

Week 5: Jesus' Power Takes Action

Scripture: Jesus Heals a Man Who Couldn't Walk (John 5:1-9)

Supplies: Bible, paper, pen

[POSSIBLE LOCATION: OUTSIDE, MENTION "I can't get to the studio today, but I CAN go outside and do a fun video here! Yay!"]

Minutes	Element	Description
3	Intro	<p>Hi friends! (Introduce yourself.) I hope you're doing well! Today we're going to discover that <u>Jesus' power takes action</u>. By that I mean action on <i>our</i> part.</p> <p>To get started, let's talk about God Sightings. How did you see God at work last week? For me, [share a brief God Sighting].</p> <p>Now it's your turn. Pause the video and give each person a chance to share a God Sighting. And then grab a sheet of paper and a pen, and a Bible if you want to follow along. Those are the only supplies you'll need today. (Hold up a sheet of paper and pen.)</p> <p>Thanks for sharing. I love watching for God. And I also love exploring God's amazing Word with you!</p>
7	Bible Story	<p>Today's Bible story comes from the book of John, chapter 5, verses 1-9. You can read it later if you want. The story starts in Jerusalem near a place called the pool of Bethesda. This pool had hundreds of sick people lying nearby, waiting for healing. Why don't you lie down? Go ahead—everyone lie on the floor. I'll wait. (Pause)</p> <p>Everyone comfy? Good. Because you have to lie just like that while I tell you what happened. Well, the people lying by the pool weren't so comfy because they were all sick. The Bible says some were blind, some couldn't walk, some were paralyzed.</p> <p>Why were they lying by this particular pool? Well, they believed that every so often an angel of the Lord would come and stir up the water, and the first one to get into the pool after the water swirled would be healed. So they laid there and waited. And waited. Do jumping jacks while you wait...without getting up or moving your legs. (Pause.) Frustrating, huh?</p> <p>One day, Jesus was walking by the pool and saw a man lying there. Jesus knew this man had been sick for 38 years—he couldn't walk.</p>

Jesus asked the man, "Would you like to get well?"

The man answered, "I can't, sir, for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me."

Hmm. The man said "I can't." I seem to hear myself saying "I can't" a lot lately. With this Coronavirus situation, I can't go to work.

- What are some things *you* can't do during this virus situation? Quick, everyone call out things you can't do during this difficult time. I'll wait—you don't need to pause me since you can't move! (Pause for about 30 seconds.)

Thanks for sharing! Yup, we all seem to be limited by what we can't do right now.

But let's get back to the Bible story. Here's this man, lying near the pool, with no one to help him get in the water. You try it! Without moving, go to the kitchen sink and rinse your hands. Then all your troubles will be over. (Pause.) Can you do it? Of course not, you can't move! Think how frustrating that would feel for this man who just wanted to get in the pool.

Then along comes Jesus, asking the man if he wants to be healed. And instead of saying "Yes!" the man said, "I can't." Thankfully, Jesus didn't leave it at that. He said, "Stand up, pick up your mat, and walk!" Instantly, the man was healed! Quick, jump up! (Pause, and jump in place.)

The man rolled up his sleeping mat and began to walk! Did you see what happened? Jesus healed him...but he had to take action, too! So now you can walk too! Go ahead, march in place! (Pause briefly, and march in place.)

In a second, walk around the room and talk about the things you *can* do during this difficult time. For me, I can still call my friends. Pause the video, then walk and talk about what you *can* do.

I bet you came up with some great ideas! Way to go! Sometimes it's easy to make excuses about what Jesus wants us to do. You might think you're too shy, or you're too young. But Jesus calls us to take action, and with his power and help, there are *plenty* of ways we can take action right now.

Just like we're learning today, Jesus' power takes action.

