

# Shoes, feet and all things sweet!



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Feet are funny things. We give them a lot of use, and often people like to hide them because of the way they look, or the way that they smell! Some people like to cover them in things which make them look fabulous. They adorn them with nail polish, pedicures, and all sorts of wonderful shoes.

We are inviting your Youth Organisation to join with us in celebrating feet, and helping us to heal and protect feet damaged because of leprosy.

Now, you might be thinking that you get the whole feet and shoes idea, but feet being sweet, what is that all about?

Good question!

Well, we want to say that feet can actually, in and of themselves, be sweet, good, wonderful things. To find out how, we'll take a look at what the Bible has to say about feet. We'll then go on to see how feet can be damaged by leprosy, and the role that shoes can have in helping to protect feet. We'll finish with a challenge around shoes and feet that is both fun and helps to reinforce the learning of the first two sessions.

## Session 1 Beautiful Feet

## Session 2 Protecting Feet

## Session 3 Picture This!

This 3 part session plan is part of a bigger resource called 'No Pain, No Gain' which is a dedicated resource to help young people understand and support people with leprosy. To learn more about this resource, and access more resources for children and young people, and information about leprosy, visit [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org)



# Session 1 Age 4-7 Beautiful Feet

## Shoes, feet and all things sweet!



### Introduction

For the next few sessions, we are going to be thinking about feet! We're starting today by looking at the 'Favourite Feet' poster (you can find 'Favourite Feet' poster in the FUN section of the [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org) website).

Ask the group what they think of the feet in the poster. Which one is their favourite photo? Which photo do they not like? What do they think of each individual photo?

We can say lots of things about feet, especially interesting feet like the ones in these photos. But we rarely ever call feet 'beautiful'. Today we're going to think of beautiful feet that we find in the Bible.

### Mary and Martha

We'll begin our search for beautiful feet by considering the story of Mary and Martha.

#### Intro game: Distractions

Blindfold two willing volunteers. Tell them that they are to count how many people shake their hand in the next 30 seconds. Get the group to take it in turns to shake both of their hands. Stand behind one, and constantly try and distract them, tapping their shoulder and talking in their ear.

*Ask the two volunteers how easy they felt the task was.*

The Big Idea: Sometimes in life we can get distracted by things that are going on around us. This can stop us from doing what is really important in life. Listen to the story of Mary and Martha, and think about which one was focused on one activity, and which one was doing far too many things at once!

#### Bible Reflection

Read Luke 10:38-42

Where we start to find that scriptural feet are very sweet is in the story of Mary and Martha. Here Mary sits at the feet of Jesus and listens to him speaking. When Martha complains to Jesus about this, he tells her that Mary's choice is a very good one.

Jesus likes it when we take time to stop doing everything else, and listen to him. Jesus' words are recorded in the Bible. We can listen to what he has to say by reading it. Sometimes though, we are too busy, and we can forget about the Bible. A really good time to listen to Jesus is at night, just before bed. We can ask our mum, dad or granny to read stories about Jesus to us.

### The Last Supper

We now turn to look at the role of feet during The Last Supper.

#### Game: Active Service

Using the list below, get a leader to act each statement out, and see if the group can guess what it is. Encourage the group to 'beat the leader' by getting each one correct.

- Serving a tennis ball
- Dinner ladies serving lunch
- A waiter taking an order
- An army person at marching practice
- A person using the self-service lane at a supermarket

The Big Idea: As this game shows us, we can serve each other in many different ways - it might involve food, defending our country, or buying things. We're going to look now at how Jesus served people in a very special way.

#### Bible Reflection

Read John 13:1-17

The Bible tells the story of Jesus and his disciples meeting for a special meal. This is known as the 'Last Supper', because it was the last meal that they shared before Jesus was taken away and crucified. During this supper, Jesus did something very surprising. He got up, fetched some water and a towel, and washed each one of the disciples feet. This was a dirty, smelly job. The roads were full of dust and the sun was hot. It was normally a job for a servant, not a leader!

Jesus explained that he wanted them, and us, to copy his example, and to help and serve one other. We can serve one another by praying for each other, and also by being kind and helpful to the people around us.

#### Colour In

Get the children to colour in the picture of Jesus washing the feet of a disciple (you can find this picture in the FUN section of the [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org) website).

