

“I Was Sick...”

Healing Jairus’s Daughter Mark 5:22-24,35-43

Level C

Ages 11-14

Series Theme: You shall love the Lord your God, and your neighbor as yourself.

Lesson Focus: The Lord heals sicknesses of the spirit through His Word.

Reading Summary: Jairus came to Jesus, begging Him to touch and heal his sick daughter. While Jesus was walking to Jairus’s house, someone came to say that the girl had died. Jesus said, “Do not be afraid; only believe.” When Jesus arrived at the house with some of His disciples a crowd was weeping for the dead child. Jesus said, “The child is not dead, but sleeping.” Jesus sent most of the people out, took the child’s parents and His disciples and went to the child. Taking her hand, He told her to get up, and she immediately got up and walked. People were amazed. Jesus told them to give her some food.

Lesson 5		Materials Supplied	Materials Needed
1. Welcome Warm-up Activity (2-3 minutes)	Trusting Hands	directions p. 2	
2. Focus on the Word Use all activities (5-7 minutes)	Read the Word and Talk About It	see <i>Reading Summary</i> above discussion guide p. 2	Bible or copy of Mark 5:22-24,35-43
3. Learn by Doing Choose 1-2 activities (15-20 minutes)	Exploring the Story students create a story line for characters in the Jairus story, thinking how people felt about the unfolding events	Healing Jairus’s Daughter Story Line directions p. 3 <i>Healing of Jairus’s Daughter Story Line</i> p. 5	several different colors of pens or markers
	Make a Card for a Sick Child decorate a card and write a message for a child experiencing a long-term illness or hospitalization	Reach Out directions pp. 3-4 <i>Reach Out Card</i> p. 6 <i>Reach Out Sample Wording</i> p. 7	scrap paper for composing messages, pencil, pens, markers <i>optional:</i> fancy decorating supplies such as gold pens, sequins, stickers, feathers, camera and printer to send photos with cards, etc.
4. Wrap It Up (2-3 minutes)	Take the Message Home introduce the quotation for the week	Take Home Cards p. 8	

1. Welcome Warm-up Activity

Trusting Hands

Jesus touched many people with His hands, using them to heal and bless. Hands represent putting loving thoughts for others into action through service. Our hands become a means for the Lord's love and blessing when we use them to help others. Use this exercise as a springboard for discussion.

Invite students to pair up. (For an odd number of students, make a group of three and have them take turns.) Pairs sit on the floor facing each other and hold right hands, as if they are shaking hands. Encourage pairs to work together and experiment with using the hands to gently push and pull their partners. What difference does it make if one partner relaxes while the other pushes? What if both push or pull at the same time?

1. Why are hands important?
2. What can we do with hands that we cannot do with other parts of the body?
3. How did Jesus use His hands? (healed, washed, fed, blessed, overturned tables, etc.)
4. How does the Lord want us to use our hands? (to help others—"I have given you an example")

2. Focus on the Word

Read: Mark 5:22-24,35-43

In what ways might you help people who are sick? Brainstorm things you could do, e.g. give a book, talk to them in person or on the phone, bring food or water, bring flowers, keep quiet so they can sleep, make a card, take care of a brother or sister (for a sick parent), help prepare a meal, wash dishes, clean or tidy the house, etc.

Sometimes our minds or spirits become "sick". Exploding in anger, doing things to hurt others or deliberately breaking the commandments are forms of spiritual sickness that come from evil spirits that are with us. How can you guard against these things in yourself? How might you help others with this? Listen with patience and compassion, recognize that the person is being attacked by hell, etc.

In today's story a girl was so sick that her family thought she would die. What did her father, Jairus, do? He went to Jesus and asked for help. **This was remarkable, because Jairus was a Jewish leader. Most Jewish leaders did not accept Jesus as the Messiah and would not have gone to Him for help.**

How did Jesus respond? He followed Jairus to his house. **His journey took a long time because so many people crowded around the Lord, and another healing miracle happened on the way.**

How did Jesus react when He heard Jairus's daughter had died? He told Jairus to believe.

