



JESUS HEALS THE MAN WHO IS PARALYZED

LESSON AT A GLANCE

■ New Apostolic Church USA



CURIOSITY

An object lesson, experiment, or activity that sparks curiosity, encourages exploration, and gets kids thinking about the wonder of God.

- Welcome Question: *What is the best thing a friend has ever done for you?*
- Interactive Game: Three-Legged Race
- Declaring God's Wonder

BELIEF *Choose either Hear It or Experience It and supplement with the video*

A deep and interactive dive into Scripture that guides kids into knowing God more deeply, exploring His big story, and marveling at His wonder.

- Opening Prayer
- God's Big Story: Hear It, Watch It, Experience It!
- Connecting the Wonder Truth

FAITH

An intentional conversation that helps kids see the wonder of God's story and how it connects to their own, emboldening their faith and fostering a deeper understanding of their place in God's kingdom.

- Discussion Questions for Younger and Older Kids
- Small Group Prayer Time

IDENTITY

An interactive worship response activity that creates space for God to remind kids of these core truths: I am known, I am loved, I am led, and my life can tell of God's wonder.

- Responding in Worship: Our Sicknesses, Our Sins, Our Savior
- Blessing Your Kids

JESUS HEALS THE MAN WHO IS PARALYZED

LESSON 1

NAC USA

Goals and Objectives

IA 3-5, 7-9, 13-15, 17-19,

27-29 IB 1, 3, 5

IC 1-13 IE 1-3 IIA 3, 6,

10 IIIA 1-3

WONDER TRUTH:

Jesus Has Power to Forgive and Heal

SCRIPTURE:

Mark 2

GOD'S BIG STORY:

By miraculously giving the ability to walk to a man who is paralyzed, Jesus shows that He has power to forgive sins and to heal.

WORD OF WONDER:

Matthew 11:28

Come to me, all you who are tired and are carrying heavy loads. I will give you rest.



Lesson PPT Slides



Lesson PDF Slides



Lesson Printables

FOR LEADERS

A MESSAGE FOR CHILDREN'S LEADERS

We invite you to pause, listen, and shift your gaze toward the Father...

Dear Sunday School Teachers,

The Bible overflows with stories of Jesus' miracles—each one a powerful reminder of His divine authority. Yet sometimes, in their familiarity, we lose sight of the awe-inspiring truth they hold.

Take a moment to reflect on [Mark 2:1-12](#), where Jesus healed a man who was paralyzed. Imagine being in that packed house, witnessing the determination of the friends who brought him to Jesus and the sheer amazement of the crowd as Jesus performed not only physical healing but also forgave the man's sins. That act of forgiveness demonstrated a power that the religious leaders struggled to comprehend.

As Sunday School teachers, you have the privilege of sharing this power with the children in your care. Jesus' power isn't limited to physical healing—it is the power to forgive sins, transform lives, and bring spiritual healing. That same power is at work today in every lesson you teach, every story you share, and every moment you spend nurturing young hearts to know and love Jesus.

Pause for a moment to stand in awe of the incredible God we serve. Consider how He is working in your life and in the lives of your students. Whatever challenges you face, remember: there is nothing more powerful than Jesus.

You are part of His miraculous work, helping children see and believe in His power and love. Thank you for your faithfulness, your dedication, and your love for His little ones. May you find strength, joy, and inspiration as you continue this important work.

With love and joy,

The Faith Arc Team

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A ROAD MAP

WHO?

Teachers of the law, or scribes, were experts in the law of Moses and in traditions about how the law should be applied. They were responsible for teaching others, especially children, how to read and understand the Scriptures. Some scribes were also Jewish religious leaders called *Pharisees*.



WHAT?

While Jesus taught inside a crowded house in Capernaum, four people dug out a hole in the roof to lower down a man who could not walk. Jesus forgave the man's sins and then healed him, demonstrating His authority to the teachers of the law.



WHERE?

Jesus' early ministry took place in the region of Galilee, north of Jerusalem and the region of Judea. Capernaum was a town in Galilee located on the northwestern shore of the Sea of Galilee. Jesus used it as a home base.



WHEN?

This story comes early in Jesus' ministry. Jesus had begun preaching about God's kingdom and had called His first disciples. Because Jesus cast out demons and healed many sick people, word about Him started to spread, and large crowds found Him wherever He went.



