

# One BUSY Day!


Dear Teacher,

Trusting people or things can be difficult! I have difficulty putting my trust in roller coasters. When I see one speeding down a large dip into a loop, it is hard for me to remember that it is really securely attached to a track. This is similar to my relationship with Christ. I know that I can trust Him, because He loves me; but when I see troubles ahead or I'm not sure where the next turn is going to take me, I sometimes feel afraid.

One thing that always helps me stay on track is the Bible. When I spend time in God's Word, I read the many stories of how God has loved, helped, healed and saved His people. When I read those stories, it reminds me of all the reasons I have to trust and praise Him.




*Lisa Pham*  
Editor



## Big Idea

I can trust Jesus to be in charge of my life.



## Action Plan

Tell why I can trust Jesus throughout my life.



## Bible Verse

"I trust in God's unfailing love for ever and ever. I will praise you forever for what you have done." Psalm 52:8-9

Connecting You to Jesus

The Gospel of Mark is a book of action! Mark presents Jesus as the Servant, emphasizing the way in which Jesus helped others. By showing what Jesus accomplished on Earth and how His coming changed the world, Mark proves that Jesus is the Son of God. When we believe in Jesus and choose to follow Him, He changes our lives, too! Jesus is our Savior and helper.

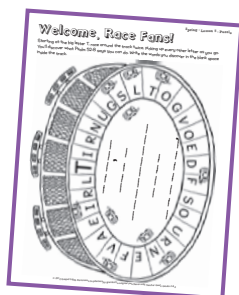
LESSON  
MATERIALS

- The basics (see contents)
- Toy police car
- Get Thinking—Game Cards (from CD-ROM), ball
- Story props (see p. 49)
- Materials for Art or Game activity (see pp. 54-55)

## Lesson Extras!



1. Help your kids learn the order of books in the Bible by playing Order Up. Use the first eight books of the New Testament for this lesson.



2. Students discover a portion of today's Bible verse by completing "Welcome, Race Fans!" puzzle.

3. Show "Lesson 5: Is That REALLY in the Bible?" on *Creative Clips DVD*. **The Bible has some unusual sounding stories! Today, as always, we are talking about things that REALLY are in God's Word.** Jesus really

did die and come back to life again on the third day. We really can know Him and put Him in charge of our lives. He really does love us!



# Get Thinking



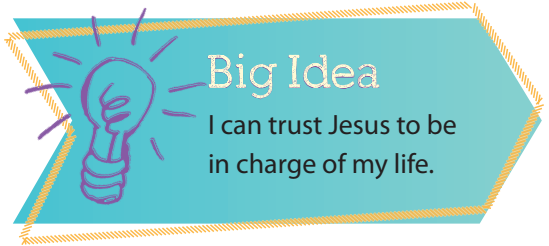
(10-15 minutes)

Welcome students and help them begin to think about today's Big Idea.

## Ball Movers

Ahead of time, cut apart Game Cards.

Students line up. The first student, as the leader, chooses a Game Card and then tells others how to pass the ball down the line in the way described on the card. Continue with other students choosing cards and passing the ball in different ways.



## Connect:

- **What are some other games that need leaders?**
- **Who are some leaders, or people in charge, that you know you can trust?** (Parents. Teacher. Police officers. Older sister or brother.)
- **God has given each of us people whom we can trust. Today we'll be finding out what saying that Jesus is our leader means.**

## YOU NEED

Game Cards (from CD-ROM), scissors, ball.



# Get God's Word



(15-25 minutes)

## One Busy Day!

Help students find Mark 1 in their Bibles. Tell the following story summary in your own words, guiding students to find answers in their Bibles.

### Story Starter

Let's get ready for our story by playing a game. I am going to act out a feeling. Raise your hand when you think you know what feeling I'm demonstrating. Pretend to be sad without making any sound. Students guess the feeling. Repeat with other feelings (excited, shocked, worried, happy, tired, etc.). In today's story we will hear about the different feelings people had when they heard that Jesus was coming to town. Let's listen and find out what happened.

