

# Finding Your Own Peace

Sick Woman Who Finds Peace (Christian story based on Mark 5:21-34)

## PREVIEW

- ✓ Review Guidelines
- ✓ Background – Christianity
- ✓ Lesson/Story
- ✓ Modern-Day Healer – Mother Teresa
- ✓ Creative Response – String of Hands Craft
- ✓ Activity #1 – Odds/Evens Finger Game
- ✓ Activity #2 – Finger Spelling
- ✓ Activity #3 – Sign Language
- ✓ Take-Home Opportunity – Peace for the Sick
- ✓ List of Previous Peace-Makers Lessons
- ✓ List of Previous Peace for the World Lessons
- ✓ Images Provided – Desmond Tutu, Mother Teresa

## REVIEW

Review 1-3 stories from the Peace-Makers section – maybe one or two stories about keeping people from fighting and one of the Jesus stories. Then review one or two stories from the Peace for the World section. Then, review both stories from the Finding Your Own Peace section. Don't let the review get too long. Keep it to five or ten minutes, even though there's a lot that could potentially be covered.

**Dhat's Magical Journey (Sufi):** Royal son travelled to distant land to retrieve a precious gem from a monster. After getting distracted, he completed his mission, returned to his kingdom, and realized that true peace could be found “at home.”

**Wise Boy Refuses to Fight Chief (Sub-Saharan African):** A boy, named Wiser-Than-the-Chief, outsmarted the Chief of the land. Rather than getting rid of the boy, the Chief let him and his family live in peace.

## BACKGROUND – CHRISTIANITY

*Prompt:* Today, we're going to read another Jesus story found in the Christian Bible. Do you know/remember where we find the Jesus stories – the back part or the front part of the Christian Bible? [back part]

*Prompt:* The Christian Bible is the sacred text for Christians. In addition to the Bible, Christians also have special teachers and leaders. Do you know what we call teachers and leaders in the Christian tradition? [Brainstorm/guess/answer – ministers, pastors, priests]

## BACKGROUND – CHRISTIANITY (cont.)

*Prompt:* Religious leaders sometimes wear special clothing. This is a photo of Desmond Tutu. He was a very famous minister. [Show image on p. 144.] In fact, he was a bishop. Then, he was an archbishop, which is even higher than a bishop!

*Prompt:* Several weeks ago, we talked about two peaceful leaders – Nelson Mandela and Malala Yousafzai {muh-LA-luh you-sef-ZAY}. They both received the Nobel Peace Prize because they were such peaceful leaders. Desmond Tutu also who won the Nobel Peace Prize. Since he was a leader in the Christian church, he often wore a cross necklace or a collar. Sometimes, as you see in this picture, he wore both. Does our minister/pastor/priest wear anything special? [A robe and/or stole would also be common pieces of apparel.]

*Prompt:* Why do you think ministers/pastors/priests dress a certain way? [Brainstorm/Guess/Answer – maybe so people will know they are faith leaders, maybe because it's tradition, etc.]

## LESSON/STORY

*Prompt:* Our peace story for today is a Bible story about a woman who was sick. Surely, you've been sick before. Think back to the last time you were sick. How did you feel when you were sick? Did you feel peaceful? [Share]

*Prompt:* Who helped you when you were sick? Did you go to the doctor? Did your parents/caregivers help you? Did someone else help you? [Share]

*Prompt:* How do you think you would feel if you were sick and no one knew how to make you better? Do you think you would be sad? Scared? [Share]

*Prompt:* Have you ever known anyone who was sick and no one knew how to make them better? [Share]

*Prompt:* Today, we're going to read a story about a woman who was very sick and no one could seem to help her. So, she had to think of her own plan. She went to Jesus. Listen to what happened.

**Read: Sick Woman Who Finds Peace (pp. 146-148)**

*Prompt:* Have you ever felt more peaceful when you got well after being sick? [Share]

*Prompt:* Have you ever felt more peaceful just because someone gave you a hug or held your hand or touched you in a caring way? [Share]

## MONDERN-DAY HEALER – MOTHER TERESA

### *Supplies*

World map

*Prompt:* Jesus was known as a great healer, but he lived a long time ago. Luckily, there are lots of great healers who have lived since then. Do you know who this woman is? [Show image on p. 145 of Mother Teresa.]

## MONDERN-DAY HEALER – MOTHER TERESA (cont.)

*Prompt:* This is Mother Teresa. Have you ever heard of her? Do you know why she is famous? [Brainstorm/Guess]

*Prompt:* Mother Teresa was a nun who lived in India. [Show India on the world map.]

*Prompt:* Nuns often wear special outfits, too. In this picture, you can see the head covering she almost always wore. It was white with blue stripes. At first, Mother Teresa was a teacher, but then she decided to spend her life helping people who were sick and poor and dying. When people saw what she was doing, they wanted to help, too. Today, there are over 4,000 nuns who are part of her group and who help sick people all over the world!

*Prompt:* Mother Teresa won a lot of awards for her work. Can you guess what one of them was? [Hint: it's the same prize that Nelson Mandela and Malala Yousafzai and Desmond Tutu won = Nobel Peace Prize.]