# Session 1 Age 4-7 Beautiful Feet

## Shoes, feet and all things sweet!



### Beautiful feet

Isaiah 52:7 gives a picture of feet that bring a message of hope:

*'How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!"'*

Feet that tell of God's good news are actually called 'beautiful'! For us as Christians, the big question is how we can make our feet beautiful?

What we have already learnt about Mary and Martha, and The Last Supper can help us here. Feet that take time out to rest, and allow us to listen to God, and feet that work at serving others just as Jesus did at The Last Supper are feet that are doing a good job!

We are called to **rest with God**, to **serve others**, and finally, we are called to **share the good news with others**.

Our feet take us to all sorts of places where we can share the good news about Jesus. Our feet take us into our homes where our family live, into our friend's homes, and of course into our school. All these places are places where we can share the good news of Jesus' love for everyone.

### Balloon Stomp Memory Verse

Write the following verse on to balloons:

*'How beautiful on the mountains are the feet of those who bring good news'*

Give out the balloons, and standing in a circle, read out the verse together. Choosing one or two words at a time get the group to throw them into the middle, and burst them by standing on them.

### Prayer

We thank you God for all that we have learnt today about feet in the Bible, and pray that you would help us to remember to rest at your feet, to serve other people, and to bring with us wherever we go the Good News about Jesus. In Christ we pray, Amen.

### Next week

We'll be thinking about broken feet, and in particular, what it would be like to have feet broken by leprosy.



# Session 1 Age 8+ Beautiful Feet

## Shoes, feet and all things sweet!



### Introduction

Starting questions: what words would you use to describe feet? Would you ever call feet 'beautiful'? Today we're going to think of how some of the feet talked about in the Bible might be thought of as 'beautiful'.

#### Finding Feet in the Scriptures

There are lots of times in the Bible when both feet and shoes are mentioned. In the Psalms, feet that avoid sinful places are blessed (Psalm 1:1). In Genesis 8:9 the foot of the dove could find no resting place, so returned to Noah's Ark. In Numbers 22:25, the donkey crushes Balaam's foot against the wall, so Balaam hits the donkey.

### Mary and Martha

We'll begin our search for beautiful feet by considering the story of Mary and Martha. Read Luke 10:38-42, then play the following game.

#### Intro game: Distractions

Get two volunteers to count how many times you will blink in the space of one minute.

- Give one volunteer a seat opposite you.
- Give the other volunteer a tennis ball, a packet of sweets, and a hair brush. Tell them that they must comb everyone's hair, offer everyone a sweet, and pass the tennis ball to everyone during the minute, all the while watching out for how many times you will blink.

At the end of the game, see who has been most accurate in counting blinks. Ask the group why they think it is easier for the person sitting with nothing else to do? Ask the volunteer who had all the activities to do if they think it was a fair game. Relate this back to the story of Mary and Martha. It helps to understand Martha's perspective, and why she was getting so annoyed. Ask the group why it is good to give your undivided attention to one important job. Relate this back to the perspective of Mary, and her focus on Jesus in the story. Mary sits at the feet of Jesus, and listens to him speaking. When Martha complains to Jesus about this, he tells her that Mary's choice is a very good one.

#### Ask: What makes it a good choice?

Some thoughts:

- By sitting at Jesus' feet she is coming close to God, and taking time to listen to him speak.

- Sometimes in life we are very busy! Homework, exams, sports, friends, computers, family all take up a lot of our time.
- We too need to take time out to sit at the feet of Jesus and listen. We can do this as we read our Bible, or as we listen to songs about Jesus, or give thanks to God for the good things in our lives.

### The Last Supper

We now turn to look at the role of feet during The Last Supper.

#### Game: Active Service

Write the following activities on slips of paper:

- Serving a tennis ball
- Dinner ladies serving lunch
- A waiter taking an order
- An army person at marching practice
- A grown up using the self-service lane at a supermarket

Give out the slips of paper to different people, and ask them to act out what is written on the sheet. The group have to try and guess what it is that they are acting out.

The Big Idea: The game will help to get the group thinking of the different people who serve us.

