



WEEK 2

ELEMENTARY LESSON OVERVIEW

BLAST



BIG IDEA

People can help our faith grow.

THE BIBLE

The Paralyzed Man is Brought to Jesus: Mark 2:1-12
(1 Corinthians 15:33; Matthew 5:13; Galatians 6:1-2
Philippians 1:4; Proverbs 18:24)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **ACTIVITY** | Balloon Bop
- **QUESTION** | Who would you want to be stuck in space with?
- **VIDEO** | Clip from *Apollo 13* and Discussion
- **STORY** | Talk about a time you hung out with the wrong friends (1 Corinthians 15:33).
- **BIBLE STORY** | Mark 2:1-12
- **OBJECT LESSON** | Ice Pick-Up
- **SCRIPTURE** | Matthew 5:13
- **IMAGE** | Astronauts in a Rocket Ship
- **ACTIVITY** | Egg Parachute
- **SCRIPTURE** | Galatians 6:1-2
- **RESPONSE** | Who Needs Help?
- **OBJECT LESSON** | Fold It Up
- **SCRIPTURE** | Philippians 1:4
- **DISCUSSION** | What do you do for fun?
- **ACTIVITY** | How Many Fit on a Blanket?
- **MEMORY VERSES** | Proverbs 3:5-6, Philippians 4:13

SMALL GROUP TIME

- **DISCUSSION**
 - Why did the paralyzed man want to get to Jesus?
 - How did the paralyzed man get to Jesus?
 - How do you think the man felt when Jesus healed him and said he was forgiven?
 - Share about a time in your life when you were like the paralyzed man, needing help from your friends, or when you were like the friends, helping one of your friends in need.
 - What would you like your friends to pray for?
- **SCRIPTURE** | Proverbs 18:24
 - What does this verse say about our lives without friends?
 - What kind of friend does God want you to be?
 - Do you have reliable friends?
- **ACTIVITY** | Good Friends
- **MEMORY VERSES** | Proverbs 3:5-6, Philippians 4:13

HOW TO HACK THIS WEEK

HACKS FOR KIDS WITH SPECIAL NEEDS

- **Talk about how much Jesus loves people with special needs.**

The Bible is filled with stories of people who had physical disabilities or were members of marginalized populations. The Bible story this week is about a man who was paralyzed, but had an encounter with Jesus that changed his life. Although most people won't experience the kind of healing this man experiences, kids with special needs can have meaningful connections with Jesus and that Jesus will meet them where they are. Remind them how much Jesus cared about the man who was paralyzed and how much He cares about them and values them.

- **ACTIVITY | Egg Parachute**

Simplify this activity for your kids with special needs by making your own egg parachute ahead of time using a zip-lock baggie, a hole punch, some string, and some bubble wrap. Let them look at your example and work on replicating it with a small group.

- **ACTIVITY | How Many Fit on a Blanket?**

Not every child will enjoy or be able to participate in this activity. Try an alternative activity like passing out fitted sheets to each group of kids and seeing which team can work together to fold the fitted sheet the best, or passing out big blankets and seeing how many times they can fold their blanket.

HACKS FOR PRETEENS

- **ACTIVITY | Snot River**

In a preteen-only environment, try swapping out the opening activity for this alternative. Split your preteens into teams, with two planks of wood or two hula hoops per team. Tell them the floor is made of snot and they must travel from one end of the room to the other by standing only on their planks of wood or standing inside their hula hoops. The first group to the other side wins. Then ask, "Do you think you could have done that all by yourself?"

- **ACTIVITY | Bible-Reading Challenge**

As your preteens arrive, find a few who are willing to read in front of the group and assign them passages to read. Give them index cards with the references, have them find their verses in their Bibles, and tell them to be ready to read (and to ask you if they need help)!

- **SMALL GROUP DISCUSSION | My Time with God Check-In**

In your small group discussion time, have your small group leaders ask your preteens about their habit-trackers progress from last week. Talk about how they did, what they learned, and what they plan to do differently this week.

