

## Grab-N-Go Sunday School March 22

**Bible Passage:** Mark 1; Luke 4

**Story Point:** Jesus ministered among God's people

**Big Picture Question:** Who saves us from our sin? Jesus save us from sin.

**Key Passage:** "If you declare with your mouth, "Jesus is Lord", and believe in your heart that God raised him from the dead, you will be saved." Romans 10:9 NIV

### Bible Story Coloring Page

Use coloring sheet included with crayons or markers

### Bible Story

God the Father had *big plans* for His Son while He was here on earth. Jesus would be a great teacher and perform many miracles. He would heal the sick, make the blind see, and even bring the dead back to life. Jesus would do all these things because He wanted to do everything His Father asked Him to do. The Bible tells us that while Jesus was on earth, He had a body like you and I do. His body got hungry and tired, and He even felt pain. Jesus was sometimes tempted to make bad choices, just like we do. But He never sinned. He never made a bad choice—not even once.

God the Father's *big plans* for Jesus didn't stop there! There were many days when Jesus taught people what is true about God and healed people who were sick. The Bible tells us there were days when people would come to Jesus for healing all day and into the night. Jesus must have become tired, but He stayed up all night healing people because He knew that was part of the *big plans* God had for Him.

Jesus knew He would have many busy days talking with, caring for, and healing people. The Bible tells us that sometimes while it was still night, Jesus would go out to be alone and pray. He knew that being alone with God was the best way He could get ready for the *big plans* God had for Him, which was to save the entire world from sin. Jesus wanted to be sure He only did what God the Father wanted Him to do.

Did you know God has *big plans* for each one of us, too? He already knows what you'll be when you grow up. God knows where you'll live. He has *big plans* for you to tell others about Him and how much He loves all of us (Matthew 28:16-20). We can get ready for God's *big plans* for our lives by talking with God and listening to God. How can we get ready? By talking and listening to God.

### Bible Passage Activity

Read the verse out loud a few times for the kids to hear it and read it.

**"If you declare with your mouth, "Jesus is Lord", and believe in your heart that God raised him from the dead, you will be saved." Romans 10:9 NIV**

Once they're familiar, have them switch it up in different voices. Get creative and have fun!

- Robot
- Mickey Mouse
- Cowboy
- Batman
- Super Mario
- Princess

After they've said it several times, see if they can say the verse without any help.

### **God Made Me Worksheet**

What you need: worksheet, markers, colored pencils, other craft materials

Your kids will be creating themselves on the worksheet. Have them write on the paper around your body ways that you can grow your relationship with God and become more like Jesus as you step into His plans for you.

### **Discussion & Bible Skills**

What you need: Bible open to Mark 1 and then to Luke 4

Questions for discussion:

- What were some of the things God had planned for Jesus to do? (*Answer: to die for our sins, to save us, to heal the sick, to teach His disciples*)
- Why did God want Jesus to do those things? (*Answer: He was the only one who could, He left His place and came to earth to fulfill this role, to save the people from their sins*)
- How did Jesus's miracles help bring people to know about God? (*Answer: Only God could raise people from the dead, heal a leper, change the water to wine*)
- What did Jesus do with God knowing that was the best way to be prepared for what God had planned? (*Answer: Pray, take time away to be with His father, rest*)
- Do we know what God has planned for us in the future? (*Answer: Yes, He has planned a future and a hope, Heaven, Eternal life with Him*)
- How can we get ready for all of the things God has planned for us in life? (*Answer: Trust in Him, follow His lead, Spend time with Him in the Bible and in prayer*)

### **What's the Plan? Game**

Find places in the house where each kid can be by themselves. Place candy, a special treat, or favorite toy in front of them and tell them they cannot touch the item until you come back into the room. If they do not touch/eat/play with the item they will receive a bigger item/prize. They must remain seated the whole time. Spend as much time as you think your child may need to feel tempted to eat or play with the item in front of them.

Between 5-10 minutes come back into the room and ask them if they touched, ate, or played with the item in front of them. If they were good, reward them with the item and another treat. If they did touch or eat or play with the item, they don't get the item or the extra treat.

Follow Up Questions:

- How hard was it not to play/eat/touch the item?

- Why was it hard?
- Did you know what was going to happen when I came back into the room?
- Did you have to trust that I was going to come back into the room?
- Did you want to follow your plan to touch/play/eat the item or did you want to trust the plan I had for you?

### **Father, May I? Game**

Today we heard how Jesus had to be in constant communication with His Father so He could follow what His Father's plans exactly. Let's play a game called Father, May I? Ask different questions of the "Father" and He decides if you go forward, jump, hop, skip, etc. They need to listen well to what the Father tells them. Take turns being the Father. Have fun!

### **Reflection & Prayer**

Tell the kids that soon they will find a place in the room to silently sit and pray with God. This will be a time to talk to Him about what God might have planned for them in the future. Tell them that sometimes our plans are not what God has planned, but that God's plans are always good. If they have a journal, have them journal about this experience and what kinds of things might God have planned for them.