What did Jesus tell the people who thought she was dead? She was sleeping.

Who did Jesus invite to be present during the miracle, and who did He send away? He invited the parents, and Peter, James and John. He sent away everyone who was crying and making noise.

How did Jesus heal the girl? He took her hand and said, "Little girl, I say to you, arise." **Hands represent power. Hands give us the power to do what is in our hearts. The Lord communicated the power of His healing love by touching the girl's hand.**

How can we be "touched" by the Lord when we are spiritually sick? Through the healing truths of the Word and the help of others.

What does this story tell us about the Lord's healing power? Even though our struggles against the powers of hell may sometimes seem hopeless, we are never beyond help. We are not dead, but "sleeping". **We can send away the negative voices in our minds and reach toward the healing truths in the Word. We can help others by listening and helping them find sources for healing.**

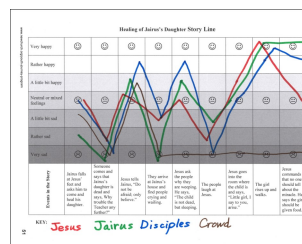
3. Learn by Doing

Choose one or two activities

Choice Healing Jairus's Daughter Story Line

The miracle we read about today presents the beautiful picture of the Lord healing a child whose parents thought she had died. We can imagine the parents' intense sorrow, followed by intense joy. In this activity, students explore the feelings of different characters as the events unfold.

1. Divide students into groups of two or three and give a copy of the *Healing of Jairus's Daughter Story Line* (p. 5) to each group and two-four different color pens or markers. (*Option*: create a large version of the chart and work as a single group.)
2. Explain that the chart shows nine events from the story. The students need to decide how they think one of the characters may have felt about each of the events: happy, sad, or neutral. (If students ask about other kinds of emotions, discuss that for the chart "happy" can also stand for feelings like excitement, and "sad" could also be used for feelings like "anger".)
3. Ask each group to choose at least two characters and create story lines for them. Possible characters are **Jairus**, **Jesus**, the **disciples**, and the **crowd**. Write a character's name at the bottom of the page with one of the colored pens. Using the same color, draw a line on the chart showing how you think that character might feel about each event. (See the picture at the top of the page.) Groups should discuss possibilities and reach an agreement for each point. Choose a different character and repeat the process with another color. If there is time and interest, continue with more characters.
4. Finish with a group discussion. In what ways did this process make you think about the story differently? What do you think some of the feelings of people in this story represent? What kinds of emotional illness might they remind us of? (e.g. crowd laughing at and scorning the Lord) When you read the story, are your feelings similar to those of any of the characters?



Materials Needed
Healing of Jairus's Daughter Story Line p. 5 (make several extra copies in case of mistakes), pens or markers in a variety of colors

New Church Concept Sickness

All the diseases which the Lord healed represented spiritual diseases to which natural diseases correspond; and spiritual diseases can be healed only by the Lord, indeed by looking to His Divine omnipotence and by repentance of life. Therefore He said, "Your sins are forgiven; go and sin no more..." The faith by which spiritual diseases are healed by the Lord can be given only through truths from the Word and a life according to them. *Apocalypse Explained* 815

Choice Reach Out

Jesus touched many people. His hands healed the sick, blessed children and washed the disciples' feet. Hands represent putting loving thoughts for others into action through service (see *Arcana Coelestia* 10130). The Lord said, "I have given you an example" and charges us to do as He did. Students will use their hands to create a card sending wishes for joy and cheer to children and/or family members experiencing long term illness. Suggestions of organizations that accept cards (p. 4) and suggested wording for cards (p. 7) are included.

1. Children who are extremely sick may spend months away from home. If the hospital is far from home, children may see members of their family (including their parents) only occasionally. Some children have

Materials Needed for Each Student

Reach Out Card p. 6 or blank paper, scrap paper for message rough drafts, markers, scissors, pens or pencils, *Reach Out Sample Wording* p. 7
optional: fancy supplies like gold pens, stickers, camera & printer for photos, etc.

Prepare in Advance
 See next page.



Reach Out and Touch Someone *continued*

life-long illnesses and may never lead healthy “normal” lives.