- **SMALL GROUP ACTIVITY | Check-In and Pray**

In your discussion time, challenge your preteens to break into pairs and pray for each other. Make sure each person has one person to pray for them and is praying for someone else. Ask every kid to write down their partner's name and prayer request on an index card and to pray for them during the week. If they have a digital device, encourage them to set a reminder to pray for that person at a specific time of day each day this week.

HOW TO PREP FOR THIS WEEK

WHAT TO GET

ACTIVITY | Balloon Bop

- [Balloons](#) (one for every four kids)
- [Towels](#) (one for every four kids)
- A sign that says *JESUS*

VIDEO | Video Clip from Apollo 13

- [This video clip](#) from *Apollo 13*

IMAGE | A Rocket Ship

- The image provided in your Week 2 folder

OBJECT LESSON | Ice Pick-Up

- A glass of water
- Salt
- Ice
- An empty bowl
- Yarn

ACTIVITY | Egg Parachute

- Raw eggs (one per small group)
- Plastic [tarp](#)
- Empty [shoe boxes](#) (one per small group)
- Tissue or toilet paper
- Scissors
- Tape
- Yarn
- OPTIONAL:** Pipe cleaners, straws, bubble wrap

OBJECT LESSON | Fold It Up

- Paper (one piece per kid)
- Crayons
- [This video clip](#) from *Mythbusters*

ACTIVITY | How Many Fit on a Blanket?

- Large blankets or towels (one per small group)

SMALL GROUP ACTIVITY | Good Friends

- [White board and markers](#)
- [Index cards](#)

WHAT TO DO IN ADVANCE

ACTIVITY | Balloon Bop

- Write *JESUS* on a piece of paper and tape it to a wall.

VIDEO | Video Clip from Apollo 13

- Prepare this video clip from *Apollo 13*.

OBJECT LESSON | Ice Pick-Up

- Fill a glass of water with 5-6 ice cubes.

ACTIVITY | Egg Parachute

- Lay down a tarp and gather all the supplies for each team.

OBJECT LESSON | Fold It Up

- Prepare this video clip.

IMAGE | A Rocket Ship

- Print or prepare the image in your Week 2 folder.



WEEK 2

ELEMENTARY LESSON GUIDE

BLAST



BIG IDEA

People can help our faith grow.

THE BIBLE

The Paralyzed Man is Brought to Jesus: Mark 2:1-12
(1 Corinthians 15:33; Matthew 5:13; Galatians 6:1-2
Philippians 1:4; Proverbs 18:24)

LARGE GROUP TIME

WHAT?

ACTIVITY | Balloon Bop

- Good morning! We're going to play a game, but you're going to need to work together to win.
- **INSTRUCTIONS:** *As kids are coming in, split them into teams of four and give each team a towel. Blow up a balloon for each team and tape the JESUS sign on one wall. Have each team member hold one corner of their team towel, then use only the towel to bop the balloon across the room without touching the balloon with their hands.*
- **FOR PRETEENS:** *Instead of this game, play Snot River – see your Week 2 Lesson Overview for instructions and supplies.*
- You had to work together to get this balloon across the room. **Could you have done it by yourself?**
- In today's Bible story, we're going to learn how four friends helped carry their friend, who couldn't walk, on a mat to get to Jesus.
- We've been talking about how to "launch" our faith to new heights. Today we're going to learn about how people can help us get closer to Jesus.

QUESTION | Who would you want to be stuck in space with?

- Other people are awesome! But other people can be kind of annoying sometimes too, right?
- If you were stuck on a planet for three years with only two other people, **who would you want to be stuck in outer space with?** They can be friends, famous people, or people from history!

- We are talking today about the people around us because God built us for relationships.
- Our relationships with other people can help us grow closer to God.
- In today's Bible story, we're going to learn about a man who needed his friends. His friends brought him closer to Jesus, which changed his life forever.