#### Bible Reflection

Read John 13:1-17

During the Last Supper, Jesus shows his disciples that they must serve one another. How does he do this? He, the master and leader, takes a towel and some water and does the job of a servant, and washes their feet! Washing feet was an unpleasant job. The roads were dusty, and feet were hot and smelly from long walks and the heat of the sun.

#### Ask: How can we serve one another?

Some thoughts:

- Jesus sets us an example that we should keep in mind in every situation.
- We can think of how we can serve those who are far from us, by sending our prayers and raising money to help them.
- We can think of how we can serve those who are close to us, by praying for them, and doing kind things that will help them.

# Session 1 Age 8+ Beautiful Feet

## Shoes, feet and all things sweet!



### Beautiful feet

Isaiah 52:7 gives a picture of feet that bring a message of hope:

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Feet that tell of God's good news are actually called 'beautiful'! For us as Christians, the big question is how we can make our feet beautiful?

What we have already learnt about Mary and Martha, and The Last Supper can help us here. Feet that take time out to rest, and allow us to listen to God, and feet that work at serving others just as Jesus did at The Last Supper are feet that are doing a good job!

We are called to **rest with God**, to **serve others**, and finally, we are called to **share the good news with others**.

**Ask:** *What places do our feet take us, that we could bring with us the good news about Jesus?*

### Craft

Using cardboard, get the group to draw around their feet, then cut out the outline. Get them to decorate their feet to make them look beautiful. Link all the feet together using string, so that you can decorate your church with beautiful feet!

### Prayer

We thank you God for all that we have learnt today about feet in the Bible, and pray that you would help us to remember to rest at your feet, to serve other people, and to bring with us wherever we go the Good News about Jesus. In Christ we pray, Amen.

### Next week

We'll be thinking about broken feet, and in particular, what it would be like to have feet broken by leprosy.



# Session 2 Age 4-7 Protecting Feet

## Shoes, feet and all things sweet!



Last week we looked at what the Bible tells us about how feet can be beautiful when used for God. We learnt about three ways feet might be beautiful. Can you remember the 3 things we looked at last week?

*Rest with God, Serve Others, Share the Good News with Others.*

Today we're going to think of why our feet often need to wear shoes. Can you think of any reasons why feet need shoes?

Keep them clean    Keep them warm    Protect them

### **Intro game: Feet portraits**

Using felt markers, and blank paper, get the group to pair up, and draw an outline around one another's feet. If you have time at the end of the lesson, you can get your group to colour in and decorate them.

## Leprosy Fast Facts

We're going to think of why people who have been affected by leprosy might need to wear special shoes. But first, what is leprosy? Here are some interesting facts about leprosy:

- Leprosy is a germ
- It is a very old problem. People had leprosy in ancient China.
- Leprosy hurts people's hands, feet and face.
- Leprosy stops us from ever being able to feel things – like hot, cold, soft, hard.
- Leprosy can be cured!
- Leprosy in our feet can stop people being able to walk properly.

We are thinking of how we can heal and protect feet damaged by leprosy, and the role shoes has to play in this. To do this, we're going to hear the story of a boy who has leprosy.

## Aboubacar's Story

Aboubacar is 14 and lives in Nigeria. He has had leprosy for 10 years. It has affected both his hands and his feet. The Leprosy Mission has helped him with both medicine and treatment.

*[Show the picture of the treatment, downloadable from the FUN section of the [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org) website, and read out the explanation of how treatment works.]*

Aboubacar lost the feeling in his hands and feet because of leprosy. For his hands, this means that he no longer is able to

sense when things are hot or cold to touch or pick up. This can be dangerous, and he has to be very careful when helping his mum with the cooking, or lighting the fire. For his feet, this means that he can't feel it when he steps on to something sharp, or rough. Recently, something jagged cut his foot. He didn't realise he had hurt it. Later, it became infected, and as a result, he had to go to hospital to get some treatment.

Each day, one of the nurses washes out his wound, and bandages it up. The hospital also gave Aboubacar special shoes that will help to stop him from doing any further damage to his feet.

