

First Church Springdale



# **Bible Lesson Booklet**

February



Jesus cares for me.

### **Read & Reason**

INSTRUCTIONS: Read Mark 1:29-39.

This story begins long ago with Jesus and his twelve disciples. Jesus went from place to place to talk to people about God. One day, after Jesus had finished teaching in the synagogue- Jesus went with two of his disciples, James and John, to Simon and Andrew's home.

Simon's mother-in-law was in bed feeling really sick. When Jesus came to visit, Jesus took her hand and helped her up. Her fever was immediately gone! She got right up and began moving about!

The Bible tells us that's not all. Jesus went on to heal many more people. Whenever anyone was sick, all Jesus had to do was pray over them and they would be completely healed! Sometimes, all Jesus had to do was touch them and instantly they would be healed. Some people weren't sick physically but were hurting inside, but when they met Jesus, they were healed from that, too!

Jesus didn't have to heal people. But he took the time to help people get better from all kinds of sickness, because he cared about every single one of them. And Jesus feels that way about us, too.



- Re-read 1 John 5:5. What do you think it means to overcome the world?
- What do you think the disciples thought when they saw Jesus healing people?

•	Have you seen or	heard	any stori	es a	bout	how s	omeone	e was
	healed? Tell us ab	out it.						


## **Activity**

INSTRUCTIONS: Read Psalm 147: 1-11. Select about a word from the passage. Draw your word in the center of a piece of paper. Decorate it with pictures and drawings. Look up the definition, a synonym, and write the verse that contains your word and highlight your word. Be creative. Post your word somewhere where you will see it this week. Be encouraged and reminded that Jesus cares for you.

# **Closing Prayer**

• Dear God, we thank You so much for always taking care of us. Thank You for sending us Tesus and for giving us different people to take care of us as well. Help us to remember that You are always with us. Amen.



Jesus helps me when I am tempted.

#### **Read & Reason**

#### **INSTRUCTIONS:**

Read Mark 1:12-13. Jesus fasted for forty days and forty nights. This means Jesus didn't eat anything at all for forty whole days! Jesus chose to pray and fast so that he could focus on spending time with God without any distractions. But at the end of forty days, Jesus was very hungry and that's when the devil came up to Jesus.

Read Matthew 4:1-4. If I were Jesus, and I was that hungry, I might have turned the stones into bread like the devil told him to.

Read Matthew 4:5-7. After the devil's first try at tempting Jesus, he took Jesus up to the holy city and had Jesus stand on the highest point. The tempter did everything possible to get Jesus to give up or to show off. But once again, Jesus used God's words – the Bible – to resist it.

Read Matthew 4:8-10. The temptation didn't stop there. The devil told Jesus to look out over everything and offered it all to Jesus. But Jesus did not back down or give in. Jesus spoke God's words back to the tempter and overcame temptation.

Read Matthew 4:11. Jesus was strong. Every time the devil tried to tempt Jesus, Jesus responded by using what the Bible says about how we should live our lives. And because Jesus did not give into the devil's temptation, the devil ran away and angels came to take care of Jesus.



- How many times did the devil tempt Jesus?
- When tempted, how did Jesus respond each time?
- Read Psalm 25:4-5. How can you follow the paths God has for you?
- What is a temptation that is hard to resist?
- What do you think you should do when you are tempted?
- How does Jesus help us when we are tempted?


## **Activity**

Something to Think About: Temptation happens to all of us. Who/what are you tempted by? Sometimes it's not even a single person. It might just be that you're in the wrong place. Or you're watching or listening to the wrong influences.

Close your eyes and think of the people, places, or things that are sources of temptation for you. Pray a prayer to Jesus, asking him to help you the next time you face any of these things again. Remind yourself: Jesus helps me when I'm tempted.

# **Closing Prayer**

 Jesus, thank You for knowing what it's like to be tempted. Our struggle with temptation is very real, but You are here to help us with them. We believe You can help us with everything at all times, including when we are tempted. Amen.



Jesus shows me the truth.

## Read & Reason

INSTRUCTIONS: Read Mark 9:2-6.

Jesus was God's Son sent to Earth to reunite us with God. But when Jesus was on Earth, Jesus looked like an ordinary human. But was Jesus just another ordinary human? No, of course not! Jesus was God!