VIDEO | Video Clip from *Apollo 13* and Discussion

- Before we get to today's Bible story, I want to show you a video of some more friends who had to work together to help each other.
- The movie *Apollo 13* is based on the true story of the time a group of astronauts got stuck in space! They needed some pretty extraordinary things to happen when their rocket ship malfunctioned.
- **INSTRUCTIONS:** Show [this video clip](#).
- That's pretty scary, isn't it? **What problem were the engineers facing?**
- The engineers here on earth had to figure out a way to help the astronauts in space solve their problem, using only the supplies they already had on their ship.
- The engineers on earth had to all work together to rescue their friends.
- You've probably never been stuck in outer space, but there's one problem we all face: figuring out how to live God's way and growing closer to Him.
- **Do you have any friends who help you live God's way and get closer to Him? How?**
- **How could you help a friend who's going through a hard time get closer to God?**
- **How could you help a friend who doesn't know anything about Jesus get closer to God?**
- **How could you help a friend who is sick get closer to God?**

SO WHAT?

STORY | Talk about a time you hung out with the wrong kind of friends.

- **INSTRUCTIONS:** Tell a story (or ask a volunteer to tell a story) about a time you (or they) got into trouble as a kid from hanging out with the wrong friends.
- Sometimes our friends can lead us down the wrong path. It's important to surround yourself with people who will be a positive influence in your life and point you to Jesus.
- 1 Corinthians 15:33 says, "Do not be deceived: 'Bad company corrupts good morals.'" How does this verse fit with the story I just told you?

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, ask someone to come up and read it.
- 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 encourage kids to do the same. Read it!
- In this Bible story, there was a man who couldn't walk because he was paralyzed. He knew he had to get to Jesus, but he couldn't get there alone.
- Luckily for him, this man had a few really good friends. His friends carried him on a mat to the place Jesus was preaching. Then they went the extra mile and did something really amazing to help their friend get to Jesus.
- **What did they do to help their friend get to Jesus?**
- They climbed up on the roof with their friend on a mat, dug a hole in the roof, and lowered the mat (with their friend on it) through the ceiling, right at Jesus' feet!
- Then Jesus performed a miracle. He healed him!
- **Why do you think this man's friends went through all that trouble to help their friend?**
- **Have you ever done something really big to help a friend?**
- You may never need to dig a hole in a roof and throw one of your friends through it, but here are some other ways you can help your friends get closer to Jesus . . .
 - You can pray for them.
 - You can encourage them when they are sad.
 - You can tell them about Jesus and the Bible.
 - You can invite them to church.
 - You can do kind things for them.

OBJECT LESSON | Ice Pick-Up

- **INSTRUCTIONS:** Practice this experiment ahead of time! Get a glass of water with five or six ice cubes in it, a piece of yarn, a teaspoon of salt, and an empty bowl. When you're ready to demonstrate, lay the yarn on top of the ice cube, sprinkle some salt on it, and wait for one minute. When you lift the string, the ice will come with it. Then move the ice to the bowl.
- The man in today's Bible story needed to get to Jesus, but he had a problem. He couldn't get there on his own. He needed some help.
- It's kind of like this: **do you think you could move this ice cube from this glass to this bowl without touching the ice, the glass, or the bowl?** No way!
- The four friends in the Bible story today had to pick up their friend and carry him to Jesus, just like we used the string to pick up this piece of ice. Without his friends, this man would never have made it to Jesus. And without the salt, we never could have picked up the ice.

SCRIPTURE | Matthew 5:13

- **INSTRUCTIONS:** Look up the passage in your Bible and encourage kids to do the same. Read it!
- **FOR PRETEENS:** Have one of your preteens read this passage.
- The Bible says we are "the salt of the earth." **What do you think this means?**
- Salt helps preserve things. Back in the old days before people had refrigerators, they used salt to keep things from going bad. Salt also makes things taste better!
- **What are some ways we can make the world better because we know Jesus?**
- **What are some ways that we can help people know Jesus better?**
- **How can other people help us get to know Him more?**

