

Fifth Sunday after Epiphany



The Children's Illustrated Bible
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—Mark 1:29–39 adapted

Jesus Heals Himself

Invite kids to talk about an illness, sadness, or hurt they have had. Invite everyone who wishes to share, then have kids spread out around the room, moving away from each other. Give each an index card to write or draw their hurt or illness on. Then have "Jesus" enter (a youth or adult minister), go to each one, and say a prayer quietly and privately for them. Tell kids when Jesus prays for them to jump up and come back to the center. After each child is prayed for, Jesus could go to a part of the room by himself and pray for a few minutes, so that kids have to wait for him to come back. He may do this several times before all are prayed for.

When all are back together, discuss: How did you like Jesus praying for your special request? What did you think of having to wait for Jesus to come pray for you? What was Jesus doing? Did you mind waiting? Why was it important for Jesus to stop and pray?

Now share the story from Mark 1:29-39 of Jesus healing others but also resting, praying, and caring for himself. Show the picture of Jesus praying in *The Children's Illustrated Bible*. Discuss: Praying to God gave Jesus strength again to keep healing and caring for others. God gives us strength, too, when we pray.

Rock Candy Blessings

Make rock candy using this recipe. This takes several days to harden so it could be made before class and brought to eat. This is the recipe for one string of rock candy, so multiply it by the number of kids in class. If a large quantity is to be made in one glass, more than one string can be tied to the pencil.

1. In a small pot heat 1 cup of cold water to boiling.
Turn stove off.
2. Stir in 1 1/2 cups of sugar with a spoon. Move the pan off the stove.
3. Let it cool for two minutes, and pour the solution into a glass jar.
4. Tie a cotton string to the middle of the pencil (or stick).
5. Moisten the string very lightly, and roll it in a bit of sugar.
6. Place the pencil over the top of the jar with the string hanging down inside.
7. Leave undisturbed for a couple of days. Crystals should start growing in a few hours to a few days.

See-Through Prayers

Read Psalm 147:1-9 and discuss the many things the psalmist praised God for. Encourage kids to create see-through prayers by having them illustrate part of the psalm on clear plastic vinyl, cut to a manageable size to draw on. You may wish to cut it in the shape of a heart! Use permanent markers carefully. Stick the see-through prayers to church windows or mirrors for the congregation to enjoy.



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Pray Anywhere, Anytime

Below are some question about how you talk to God. How would you answer the questions?

How often do you pray? _____

Do you like to listen to God? _____

Do you feel God close when you pray? _____