

Name \_\_\_\_\_



# Jesus Heals, Prays, and Preaches

Mark 1:29-39

IN CLASS ACTIVITY



**Instructions:** Provide magazines with pictures of food, and encourage your child to find and tear out pictures of foods that the woman in the story might have given Jesus. Provide a glue stick so the pictures can be glued onto the dinner plate. Talk about how food gives us energy and helps us grow stronger. *(For additional classroom instructions, see Teacher Guide.)*

# WHAT I LEARNED TODAY...

## Bible Story

Everyone, even your young preschooler, needs to stop and rest now and then. This week's Bible story (Mark 1:29-39) tells us that Jesus wants us to come to him and rest. He healed Peter's mother-in-law, and only he can give our bodies strength. After Peter's mother-in-law was healed, she was able to serve Jesus in the way she desired.

**Key Verse: Come to me and rest (adapted from Matthew 11:28).**



**This simple game can be played just about any-**

**where.** Not only will it remind your child that Jesus wants us to come to him, it will also help develop a better understanding of the concept of time. Explain that when you say, **"Sun's down. Good night,"** your child should pretend to sleep and wait for you to say, **"Sun's coming up. Wake up time,"** before opening his or her eyes. Say that one way we can rest in Jesus is through prayer, and talk about praying before going to bed at night.

### ASK

- Where do you like to go to rest your body?
- What do you like to do when you rest?
- How do you feel after you rest?



**Play a racing game together in your yard or**

**at a park. Think of a variety of things**

to do, such as walking, running, hopping, or skipping. Explain that when you say, "Come to me and rest," your child should stop the action you both have chosen and come to you for a "resting" hug. Take turns calling out the Key Verse: Come to me and rest.

### ASK

- How did you feel when you stopped and got a "resting" hug?
- What are some ways we can rest in Jesus?



This week, your child learned that Jesus cares for us. Your child committed to one of the following challenges to

ask Jesus to care for him or her in daily life. Help your child weave faith into life this week and follow through on the challenge!

- If you are feeling sick or sad, ask Jesus to help you feel better.
- Sometimes Jesus uses other people to care for us. This week, give a hug to someone who has cared for you. Thank Jesus for using that person to care for you.
- If you are feeling lonely at home or at day care, pray and talk to Jesus. Remember that Jesus is your friend. He cares for you and is always with you.