

"Jesus The Ultimate Superhero" Sunday Lesson from Mark 1:29-39

 ministry-to-children.com/the-ultimate-superhero-lectionary-lesson-from-mark-129-39

February 7, 2015



This free Bible lesson is based on Mark 1:29-39 when Jesus first begins to heal the sick. It is designed for children's church or Sunday School. Please modify as best fits your ministry.

If your church follows the Revised Common Lectionary, this teaching plan would correspond to Year B – 5th Sunday after the Epiphany, Gospel Reading – Mark 1:29-39.

Opening Activity – The Ultimate Superhero – Super Powers

Supplies – none

Ask the kids the following.

- If you could only have one super power, what would it be?
- Would that super power be more helpful to yourself or to others?
- What super power do you think would help the most people?

Lesson – The Ultimate Superhero

It's fun to think about superheros and superpowers isn't it? Flying, seeing through walls, or even being invisible. It would be so cool to be able to do something like. Something no one else could do.

When Jesus was on earth, many people thought of him as a kind of superhero.

Right after Jesus chose his disciples he visited the home of Simon and Andrew, two of his new disciples. When he got there he discovered that Simon's mother-in-law was very sick and stuck in bed. All Jesus had to do was touch her hand and she was instantly healed.

This was a huge shock to her and everyone else watching. How had this man done this? That is impossible! But it wasn't impossible, because Jesus really did heal her.

Everyone was so excited and in shock that they ran to tell everyone they knew, especially those that were sick. Everyone needed to see this man and his super power of healing.

Person after person came to the door, and Jesus touched each one, healing them of anything they had.

In the middle of the night Jesus snuck out of the house and went to off to pray. His disciples found him and asked him to come back, because there were more people at the door asking for his healing. But surprisingly, Jesus said no.

You would think Jesus would want to help these people. How could he leave with all of these people needing his help. Jesus was the only one with this superpower, the only one who could heal them. How could he possibly say no?

But Jesus knew that healing the sick wasn't the plan. He had something much more important to do, and it involved an even greater super power that would help even more people. Do you know what that super power was?

The greatest, most amazing, spectacular, important, exciting, and powerful super power of all time. Jesus could save our hearts. Everyone hearts. Anyone who has ever lived or will live could be saved by Jesus. That is one incredible super power.

Even though healing the sick was very important, Jesus knew it wasn't nearly as important as saving our hearts. So instead of returning to the house, Jesus and his disciples left and traveled around preaching to huge crowds, teaching them about God, being saved, and going to heaven.

Jesus was, is, and always will be the ONLY one who could ever have the power to save us, and we need him to save us so we can live with him forever in heaven. Jesus is the ultimate superhero with the ultimate super power. Jesus is the Son of God.

Activity A – The Ultimate Superhero – Bible Verse Challenge

Supplies – Bibles

Verse – Mark 1:30-31

Pass out Bibles to students. Bibles should be closed and sitting on the table face up in front of each child. When you say go, have the kids look up this week's Bible verse. As each child finds the verse, have them stick one finger on the verse and quietly raise their other hand. The first one to find the verse gets to read it to the rest of the class.

Help younger kids and new kids find the verse by following these steps.

Look in the Table of Contents for the book you are looking for. Make an effort to show them if it is found in the Old Testament or New Testament to help them in the future. Then open the Bible to the page number listed in the Table of Contents.

Show them the large numbers in the text, known as the chapters. Flip through pages until you find the large chapter number you are looking for.

Then scan through the text with them pointing out the smaller verse numbers until the correct number is found.

Activity B – The Ultimate Superhero – “Jesus is My Superhero” Belt & Cuffs

Supplies – toilet paper rolls, ribbon, construction paper, scissors, glue sticks, double stick tape, markers, stickers or other decorations

Pre-Class Prep – Cut a vertical line up each toilet paper tube

Give each child two toilet paper tubes, scissors, a glue stick, ribbon, and some construction paper. Using the craft supplies, have the kids design and create their own “Jesus is My Superhero” logo. Attach the logo to a length of ribbon with the double stick tape, and tie it around their waist. Then decorate the toilet paper tubes to match to be worn as cuffs.

Closing Prayer – The Ultimate Superhero

Ask for a volunteer to pray for the class before leaving, and encourage thank Jesus for being their hero and saving their heart.