

# No Pain, No Gain

Bible Focus - Mark 3:3-6

Age: 5-11s

## Key Learning:

1. Consider what it would be like to be able to do something for the first time
2. Understand the importance of being kind to people in need and how we can follow the example of Jesus
3. Learn about why we feel pain

## Learning something new

Learning a new skill like writing or drawing can take time. But once you have mastered it, and you have written a full sentence, or drawn a picture of your favourite animal, you feel so pleased with yourself and excited about what you can do.

## Trying new things

Get the group to try something that will be new to most of them. Here are some suggested activities:

lifting rice with chopsticks, juggling, making paper aeroplanes or learning the alphabet in sign language.

Ask them some questions about the activity - was it frustrating at the start? Did anyone master the skill? Now read the story of the man with the sore hand. Ask the group to see if they can spot what he was able to do for the first time.

## Read Mark 3:3-6

"And he said to the man with the withered hand, "Come here." And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him."

For the man in the Bible story, not being able to use his hand must have been very frustrating. How thrilled he must have been when Jesus healed him. Now he would be able to do all those things he'd always wanted to do.

Have any of you really wanted to stay up late at night like your big brother or sister? Then one evening you are allowed to stay up and go to bed at their bed time? Or what about going on the big swings at the park? Getting your stabilisers off your bike? Reading a book with 100 pages in it? Or learning to swim without armbands for the first time?

Can you remember what it felt like to be able to do these things? This is what it must have felt like for the man with the healed hand.

Give out one or both worksheets 'Jesus heals on the Sabbath' and 'memory verses and matching up'

Give the children some time to complete them. Ask if anyone can say the memory verse without looking. Go over the answers to the matching up exercise.

## The role of pain

Knowing where pain is coming from helps us to understand what is wrong, and often we can help heal the body once we know that. This is why it is hard for us to help babies when they get sick. They have not learnt to talk yet and so they can't tell us where it is they are sore. It is also why it is hard for people with leprosy to know when there is a problem. The leprosy germ attacks the feeling in peoples hands and feet. Without feeling people with leprosy can easily burn themselves on a hot stove, or cut themselves on a sharp stone,

and they don't even know they are doing it. So pain, even though it is really really sore, is not always a bad thing!

### Being kind to others

Jesus often was kind to people in need. He helped this man who's hand was disfigured, he fed 5,000 people when they were hungry and he went to dinner with the unpopular tax collector. We can be kind to other people in big ways and in small ways.

It might be sharing your favourite toy with your brother or sister, putting some pocket money into the collection plate in church or playing with someone who is looking a bit lonely in the playground. One small way is to make someone a gift. We're going to do that now.

### Craft - Card Making

You will need - card/thick paper, pens, felt tips, crayons and other items you have that could be used to design a card

Design and decorate a card for someone you know. Write a message inside to encourage them, maybe thank them for their help, or say something really nice about them!

### Prayer time

Finish the session by leading the group in a time of prayer.

Introduce the time by saying that prayer is a great way of helping others.

You could use these 3 points to guide your prayers:

- pray that people who have leprosy would find healing and help
- pray for the hospital staff and workers who treat people with leprosy
- pray that God would comfort people with leprosy when others are unkind to them