BIG IDEA: Jesus helps me and my family.

Week 8

Jesus Heals a Mother



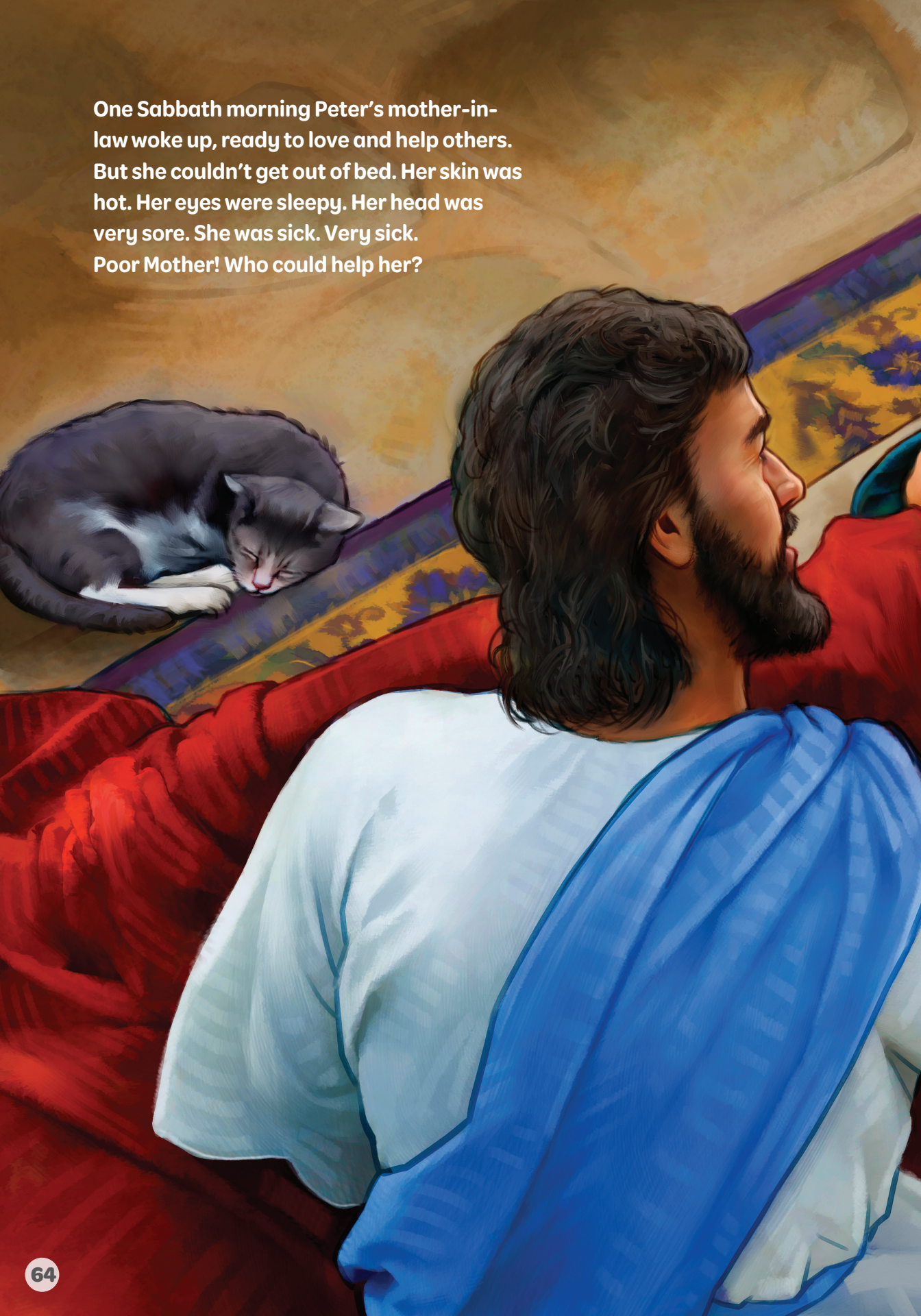
This lesson is based on Matthew 8:14, 15; Mark 1:29-31; Luke 4:38-39; and *The Desire of Ages,* p. 259.