IMAGE | Astronauts in a Rocket Ship

- Our series this month is called *Blast Off*. It's all about launching your faith to greater heights.
- You may have seen pictures or videos of astronauts in space, like this one . . .
- **INSTRUCTIONS:** *Show the image provided in your Week 2 folder.*
- But did you know it takes hundreds, or sometimes thousands, of people to get an astronaut into space? They have teams of engineers and commanders who stay on earth, build the rocket ship, and plan their trip to make sure they get to and from space safely.
- Every person on the team has a special job to make the mission successful. No astronaut can get to space all by themselves.
- **What would happen if one astronaut slacked off and decided not to help the other people on their team?** Their rocket ship might crash!
- Just like astronauts need each other to travel safely in space, we need other people to help us grow in our lives and in our relationships with God.
- **Who is someone on your "team" who helps you grow closer to Jesus?**

ACTIVITY | Egg Parachute

- To help us remember how important other people are, let's do something that makes us work together!
- Just like the friends in our Bible story and the astronauts in that movie clip, we're going to figure out a way to save our friend (this egg) from crashing to the ground.
- **INSTRUCTIONS:** *Split kids into teams. Give each team a raw egg, a plastic tarp, a shoe box, scissors, tape, tissue or toilet paper, balloons, and yarn, plus other supplies you have handy (like pipe cleaners, straws, bubble wrap, etc.). Tell each team to use whatever supplies you've given them to build a parachute for their egg. In ten minutes, tell them you're going to drop their egg from five feet off the ground, and it needs a parachute to help break its fall. At the end of ten minutes, drop everyone's eggs over a tarp and see whose eggs survive.*
- **FOR KIDS WITH SPECIAL NEEDS: Give kids an example of an egg parachute to replicate.**
- The astronauts in the video clip had to figure out a way to save their friends using limited supplies.
- The people in the Bible story had to figure out a way to save their friend using only a blanket.
- Both times, friends had to get creative in order to help their friend. Sometimes we have to be creative in order to help our friends too.
- We may not always think we have the money, the time, or the things our friends need, but we can still look for ways to get them closer to Jesus.
- By working together and helping each other, we can all grow closer to God.

SCRIPTURE | Galatians 6:1-2

- **INSTRUCTIONS:** *Look up the passage in your Bible and encourage kids to do the same. Read it!*
- God wants us to hang around people who can strengthen our faith. **What did this verse say we should do for one another?**
- This verse said we should help others, carry their burdens, and help them during hard times. We can also encourage each other, pray for each other, and challenge each other.
- The word "accountability" is a big word. It means holding our friends responsible for doing the right thing. We need friends in our life who will hold us accountable and live God's way—and we need to do the same for our friends.

- Think about the people you spend time with the most. **How do those people hold you responsible to living God's way?**
- **How does your small group leader help you grow closer to God?**
- **How do your friends help you grow closer to God?**
- **Who is someone that you help get closer to God?**
- The Bible says the phrase "one another" more than 90 times. Being a Christian is not about being alone. God wants us to be in relationships with one another, to love one another, and to help each other live God's way.
- **FOR PRETEENS: *Have one of your preteens read this passage.***

NOW WHAT?

RESPONSE | Who Needs Help?

- It's not always easy to figure out how to help our friends get closer to God, or to find friends who can help us get closer to God. Sometimes we're not sure where to start!
- **INSTRUCTIONS:** *Give each kid a piece of paper and colored pencils or crayons.*
- Let's all draw a picture of one creative way we can help someone grow closer to God this week.
- It could be praying with your parent, reading the Bible with a sibling, saving up your money to help a friend in need, volunteering somewhere in your community, or anything else you can think of!
- As soon as you're done, we'll share what we all came up with.

OBJECT LESSON | Fold It Up

- Now I'm going to hand you another piece of paper. When you get it fold it in half. Now fold it in half again. **How many times do you think it's possible to fold that piece of paper?**
- **INSTRUCTIONS:** *After they've guessed, give them a chance to see how many times they can fold their paper. Most kids will only get to five, six, or seven folds.*
- There's a common belief that a piece of paper can't be folded more than seven times. But a team from NASA set out to see if they could break that record. We already know NASA is great at working together to solve problems, so let's see if they could solve this one.
- **INSTRUCTIONS:** *Show this video clip.*
- With the help of a steamroller and a crane, they managed to fold their paper eleven times!
- **Do you think one person could have done that alone?** No way!
- We need each other to go to outer space, to fold paper, and to help each other get closer to Jesus.

