



WEEK 2

PRESCHOOL LESSON OVERVIEW

BLAST



BIG IDEA

People can help our faith grow.

THE BIBLE

The Paralyzed Man is Brought to Jesus

Mark 2:1-12

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Man on a Mat
- **ACTIVITY** | Balloon Bop

TEACHING TIME

- **MUSIC** | Worship time
- **BIBLE STORY** | Mark 2:1-12
- **ACTIVITY** | Kid on a Blanket
- **PRAYER**

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Help Your Friend
- **MEMORY VERSE** | Philippians 4:13

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Helping Your Friends
- **ACTIVITY** | Planet Hopping

HOW TO PREP FOR THIS WEEK

WHAT TO GET**ACTIVITY | Man on a Mat**

- Construction paper cut into small rectangles
- Man on a Mat* printables
- Hole punch
- Crayons
- Yarn

ACTIVITY | Balloon Bop

- [Balloons](#) (one for every four kids)
- [Towels](#) (one for every four kids)
- Permanent marker

MUSIC | Worship Time

- "A Friend Loves at All Times," by Summit Kids
- "Love One Another," by Yancy

ACTIVITY | Kid on a Blanket

- A blanket or towel

ACTIVITY | Snack Time

- A yummy snack

ACTIVITY | Balloon Man Bop

- The balloon from Balloon Bop

ACTIVITY | Help Your Friend

- A blanket or towel

WHAT TO DO IN ADVANCE

- Cut the construction paper cut into small rectangles.
- Print the *Man on a Mat* printable and cut out the man.
- Prepare your snack.
- Print your Coloring Page.
- Set out supplies for Play Time.



WEEK 2

PRESCHOOL LESSON GUIDE

BLAST



BIG IDEA

People can help our faith grow.

THE BIBLE

The Paralyzed Man is Brought to Jesus

Mark 2:1-12

WELCOME TIME

ACTIVITY | Man on a Mat

- Welcome to church! Let's start with a craft.
- **INSTRUCTIONS:** *Print the Man on a Mat printables (one for each child), cut them out, and cut four pieces of yarn per child. First, let your preschoolers color the man and his mat. Then punch holes in the corner of the mat and tie the pieces of yarn to each corner. Let your preschoolers put their men on their mats and use the yarn to lower him to the ground.*
- Today we're going to hear a story about a man, his mat, and his friends who lowered him through a ceiling to safety.

ACTIVITY | Balloon Bop

- The man in our story today was paralyzed, so he couldn't walk. But this man very much wanted to see Jesus, who he knew could heal him.
- **INSTRUCTIONS:** *Blow up a balloon, then use a permanent marker to draw a face on it. Tell your preschoolers the balloon represents the paralyzed man in the Bible story you're going to read and you need to help him get to where he's headed. Have your preschoolers take hold of a corner of the towel or blanket and wave it up and down to bop the balloon. If you have more than eight kids, use multiple blankets and balloons and let them see who can keep the balloon bopping the longest.*

TEACHING TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can single any songs you'd like, but for this lesson we like, "A Friend Loves at All Times," by Summit Kids and, "Love One Another," by Yancy.

THE BIG IDEA | People can help our faith grow.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:
 - Ask the kids to give you a drum-roll by stomping their feet or patting their laps.
 - Shout the Big Idea, then point to the kids and have them shout it back. (Change it up by using funny voices, different volumes, or inflections.)
 - Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
 - Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, read it out loud.
- This week's Big Idea: **people can help our faith grow.**

BIBLE STORY | Mark 2:1-12

- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- In this Bible story, the man on the mat couldn't walk because he was paralyzed. Can you imagine how hard it might have been to get around back in those days, before they had wheelchairs or cars like we have now?
- This man needed to get to Jesus, but he couldn't get there on his own. He needed his friends to help him get there.
- The man's friends brought him to Jesus and Jesus healed him.
- Just like the man in this story, our friends can help us get closer to Jesus. They can pray for us, encourage us, and love us.
- Sometimes you are like the man on the mat, and sometimes you are like the friends.
- You can help your friends get closer to Jesus by praying for them, encouraging them, and loving them.