### YOU NEED

Bible for yourself and each student, Lesson 5 Poster, large sheet of paper, marker, toy police car.



### STORYTELLING IDEA

As you tell the Bible story, draw pictures on a large sheet of paper as directed.

## Big Buzz

Peter, Andrew, James and John were four of Jesus' disciples. (Peter was also known as Simon.) Before they became Jesus' disciples, these four fishermen had been at the Sea of Galilee, throwing and mending their fishing nets. And one day Jesus literally called them right out of the water! Now they were traveling with Him. They had come to Capernaum, the town where Peter lived with his wife and his wife's mother.

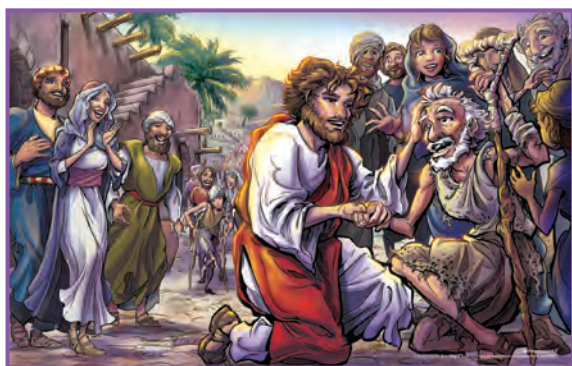
Draw a house.

### TIP

Invite a volunteer to read aloud information about Mark, the writer of the book of Mark, on page 216 in *What the Bible Is All About for Kids*.

On Saturday, Jesus went to the synagogue along with most everyone else in Capernaum. (A synagogue was like a church.) Jesus began to teach the people about God, reading and explaining the Old Testament to them.

Draw a scroll.



## True Power

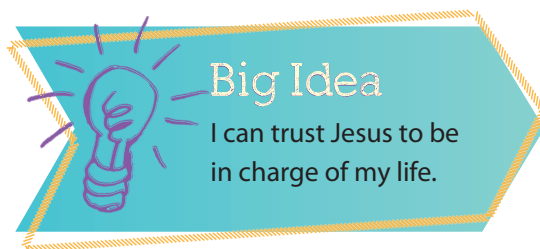
**Let's read Mark 1:22 to see why people were amazed by Jesus' teaching.** Usually a teacher quoted this rabbi or that expert. A teacher normally would not say what he thought was right. But Jesus taught the truth with confidence! He declared what God's Word said and didn't give anyone else's opinions. To the people of Capernaum, this was a new and exciting kind of teaching!

Just about the time Jesus finished speaking, a man began to shout at Him! The shouting man was controlled by an evil spirit—and the words were coming from that spirit. **What did the evil spirit say? Let's read Mark 1:24 to find out.** Draw an angry face.

Did you notice? That evil spirit knew EXACTLY who Jesus was! And it was AFRAID! Jesus simply and sternly said to the spirit, "Be quiet! Come out of him!" And of course, the evil spirit DID come out—because even evil spirits have to obey Jesus!

Can you imagine the scene? This huge roomful of people must have been completely silent as they watched Jesus deal with that evil spirit. Then, when the evil spirit left, the people probably all talked at once! This Jesus, this rabbi friend of Peter's, was VERY different! He taught without giving any opinions. He talked as if He knew what He was talking about! And He wasn't afraid of a screaming evil spirit. He ordered it to leave, and it OBEYED! **Cross out the angry face and draw a happy face.**





## Healing Help

Jesus and His friends went from the synagogue to Peter's house. At Peter's house was one person who had stayed home. Peter's mother-in-law was very ill; she had a terrible fever and was in bed. When Jesus heard that she was ill, He went in to her, took her by the hand and helped her up—and she was completely WELL! She felt so good that she got right to work, gladly helping to feed Jesus and His friends! **Draw a hand to symbolize Peter's mother-in-law helping.**

