

# Take Action: Stirring the Water

From time to time an angel came and stirred the waters of the pool of Bethesda. Whoever stepped into the waters first was healed. The stirring of the waters is like the stirring of our conscience. Our conscience brings truths from the Word to our awareness so that they may shed light on the sicknesses of our minds. When we act on these truths, the Lord can make us well.

It is often easier to spot others' spiritual sicknesses than our own! Students will observe each other play out a variety of sicknesses and try to guess what is being acted out. They will also play out a variety of healing words. Alternate acting out Words of Sickness and Words of Healing. This game is patterned after "In the Manner of the Word". The activity ends with a discussion.



### ***Supplies Needed***

- two jars or bowls with openings wide enough to reach a hand into
- printed copy of *Words of Sickness* and *Words of Healing* cards (see following pages)
- *optional*: Print extra copies of the *Words of Sickness and Healing* pages for students to look at. It can be challenging to guess words that are not in everyday use, and having the list may prevent frustration from building up.

### ***Preparation Needed Ahead of Time***

- Cut apart the *Words of Sickness* and fold each piece in half so that the words are not showing. Place them in one of the jars or bowls.
- Cut apart the *Words of Healing* and fold them in half. Place them in the other jar or bowl.

### ***Directions***

1. Seat students in a circle. Place the two bowls with the *Words of Sickness and Healing* in the center of the circle.
2. Choose a student to go first.
3. Without looking, the student takes a slip of paper from the "Sickness" bowl. The student reads the word silently to him or herself.

4. If the student doesn't understand the word or can't think of a way to act it out, another word may be chosen.
5. One or two of the words may be easier to act out with a friend. This is fine.
6. Members of the group will then ask the student to act out different tasks in the manner of the word on the card. For example, if a student pulls the word "brokenly", he may be asked to brush his teeth, tie his shoe, get dressed, cut the grass, etc., in the manner of the word.
7. The student will then silently act out the task so others can guess the sickness. The student acting may not speak but may include others in their acting, e.g. he or she may make gestures towards members of the group.
8. Group members continue to give tasks until someone correctly guesses the word being acted.
9. *Optional:* If students are struggling to identify a word, the group may look at the word lists to narrow the choices. Use this if the words are challenging for your group to guess.
10. The student who correctly guesses the word first takes the next turn. That student picks a word from the "Healing" bowl to act out, and the process repeats.
11. Alternate selecting words from the two bowls. It is not necessary to use all the cards.
12. Start the discussion while the students are still enjoying the activity.

### ***Discussion***

1. What did you notice about the relationship between physical sickness and sicknesses of the mind as you acted out the various words?
2. What does the Lord's statement "Rise, take up your bed and walk" mean in our lives?
3. How do we hear the Lord talking to us?
4. Once we hear the Lord's voice, what steps are needed for spiritual healing to take place?
5. In today's story Jesus later found the man He had healed in the temple. Why might this be important? How can we go to the temple?
6. What are some of the ways we can observe the Sabbath in our lives?

# Words of Sickness

Deafly	Contagiously (use a partner to make this easier)
Blindly	Sorely
Feverishly	Woundedly
Lamely	Achingly
Crookedly	Tormentedly
Starvingly	Weakly
Mutely	Neurotically

# Words of Healing

Energetically	Willingly
Humbly	Peacefully
Prayerfully	Diligently
Cheerfully	Hopefully
Kindly	Repeatedly
Generously	Obediently
Modestly	Patiently