ACTIVITY | Kid on a Blanket

- Let's play a game to help us remember this story — and to remember that other people can help our faith grow.
- **INSTRUCTIONS:** Gather your preschoolers together around a blanket or towel. Practice saying: "Son, your sins are forgiven," like Jesus said in the Bible story. Let the kids take turns sitting on the blanket or towel while the others pull them across the room (with an adult's help). If you have enough adults, you can lift each child up and carry them across the room on the blanket. When they get to the other side, have the rest of the kids say, "Son, your sins are forgiven," just like Jesus said to the paralyzed man.

PRAYER

- Dear God, thank you for our friends and the people in our lives who help us know You. Help us to notice the people in our lives that we can help too. In Jesus' name, amen.
- Would you like to pray? Is there anything I can pray for you about or thank God for?

DISCUSSION TIME

DISCUSSION | Snack and Discussion

- **INSTRUCTIONS:** Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!
- **Why couldn't the man get to Jesus on his own?** He was paralyzed and couldn't walk.
- **How did the man get to Jesus? (his friends carried him on a mat and lowered him through the roof)**
- **What did Jesus say when the paralyzed man got to him?** "Son, your sins are forgiven."
- **What did the man do at the end of the Bible story?** He got up and walked out, because Jesus had healed him.
- **What did the people do when they saw that the paralyzed man could walk?** They were amazed and praised God.

ACTIVITY | Circle Time

- **INSTRUCTIONS:** After their snack, gather the kids together in a circle and play this simple game while you continue to discuss. You'll need the balloon man from your earlier activity. Have the kids to sit or stand in a circle and tell them to keep the balloon man off the ground by bopping him with their hands, but they can't bop him twice in a row – everyone has to have a turn before they can bop the balloon again. If anyone lets the balloon fall, stop and ask a question about the Bible story.
 - **Tell us about one of your good friends. What do you like to do with them?**
 - **Tell us about a time when you needed help from a friend. What did your friend do to help you?**
 - **How do you think the man on the mat felt when his friends lowered him through the roof to Jesus?**
 - **Do you have anyone in your life who needs help or needs to know about Jesus?**
 - **How can you help your friends this week?**

ACTIVITY | Help Your Friend

- **INSTRUCTIONS:** Lay a towel or blanket on one side of the room. Tell the kids to choose a partner and stand on the opposite side of the room as the blanket or towel. Have each pair take turns doing this activity. Each turn, one kid will close their eyes while their partner helps them get to the other side of the room to get to the blanket. After the activity, ask them what it felt like to be the friend who needed help.
 - **Was it hard or scary to trust your friend to help you?**

- **What did it feel like to be the one helping?**
- **Do you enjoy helping others?**
- **How can you help people know that God loves them?**
- The men in this story helped their friend get closer to Jesus by lowering him through a ceiling.
- We can help our friends get closer to Jesus too. And we can try to make the kind of friends who help us get closer to Jesus in return.

MEMORY VERSE | **Philippians 4:13**

- **INSTRUCTIONS:** Check out the Memory Verse Guide in your Programming Folder for ideas on how to help your preschoolers memorize Bible verses. Here are the hand motions for this month's memory verse . . .

I CAN (make a fist on an open hand)
DO ALL THINGS (open both hands facing upward)
THROUGH CHRIST (point up with both hands)
WHO GIVES ME STRENGTH (flex those muscles).

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | **Coloring Page of the Week**

- **INSTRUCTIONS:** Give every kid a Coloring Page, plus markers or crayons. As they color, remind them how important it is to spend time with others.

ACTIVITY | **Helping Your Friends**

- **INSTRUCTIONS:** Let your preschoolers play with blocks or LEGO bricks. Encourage them to build towers, but tell them they have to do it while helping their friends. Each person can only lay one block down at a time, so they have to work together to build a tower. You could also tell them to build towers with their eyes closed, while their friends help them.

ACTIVITY | **Planet Hopping**

- **INSTRUCTIONS:** Collect some paper plates and a yellow construction paper circle. Lay the paper plates on the floor around the yellow construction paper sun. Tell your preschoolers to pretend they are astronauts in space, visiting all the planets – they have to hop to all the planets, without touching the sun or touching the floor. Tell them their friends can help them.

Encourage your preschoolers to help clean up the room while they wait for their parents.