

# Lesson 17: Through the Roof!

## **Key Takeaway**

Jesus fixes what's broken—inside and out.

## **Scriptural Basis**

Mark 2:1-12

## **Bible Verse**

"Jesus Christ is the same yesterday, today, and forever." (Hebrews 13:8, NLT).

## **Learning Objectives:**

- Children will understand that Jesus has the power to heal both our hearts and our bodies.
- Children will know that Jesus forgives sins because he loves us deeply.
- Children will remember that no problem is too big for Jesus to fix.

## Materials Needed for Small Group:

- ☐ A Bible
- ☐ Name tags
- ☐ A snack per child

### Activity: “Which is Harder?” Challenge

- ☐ Printout 1, one per small group

### Activity: Healing Hearts & Bodies Match Game

- ☐ Printout 2, printed cards or slips of paper with examples of physical problems (e.g., “broken leg,” “blindness,” “fever”)
- ☐ Cards with heart problems (e.g., “anger,” “jealousy,” “feeling left out,” “lying”)
- ☐ Two baskets or piles: “Body Needs Healing” and “Heart Needs Healing”

### Activity: Forgiveness Relay: Drop the Weight

- ☐ Small backpacks or tote bags
- ☐ Printout 3, Slips of paper with words like: lying, being mean, jealousy, stealing

## Materials Needed for Large Group:

- ☐ A Bible
- ☐ Blanket or mat (for the paralytic’s mat)
- ☐ Four ropes (to hold the mat)

## Materials Needed for Games:

### Game: Lower the Mat Relay

- ☐ Blanket/mat, four ropes
- ☐ Small stuffed toy or lightweight object (as the “paralyzed man”)

### Game: Who Can Walk? Balance Game

- ☐ Masking tape (for a balance beam on the floor)

### Game: Mat Race (Teamwork Challenge)

- ☐ Large pieces of fabric
- ☐ Mats, or towels (one per team)

# Small Group Session 1

15 Minutes

Distribute name tags and snacks. Choose one of the following activities to do together while children eat their snack.

## Share and Listen

### Option 1

Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week).

### Option 2

Ask the children to take turns sharing how they are feeling today using the [“How Are You Feeling?” chart](#).

## Pray Together

Collect prayer requests from the students. The leader or a student can pray for the entire group, or a leader can pair up students and invite them to pray for one another.

## Opening Questions

- **“Have you ever needed help from a friend? What happened?”** (Give children time to answer)

**“Sometimes we need help when we are stuck, just like the man in today’s Bible story. His friends helped him in a really big way, and we’re going to learn how Jesus helped him even more.**

**Jesus did something amazing, and then something only God can do! We are now going to do an activity where you have to choose which is harder.”**

## Activity: “Which is Harder?” Challenge

*Objective: To help kids think critically and prepare them for understanding how Jesus’ power to forgive sins is even greater than physical healing.*

### Materials Needed:

- ☐ Printout 1A, Printout 1B, labels marked (“Option A” and “Option B”) for kids to move toward when choosing their answer.

Read each “Which is Harder?” question aloud (Printout 1A). Ask the kids to move to the card that matches their choice (Option A or Option B). Cut Printout 1B in half to separate Option A and Option B, placing them several feet apart in your small group area.

After each question, briefly discuss why some tasks seem harder than others.

Conclude by sharing:

***“Some of these tasks seem hard, but Jesus did something even greater! In our story today, he showed that he has the power to heal someone and forgive sins. Forgiving sins is the greatest miracle because it brings us closer to God forever.”***

# Large Group

*10-15 Minutes*

Welcome the students to Crossroads and tell them you are glad they came this week.

## Optional Starters

**“Who is Jesus” call and response**

**Prayer Prompt: “God, I’m thankful for…”**

(Think about something good in your life today—a friend, your family, something you enjoyed, or even something small like a snack you love.)

**Opening Song: “Victory” by Go Fish**

## Opening Prayer

Tell kids that closing their eyes and folding their hands together can help keep them focused and not distract those around them.

## Opening Question

- *“What is one of the hardest things that you have done?”* (Allow a few kids to respond.)