3	Family Discussion	<p>Let's talk about that for a minute.</p> <ul style="list-style-type: none"> • What might Jesus be calling your family to do for other people right now? How can you take action, instead of saying "I can't"? <p>Grab your paper and pen and have someone take notes while you make a plan. Maybe you could make an encouraging sign to hang in your front window. Or maybe you could use chalk to make sidewalk art for people to enjoy. Or leave notes for the neighbors, or call a nursing home. I'm sure you'll come up with great ideas! Pause the video while you make a plan. (Pause.)</p> <p>Thanks for those creative ideas! Way to go! <u>Jesus' power takes action.</u> And now you've come up with a plan to take action and change those "I can't"s into "I can"s. Let's see another way we can turn an I can't into an I can!</p>
2	Science-y Fun	<p>We're going to try to balance on one foot. Everybody see how long you can balance on one foot...while looking all around the room. Don't stop turning your head! (Do this along with families.)</p> <p>Wow! That was hard! That made me feel like <i>I can't</i> balance very well. But let me show you a little science-y fun trick to balance better. Pick something at eye level to focus on. I'm going to focus on (name what you'll focus on – maybe the camera). Got it? Now, stand on one foot and hold one ear lobe between your thumb and finger. See how long you can hold it. (Demonstrate.)</p> <p>I could stay balance for a lot longer! By focusing on one thing, it was easier to balance. That reminds me how focusing on Jesus can help us stand strong. And our ears help provide balance, so holding your ear is a neat trick to help you balance. That reminds me to listen for what Jesus is asking me to do.</p> <p>We just turned our I can'ts into I cans! Let's celebrate with a song about serving God enthusiastically!</p>
2	Music Video	<p>"Get Up" (Provide this link in a comment or description under your video.) https://vimeo.com/showcase/5486112/video/295394938</p>
4	Game	<p>What a fun song! Thanks for singing. Before we close, let's play a quick game to help us remember that <u>Jesus' power takes action.</u> Get ready, because this is an action-packed game!</p>

		<p>Remember how in our Bible story, the first person in the pool would be healed? In this game, I'll call out an object, and you'll try to be the first one in your family to touch that object. Ready?</p> <p>(Call out the objects below, pausing for a while after each one for families to race. You can also call out a way to get there for each one, like hopping or walking backwards.)</p> <ul style="list-style-type: none"> • a pillow • something electronic • a wall • the bathroom door • a light switch • a window • a spoon • water from a faucet <p>How fun was that? Way to play! In our game, the goal was to be the first to touch an object. The last object was water! That reminds me of how in our Bible story, the sick man wanted to be first in the pool, but he said he couldn't.</p> <p>Pause the video while you talk about this question.</p> <ul style="list-style-type: none"> • This week, how can you encourage each other to have an "I can" attitude, instead of saying "I can't"? <p><u>Jesus' power takes action.</u> We can always turn to Jesus for help when we're feeling an "I can't" attitude. His power will help us take action and encourage each other to stay positive and do good things for him. And those good things can start right here in your own family!</p>
5	Closing/prayer	<p>Let's close by thinking of ways your family members have taken action for each other. Maybe you helped your mom make dinner. Or maybe your brother helped with your math homework. Go around your family, and each person say at least one way a family member has taken action recently. Pause the video while you thank God for each other's actions.</p> <p>I'm so glad that <u>Jesus' power takes action</u>, and that Jesus is always there to help us. Let's pray.</p> <p>Dear Lord, thank for your loving us and helping us take action for you. Please be with our family during this difficult time. And please be with every person suffering with this virus right now. Thank you for never leaving us. We love you. In your name, amen.</p> <p>Now it's time to add a picture to your thankful journal.</p>

		<p>This week, draw a picture of something your thankful you <i>can</i> do right now. Put today's date on your picture so you can look back at your journal later. You can draw that when the video is over!</p> <p>Thanks for joining us! We want to see you next week, and we also want you to spend the week looking for God Sightings. When you find a God Sighting, feel free to draw it in your journal!</p> <p>I can't wait for you to share your God Sightings next week! See you then, and remember: <u>Jesus' power takes action.</u></p>
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