Mother liked to hum happy songs as she worked in her home by the Sea of Galilee. ***Hum-hum-hum.*** She swept the floors. ***Sweep, sweep.*** She dusted the shelf. ***Swish, swish.*** She filled up the water jars. ***Splish, splash.*** And she hummed some more. ***Hum-hum-hum.*** Mother stirred the big pot of yummy food. She liked to make people happy. She was always helping others.



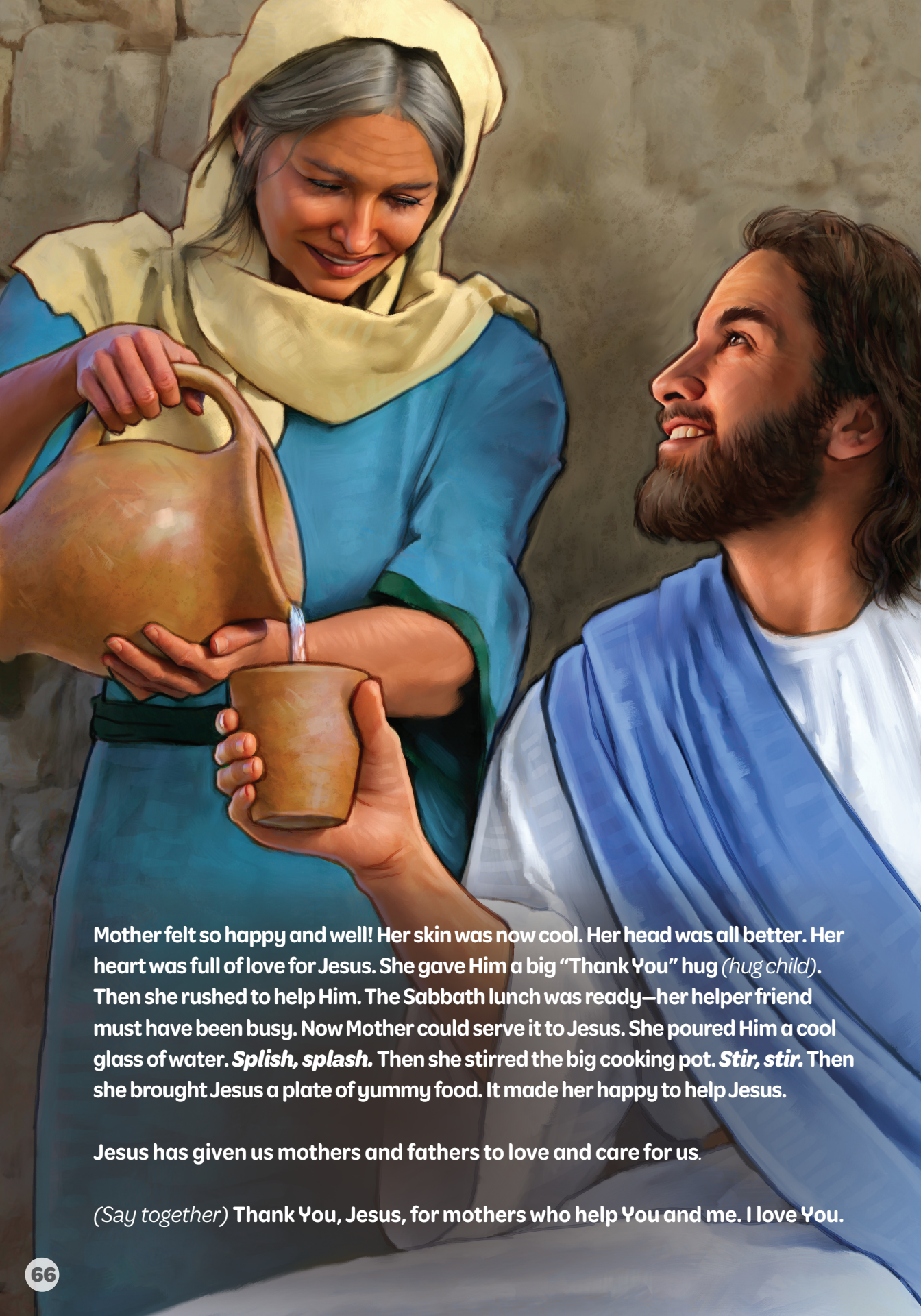
Do you know a special mother who likes to help? Jesus loves helpful mothers, grandmothers, and caregivers. He gives them extra love for hugs *(hug)*, **smiles** *(smile)*, **tickles** *(tickle),* **and giggles** *(laugh)*. **He gives them extra love for kisses** *(kiss cheek)*. **He gives them extra love for listening ears** *(cup ear),* **and making frowns turn into smiles** *(smile)*. **Jesus helps mothers to be our helpers. Do you know a special mother like this?**



