to say thank You to Jesus. We worship Jesus when we say thank You. Remember . . .**



We praise God for taking good care of us.

4

Sharing the Lesson

Hands and Feet

Trace each child's hands or feet on the paper. Help the children cut them out. Overlap the hands or feet slightly. Punch two holes through both pieces of paper and tie them together with a piece of yarn or ribbon. Help the children write "I worship God with my hands" or "I worship God with my feet" on their paper as appropriate. If you wish, have the children decorate their paper with glitter, yarn, sequins, etc.

Debriefing

Ask: **Do you remember our story today? How did Jesus care for the woman in the story? How did the woman in the story use her feet to worship Jesus?** Accept answers. (Her feet helped her get closer to Jesus; she fell down at His feet to worship Him after she was healed; etc.) **What about her hands? How did she use her hands to worship Jesus?** Accept answers. (She used her hands to reach out and touch Jesus; she may have used them to thank Him for healing her.)

We can use our hands and feet to worship Jesus, too. Remember, we worship God by what we do,



and every time we do something to show Jesus we love Him, we are worshipping Him. How can we use our hands to worship Jesus? (Share toys, help set and clear the table, pick up clothes and toys, give hugs, etc.) **How can we use our feet to worship Jesus?** (Run when Mommy or Daddy calls; walk quietly in church; wipe our feet before going into church; kneel to pray; etc.)

Today in church or at home show your hands or feet to someone else and tell them how you can use your hands and feet to worship Jesus, just as the woman did in our story. Remember . . .



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Say that with me.



You Need:

- colored construction paper
- pencils
- scissors
- hole punch
- ribbon or yarn
- (optional) glitter, yarn, sequins, etc.; glue

Closing

Say a short prayer in which you thank God for caring for the children. Ask God to help the children find ways during the coming week to use their hands and feet to worship Him.

STUDENT LESSON

Healed at Last!

References

Mark 5:21–32;
 Luke 8:40–48;
The Desire of Ages,
 pp. 342–348

Memory Verse

“Give praise to
 the Lord”
 (1 Chronicles
 16:8, NIV).

The Message

We praise
 God for
 taking good
 care of us.

Have you ever been sick for a whole day? Have you ever been sick for two or three days? You probably wanted to get well! The woman in our story today had been sick for a long, long time. She had been sick for 12 years!

Jesus and His disciples came across the Sea of Galilee in a boat. A big crowd was waiting. Jairus waited with the crowd. His little girl was very sick, and he came to ask Jesus to heal her.

But Jairus wasn't the only person who wanted Jesus' attention. Everyone wanted to be near Jesus. They crowded so closely around Him that He could hardly move.

One woman wanted to see Jesus more than anyone else. She had been sick for a very long time. For 12 years she had visited doctor after doctor, but no one could help her. Then she had heard that Jesus could heal people. She just had to see Him. She knew He could make her well.

Now there He was, in the middle of the big crowd. But she was too small, and the crowd was too big. Jesus was passing by. This was her last chance! She reached out and touched just the tiniest bit of the back of His robe.

Instantly she knew she had been healed! For the first time in 12 years she felt healthy and well. But then Jesus stopped. “Who touched Me?” He asked.

One of Jesus' special friends, Peter, thought it was a strange question. “So many people have been bumping into You in this big crowd,” said Peter.

But Jesus knew that someone special had touched Him. “I know that healing

power went out of Me,” He said.

The crowd became very quiet. They looked around. Then the trembling woman fell at Jesus' feet. She told Jesus why she had touched Him, and that she had been healed. Then she thanked Jesus for making her well.

Jesus smiled a great big smile at her. “I'm so glad!” He said. “You

are well because you believed that I could make you well. Go in peace.”

Then the woman knew that she was healed because she believed in Jesus.

Can you imagine how happy she must have been? She worshipped Jesus because He cared for her and healed her. She felt a great love for Jesus. He really did love her! He really was her friend.

Jesus wants to be our friend too.



Do and Say

Sabbath

Share the hands or feet made in Sabbath School and tell how you can use them to worship Jesus.

Use the following actions as you practice the memory verse together this week.

- “Give** Move right hand from right chest, palm facing left, forward in large arc.
- praise** Put fingertips to your lips (with hand flat), move hand away from your mouth.
- to the Lord.”** Move right hand, palm facing left, from above head downward in front of face in an inward arc.
- 1 Chronicles 16:8** Put palms together, then open.

Sunday

Talk about ways to use hands to worship Jesus today; then do so together. Ask: How does what we did show worship? Do we worship God only on Sabbath? Use your hands to say the memory verse together. Sing a helping-hands song.

Monday

Help your child “read” the memory verse from the Bible. Talk about things your child is thankful for and help your child say a simple prayer of thanks.



Tuesday

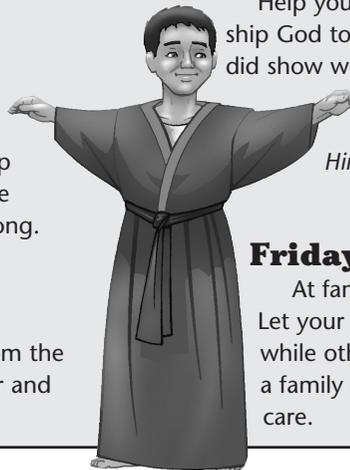
Review the lesson story. Ask: Where did the woman touch Jesus? Talk about the kind of robe Jesus wore. Together, feel different fabrics. Let your child try to touch your clothing while you walk away. Remind your child that though we can't touch His robe, we reach Jesus when we pray.

Wednesday

With your child, count ways that Jesus cares for your family. Thank Jesus for caring for your child and the rest of your family. Say the memory verse together.

Thursday

Help your child use his or her feet to worship God today. Ask: “How does what you did show worship? Do we worship God only on Sabbath?” Sing “Little Feet, Be Careful” (*Little Voices Praise Him*, no. 307).



Friday

At family worship, act out the story. Let your child be the sick woman or Jesus while others act as the crowd. End with a family celebration of thanks for God's care.