SCRIPTURE | Philippians 1:4

- We've talked about a lot of ways we can help strengthen each other and help each other grow, but here's another way we can help each other.
- **INSTRUCTIONS:** *Look up the verse in your Bible and encourage kids to do the same. Read it!*
- This verse tells us to pray for each other with joy! Let's unfold the paper we folded a moment ago. When you get it open, write down the name of one person you can pray for this week.

- Whose name did you write down?
- What's one thing you plan to pray about for them?

DISCUSSION | What do you like to do for fun?

- Think about the person you wrote down. **What's something fun you like to do when you're with that person?**
- **What are some other fun things you like to do?**
- **How would those fun things be different if you had to do them all by yourself?**
- Whether it's sports, recess, school, or growing in our faith, I'm so glad God doesn't call us to live or follow Him all on our own.
- God has given us other people to have relationships with and to help us grow closer to Him.

ACTIVITY | How Many Fit on a Blanket?

- Because God created us to have relationships with each other, it's important that we stick together.
- **INSTRUCTIONS:** *Split your kids into groups of four to eight. Give a blanket or towel to each group. Each round, you'll have them fold their blankets in half, so it gets more and more difficult each time.*
- To help us remember how important it is to stick together, let's all stand on top of our blankets in groups. Ready? Go!
- This time, let's fold the blankets in half. Now let's try again. Go!
- Let's keep going until we can't fit anyone else on our blankets! Get creative!
- **FOR KIDS WITH SPECIAL NEEDS:** *Swap this activity for one where kids fold a blanket or sheet instead. See your Week 2 Lesson Overview for more details.*
- Great job. That first round was easy, but it got pretty tricky toward the end.
- **What was the hardest part of that game?**
- **How did you help each other stay on your blankets?**
- Just like the man in today's Bible story needed his friends to keep him on his mat, we needed our friends to help us stay on our blankets. If following God is like that blanket, we need our friends to help us stay on track as we follow Him.
- **How can you help your friends follow God more closely this week?**

MEMORY VERSES | Proverbs 3:5-6; Philippians 4:13

- **INSTRUCTIONS:** *Give every kid memory verse magnets or stickers. Then work on the memory verse together. For ideas on how to do this well, check out the Memory Verse Guide in your Programming Folder and give them to your small group leaders, if you'd like.*
- **FOR PRETEENS:** *Have one of your preteens read these verses.*

SMALL GROUP TIME

DISCUSSION

- **Why did the paralyzed man want to get to Jesus?** *So he could be healed.*
- **How did the paralyzed man get to Jesus?** *His friends lowered him through the roof.*
- **How do you think the man felt when Jesus healed him and said he was forgiven?**
- **Share about a time in your life when you were like the paralyzed man, needing help from your friends, or when you were like the friends, helping one of your friends in need.**
- **What would you like your friends to pray for?**

SCRIPTURE | Proverbs 18:24

- **INSTRUCTIONS:** *Look up the verse in your Bible and encourage kids to do the same. Read it!*
- **What does this verse say about our lives without friends?**
- **What kind of friend does God want you to be to other people?**
- **Do you have reliable friends who help you get closer to Jesus? Who?**

ACTIVITY | Good Friends

- **INSTRUCTIONS:** *Give index cards or white boards to every kid. Ask them to write a list of qualities they look for in a good friend, then ask them to read what they wrote out loud. When you're done, **ask and say this** . . .*
- We wrote down a lot of great qualities. Instead of looking for friends who can be these things for us, what if we looked for ways to be these things for our friends? **What kind of friend would people say you are? Would they say you help them get closer to God? What's one way you can become a better friend?**

MEMORY VERSES | Proverbs 3:5-6; Philippians 4:13

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