***“We each have hard things that we have done. There are times when we think what we have to do is so hard, it’s impossible.”***

***The amazing thing is, as we talk about Jesus we will learn that Jesus can do things that are impossible.***

***Right now I need some people who are willing to do something hard.”***

Use a blanket or mat with four ropes attached. Choose four volunteers to carry a “paralyzed man” (another volunteer) around the room for a minute or two before having them come to the front and set the “paralyzed man” down.

## The Story: Jesus Heals and Forgives

***“Today, we are going to hear an amazing story where Jesus healed a man, but he also gave him something even better than healing!”***

**Read Mark 2:1-6 aloud.**

**Activity: “Go to the Corner!”**

*Objective: Help kids explore key ideas from the story by moving to different corners based on their answers. Reinforces that Jesus can heal our bodies and forgive our sins — and that no problem is too big for him!*

Setup: You can print signs or simply point and name the corners as you go. Label each corner of the room with a letter:

- Corner A
- Corner B
- Corner C
- Corner D (optional, depending on question format)

Instructions:

Read a multiple-choice question aloud with 3–4 answer options.


Kids choose their answer by walking to the corner that matches the letter (A, B, C, or D).

After kids move, pause to explain the correct answer briefly or ask a few kids to share why they chose that corner.

Questions:

**1. “Why did the friends bring the man to Jesus?”**

- A) To hear a story
- B) To get healed
- C) To ask for money
- D) To play a game

 Correct: B

**2. “What did Jesus do first when he saw the paralyzed man?”**

- A) Told him to stand up
- B) Gave him food
- C) Forgave his sins
- D) Asked him to come back later

 Correct: C

**3. “Why were the religious leaders upset?”**

- A) They didn't like crowds
- B) They thought only God could forgive sins

- C) They wanted to be healed too
- D) They were hungry
- ✓ Correct: B

Helpful Hint: You might choose to have students place any candy they find into their backpacks to take home, or ask leaders to hold onto the candy and distribute it as kids leave club. Alternatively, you could use small and large coins as treasure instead of candy.

4. ***“What happened after Jesus told the man to get up?”***

- A) He stayed on the mat
- B) He jumped and ran home
- C) He got up and walked
- D) Nothing changed
- ✓ Correct: C

5. ***“Which one do you think would be harder to do?”*** (No right or wrong answer — just opinion!)

- A) Healing someone who can’t walk
- B) Forgiving someone who was really mean
- C) Carrying a friend on a roof
- D) Talking to Jesus in front of a crowd

Gather all the kids back together in the Large Group area.

***“Today we saw that Jesus can do amazing things! He didn’t just help the man walk — he forgave his sins. That means Jesus can help our hearts and our lives. No problem is too big for him!”***

Ask:

- ***“How did the religious teachers respond to Jesus forgiving the paralyzed man’s sins?”***
- ***“How did Jesus respond to the THOUGHTS of those religious teachers?”***

***“Jesus knew their thoughts and he healed the paralyzed man physically too, proving his power over sickness and sin. Everyone praised God because of the miracle and Jesus’ authority because no one had seen anything like this before!”***

***“I have hidden candy around the room. Your job is to search and find a piece of candy. Keep looking until you find a piece of candy and then come back for Large Group—there is one extra special candy hidden, too!”***

Instruct students not to eat it until you tell them. Once everyone has found a candy, have them come back to the Large Group area.

Ask:

- ***“How did you feel when you found candy?”***
- ***“How did you feel finding the big candy?”***
- ***“Have you ever found something really valuable?”***
- ***“What was it?”***
- ***“Was it exciting? Would you trade something for it?”***

***“Today we’ll hear a story about a man who found something better than anything else—and gave up everything he had to have it.”***

### **Close in Prayer**

Lead the kids in a prayer thanking Jesus for his power to forgive sins and heal. Encourage personal reflection and if a student wants to trust Jesus as your Savior, they can talk to a leader today.



# Small Group Session 2

20-25 Minutes

*Share the Key Takeaway: Jesus fixes what's broken—inside and out.*

## Activity: Healing Hearts & Bodies Match Game

*Objective: Children will understand that Jesus has the power to heal both our hearts and our bodies.*

### Materials Needed:

- ☐ Printout 2, printed cards or slips of paper with examples of physical problems (e.g., “broken leg,” “blindness,” “fever”)
- ☐ Cards with heart problems (e.g., “anger,” “jealousy,” “feeling left out,” “lying”)
- ☐ Two baskets or piles: “Body Needs Healing” and “Heart Needs Healing”

Instructions:

Mix all the cards together.