CONNECTING TO GOD'S BIG STORY

The kingdom of God was personally present in Jesus and He made a way for all people to be part of it. This story demonstrates Jesus' power to forgive sins and to heal—that is, Jesus opened the way for us to be reconciled with God and to share in eternal fellowship with God in His Kingdom.



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WELCOME QUESTION

SUPPLIES: paper, colored pencils, whiteboard (optional), dry-erase marker (optional), **Healing Welcome Question Slide**

Before kids arrive, display the **Healing Welcome Question Slide** or write the following question on a whiteboard: **“What is the best thing a friend has ever done for you?”** Set out sheets of paper and coloring utensils.

As kids arrive, warmly welcome them by name and ask them to Check In.

All Ages

Use the feelings chart on the next page and ask each child how they are feeling (refrain from asking “How are you?” as children may be accustomed to responding with “fine”). You may want to print and post the feelings chart in your classroom for ease of use.

- Allow each child to name their feeling or to use a color to name their feeling. Older children might use words, younger children might point to the pictures or use the colors to express their feelings.
- There are no wrong feelings and all feelings should be acknowledged.
- Acknowledge how children feel by giving each child time and space to share anything they might need or want to share in regard to their feelings. For example, you can ask “Why are you angry?” or “What made you sad?”.
- If you can, address the feeling (hunger/thirst - provide a snack/drink, sadness - give a hug, joy - give a high five, tired - let the child rest, anger – a calming space, etc.).
- Keep in mind throughout the lesson how each child is feeling and that feelings may change during your time with the child.
- If you notice a change, you may want to allow the child to rename their feeling and again address the feeling if needed.
- Acknowledge all feelings, concerns, joys, and celebrations in your opening and closing prayer. Use a grace-based approach to the learning as feelings will impact how children learn. (adapted from the Zones of Regulation)

Show them the **Welcome Question**. If you have younger kids, be sure to read the question for them. Encourage kids to draw pictures showing something kind that a friend has done for them. You can also encourage them to play charades and act out the kind deed silently as others near them try to guess what it is.

At your start time...

Encourage kids to finish their drawings and clean up around their area before coming together as a group. Then draw their attention to the **Welcome Question**. Call on several kids to share their answers to the **Welcome Question: What is the best thing a friend has ever done for you?**

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Lesson PPT Slides



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SOCIAL-EMOTIONAL CHECK IN

Angry



Scared



Panicked



Inconsolable



Happy



Focused



Calm



Proud



Worried



Frustrated



Silly



Excited



Sad



Bored



Tired



Sick



It feels so good when other people do kind things for us. It also feels great to show kindness to others! Today we'll learn about a miraculous act of kindness that Jesus showed to a man who couldn't walk. But first it's time to be curious.

INTERACTIVE GAME: THREE-LEGGED RACE

SUPPLIES: painter's tape, cord or rope (at least 2' long, 1 per 2 kids),
Three-Legged Race Slide

Display the **Three-Legged Race Slide**. Lead the kids in competing in a three-legged race. Affix two long strips of painter's tape to the floor in your teaching space—one to mark the start line and one to mark the point where kids will turn and head back to where they started. Divide the group into two or more teams, and place the kids into pairs within those teams, making sure each team has the same number of pairs. (If you have an odd number of kids in your group, ask an adult or youth to pair up with a kid so everyone has a chance to play.) Before the race, have each pair of kids stand side-by-side. Invite leaders to tie their inside [nearest] legs together with a cord or rope. (Older kids can do their own tying.)

Once every pair of kids is "three-legged," line them up at the start line. When you say, "Go," the first pair of kids from each team must work together to reach the second tape strip, turn around, and travel back to the starting line, where they will tag the next pair in their team to go. (If your group is large or you want the game to go more quickly, divide each team into two groupings, with one group of pairs starting at the starting line and tagging teammate pairs at the second line.) When all the teams are finished, end the race and declare a winner.

