

WEEK 1
LESSON GUIDE



BIG IDEA

Wow!
Jesus has the power to heal.

BIBLE

The Faith of the Centurion
Luke 7:1–10; Mark 1:29–39

LARGE GROUP TIME

Wow! Are you ready to dive into the wonders of science, technology, engineering, and math? These aren't just subjects we learn about at school — they're amazing subjects that affect almost everything around us. Together, we'll experiment and discover things that will help us learn more about God's power and make you say, "Wow!"

WHAT? What are we talking about today?

ACTIVITY | Contagious Chase

- **INSTRUCTIONS:** *Play a game of "Tag" where whenever someone gets tagged, they now have to tag others along with anyone else who is already "It." Keep playing until the last person gets tagged. You can level this up by making whoever is "It" move differently: they can walk in slow motion, hop, cover their mouth with their elbow, or move only sideways.*
 - ✂ **PRETEEN HACK:** *For those preteens who are reluctant to play games, especially in mixed-aged groups, invite them to run the games or act as referees. It'll keep them involved without the added tension of feeling awkward or embarrassed.*
 - ✂ **ACCESSIBILITY HACK:** *For an activity that requires less movement, you can provide one kid with a sheet of stickers. Have them put a sticker on the arm of another kid and pass off the sticker sheet. The next kid then peels off a new sticker and puts it on the arm of someone else. Keep going until everyone has a sticker.*
- **Have you ever been sick?** Sometimes, we get sick when we catch some kind of bug that spreads around like a cold or the flu. This game showed how these contagious bugs spread so quickly!
- **Can you think of something simple we can do to help stop these bugs from spreading?** *Hand washing!*
- When we do get sick, we might take some medicine, drink lots of fluids, and get plenty of rest to help us get better. Sometimes, though, a sickness can be serious and we might have to go to the hospital.
- In today's Bible story, people would come looking for Jesus when they or someone they knew was sick. They knew that only Jesus could heal them and make them healthy again — or sometimes, even healthier than before!

ACTIVITY | Acids And Bases

- **INSTRUCTIONS:** Prepare a homemade pH indicator or purchase indicator strips like [these](#). To prepare a homemade solution, pour boiling water into a bowl of chopped red cabbage and let it sit for at least ten minutes before use. You'll also need small cups, baking soda, and either vinegar or lemon juice. Give each kid two small cups of the indicator solution, and set up an acid station with vinegar or lemon juice and a base station with baking soda.
- All substances are either acids or bases except for water, which is neutral. To find out whether a substance is an acid or a base, we can test them with a color-changing solution called an indicator.
 - Try putting a few drops of acid into one of your indicator cups. **What color does it turn? Red.**
 - Now, put a little bit of baking soda into the other cup. **What color does it turn? Blue.**
 - **How might you get the red solution back to the color it was before? Add baking soda.** Let's try it!
 - **How might you get the blue solution back to the color it was before? Add vinegar.** Let's try it!
- No matter what was in your cup, it needed something to change it back to what it was before — and the change was so fast! In today's Bible story, we'll see how Jesus could heal someone even faster than that.

POLL | When I'm Sick

- **INSTRUCTIONS:** For each of the following statements, have the kids stand up if the answer is "yes" and sit if the answer is "no."
- **What describes you when you are sick?**
 - I like wearing Band-Aids.
 - I like to stay in bed all day when I don't feel well.
 - I have had to sleep over at the hospital before.
 - I like to drink warm tea when my throat is scratchy.
 - My favorite medicine flavor is grape.
 - Snuggling with my favorite stuffed toy helps me feel better.
 - I can't remember the last time I felt sick.
 - Getting sick feels scary.
 - When I am sick, it's okay, because I know I will feel better soon.
- Today's Bible story is going to show us that no matter what kind of healing is needed, Jesus is up to the task!

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Luke 7:1–10 (The Faith of the Centurion)

- **INSTRUCTIONS:** Read the passage or tell the Bible story using the script below. Set up your story space like a lab, complete with beakers and flasks carrying colored "solutions" of rolled-up construction paper. Dress up (or ask another volunteer) as a quirky researcher named "Scientist Sam," using lab goggles, a lab coat or apron, gloves, and a funky wig. Scientist Sam likes to say "Wow" a lot, and whenever Sam does, encourage kids to repeat the word, clap, or make a "W" with three fingers on both hands and hold them up beside their face.
 - To lean in to the science theme, prepare an easy science experiment using a teaspoon of baking soda in a small vial or test tube and 1/2 cup of vinegar in a large flask. Be sure to protect your surfaces from potential spills.
 - Alternatively, play a short clip from a video like [this one](#) of a foaming fountain as a teaching tool. For more information on how to legally use copyrighted material for educational purposes, [read this!](#)