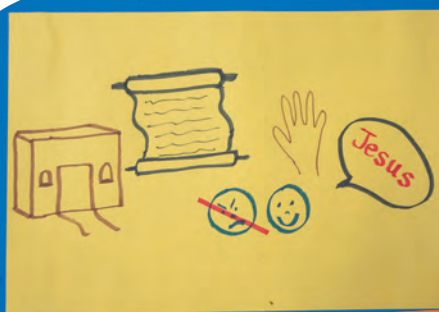
### TIP

Show Lesson 5 Poster and ask students to tell what they think people in the crowd are saying.

In this time before computers or TV or newspapers, everybody was telling everybody else the astonishing things they'd heard and seen that day! By evening, the news had spread all over the area—"There's a rabbi in town who teaches with authority! He orders evil spirits to leave—and they obey Him! He just healed Peter's mother-in-law this afternoon! Do you think He can heal OTHER sick people?!" **Draw a conversation balloon with "Jesus" written inside it.**

**Let's read Mark 1:32 to see what happened at Peter's house!** As it began to get dark, it didn't get quiet! A big crowd gathered outside Peter's house. Everyone who knew someone who needed help had brought those people to see Jesus! And what did Jesus do? He went from person to person, kindly and graciously healing the sick ones.

Jesus had ROCKED Capernaum with good, GOOD news! And every day, the news spread farther, as traders traveled, as farmers went into different towns and as fishermen unloaded their catches in other villages. This was the BIGGEST news ever!



## Wrap-Up

Many people in today's Bible story discovered that Jesus was an amazing, wonderful person. Many of them decided to let Him be their leader. They wanted Jesus to be in charge of their lives. We can decide to follow Jesus, too.

Read aloud Psalm 52:8-9. Show toy police car. When police officers or other leaders ask us to do something, we do it because we know that they want to help us and keep us safe. That's what we need to remember about Jesus, too. Jesus is the perfect leader. We can remember that He has done so many things for us and loves us SO much that we can always trust Him. We can trust Jesus to be in charge of our lives. Talk with interested students about becoming members of God's family (see "Connecting Kids to Jesus" on CD-ROM).

### Action Plan

Tell why I can trust Jesus throughout my life.

## Connecting Kids to Jesus



The Gospel of Mark tells us about Jesus' actions. We discover the ways in which Jesus acted as a servant, always willing to help others. Jesus, God's Son, changed the world by His actions. When we believe in Jesus, He helps us change the way we live, too!



# Get Talking



(25-30 minutes)

Distribute Lesson 5 *Kid Talk Cards*. Students find the people described on Side 1, and discover what these people did.

- Who needed help in this story?
- What did Jesus do to show He was a leader that people could trust? (Taught about God. Helped people. Healed people.)
- What did the people in Capernaum do or say when they heard about Jesus? (Brought sick people to Jesus. Told about Jesus.)



## Whiteboard Time



On whiteboard, begin a game of Pictionary by drawing something in which kids might put their trust (chair, car seat belt, amusement-park ride, bike, etc.). Continue drawing until someone guesses the correct item. Whisper another item to student who guessed correctly. That student then draws for other students to guess. Repeat several times. **When we trust something, we depend on it! Eventually, however, things we trust break or stop working. But Jesus is the opposite. He NEVER stops caring for us and helping us. It's the reason we can trust Him to be in charge of us!**

Students look at Side 2 of *Kid Talk Cards* and read Bible verse together. Invite students to do a word search by finding the words listed and to write the remaining words on the blank lines on the card.