What does "transfigured" mean? Transfiguration is when something transforms or changes from what it was before to something completely different.

As Jesus was transforming, Jesus' clothes became a dazzling white, and Elijah and Moses appeared and began talking with Jesus. Elijah and Moses were important men in the Old Testament of the Bible who followed and loved God very much. Peter was very afraid when he saw this because Elijah and Moses were not supposed to be alive anymore. But he knew they were experiencing something incredibly important.

INSTRUCTIONS: Read Mark 9:7-9.

Suddenly, a cloud appeared and covered them all. A voice came from the cloud and said, "This is my Son, whom I love. Listen to Him!"

When they looked around again, they only saw Jesus. As they came down the mountain, they were confused because Jesus told them not to tell anyone what they had seen and heard at the top of the mountain until the right time.

Jesus was the Son of God. And Jesus' transfiguration showed Peter, James, and John who Jesus truly was. When they heard God's voice, they had a better understanding of who Jesus was and what Jesus was on Earth to do.

Jesus showed the disciples the truth. Jesus shows us the truth, too! All we have to do is ask Jesus for help!



•	Re-read Mark 9:7. Why do you think God told James, John, and Peter
	that Jesus was God's son?

<ul> <li>What is the truth Jesus shows</li> </ul>	US?
---	-----

•	Who else	do you tl	nink helps	us see the	truth?
---	----------	-----------	------------	------------	--------


## **Activity**

INSTRUCTIONS: REVIEW Read each statement below. Determine if the statement describes something that happened to Moses or Elijah.

- Helped Israelites cross the Red Sea.
- Prayed for God to send fire down on his sacrifice.
- Met God in a burning bush.
- Met God in a gentle whisper.
- Was hunted by a queen named Jezebel.
- Was chased by a king called Pharaoh.
- His staff turned into a serpent.
- A woman and her son had never-ending flour and oil because of him.
- Went up to heaven in a chariot of fire.

### **Closing Prayer**

• Dear Jesus, You transformed to show us the truth! We are so glad that God loves us, God cares about us, and God forgives us. We know all of this is true because You have shown them to us! Help us to always search for and only follow the truth. Amen.



Jesus understands my challenges.

#### **Read & Reason**

#### **INSTRUCTIONS:**

Read Mark 8: 31-33. How do you think you would have reacted if you were Peter or any of the other disciples? Jesus just told his closest friends that he was going to die soon. Jesus knew it needed to happen to save the world from sin, but his friends did not know this. They didn't understand why Jesus would choose this.

Read Mark 8:34-38. Jesus reminds his friends that anyone who loves God has to do what Jesus was doing – which is to let go of our own way and follow God's way. It must have been so difficult for Jesus to accept that he was going to die, especially because he really didn't deserve to. But he was going to obey God because that was the way God was going to save everyone from sin. Jesus accepted the challenge.

We have to accept the challenge, too. It's not always easy to choose to do the things God wants us to do. And trust me, Jesus gets it. Jesus knows how hard it is. But we know, like Jesus did, that God's ways are always better – even if we can't see it just yet.



- Why did Jesus have to die?
- What did Jesus say a Jesus follower has to do?

• What do you think it means to "take up your cross?

 Re-read Mark 8:33. What do you think it means to have in mind the concerns of God instead of human concerns?

Activity

INSTRUCTIONS: Read Psalm 22:23-31. Which verse is your favorite and why? Using paper or cardstock make a bookmark using your favorite verse from this passage. Be sure to decorate it!

Do you know anyone who might be going through a challenging time? Give them this bookmark to remind them that Jesus understands and will help them in their challenges. If you don't know of anyone right now, keep this bookmark in your Bible so that you can encourage someone in the future.

# **Closing Prayer**

• through difficult times. We know that You went through challenges here on Earth, and that's how You help us through ours. Remind us to look to You whenever we have a challenge in our own lives.

# **Prayer Requests**


# **End of Month Reflection**

This month, we talked a lot about the challenges Jesus faced, and how Jesus shows us what to do when we face challenges of our own.  Remember that whatever you are going through, you are not alone –  Jesus has been there. Jesus understands your challenges. Jesus accepts you and your challenges. Let's accept the challenge to follow Jesus the best we can!