*[Show the group the photo of Aboubacar wearing the foot bandage and special shoes. Share with the group that these shoes are made out of material that moulds around feet in order to give comfort and protection. The photo can be downloadable from the FUN section of the [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org) website].*

The following game is a good way to consider what it would be like to live with leprosy



# Session 2 Age 4-7 Protecting Feet

## Shoes, feet and all things sweet!



### Game: A taste of chocolate

You will need oven gloves and chocolate buttons

The game: Get two volunteers, and invite them to stand beside one another. Give each of them a plate, an oven glove, and then pour some chocolate buttons on to each of the participant's plate. Explain to them that they can only pick up the buttons using the oven glove, and that if they drop any, that will be counted against them. Then, invite them to race and see who can clear their plate first.

**Ask: What was frustrating about the game? Did you learn anything from the game?**

Explain: Having the oven gloves on made it much harder for their hands to work the way they need them to in order for them to do everyday tasks like getting dressed and eating. This is what it can be like for people with leprosy – when you don't have feeling and movement in your hands and feet, life can become much more challenging.

### Bringing it all together

**Ask: Have you ever seen a shoe shop in a hospital?**

Well, a lot of Leprosy Mission hospitals have a special shoe shop. Here, shoes are made that protect people's feet. This is where Aboubacar got his shoes from, and each year thousands of shoes are made that help protect people's feet which have been damaged by leprosy.

The Leprosy Mission Hospitals also have a little church in their grounds, and the staff love to share with patients about the good news of Jesus when they get the chance.

In these ways, The Leprosy Mission has beautiful feet – which rest with Jesus at chapel at the start of each working day (just like Mary!), which serve people with leprosy, by washing out their wounds, and protecting damaged feet with shoes (following Jesus' example to wash each other's feet) and finally by sharing the good news about Jesus with those that they meet, wherever it is that their feet take them.

### Putting the Fun Back into Feet

Show the 'shoes' video which features Aboubacar. It gives a good summary of the session's content, and explains how you can help The Leprosy Mission care for people whose feet are damaged by leprosy. For just £10, you can give a pair of protective sandals to help someone like Aboubacar. You can find some fundraising ideas on the [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org) website under 'Churches'.

The video can be found at [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org).



### Prayer

We thank you God for our feet. We pray today for people who have problems with their feet because of leprosy. We ask that you would bring them hope and healing, and protect their feet from damage and infection. In Christ we pray, Amen.

### Next week

We are going to have a competition all about feet, and photos!

# Session 2 Age 8+ Protecting Feet

## Shoes, feet and all things sweet!



Last week we looked at what the Bible tells us about how feet can be beautiful when used for God. We learnt about three ways feet might be beautiful. Can you remember what they were?

*Rest with God, Serve Others, Share the Good News with Others.*

Today we're going to think of why our feet often need to wear shoes. Can you think of any reasons why feet need shoes?

Keep them clean    Keep them warm    Protect them

**Intro game: Have you ever?**

Ask the group the following questions, to get them thinking about shoes from different perspectives.

Have you ever gone outside with no shoes on?

Have you ever had a pair of light up shoes?

Have you ever left the house with odd shoes on?

Have you ever walked about in someone else's shoes?

Have you ever tied someone's shoelaces together?

### Leprosy Fast Facts

We're going to think of how we can heal and protect feet damaged by leprosy, and the role shoes has to play in this. To do this, we're going to hear the story of a boy who has leprosy.

- Leprosy is a germ that has affected humans for thousands of years!
- The first sign of leprosy is a pale patch on the skin.
- It can cause muscle damage in hands, feet and face.
- Leprosy damages our ability to feel things, as it attacks nerve endings in the hands and feet.
- Over 25,000 children each year catch leprosy.
- There is a treatment, called Multi Drug Therapy. It takes either 6 months or 1 year of treatment to cure leprosy.
- Leprosy in feet causes something called 'foot drop', which stops the foot from lifting up properly, so you drag your feet when you walk.