Teaching Tip: *If your group is large or your space isn't conducive to having all the kids participate in a three-legged race, choose four kid volunteers (two pairs) to participate in a race. Invite half of the kids to cheer for one pair, and the other half the other pair.*

Make it Inclusive: *Encourage volunteers to be available to assist kids who need help competing in the race. Or have kids play an alternative game that everyone can participate in, such as having pairs work together to build a house with blocks using only one hand each.*

That was fun! Everyone did a great job of working together in our three-legged race. No matter how fast or talented you are by yourself, in this game you had to work with a friend to get where you needed to go. You needed a friend to help. In God's big story today, we're going to learn about a man who couldn't walk and a group of his friends who helped him get to Jesus, the only One with the power to forgive and heal. Display the **Healing Wonder Truth Slide**. Today's Wonder Truth is: **JESUS HAS POWER TO FORGIVE AND HEAL.**

DECLARING GOD'S WONDER

Write on a white board or chart paper or display the **Healing Declaration Slide**. Read each line boldly and invite kids to repeat after you.

Thank You, God, that You are good! (Kids repeat.)

You made me on purpose, for a purpose. (Kids repeat.)

And I am Your kid! (Kids repeat.)

You know me, love me, and lead me. (Kids repeat.)

You have the power to forgive, (Kids repeat.)

And You have the power to heal! (Kids repeat.)

My life can tell of Your wonder! (Kids repeat.)

OPENING PRAYER

Before entering into God’s big story, lead kids in an opening prayer. Use the prayer here or your own words: **God, thank You for loving us and caring for us. Thank You for Your great power that can heal our bodies and forgive our sins. Through the power of Your Spirit, please teach us today about Jesus’ amazing power to forgive and heal. In Jesus’ name, Amen.**

GOD’S BIG STORY

This lesson includes three opportunities for your kids to enter the story – we recommend you choose **HEAR IT!** or **EXPERIENCE IT!** and supplement with the **WATCH IT!** video. **HEAR IT!** is read directly from the Bible. **EXPERIENCE IT!** is an interactive story-telling activity.

Hear It!

SUPPLIES: Bibles (1 per kid)

Gather kids together and hand a Bible to each one. Let them that know today’s portion of God’s big story comes from the book of Mark, which is the second Gospel in the New Testament, right after Matthew and in the second half of the Bible. Display the **Healing Title Slide**.

Let’s start by reading part of God’s big story directly from the Bible. Afterward, we’ll watch and experience more of the story!

Read [Mark 2:1-12](#). Consider inviting older kids to help you by reading some of the passage. Ask volunteers to help younger kids follow along with the verses.

Watch It!

Watch the [Jesus Heals the Man Who Is Paralyzed God’s Big Story Video!](#)

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Lesson PPT Slides



Lesson PDF Slides



Lesson Printables

Experience It!

SUPPLIES: What Did They Do? Slide, Healing Wonder Truth Slide

In today's true story from the Bible, we are all going to play a little game called "What Did They Do?" As we hear the story, there are going to be moments when we will try to figure out what happens next for different people in the story. Are you ready to play? Allow kids to respond.

Teaching Tip: Turn this into a game show with contestants! Place three stools or chairs at the front of your space. Each time you ask "What did they do?" invite three kids up to the front and have them take their seats. Each kid will then share her answer to the question. The audience will then "vote" on which answer was the closest by giving a round of applause for the one they think is correct.

Display the **What Did They Do? Slide**.

When Jesus began His ministry, He started telling people the good news of God's kingdom. "The time has come," he said. "The kingdom of God has come near. Turn away from your sins and believe the good news!" ([Mark 1:15](#)). Jesus was letting people know that God is in charge and that the broken parts of the world are being fixed.

What is God's kingdom like? When I point at you, say, "In God's kingdom," and then I will tell you something we know about God's kingdom from the way Jesus lived.

Point to the kids, encouraging them to say, "In God's kingdom." **There will be no place for evil, so Jesus drove away evil spirits.**

Point to the kids, encouraging them to say, "In God's kingdom." **There will be no more sickness, so Jesus healed people's diseases.**

Point to the kids, encouraging them to say, "In God's kingdom." **God's grace makes people a part of His family, so Jesus forgave sins. Everything Jesus did showed that God's kingdom was breaking through.**

One day Jesus was teaching at a house in a town called Capernaum. Jesus had been in Capernaum before, and the news about what He was doing had spread. He could hardly go anywhere without a big group of people showing up. That's why the house that day was crammed full of people. There wasn't even room to stand outside the door and listen.