2. What kinds of things might cheer you up if you felt lonely? (knowing somebody cares, telling a joke, etc.) What might not cheer you up? (thinking about yourself, your illness, and people you miss)
3. We will be making joyful cards to send to (a child, an agency that distributes cards to needy children or to families experiencing long-term hospitalization). Distribute *Reach Out Card* (p. 6) and other materials for creating and decorating care cards. Start by decorating the picture on the front. Fold the card in half and then in half again. Write a message on the inside.
4. Distribute *Reach Out Sample Wording* (p. 7) for students to use as a reference to draft their own messages or copy. Encourage students to write a rough draft first and then copy it on to the card.
5. Collect cards and affirm the love and good wishes that are being sent out to those in need.
6. Follow-up by sending cards to individuals or organizations.



Prepare in Advance

Choose an organization to send cards to (see this page for suggestions). Check to see if there are any rules about how to write cards, e.g. keep it positive.

- Do not write “get well” since some children are terminally ill and do not expect to get well.
- Do not use religious words since children receiving cards are from many backgrounds.
- Look for directions about how cards are to be signed. Some hospitals cannot accept messages that include personal information.
- *Reach Out Sample Wording*, p. 7 is included for assistance.

Ideas for finding organizations that welcome cards for sick children and/or members of their families:

- **Your local hospital**
- **Ronald McDonald House**
- **St. Jude’s Research Hospital**
501 St. Jude Place, Memphis, TN 38105, USA
- **Target House, St. Jude’s Research Hospital**
- **www.cardsforhospitalizedkids.com**


























4. Wrap It Up

Take the Message Home

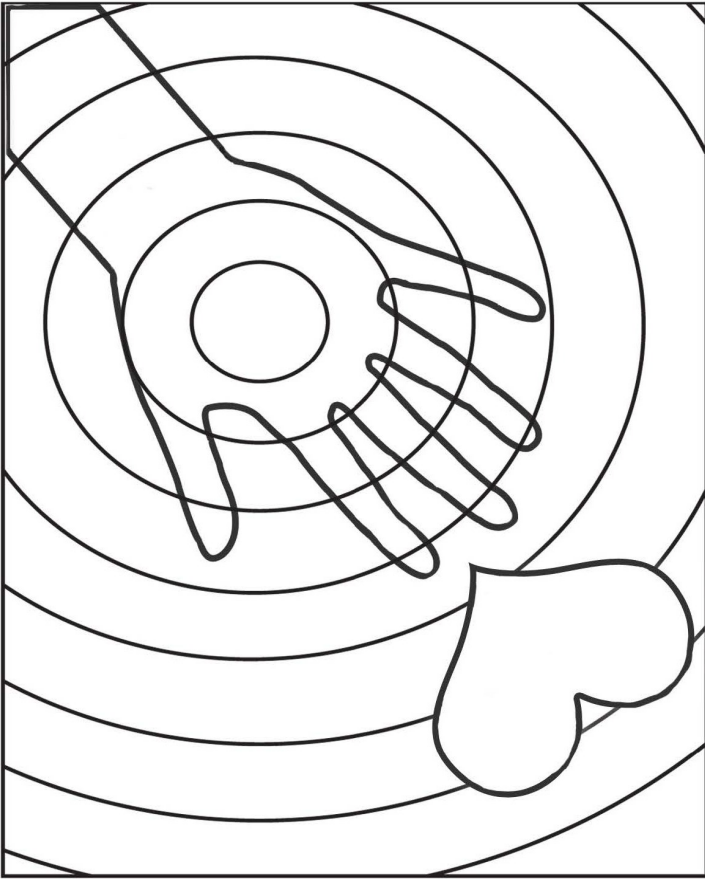
Read this quotation aloud: “O Lord my God, I cried out to You, and You have healed me. O Lord, You have brought up my soul from the grave. You have kept me alive, that I should not go down to the pit” (Psalm 30:2-3). In the story, Jairus asked Jesus to heal his child. When Jesus arrived at Jairus’s house, the girl was thought to be dead. But Jesus brought her back from the edge of the pit of death. Jairus trusted that the Lord could and would heal her, and He did. The Lord heals our spiritual illnesses if we ask Him, believing in His power and with a willingness to do our part. Meanness, greed, hate and anger are forms of spiritual sickness and all of us experience these feelings from time to time. If you experience feelings like this, try to pause and ask the Lord to heal them.