One Sabbath morning Peter's mother-in-law woke up, ready to love and help others. But she couldn't get out of bed. Her skin was hot. Her eyes were sleepy. Her head was very sore. She was sick. Very sick. Poor Mother! Who could help her?



Knock, knock. Mother's helper ran to the door. There was Jesus! He had come to her house for Sabbath lunch. Maybe He could help! Jesus smiled at her. Yes, He would love to help Mother. He went straight to Mother's bed. She was too sick to get up. Jesus gently took her by the hand. He lifted her up. And just like that, Jesus made her all better!



Mother felt so happy and well! Her skin was now cool. Her head was all better. Her heart was full of love for Jesus. She gave Him a big "Thank You" hug *(hug child)*. Then she rushed to help Him. The Sabbath lunch was ready—her helper friend must have been busy. Now Mother could serve it to Jesus. She poured Him a cool glass of water. ***Splish, splash.*** Then she stirred the big cooking pot. ***Stir, stir.*** Then she brought Jesus a plate of yummy food. It made her happy to help Jesus.

Jesus has given us mothers and fathers to love and care for us.

(Say together) Thank You, Jesus, for mothers who help You and me. I love You.

play throughout the Day

Create

Help your child create a love gift for a mother in their life: their mother (this may be you); grandmother; aunt; or caregiver. Draw a big heart and help your child to color and decorate it. Talk about how special mothers are to us. They are special to Jesus too! Pray together for this mother. Then have your child give them their love gift.

Connect

Spend time doing "helping" activities with your child. Patiently involve them in parts of household jobs that you or your spouse usually do on your own. Even just handing you items in the kitchen will make them feel like helpers and show them how much parents and caregivers do to help them.

Play

Role-play doctors and nurses with your child. Build empathy and compassion by asking "patients" how they are and what they need. Take time to "bandage wounds, give medicine, and check temperatures." Share with your child how happy it makes Jesus when we show kindness to people who are hurting.

Explore

As you go for walks this week with your child (around your neighborhood or at the stores), be on the lookout for people you can help. Maybe you could open the door for someone at the stores or help someone carry something. You could watch out for any injured animals on your walk through the neighborhood, or practice caring for a pet at home. Praise your child for having helping hands like Jesus.

Pray

In worship, think about some people you know who may be feeling down or unwell. Pray for them to feel better and to know God loves them. As a family, brainstorm some ways you could encourage them or help them feel better (for example, drop off a home-cooked meal, go for a visit, sing them a song). Choose one suggestion to complete on Sabbath afternoon.



Extension weekly memory verse: "I am your God. I will strengthen you, yes I will help you" (Isaiah 41:10).

THE HEART OF THE MATTER

For You, Parents

Parenting is hard work. Some of us parent in couples, some supported by extended families, others by loyal friends. But none of us need to parent alone. Jesus promises to be our Helper.

Family is an important aspect of God's plan to show His love to the world. He values our efforts to love and care for our children, and none of our little tasks or challenges escape His notice. When we run out of patience, we can trust that His patience is eternal. When we feel tired, we can know that He never sleeps. He helps us to stay healthy in our mind, body, and soul. And when we ask, He fills the gaps between what we have to give and what is needed.

Spend time this week reflecting on this promise. Highlight different words that encourage or challenge you differently each day. Pray them out loud and personalize them. May you come to appreciate more deeply the beautiful Helper we have in Jesus.

"The Lord is the God who lives forever.
He created all the world.
He does not become tired or need to rest.
No one can understand how great his wisdom is.
The Lord gives strength to those who are tired.
He gives more power to those who are weak.
Even boys become tired and need to rest.
Even young men trip and fall.
But the people who trust the Lord will become strong again.
They will be able to rise up as an eagle in the sky.
They will run without needing rest.
They will walk without becoming tired"
(Isaiah 40:28-31, ICB).