



Lesson 5

Free, Healed, Whole

Intermediate Small Group Lesson

Bible Story

Jesus Proclaims the Good News

Luke 4:16-44

Bible Verse

"God blesses those who are poor and realize their need for him, for the Kingdom of God is theirs."

Matthew 5:3, *New Living Translation*

Materials

- Name tags
- Snacks
- How Are You Feeling? emoji chart
- Several sheets of construction paper
- A marker
- A pair of scissors
- A roll of transparent tape

Key Teaching Point

Receive God's healing, wholeness and freedom.



Small Group Session 1 (15 Minutes)

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while students eat their snack:

Icebreaker Options (Choose one.):

- Ask students to share their highs and lows (the best and worst things that happened to them either today or from the past week).
- Let students take turns sharing how they're feeling today using the "How Are You Feeling?" emoji chart (from the CKC Games Bag).
- As the students are eating their snacks, ask, "**What is the craziest way you've ever gotten hurt? What did you do to get better?**"

Pray Together

Collect prayer requests from the children. Some prayer requests may emerge from the check-in time. For the first few weeks of club, the leader can model prayer time for the small group by praying for individual requests aloud.

Small Group Game: Mini Basketball

Materials: One small plastic cup per child, several pom-poms, a notepad and a pencil to keep score, and a device to keep time

Ask each child to put down a plastic cup the same distance apart. Setting a timer for one-minute, children will try to shoot as many "baskets" with pom-poms as they can before the time is up. When the time is up, write down everyone's score on the notepad. Play several rounds. Whoever has the highest score after the last round wins.

In the Bible today, people from Jesus's own hometown "miss" the opportunity to receive Jesus, but today, we'll have the opportunity to receive him ourselves!

Small Group Session 2 (35 Minutes)

Life Application Activity

In today's Bible stories, anger, sickness, and the presence of evil kept people from worshiping God. What keeps you from worshiping God?

Take student responses.

Give them a couple examples:

- Sins
- Being too busy



- Sports
- Friends
- Nightmares
- Feeling alone or isolated
- Fear
- Not knowing what to say to God
- Making a mistake
- Not knowing who God is

Prepare colored strips of construction paper. Give each child at least one, but they can make more than one if we'd like. Ask the children to write down anything that keeps them from worshiping God. Using the strips of paper, create a long chain with the children's responses and link both ends to form a circle.

Note: If kids would like you specific prayer for something that keeps them from God, as the chain is being assembled, have them flip the chain upright so what was written is visible.

Stand in a circle as a small group around the chain, grabbing the links with both hands. Then you'll move into prayer in the next section.

Receive the Gift!

Prayer: Two-way conversation with God

We're going to pray and invite Jesus to break off these things that keep us from worshiping God with all our heart, soul and strength, and when we say "Amen" we will break the chain together, and welcome God into our midst.

Father God, We come before you knowing that you sent Jesus to bring Good News to the poor, to proclaim freedom for those held captive by sin, and to bring healing for those who are sick and blind. We bring before you the things in our lives that keep us from, trusting that you are the one who can free us from sin and bring us healing so we can worship and serve you.
(Pray for any specific prayer requests now.)

It's in Jesus's name we pray. Amen.

Bible Verse Game

Review the Bible verse with a [Bible verse game](#).

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Reflection

Give each child their reflection journal. Invite them to reflect on the following questions and to record their answers in their journal. They may also draw their responses if they wish:

1. How can I receive the Kingdom of God?
2. How can receiving this gift impact my life?