In Capernaum, there was a man who could not walk. When he heard Jesus was in town, what did the man want to do? Ask a couple of kids for an answer. Respond by saying, "Yes" or "Not quite." **That's right! The man wanted Jesus to heal him.**

Four of the man's friends came to the house carrying the man who couldn't walk. They wanted to bring him to Jesus, but the crowd was too thick. The friends couldn't get through. What did they do? Ask a couple of kids for an answer. Respond by saying, "Yes" or "Not quite."

In those days, houses had stairs on the outside leading up to the roof. The roof was made of wooden beams covered with branches and thick grassy plants that were thickly coated with dried mud. The roof was strong enough to walk on but soft enough to dig through. And that's just what the four people did. The four people carrying their friend who couldn't walk dug and dug and dug until they made a hole big enough for their friend to fit through. Then they lowered the man down on a mat to see Jesus. How would you feel if your friends did that for you? Let the kids respond.

Jesus saw the man coming down, but that's not all He saw. Jesus saw the faith of the four friends. He saw that they trusted Him. What did Jesus do? Ask a couple of kids for an answer. Respond by

saying “Yes” or “Not quite.” Jesus said to the man on the mat, “Son, your sins are forgiven” ([Mark 2:5](#)). Jesus was letting the man know that God was forgiving him for all the wrong things he had done. Jesus was removing the man’s sin and letting it go. This was an incredible gift.

Now there were some teachers of religious law sitting in the crowded—and now very dusty—house. How did they respond to what Jesus had done? Ask a couple of kids for an answer. Respond with “Yes” or “Not quite.” They didn’t like what Jesus had said. They were thinking, “Why is this fellow talking like that? He’s saying a very evil thing! Only God can forgive sins!” ([Mark 2:7](#)). They didn’t understand who Jesus is—the Son of God!

Jesus knew what these teachers were thinking, so He said to them, “Why are you thinking these things? Is it easier to say to this man, ‘Your sins are forgiven’? Or to say, ‘Get up, take your mat and walk’? But I want you to know that the Son of Man has authority on earth to forgive sins” ([Mark 2:8–10](#)). What did Jesus do next? Give a couple of kids a chance to answer. Respond with “Yes” or “Not quite.” Jesus turned to the man and said, “Get up. Take your mat and go home” ([Mark 2:11](#)). Then the man who couldn’t walk just a few seconds before—the man who had to be lowered through the roof by his friends—stood up, took his mat, and walked away.

It was a miracle! What did the people who saw this miracle do? Give a couple of kids a chance to answer. Respond with “Yes” or “Not quite.” Everyone at the house saw it and began praising God. What else could they do? The kingdom of God had come to a house in Capernaum, and Jesus was the one who had brought it!

How incredible! Jesus has power to forgive and heal. So what will we do now? Let’s take a moment and think about it. Pause for a few moments. Now share your answer with your neighbor! Allow kids time to share their answers.

CONNECTING THE WONDER TRUTH

Display the [Healing Wonder Truth Slide](#). Pose the following question to kids to help them connect the Wonder Truth to God’s big story:

Our Wonder Truth today is JESUS HAS POWER TO FORGIVE AND HEAL. Where did you see our Wonder Truth in the story? Allow kids to answer freely.

In God’s kingdom, the broken parts of the world are being fixed. That means that in God’s kingdom, sickness is healed and the wrong things we do are forgiven! Jesus brought God’s kingdom to earth—He healed people’s sicknesses and forgave their sins. Jesus has power to forgive and heal!

ELEMENTARY

Divide your group into smaller groups based on age. If your group is already small, stay together for this time.

QUESTIONS: YOUNGER KIDS

- When the friends of the man who was paralyzed saw the crowds around Jesus, what did they do with their injured friend? *(They dug a hole in the roof and lowered the man through it on a mat.)*
- When Jesus first saw the man who was paralyzed, what did He say to him? *(“Son, your sins are forgiven” [Mark 2:5](#).)*
- The religious teachers didn’t like what Jesus was saying. Why were they upset? *(Only God can forgive sins, and they didn’t know Jesus is God’s Son.)*
- What is sin? *(Sin is the wrong things we do that separate us from God.)*
- How did Jesus show the crowd that He has the power to forgive sins? *(If needed, reread [Mark 2:9–10](#).)*
- Jesus has power to forgive and heal each of us! How does that make you feel?

