

Time to Get Up

Jesus heals a girl
Luke 8:40-42, 49-56

Character Trait: Mercy

(Estimated Lesson Time: 90 minutes)

Objectives:

- Children will identify that Jesus did things only God can do—including bringing Jairus' daughter back to life.
- Children will describe ways Jesus has shown mercy to them personally.
- Children will discuss two ways they can choose to show mercy towards others.

Supplies:

- *Time to Get Up* loaded onto a tablet or phone in the *Bible App for Kids*
- 2 small flags or other objects *(for game play)*
- Small squares of felt *(one for each child)*
- Glue *(or glue dots, optional)*
- Felt cut outs, stickers, and/or small scraps of fabric
- Yarn and/or string *(optional)*
- Large, plastic, yarn needles *(optional, one for each child)*

Welcome Activity:

(5 minutes)

Welcome the children.

SAY: Close your eyes and be absolutely still for a moment. *(Provide a few moments of silence for them to do this.)*

Now, get up and walk and jump around the room. *(After a few moments, instruct them to sit back down.)*

In today's lesson, we will learn about how Jesus told a little girl to get up, and she walked around the room. But she was not pretending to be still, and she was not just sleeping. She had died. But Jesus brought her back to life!

Review:

(5 minutes)

Guide the children in a brief review of the previous lesson by asking the following:

- **What did Jesus tell the evil spirits inside of Lots to do?** *(He told them that they had to leave Lots.)*
- **Where did the evil spirits go after they left Lots'?** *(They went into a herd of pigs nearby.)*
- **The evil spirits were scared and had to obey Jesus. What does this tell you about Jesus?** *(Answers will vary but should include that Jesus has the ultimate power and showed that He is God.)*

Today's Bible Story:

(10-15 minutes)

Show *Time to Get Up* from the *Bible App for Kids* or share the story aloud:

- Jairus, a leader of the synagogue, fell at Jesus' feet.
- "My little girl is dying," he cried. "If you lay Your hands on her, I know that she will live."
- Pushing through the crowd, they met some men from Jairus' house.
- "Your daughter is already dead," they said.
- "Don't be afraid," said Jesus. "Believe, and your daughter will be healed."
- They arrived at Jairus' house, and found people weeping for the girl.
- "Why are you weeping?" Jesus asked. "The girl's not dead. She's only sleeping."
- The people laughed at Him.
- Jesus and three of His disciples, Peter, James, and John, went into the house with Jairus and his wife.
- The little girl was lying there, just as everyone had said.
- Jesus took her hand.
- Then He said, "Stand up, little girl."
- And she did! She even walked around the room!
- Jairus and his wife were amazed!
- Jesus told them not to tell anyone what He had done.
- "Now," said Jesus, "I think this girl needs something to eat!"

Discussion:

(15 minutes)

Encourage the children to think more about the story by asking the following:

Why did Jairus ask for Jesus' help? *(His daughter was dying.)*

What did the people in the crowd tell Jairus and Jesus? *(They said that Jairus' daughter was already dead.)*

What did Jesus tell Jairus? *(He told Jairus not to worry, to believe, and his daughter would be healed.)*

What did Jesus say to the little girl when He arrived? *("Stand up, little girl.")*

What happened after Jesus spoke to the little girl? *(She came back to life and walked around the room!)*

What does this tell you about who Jesus is? *(Answers will vary but should include that it tells us that Jesus is God because Jesus did things that only God can do—like bringing people back to life!)*

Jesus cared about Jairus, and Jesus cares about you, too. How does this make you feel? *(Answers will vary.)*

SAY: When Jesus cared about Jairus' little girl, He showed that He cared. When Jesus brought the little girl back to life, He showed that He was God! While on earth, Jesus did things that only God can do—including having power over death!

God's Bigger Story:

(5 minutes)

SAY: Only God has the power to bring people back to life. Jesus showed that He is God by bringing people back to life, like Jairus' daughter.

Memory Verse:

(10 minutes)

But when Jesus heard *(cup hand around your ear)* **what had happened, he said to Jairus, "Don't be afraid** *(float shaking hands over chest)*. **Just have faith** *(bring hands together in heart shape)*, **and she will be healed** *(from top of head, sweep hands quickly down and out)*."

Luke 8:50 (NLT)

Activity:

(15 minutes)

Divide the children into two teams, split the playing area into two areas, and determine a location for "prison." Give each team a small flag *(or other object)* to hide somewhere in their team's area. The object of the game is to run into the other team's area, capture their flag, and make it safely back. Players can tag opposing teammates in their territory, causing them to be "out" and go to the prison location. Players in prison can only be freed by a teammate who tags and escorts them back to their playing area without getting tagged themselves. The first team to capture the flag and bring it safely back to their area wins.

SAY: Jesus showed that He cared about Jairus by going to his home to help his little girl. Many of your teammates who stopped to get other players out of prison showed that they cared about others, too.

Response Activity:

(10 minutes)

Provide each child with a small square of felt, glue, and a variety of felt cut outs, stickers, and/or small scraps of fabric. Then, invite the children to make and decorate a small blanket to take home as a reminder of the story.

SAY: Jesus told Jairus not to be afraid. We can also put our trust in Jesus and choose not to be afraid. Like Jairus, we can rest easy in Jesus, too.

For younger children...
Younger children can use glue dots to make adhering the decorations to their felt blankets easier.

For older children...
Make this activity more challenging for older children by providing large, plastic, yarn needles and different colored yarns and strings. Invite the children to sew creative patterns all over their blankets.

Character Trait: Mercy

(10 minutes)

SAY: Mercy is choosing to show care and concern towards others instead of ignoring their pain. Jesus showed mercy towards Jairus by bringing his daughter back to life!

Encourage the children to think more about mercy by asking the following:

- **How does Jesus show mercy towards you?** *(Answers will vary but should include by offering forgiveness from sin, providing daily needs, hearing our prayers, and providing encouragement and guidance through God's Word, the Bible.)*
- **Has anyone else in your life shown you mercy? How?** *(Answers will vary.)*
- **How can you show mercy towards others?** *(Answers will vary.)*

Connect with Others:

(5 minutes)

SAY: Mercy is more than simply saying that we love someone. Mercy is showing love to others.

Think about how Jesus willingly gave His own life on the cross to show mercy towards us. How does this make you feel? *(Provide a few moments of quiet think time. Then, invite a few children to share aloud.)*

One way to show our thankfulness to Jesus is by choosing to show mercy to others. What are some ways you can practice mercy the next time someone hurts or wrongs you? *(Provide a few moments of quiet think time. Then, pair the children up to share their thoughts and ideas with one another. Have a few volunteers share their answers.)*

Closing:

(2 minutes)

SAY: Only God has the power to bring people back to life. Jesus did not just use words to explain who He is. Jesus showed who He was through His actions, too. We can show that we are children of the one true and merciful God by extending mercy to others also.

Prayer:

(2 minutes)

SAY:

Dear God,
How great and full of mercy You are! Your love and concern for us are limitless. Help us to show You our gratefulness by showing mercy towards others.
Amen.

Notes