

Fifth Sunday after Epiphany – year B

Preparation

Read the Gospel [Mark 1:29-39](#) over. Pay attention to the words or phrases that jump at you. Read over the lesson so that you are familiar with what is intended to happen. Gather the materials that you will need for each section of the lesson. For deeper thinking or for ways to extend the lesson take a look at the following websites:

<http://www.textweek.com/yearb/epiphb5.htm>

http://www.episcopalchurch.org/lessonPlans/109452_115890_ENG_HTM.htm

http://www.sermons4kids.com/looking_for_jesus.htm

<http://www.sundayschoollessons.com/epi5kles.htm>

<http://www.word-sunday.com/Files/b/5-b/A-5-b.html>

<http://www.efree.mb.ca/lectionarypuzzles/in-bwjj.htm#ep05>

Gathering

Materials needed

- Small table or end of one table
- White candle
- Candle lighter
- Bible and bookmark
- Green cloth
- Newsprint and markers
- Small bowl of water
- Box of bandages

Print up the prayer on the newsprint so that the readers can say the prayer with you. Gather around the small table or at the end of one table. With the children place the cloth on the table. Have them help you place the candle and the Bible on the cloth. Light the candle.

Pray the following prayer together:

Light of the world, shine on us,	<i>(point to the candle)</i>
Water of the world, refresh us,	<i>(point to the water)</i>
Word of the world, teach us,	<i>(point to the Bible)</i>
Loving God, be with us in all that we do. Amen.	

Blow out the candle. Place the box of bandages where the children can see them.

Ask them what they do when they get hurt *(wait for their responses)*.

Ask them if they have ever used a bandage like the ones in the box when they have had a small cut. Did whoever put the bandage on give them a hug or a kiss to help them feel better.

Ask the children to think about bigger hurts that people have been through.

What do people do in those situations? *(Again wait for their responses.)*

Explain that in today's story Jesus meets lots of people who are hurt and need his help.

Story Time

Materials needed

- A comfortable place to tell the story –around a table or on the floor with cushions
- Sun image at end of story
- Yellow construction paper
- Scissors

Instructions

Copy the sun image at the end of the lesson, cut it out and trace onto yellow construction paper and then cut out the shape from the yellow construction paper.

Take the sun shape and hold it so that the sun looks like it is up in the sky.

Jesus and his friends had spent the whole day at the worship place, the synagogue, with the people of Capernaum. They were all feeling tired. Simon Peter suggested that they come with him to his home. He knew that his mother-in-law and family would want to welcome Jesus and his friends. Simon Peter knew that they would have a good meal ready for all of them. When they got to Simon Peter's house, the sun was lower in the sky.

Take the sun shape and move it so that it looks like it is lower in the sky.

When they got to Simon Peter's house they discovered that Simon Peter's mother-in-law was quite ill. She was sick in bed with a very bad fever. The family immediately told Jesus what had happened and took him to her bedroom.

Jesus looked at Simon Peter's mother-in-law and he picked up her hand. Jesus helped her out of the bed. When she stood up everyone realized that Jesus had healed her, had made her all better. Simon Peter's mother-in-law went and helped the others get the meal ready and served Jesus and his friends.

Take the sun shape and move it so that it looks like it is setting for the day.

The sun was setting in Capernaum. The people had heard about what Jesus had done in the synagogue and what Jesus had done for Simon Peter's mother-in-law and they brought to Jesus all the people who were sick or who had evil spirits within them. Jesus took time and he healed all who were sick. Jesus took time to drive all the evil spirits out of the people who had them.

Take the sun shape and move it so that it looks like it is just rising for the day.

Very early in the morning Jesus got up and left the house. He went to a deserted place where no one else was around. He knew that he needed to spend time with God. Jesus took time to pray.

Take the sun shape and move it so that it looks like it higher up in the sky.

Simon Peter and his friends went looking for Jesus. When they found him, Simon Peter said, "Jesus, everyone is looking for you. Are you coming back to the town with us?"

Jesus looked around at his friends. He said, "We need to go the communities around here. There are other people who need to hear the message of God's good news. It is what I have come to do."

Jesus and all his friends went to all the towns in the Galilee. They told the people about God's good news and healed the people that they met.

Take the sun shape and make it move so that it looks like it is going across the sky for a day

Response

Project Idea 1: Sun Catcher

To help the children remember the day Jesus spent teaching and healing so many people have them make this sun catcher to hang in a window at home.

Materials needed

- waxed paper
- crayons
- vegetable peeler
- small containers
- glitter
- irons and ironing board
- two tea towels
- scissors, hole punch and yarn

Instructions

Peel the crayons and with vegetable peeler make peelings of the crayons. You may want to keep the colours in separate containers. Cut the waxed paper into 30 cm (12 in) lengths – so that each child will have two pieces. Set up the iron and ironing board in a place that is accessible but safe for the children to be around. Let the iron heat up and place a tea towel on the ironing board. Invite the children to sprinkle the crayon peelings in a circle on the wax paper. Tell them that the crayon peelings will melt so to leave room between colours. You can suggest that they sprinkle some glitter on the crayon peelings as well. When they are done have them put the second piece of waxed paper on top. Carefully take it over to the ironing board and place on the tea towel. Cover with the second tea towel and then heat with the iron. When you think it is done take off the tea towel. When all the children have finished these steps have them cut out as large a circle as possible from the waxed paper. With the hole punch make a hole in one part of the circle and cut the yarn into pieces long enough so that they can make a loop to hang their sun catcher up at home. Encourage them to think about all the people that Jesus healed during that day in Capernaum.

Project Idea 2: Get Well Cards

There are always people in our communities that need to know that the church is praying for them and asking God that they get better soon. These cards will be useful for people who are visiting the sick on behalf of the church.

Materials needed

- card stock
- markers
- stickers
- any other craft supplies that can be used to decorate cards with

Instructions

Fold the card stock in half. Invite the children to print on the outside **“We are praying for you”** and on the inside **“God blesses you from [name of the church]”**. Let the children decorate the cards with the craft materials that have been laid out for them. Encourage them to do their best work possible and to think about those who will be receiving the cards. When the children are finished make sure that they get to the person who will be visiting those in the community who are ill or in hospital.

Project Idea 3: Prayer Wall

This will be an ongoing activity for the season after Epiphany. Each week the children will add new prayers to the walls using a symbol from the story that will be identified for you. This activity will be a good way to reinforce the learning from the stories that they will participate in.

Materials needed

- sun image at end of lesson
- yellow construction paper
- scissors
- glue
- markers

Instructions

Copy the sun image at the end of the lesson. Cut it out and trace onto the yellow construction paper, so that each child has one. Have the children cut out the sun shape. While they are cutting talk about all the healing that Jesus did in his ministry. Have them begin to name people that they know that need God's healing – this can be for their bodies, their emotional health, or their jobs, whatever the children think needs to be healed. Suggest that they write the names that are most important to them on their sun shapes. Help the children to post them on to the prayer wall with the glue. If you have enough time go over the various prayers that the children have put up over the last five weeks of Epiphany.

Closing

Gather with the children around the worship table again. Relight the candles. Say the prayer line by line and encourage the children to repeat it after you:

**As we leave this place, God be with us,
As we leave this place, Jesus be with us,
As we leave this place, Spirit be with us.
Amen.**

Sun Image