- Wow! So good to see you all! I'm Scientist Sam, and I love experiments, cool technology, and explosions — but the safe kind where no one gets hurt! But I'm super excited to step away from my experiments for a bit to share with you the neatest displays of power I have ever known! No, it's not gravity, magnetism, or even electricity. None of these compare with the power I'm talking about!
- **Does anyone know what power I am talking about?** *Jesus!* Wow! That's right — it's the power of Jesus! Jesus has the power to do amazing, astounding, jaw-dropping things that will blow your mind and change your life!
- One day, around 2,000 years ago, Jesus displayed this power and changed someone's life forever. Wow!
- **Are you ready to explore this power? Let's read Luke 7:1–10 together.**
 - *Wow! Am I right? The centurion was a member of the Roman army and wasn't Jewish, so he wasn't someone who'd normally be caught talking to a Jewish person like Jesus. For him to even be in that crowd, around Jesus, would have been shocking at the time.*
 - *Even so, the centurion had huge faith in Jesus' power to heal. He said that Jesus didn't even have to come to his house for a miracle to happen. He believed that a miracle would happen just because Jesus said so. Wow! Now, that's faith!*
- In the world of science, a catalyst is something that causes a chemical reaction to speed up. **Want to see how it works?**
 - *(Add the baking soda to the vinegar or show the video.)*
 - Wow! It's amazing how something so simple can cause such a big reaction.
- The centurion's faith acted like a catalyst, too. Instead of having Jesus come all the way to his house to heal his servant, his faith led him to believe that Jesus could just say a word and the healing would happen . . . and that's exactly what happened, right then and there! Jesus saw the centurion's big faith and activated God's big power! Wow!

BIG IDEA | Wow! Jesus has the power to heal.

- **INSTRUCTIONS:** *You'll need a large poster board, lemon juice, a cotton swab, and either a hair dryer or a candle. Write the Big Idea on the poster board with lemon juice, using a cotton swab. Then, when it's time to reveal the big idea, use heat from the hair dryer or candle to display the hidden writing.*
- Wow! Amazing, right? Want to know how this works? The acid in the invisible ink — lemon juice — attaches to the paper, creating compounds. When these compounds get hot, they burn and change color, kind of like how bread does in a toaster. Thanks to this process, called oxidation, we can now see what our Big Idea is!
- Let's say our Big Idea together: **Wow! Jesus has the power to heal.**

ACTIVITY | Fast Freeze

- **INSTRUCTIONS:** *Make homemade ice cream together in small groups. You'll need half-and-half (or non-dairy creamer), salt, vanilla, sugar, ice, and Ziploc bags in two sizes, small and large. Follow instructions like [these](#) on making ice cream in a bag. Make sure you double bag the mixture, and have kids pass it and take turns shaking the bag while you go over the talking points below. Provide cones and have them enjoy their treat while you show a short clip from a video [like this](#) about the chemistry of ice cream. For more information on how to legally use copyrighted material for educational purposes, [read this!](#)*
- ✂ **PRETEENHACK:** *Have preteens set up their own experiments regarding freezing temperatures by providing [aluminum cans](#), ice cubes, table salt, and coarse salt. Have them put various amounts of each into the cans and observe which can seems to get cold the fastest.*
- There is a lot more science that goes into food than you'd think. Take ice cream, where ice crystals interact with the molecules in the ingredients to create this creamy and yummy texture.

- It takes time for ice cream to freeze and form, but imagine if you had a canister of liquid nitrogen handy. (If you do, make sure you allow a grownup to handle it, okay?) Liquid nitrogen can freeze ice cream – and your fingers – in just a few seconds!
- Back in Bible times, people often died of diseases that are easily treated with medicine nowadays. So, a lot of what Jesus did was to heal people who were sick. The way he healed, though, was immediate and complete – even faster than the power of liquid nitrogen! **Wow! Jesus has the power to heal.**

ACTIVITY | Gravity Challenge

- **INSTRUCTIONS:** *Have teams create contraptions that would protect an egg from cracking when dropped from a certain height. You'll need assorted supplies like plastic drinking straws, pipe cleaners, tape, string, plastic bags, and anything else you might want to provide. Divide kids into small groups and give them their supplies. Once their contraptions are ready, give each team a raw egg. For a less messy option, use hard-boiled eggs or place each raw egg in a sealed plastic bag. When it's time to do the egg drop, have one representative from each team line up with their contraptions, then take turns standing on a stool or chair to drop them.*
 - ✂ **ACCESSIBILITY HACK:** *Simplify this activity by having kids drop water balloons from a safe height outdoors. If you can only remain indoors, you can have kids drop objects of different densities (sheet of paper, feather, stress ball, sponge, a bag of marshmallows) and talk about how God's power is greater than the force of gravity.*
- The force of gravity is powerful, isn't it? Gravity pulls everything down to earth, including your eggs. Some of you might have been successful in protecting your eggs while others of you weren't, even though you tried pretty hard.
- With sickness, it sometimes happens even though we make good, healthy choices. There can be all kinds of sicknesses, from sniffles to more serious kinds in our bodies and our minds. While healing may not always happen – like how your cracked eggs can't become un-cracked again – we can always pray to God and ask for healing. Just like the people in our Bible story, we just might witness that . . . **Wow! Jesus has the power to heal.**

SCRIPTURE | Mark 1:29–39

- **INSTRUCTIONS:** *Create slides in Google Slides or PowerPoint with this Bible passage, in the translation of your choice, using a chalkboard template like [this](#). Have kids read the passage together or have someone read it for the group.*
- After healing many people who came from all over to see him, Jesus told his disciples that they must move on. He wanted to tell more people about God because that is what he came to do.
- Healing people was a big part of what Jesus did on earth. But Jesus didn't just heal people who were sick. Jesus cared about healing hearts, minds, and souls that were broken, too.
- This Bible passage reminds us that Jesus cares about us and can heal not just our bodies but any other hurts we might have.
- **Wow! Jesus has the power to heal** anything!