When Jesus saw the faith of the man who was paralyzed and his friends, Jesus forgave and healed him. Jesus has power to forgive and heal because He is God. Let’s pray to Jesus—He forgives our sins when we trust in Him!

Make it Inclusive: *Some kids struggle to answer open-ended questions, especially kids who are younger and those with language processing challenges. If needed, modify discussion questions by asking them as either/or questions. For example, “Did the four friends carry the man who was paralyzed through the front door to see Jesus, or did they lower him through a hole in the roof?”*

PRAYER TIME: YOUNGER KIDS

Lead the kids into a time of prayer. As you prepare to pray with them, remind them that when they pray, they’re talking with God, whose Son, Jesus, has power to forgive and to heal. Invite them to share requests and praises and to pray for one another.

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QUESTIONS: OLDER KIDS

- The religious teachers didn't like it when Jesus said to the man who was paralyzed, "Son, your sins are forgiven" ([Mark 2:5](#)). Why were they upset? (Only God can forgive sins.)
- What did Jesus say and do in response to the religious teachers? (If needed, reread [Mark 2:8-11](#).)
- Only God has power to forgive and heal sins, but Jesus was able to heal and forgive the man who was paralyzed. What does that tell us about Jesus?
- How did the people respond when the man picked up his mat and walked away? (See [Mark 2:12](#).) How do you think you would have responded?
- When have you seen Jesus' power to forgive and heal in your life or the life of someone you know?

When Jesus saw the faith of the man who was paralyzed and his friends, Jesus forgave and healed him. Jesus is the God of miracles, and when we trust in Him, we too can experience His forgiveness! What a miracle! Let's talk with God in prayer now.

Teaching Tip: If needed, remind kids that sin is the wrong things we do. When we sin, we disobey God, and our sins separate us from Him.

Make it Inclusive: Some kids struggle to answer open-ended questions, especially kids with language processing challenges. If needed, modify discussion questions by asking them as either/or questions. For example, "Were the religious teachers upset because Jesus was teaching in a crowded house or because only God can forgive sins?"

PRAYER TIME: OLDER KIDS

Lead the kids into a time of prayer where they share prayer requests, pray for each other, and offer praises to God. Spend some time thanking God for Jesus' power to heal. Then spend some time thanking God for His forgiveness through Jesus' death and resurrection.

How does Jesus' forgiveness help us live in a way that pleases God? In the story, Jesus forgives the man's sins before healing him physically. This act of forgiveness reminds us that our spiritual healing begins with God's grace. The Ten Commandments guide us in how to live in obedience to God, but we can only truly follow them when our hearts are made right with Him through forgiveness.

When we experience Jesus' forgiveness, we are inspired to honor Him by living according to His commandments. For example: "You shall have no other gods before me" (First Commandment) becomes a way to show gratitude for His saving power. "You shall not steal" (Seventh Commandment) reflects our desire to live honestly as forgiven people. "Honor your father and mother" (Fourth Commandment). "You shall not bear false witness against your neighbor" (Eighth Commandment). Obeying these commandments aren't just about following rules but about reflecting the love and care God has shown us, just like the friends in God's big story. Ask the kids which commandment is easy for them to obey and which one is more difficult to obey. Choose 1 or 2 commandments for the kids to say using choral response.

RESPONDING IN WORSHIP: OUR SICKNESSES, OUR SIN, OUR SAVIOR

SUPPLIES: paper (3 sheets per kid), writing utensils, coloring utensils, painter's or masking tape (3 rolls), **Prayer Stations Sheets, Responding in Worship Slide**

Ahead of time, print the **Prayer Stations Sheets**. Set up three prayer stations in your space, displaying one Prayer Station Sheet at each: Our Sickneses, Our Sins, Our Savior. Set a pile of blank paper (1 sheet per kid) at each station along with writing and coloring utensils and a roll of tape.

Gather kids together. Display the **Responding in Worship Slide**. In God's big story today, Jesus forgave the sins of the paralyzed man and healed the man's body. Jesus has power to forgive and heal, and His power isn't just for that one man a long time ago. Jesus is powerful today! When we trust in Him, He will forgive our sins as we walk with Him now and forever!