Let kids take turns picking a card and deciding if it's something that affects the body or the heart.

Have them place it in the correct basket.

Ask:

- ***“Can Jesus heal this? (Yes!)”***
- ***“What kind of healing does this need?”***
- ***“How might Jesus help someone who feels like that?”***

***“Jesus cares about every part of us. He can heal our pain on the outside and on the inside.”***

## Activity: Forgiveness Relay: Drop the Weight

*Objective: Children will know that Jesus forgives sins because he loves us deeply.*

### Materials Needed:

- ☐ Small backpacks or tote bags

- ☐ Printout 3, slips of paper with words like: lying, being mean, jealousy, stealing

Instructions:

Fill bags with slips of paper (or small weighted items).

Have kids take turns wearing the bag and walking across the room.

When they reach the end, they open the bag and drop all the slips or “weights” into a box labeled “FORGIVEN.”

As they drop them, say: ***“Jesus forgives me because he loves me.”***

Ask:

- ***“How did it feel to carry the weight?”***
- ***“How did it feel to let it go?”***
- ***“Why does Jesus forgive us?”***

***“We don’t have to carry our sins around—Jesus takes them away because he loves us!”***

### Going Deeper

- ***“Why do you think Jesus healed the man’s body after forgiving his sins?”***
- ***“What do you think it means that Jesus can fix things “inside and out”?”***
- ***“Have you ever had something broken in your heart, like feeling left out or really mad? What helped you feel better?”***
- ***“What’s something you want Jesus to help heal in you or someone you love?”***
- ***“Why do you think Jesus cares so much about our hearts—not just our bodies?”***
- ***“Which is harder for you: saying sorry or forgiving someone? Why?”***
- ***“What does it mean to you that Jesus forgives every sin—no matter what?”***
- ***“Can you think of a time when you did something wrong but were shown love anyway? How did that feel?”***
- ***“How does knowing Jesus forgives you help you treat others?”***
- ***“How can you be a good friend like the ones who brought the man to Jesus?”***

# Ending Together

5-10 Minutes

***“When I have a problem or do something wrong, I can talk to Jesus—he can help and forgive me.”***

Encourage kids to do this at home:

- Find a quiet moment this week (before bed, after school, etc.).
- Talk to Jesus about one thing that’s been hard or something they feel bad about.

## Response and Reflection

Optional Take-Home Reminder: Send kids home with a small paper heart or bandage sticker with the words:

- “Jesus heals and forgives.”

Tell them to keep it somewhere they’ll see it during the week to remind them to talk to Jesus when they need help.

## Close in Prayer

***“Jesus, I know you love me. Please help me with this problem, and forgive me when I mess up. Thank you for always being with me.”***

Print out the Bible verse.

Practice the Bible verse for this unit (Hebrews 13:8). Take a look at the [Memory Verse Game Ideas](#).

Pray with the students and dismiss them.

# Games

25 Minutes

## Game: Lower the Mat Relay

### Materials:

- ☐ Blanket/mat, four ropes
- ☐ Small stuffed toy or lightweight object (as the "paralyzed man")

### How to Play:

- Divide kids into teams of four.
- Each team gets a mat/blanket with ropes attached and must carry the "paralyzed man" (stuffed toy) across the room and back without dropping it.
- To make it more challenging, create an obstacle course (e.g., weaving around chairs).
- First team to successfully transport the "man" and return wins!

**Connection:** Just like the friends had to work together to bring the paralyzed man to Jesus, we can bring our friends to Jesus through faith and prayer.

## Game: Faithful Friends Challenge

### Materials: None

### How to Play:

- Have students form groups of 3-4. One child in each group must remain "paralyzed" (standing still, unable to move).
- The other teammates must help guide them (without touching) across the room using only verbal instructions (e.g., "take two steps forward, turn left").
- The goal is to navigate to a designated "Jesus zone" on the other side of the room.

**Connection:** The paralyzed man needed his friends to bring him to Jesus. Our faith should encourage others to come to Jesus as well!