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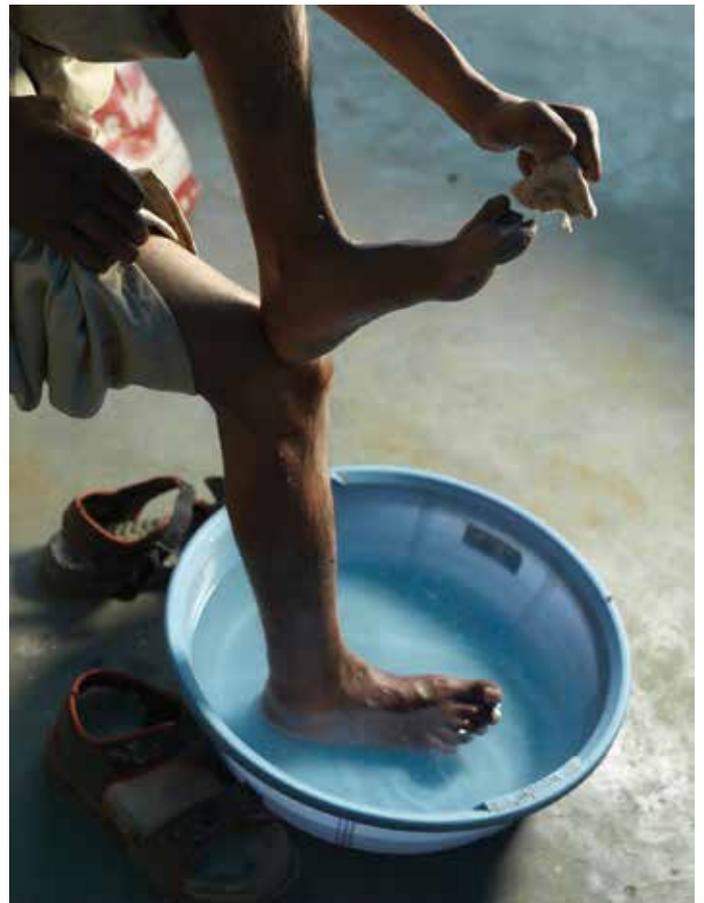
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[Pass around the picture of the MDT treatment. You can download this picture from the FUN section of the [www.nopainnogainlm.org](http://www.nopainnogainlm.org) website].

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Each day, one of the nurses washes out his wound, and bandages it up. The hospital also gave Aboubacar special shoes



# Session 2 Age 8+ Protecting Feet

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that will help to stop him from doing any further damage to his feet.

[Show the group the photo of Aboubacar wearing the foot bandage and special shoes. Explain that the shoes are made in a hospital by a shoemaker who designs the shoes to fit the unique shapes of feet affected by leprosy. You can download this picture from the FUN section of the [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org) website].

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# Session 3 Age 4-7 and 8+ Picture This

## Shoes, feet and all things sweet!

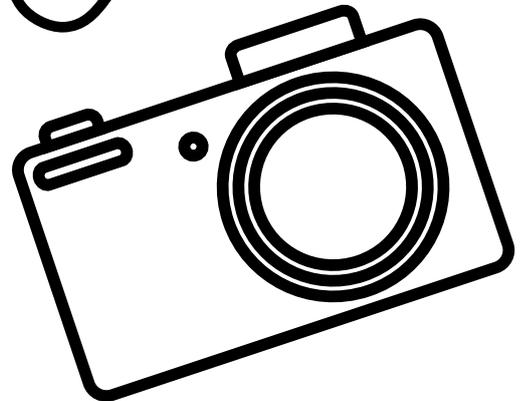


*Picture This is a game that challenges groups to take photos of themselves doing different, difficult tasks.*

Over the past two sessions, there has been a lot of thought and talk about feet. This is the session for feet to take action! The idea is to get some pictures of feet doing funny things! As you take these photos, you could use odd shoes, funny socks, bare feet, imaginative backdrops, props, and perspectives. You can have one foot in some pictures, in others, everyone's feet. You have freedom to make these photos unique, and hopefully they will be great fun to make.

Take pictures of 10 feet poses, doing the following things:

1. Feet that are having a good rest
2. Dirty feet getting cleaned
3. Feet on the top of a mountain
4. Feet being bandaged up
5. Feet in a nice pair of sandals
6. Talking feet
7. Walking feet
8. Cosy feet
9. Cold feet
10. Crazy feet



### Bonus Challenge

Get the group to draw feet bringing good news. Make a collage of the drawings, and take a picture of the collage.

Thank you for using Shoes, feet and all things sweet! We hope that you have enjoyed it, and found it a helpful tool. For more resources and information about how you can support the work of The Leprosy Mission visit [www.nopainnogaintlm.org](http://www.nopainnogaintlm.org)

# No Pain. No Gain



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