

1st- 5th Grade Small Group Lesson



Session Title: Four Friends Helped

Bible Passage: Mark 2:1-12

Main Point: Jesus healed a man and forgave his sins.

Key Passage: Psalm 103:2-3

Big Picture Question: What did Jesus heal people from? Jesus healed people from sickness, sin, and death.

Christ Connection: *The man who was paralyzed needed to be healed. Jesus knew this and did something even greater; Jesus forgave his sins, and then He healed the man. Because Jesus is God, He has the power and authority to heal and forgive. Jesus forgives those who trust in Him.*

Bible Story Review & Bible Skills

Please take your time for this Bible Story Review section. The purpose of this section is to coach the kids to be able to navigate the Bible by finding the books of the Bible, the chapter, and the verse.

1. Invite everyone to open their Bibles to the Table of Contents
2. Have them look through the list of Books in the New Testament
3. Have everyone open their Bibles to Mark 2:1-12

Ask the questions below, have them read Mark 2 to help them answer the questions.

- **The people came to hear Jesus teach in what city?** (*Capernaum, Mark 2:1*)
- **How many friends carried the man who was paralyzed?** (*four friends, Mark 2:3*)
- **How did the men get their friend to Jesus?** (*They removed the roof above Jesus and lowered the man down, Mark 2:4*)
- **What did Jesus see in the four friends?** (*their faith, Mark 2:5*)
- **What did the religious leaders accuse Jesus of doing?** (*blaspheming, or speaking against God; Mark 2:6-7*)
- **What did Jesus tell the man to do?** (*to get up, pick up his mat, and go home; Mark 2:11*)
- **How did the crowd react?** (*They were astounded and gave glory to God, Mark 2:12*)
- **What did Jesus heal people from?** (*Jesus healed people from sickness, sin, and death.*)

Did you know that in the Old Testament, God described Himself as the Lord who heals? In our Bible story today, Jesus healed a man who was paralyzed and forgave his sins. Jesus is the only Son of God. Not only can He heal people physically, He can heal them spiritually by forgiving their sins.

Healthy Hearts Activity

Instruct everyone to do a series of simple exercises, like jumping jacks, running in place, push-ups, squats, or arm circles. Allow volunteers to take turns leading the workout.

Jesus healed a man and forgave his sins. The religious leaders did not believe He could forgive sins, so Jesus asked them if it would be easier to tell the man, who was paralyzed, to get up and walk or to prove that He is God the Son, Jesus did both! Nothing is too hard for God. Jesus can still heal our physical bodies, and only Jesus provides the way to have forgiveness and life with God.

DOWNLOAD THE
TGP FAMILY APP

KEY PASSAGE: Psalm 103:2-3

- What did Jesus heal people from? Jesus healed people from sickness, sin, and death.

FOUR FRIENDS HELPED

- Jesus was teaching at home and many people crowded in.
- While He was teaching, four friends lowered a man who was paralyzed down through the roof.
- Religious leaders grew angry when Jesus said the man's sins were forgiven.
- To show His power, Jesus healed a man and forgave His sins.

- What is the greatest healing we need?
- Who can heal our sin?

- If your church has a ministry for the elderly or homebound, spend a day volunteering through that ministry with your family. Otherwise, consider contacting a local nursing home to find ways to volunteer there.

19