## Game: Forgiveness Freeze Tag

### Materials: None

### How to Play:

- Choose 1-2 students as "Sin" (taggers). The rest of the kids run around the room trying not to get tagged.
- If tagged, they must freeze. To be unfrozen, another player must come and say something kind or encouraging (symbolizing forgiveness and restoration).
- Play for a few minutes, then switch taggers.

**Connection:** Just as Jesus forgave the paralyzed man's sins, we should forgive others and help them experience God's love.

## Game: Who Can Walk? Balance Game

### Materials:

- ☐ Masking tape (for a balance beam on the floor)

### How to Play:

- Create a tape "balance beam" on the floor. Players must walk carefully across it without stepping off.
- After everyone has a turn, make it harder (e.g., hopping on one foot, closing their eyes).
- End by discussing how amazing it must have been for the paralyzed man to walk for the first time!

**Connection:** Jesus' power not only healed the man physically but changed his life forever!

### **Game: Mat Race (Teamwork Challenge)**

#### **Materials:**

- ☐ Large pieces of fabric
- ☐ Mats, or towels (one per team)

#### **How to Play:**

- Divide kids into teams of four. Each team stands on a "mat" (blanket/towel).
- The goal is to move across the room without stepping off the mat—they must shuffle, lift, or drag it together to reach the finish line.
- If anyone steps off, they must go back to the starting point.

**Connection:** Just like the paralyzed man's friends worked together to bring him to Jesus, we need friends who encourage us in faith.

## Printout 17.1A

### WHICH IS HARDER?

- |                     |   |
|---------------------|---|
| WHICH IS HARDER ... | A) Walking across a tightrope<br>B) Forgiving someone who hurt your feelings                  |
| WHICH IS HARDER ... | A) Learning to ride a bike<br>B) Saying sorry when you've done something wrong                |
| WHICH IS HARDER ... | A) Building a tall tower out of blocks<br>B) Trusting God when things feel scary              |
| WHICH IS HARDER ... | A) Lifting a heavy object<br>B) Being kind to someone who isn't nice to you                   |
| WHICH IS HARDER ... | A) Running a race<br>B) Praying for someone who hurt you                                      |
| WHICH IS HARDER ... | A) Telling the truth when it's hard<br>B) Staying silent when you want to argue               |
| WHICH IS HARDER ... | A) Remembering all the books of the Bible<br>B) Believing God loves you even when you mess up |
| WHICH IS HARDER ... | A) Memorizing a long Bible verse<br>B) Trusting God even when you can't see him               |
| WHICH IS HARDER ... | A) Cleaning your whole room by yourself<br>B) Asking for help when you need it                |
| WHICH IS HARDER ... | A) Making someone who can't walk get up and walk<br>B) Forgiving all of someone's sins        |

## **Printout 17.1B**

### **WHICH IS HARDER?**

**OPTION A**

**OPTION B**

## Printout 17.2A

### EXAMPLES OF PHYSICAL PROBLEMS

Broken leg

Cut or scrape

Blindness

Sprained ankle

Deafness (can't hear)

Toothache

Fever

Being in a wheelchair

Headache

Having the flu or a cold

Stomachache

Skin rash

Cough

Allergies

Sore throat

Nosebleed



## Printout 17.2B

### EXAMPLES OF HEART PROBLEMS

Anger	Feeling unloved
Jealousy	Talking back
Feeling left out	Cheating
Lying	Not telling the truth
Being selfish	Feeling worried
Disobeying	Feeling ashamed
Being mean to others	Saying hurtful words
Not forgiving someone	Leaving someone out on purpose
Feeling scared	Wanting what others have
Feeling sad	Feeling guilty

## Printout 17.3

### EXAMPLES OF SIN

Lying	Being jealous of what others have
Stealing	Not listening when someone is talking
Being mean on purpose	Blaming someone else for what you did
Disobeying parents or teachers	Cheating in a game or on schoolwork
Saying hurtful words	Making fun of others
Hitting or hurting someone	Lying to avoid getting in trouble
Being selfish and not sharing	Not forgiving someone who hurt you
Talking back or arguing	Refusing to say you're sorry
Leaving someone out on purpose	