VIDEO | Wow!, Episode 1

- **INSTRUCTIONS:** *Play this week's episode of [Press Play](#).*

NOW WHAT? What does God want us to do about it?

REFLECTION | Thought Experiments

- **INSTRUCTIONS:** Have kids create their own lab notebook by providing them with a [three-ring paper folder](#), [graph paper](#), and [divider tabs](#). Allow them to decorate the cover or print out the series graphic (see your resource folder) that they can glue to the front. Each week, have kids doodle and write as they think about the prompts given.
 - ✦ **ACCESSIBILITY HACK:** As you talk about healing this week, remember that kids with disabilities should not be viewed as people in need of healing. Their disability is a part of their identity and how they interact with God and the world. Celebrate the diversity God has given your ministry and invite kids to be part of a culture of inclusion and mindfulness.
- A lot about science is doing experiments to test out different hypotheses, or theories, about things. A lot of them start out as thought experiments, where scientists would ask questions like, “What would happen if . . . ?” Let’s do some thought experiments of our own!
- Jesus told the centurion in the Bible story that he had great faith. **If faith could be represented in a picture, what would it look like?**
- Jesus used only his words to heal the centurion’s servant from miles away. **What are some words you might use to pray to God if you or anyone you know is sick?**

RESPONSE | Chemistry Of Caring

- **INSTRUCTIONS:** Print out the [printable](#) on cardstock and give one to each kid to fold in half and fill out.
 - ✦ **PRETEEN HACK:** In addition to writing care and prayer cards, invite preteens to share prayer requests for themselves or anyone they know who might be ill. Invite kids to pray for each other, or if they don’t want to share aloud, have them write it on a piece of paper so that you and your leadership team can pray for them.
- Medicines are made using a branch of science called chemistry. Chemistry deals with how substances interact, combine, change, and cause reactions.
- But in addition to medicine and treatments, there are other things that could help someone feel better — care and prayer! When you or someone you know is feeling sick or feeling sad, you can pray and ask Jesus to heal their body and encourage their heart. When we pray these things, we can also have faith to know that Jesus has the power to make them happen!
- Let’s share this truth with someone we know needs healing or just a little cheering up. Remind them with a **wow! Jesus has the power to heal.**

MEMORY VERSE | 1 Chronicles 29:12b (NIV)

- **“In your hands are strength and power to exalt and give strength to all.”**
- **INSTRUCTIONS:** Print out a copy of the [printable](#) on different colored paper and put them up on the wall in order to loosely resemble the [Periodic Table](#). After reciting the verse together a few times, take each “element” down, fold the part of the paper containing the number, and invite a few kids to put the verse in the correct order.

PRAYER

- Wow, God, you are powerful! Help us to have faith in your power to heal not just physical sicknesses, but other kinds of sicknesses, too. We know that you care about us and give us what is good. Amen.

SMALL GROUP TIME

DISCUSSION

● SCRIPTURE QUESTIONS

- **Why did the centurion seek out Jesus?** *His servant was sick and about to die.*
- **Why did the centurion tell Jesus not to come to his house to see the servant?** *He felt he didn't deserve Jesus making the trip to his house. He believed Jesus could say the word and his servant would be healed.*
- **How did Jesus respond to this?** *He was amazed at the centurion's faith. The servant was healed right away.*
- **Read Mark 1:38. Why does Jesus say he came to earth? What does that have to do with healing?** *He said to preach about God. Jesus can heal more than just physical illnesses.*

● APPLICATION QUESTIONS

- **Tell about a time that you or someone you know was healed. How do you know that was Jesus?**
- **Who are some people in your life that may need healing that you can pray for?**
- **How can we hold onto our faith even when healing doesn't happen?**

ACTIVITY | First Aid Kit

- **INSTRUCTIONS:** *Have kids make their own [first aid kits](#). They'll need paper lunch bags, red construction paper, and items like cotton swabs, [adhesive bandages](#), cotton balls, alcohol wipes, gauze, and instant cold packs. You might want to individually wrap some of these to keep them sterile for future use. Give each kid a paper lunch bag with about four to five inches cut off the top. Use those pieces to fold into two handles in the shape of a "U" and attach them to the top. Have kids cut out a "+" sign out of red construction paper. Distribute the first aid items for kids to put in their bags.*
- Jesus is the best healer there is! He can instantly heal using just his words, but God also uses doctors, hospitals, and medicine as ways to heal our bodies.
- Let's make our own first aid kits as reminders to have faith in Jesus and his power to heal!