Give *Take Home Cards* (two per page, p. 8) to the students as they leave and suggest they put them up where they will see them this week.

Healing of Jairus's Daughter Story Line

Very happy									
Rather happy									
A little bit happy									
Neutral or mixed feelings									
A little bit sad									
Rather sad									
Very sad									
Events in the Story	Jairus falls at Jesus' feet and asks Him to come and heal his daughter.	Someone comes and says that Jairus's daughter is dead and asks, "Why trouble the Teacher any further?"	Jesus tells Jairus, "Do not be afraid; only believe."	They arrive at Jairus's house and find people crying and wailing.	Jesus asks the people why they are weeping. He says, "The child is not dead, but sleeping."	The people laugh at Jesus.	Jesus goes into the room where the child is and says, "Little girl, I say to you, arise."	The girl rises up and walks.	Jesus commands that no one should tell about the miracle. He says the girl should be given food.

KEY:



Reach Out Card

Reach Out Sample Wording

Things to Keep in Mind

- Make your message HAPPY. Say things like “Thinking of You,” “You’re special,” or “Hope you’re having a great day,” etc. Keep it positive, cheerful and light-hearted.
- Write about what you enjoy doing – playing soccer, swimming, knitting, sledding, etc.
- Send a photo of yourself or a drawing.
- Try not to say anything that could be upsetting, e.g. do not talk about illness or say “Get Well” because some children will not get well.
- Do not use religious words. Children receiving cards will be from a variety of backgrounds.
- If possible, think about the child’s own interests. Some organizations that send cards to sick children can tell you what a child likes (e.g. favourite cartoon characters, hobbies, etc.). Use that information to create a personal message. Knowing you know something about them can make a hospitalized child feel special and loved.
- Keep in mind that laughter can be the best medicine. Jokes are always fun. If you’re not good at thinking up jokes, use a sample joke from below.

Sample Jokes

- Q: Why do birds fly south?
A: Because it’s too far to walk.
- Q: What is the difference between a guitar and a tuna fish?
A: You can tune a guitar but you can’t tuna fish.
- Q: Why shouldn’t you try to swim on a full stomach?
A: Because it’s easier to swim on a full swimming pool!
- Q: How do you know if your friend is turning into a fridge?
A: See if a little light comes on whenever he opens his mouth!
- Q: What gets smaller the more you put in it?
A: A hole in the ground!
- Q: Why do cows have horns?
A: Because they would look pretty silly with bells on their heads.
- Q: How do you make a lemon drop?
A: Hold it and then let go!

Sample Letter

Hello (Child’s First Name)!

I just wanted to say hello from [City, State/Country]. I am wishing you a day full of great big smiles and bright blue skies. I would like to share a joke with you:

[Insert joke or riddle here]

I hope you thought this was funny. I sure did!

Have a super day!

Sincerely yours,

[First Name Last Name]



"I Was Sick"

Read: "O Lord my God, I cried out to You, and You have healed me. O Lord, You have brought up my soul from the grave; You have kept me alive, that I should not go down to the pit."
Psalm 30:2-3

Reflect: In the story, Jairus cried out to the Lord, asking Him to heal his child. When Jairus arrived back at his house with Jesus, the child was thought to be dead. But the Lord spoke to her, and brought her back from the edge of the pit of death. Jairus trusted the Lord to heal his daughter, and He did. The Lord heals our spiritual illnesses if we ask Him sincerely, with a belief in His power and a willingness to do our part.

Respond: People are spiritually sick when they act in mean, greedy or angry ways. Everyone has these feelings sometimes, but we can ask the Lord and His angels to help us not to express those feelings or hurt other people by what we say and do. Next time feelings like this come into your mind, try to stop and ask the Lord to heal them.

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