- What are some reasons we have for trusting Jesus? (He is God's Son. He keeps His promises. He gives wisdom and courage. He will never stop loving us.)
- When has Jesus given you wisdom or courage? When are you glad that Jesus will never stop loving you?
- Point to photo of police car. What are police officers in charge of? What do you trust them to do? Who are some people you know who trust Jesus to be in charge of their lives? What do they do to show that they trust Jesus? (Friend invites you to church. Uncle gives money to an orphanage.)
- How can you show that Jesus is in charge of your life? (Pray to Him. Obey commands in the Bible.)

## Prayer



Invite volunteers to tell prayer requests. Then pray with students about the needs and concerns they mention. Briefly explain to kids that by saying “Amen” at the end of a prayer time, we show that we agree with the prayer.

## Art

Give each student an index card. Students print Psalm 52:8-9 on index cards. Then students attach cards to center of card-stock squares and add collage materials to decorate the squares as frames for the verse cards. Students attach magnetic strips to the back of squares and hang on a magnetic surface at home.

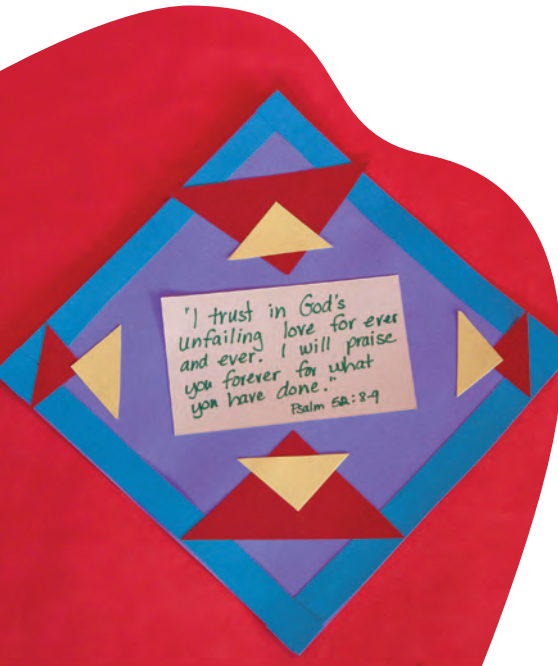
**Connect:** We can trust God because we know that He loves and cares for us. When you get home, attach your frame to a place where you will see it often. When you see the photo frame, remember that God’s love for you will never end and that you can always trust in Him.

### YOU NEED

Bibles, index cards, markers, glue sticks, 8 1/2-inch (21.5-cm) card-stock squares, a variety of collage materials (ribbon, paper and fabric scraps, craft-foam shapes, feathers, buttons, etc.), magnetic strips.

### TIP

Ahead of time, print Psalm 52:8-9 on large shipping labels, making one for each student. Students attach labels to their frames instead of hand lettering verse on cards.



## Game

Before class, cover a table with butcher paper. On the paper, make a large grid with four spaces. In separate squares, print “Bible Verse,” “Tell a way to trust Jesus,” “Tell a reason to trust Jesus” and “Lead a silly action.” Make a masking-tape line several feet from the table.

Students stand behind masking-tape line and take turns tossing beanbag onto the table. Depending on where beanbag lands, student says the Bible verse, tells a way to trust Jesus, tells a reason to trust Jesus or leads the whole group in doing a silly action of their choice (jumping jacks, spin around, hop on one foot, etc.). Continue playing several rounds so each student has a turn to do at least two different activities.

### YOU NEED

Bibles, butcher paper, marker, masking tape, beanbag.

**Connect:** Psalm 52:8-9 tells us that God’s love for us is so great that it will never end. Knowing that God loves us that much helps us trust Him.

## Get Going

Direct students to look at Side 2 of their *Kid Talk Cards* again. **I can think of so many great reasons to trust Jesus! He loves you and me more than we can imagine! As we listen to this song, think about times you can trust Jesus this week.** Play “Trust Anytime” (track 6 on *Worship CD*), inviting students to listen or sing along. **Let’s look for ways to show that we trust Jesus to be in charge of our lives this week.** Distribute Lesson 5 *Family Fridge Fun* papers as students leave.