In a moment, you will have a chance to visit three prayer stations: Our Sickneses, Our Sins, and Our Savior. At each station, you can take a blank sheet of paper and draw a picture or write words that show what you think of when you see each of those phrases. When you finish drawing or writing, you can tape your papers below the station signs and quietly talk to Jesus about what is on your heart. Visit each prayer station as you introduce the activity to the kids. For example, at the "Our Sickneses" station, you might pray for yourself or someone you know who is sick and thank Jesus for times He has already healed you and others. At the "Our Sins" station, you might tell Jesus ways you have disobeyed God and ask for His forgiveness. This is called confession. At the "Our Savior" station, you might thank God for sending us His Son, Jesus, who has the power to forgive and heal us.

Quietly play music from the [Walking with Jesus Elementary Spotify playlist](#) as kids visit the prayer stations. Be available to support kids by reading the station signs, giving them ideas of what to draw or write if they need help, and praying with them. When all the kids have had an opportunity to visit all three stations, gather everyone together.

Teaching Tip: Be sensitive to any kids in your ministry who have a disability or long-term illness (or a family member with a disability or illness). If they ask why God didn't heal them, don't try to explain or give reasons. The truth is we don't understand why God does or does not heal physical disabilities and illnesses, but we can trust that He is all-powerful, He is good, and He loves us. Remind kids that God hears our prayers and may bring healing in other ways.

Make it Inclusive: If you have a kid with a special need or long-term illness who doesn't feel comfortable going through the prayer stations with the rest of the group, consider talking and praying with that child quietly off to the side.

Disclaimer: We have permission from the publisher to use the Spotify music playlist solely for the purposes of the Sunday School hour, Vacation Bible School experiences, fellowship events, or for listening at home. Please note that this playlist is not to be used during the divine service or for any streamed or broadcasted occasion.

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BLESSING YOUR KIDS

Write on a white board or chart paper or display the **Healing Blessing Slide**. Speak this blessing over your kids, as a group or as individuals. If you bless kids individually, insert each name into the blessing.

Blessing: May God bless you this week as you follow Him. May He remind you that He loves you very much! And may you rejoice that Jesus has the power to forgive and to heal as you trust in Him.

GAMES AND ACTIVITIES

ELEMENTARY

This additional game or activity is optional and can be used in the lesson where a movement break is needed or there's extra time. We've included teaching tips and tips to make the game and activity inclusive for all kids. Printables and slides for the game and activity, if needed, are included in the links within this lesson.

MAKE YOUR MOVE

Teaching Tip: *This game is most fun when you keep it moving quickly by calling out different ways to move at a fast pace.*

Make it Inclusive: *Kids unable or uncomfortable leaping up from the floor can participate by instead providing sound effects as you call out ways to move.*

In this game, kids will leap to their feet in a variety of wacky, fun ways!

Invite kids to spread out around your room and sit on the floor. Explain that you'll call out ways they are to leap up and move. Then, when you give the word, they'll sit on the floor again until you call out another way to rise and move.

Ways to suggest they move can include the following: as kangaroos, sloths, superheroes, microwave popcorn, tap dancers, soccer (football) players, bowling balls, frogs, acrobats, snakes, eagles, hot air balloons, monkeys, tightrope walkers, or race cars.

When you've finished the game, invite kids to sit and catch their breath as you continue.

When Jesus healed the man who was paralyzed, the man didn't just say he felt better. He got up, rolled up his mat, and walked out of the room. He moved in a way he didn't think possible! That's because Jesus had the power to both forgive and heal the man. And Jesus still has power to forgive and heal!

JESUS HEALS THE MAN WHO IS PARALYZED

LESSON 1

NAC USA

Goals and Objectives

[IA 3-5, 7-9, 13-15, 17-19,](#)
[27-29](#) [IB 1, 3, 5](#)

[IC 1-13](#) [IE 1-3](#) [IIA 3, 6,](#)
[10](#) [IIIA 1-3](#)

WONDER TRUTH:

Jesus Has Power to
Forgive and Heal

SCRIPTURE:

[Mark 2](#)

GOD'S BIG STORY:

By miraculously giving the ability to walk to a man who is paralyzed, Jesus shows that He has power to forgive sins and to heal.

WORD OF WONDER:

[Matthew 11:28](#)

Come to me, all you who are tired and are carrying heavy loads. I will give you rest.



Lesson
PPT Slides



Lesson
PDF Slides



Lesson
Printables