



GET TOGETHER

Gather around the table and have some fun!

High and Low

- Take turns sharing something good (high) and something tough (low) from your day.

GET TALKING

Read today's **Big Idea** and the story of the paralyzed man, then use the questions to get everyone talking. Work on memorizing the **Bible Verse** together.

***Note to Parents:** Encourage everyone to share because everyone's story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question "soak in" and the space to respond when they are ready. You can guide the conversation and be the first one to share.

BIG IDEA God is faithful, which means He always keeps His promises. We can trust God and His Word. When we keep our promises, we treat others the way God treats us.

Read the paralyzed man's story aloud or from Luke 5:17-26.

JESUS FORGIVES & HEALS THE PARALYZED MAN

One day Jesus was teaching from inside someone's home and people from all over crowded in to listen. Some men brought a paralyzed man on a mat and tried to get him into the house to see Jesus, but there were too many people. But they were not going to give up. There had to be another way to get their friend to Jesus! They knew that Jesus had the power to heal their paralyzed friend.

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JESUS FORGIVES & HEALS THE PARALYZED MAN

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They had an idea! They climbed up on the roof, moved some of the tiles, and lowered their friend on his mat right in front of Jesus.

When Jesus saw their faith, he said, "Friend, your sins are forgiven." (Luke 5:20)

When the Pharisees and teachers heard what Jesus said, they were upset. Only God can forgive sins, they thought to themselves. Who does this Jesus think He is? Jesus knew what the Pharisees and teachers were thinking and asked them why they were having such thoughts. Then Jesus asked them if it would be easier to forgive the paralyzed man's sin or to heal him?

To show them that He had authority to forgive sin, Jesus told the paralyzed man to get up, take his mat, and go home. Immediately the man stood up in front of everyone, gathered his mat and went home praising God. Everyone who saw what Jesus did were amazed, in awe, and praised God!

Use these questions to talk about building trust and keeping our promises.

- Why did the men take their paralyzed friend to see Jesus?
- Do you think the paralyzed man trusted his friends? Why or why not?
- Luke 5:20 says that Jesus saw their faith. What do you think that means?
- How can your faith in God be seen by those around you?
- Be the kind of friend you would like to have. Build trust with your friends by being faithful to your commitments. When we do this, we treat others the way God treats us. We can't do it on our own. Ask God for His help. What is one way you can keep your promises and build trust with your family and friends?
- Pray together. Praise God for His faithfulness and ask Him for His help in keeping your promises.



BIBLE VERSE FOR THIS WEEK

*Trust in the Lord with all your heart and lean not on your own understanding;
in all your ways submit to him, and he will make your paths straight.*

PROVERBS 3:5-6

Here are a few ideas for having fun as you read the Bible verse out loud.

- Pair up into partners or divide into groups.
- Each pair or group prepares and sings the verse in a genre of their choice (pop, country, rap, opera, musical theater, spoken word, etc).
- Have fun and record the performances.

GET GOING

Go find a lawn, a sidewalk or a long hallway and run a three-legged race. This fun game requires teamwork, trust, and communication.

- Use a bandanna, tube sock, or other piece of fabric to tie the legs together at the ankle.*
- Have the two partners stand shoulder to shoulder and gently tie their inside legs together.*
- * Make sure the wrap is tied tightly enough to keep the partners close together, but not so tight to restrict movement or hurt their ankles.
- Choose a starting line and a finish line. Then see how quickly the partners can go from start to finish.
- You can even try variations: pass a ball back and forth, walk backwards, balance a balloon between the two partners, etc.