*Prompt:* Why do you think they gave the peace prize to Mother Teresa when she was a healer? [She helped people be more at peace by caring for them and making them feel better. She also brought peace to the world by getting other people to help, too.]

*Prompt:* What about you? You might not think of yourselves as powerful healers like Jesus or Mother Teresa, but you can also help sick people feel better. Can you think of anything you can do to help people who are sick and bring more peace to the world? [visit people who are sick and/or bring them food/gifts, share a kind word or a hug, donate some of your extra money, etc.]

## CREATIVE RESPONSE – HANDPRINT DOVES

### ***Supplies***

Paper (any kind, any color, but white if you want white doves), crayons/markers/colored pencils, scissors, hole punch, string/yarn/ribbon. Other decorating items (e.g., stickers, glitter and glue) are optional.

*Prompt:* We're talking a lot about the power of touch today, so we're going to make a craft that uses our hands. Our craft is also about peace, which is our theme. A while ago, we talked about a bird that is sometimes used as a symbol of peace. Do you remember what bird we talked about? [dove]

*Prompt:* What color do you think of when you think about doves? [They might say "white" or they might have no association at all.]

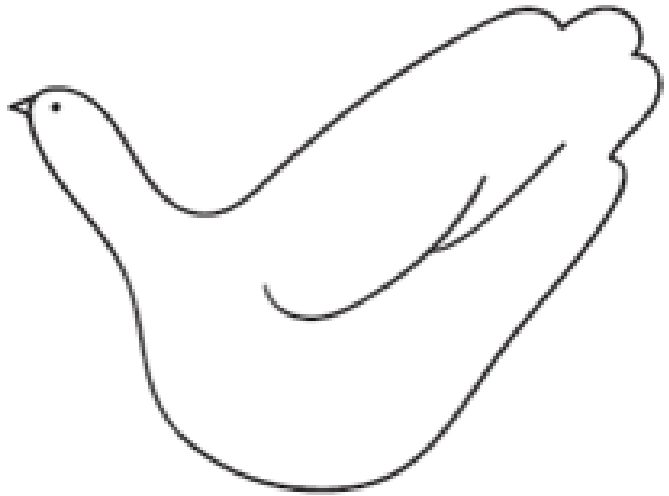
*Prompt:* Doves are in the same family as pigeons, and they actually come in all shapes and sizes and colors, but lots of times doves are white, especially when they are used as symbols of peace. Today we're going to make a string of doves to hang in our classroom, and we'll use our hands to do it. You can make your dove white or you can use other colors.

Have the kids trace around their hands. Their four fingers should be held together and their thumbs should be sticking out. (See craft image on the next page.) Cut around the image, leaving enough room on either side to punch holes with the hole-punch. They can use the crayons/markers/colored pencils to add an eye, a beak, a wing, etc. They can also decorate it with stickers and/or glitter and glue if you brought additional supplies.

## CREATIVE RESPONSE – HANDPRINT DOVES (cont.)

While they're working, you can review all the ways in which this craft is tied to today's lesson. The handprints can remind them of the woman who touched Jesus, of Mother Teresa's loving hands, and of their own hands that can be used to help others. The doves will remind them of the peace theme and that Jesus said to the woman, "Go in peace."

When they're finished, they can punch the holes themselves or you can do it for them. Run a piece of string/yarn/ribbon through the holes to make a long strand of hand doves. Hang it up in the classroom and/or let them take a short strand home.



## ACTIVITY #1 – ODDS/EVENS FINGER GAME

*Prompt:* We're talking a lot about hands and touch today. To stick with that theme, we're going to play some finger games.

Divide the group into pairs, and have the kids in each pair face one another. One person in the pair should pick "odd." The other person in the pair should pick "even."

This game is sort of an easier version of rock-paper-scissors, so on the count of three, each person should "throw down" some number of fingers (1, 2, 3, 4, or 5). Add up the fingers from both kids in the pair. If the total is an odd number, the person who chose "odd" gets a point. If the total is an even number, the person who chose "even" gets a point.

As with the Ampe {AHM-pay} game from Lesson 12, you can play a certain number of rounds (e.g., 5, 10) and see who has the most points at the end. Or, you can see who reaches a certain number of points first.

Trade partners if they want to continue playing.

You can also play in groups of three, with two kids earning points and the third person adding up the numbers and keeping score.

## PEACE

### ACTIVITY #2 – FINGER SPELLING

*Prompt:* Our hands and fingers are also very sensitive. It is their job to feel things, so they are very good at it! Today, we're going to do some finger spelling.

Divide the group into pairs. Child #1 should close his/her eyes and hold out his/her hand. Child #2 should "write" a letter in the palm of Child #1. Child #1 should guess the letter.

Play several rounds, switching partners if they want.

If they're good at it, they can also spell short (3-4 letter) words.

As an aside, this is how Helen Keller, who was deaf and blind, communicated. Some form of finger-spelling is still used by some people who are deaf-blind.

### ACTIVITY #3 – SIGN LANGUAGE

*Prompt:* Our hands are so powerful that some people communicate almost entirely with them! Do you know anyone or have you ever seen anyone who communicates with sign language? [Share]

Many on-line videos illustrate how to make simple signs in American Sign Language if you want to share a few signs with the kids.

### TAKE-HOME OPPORTUNITY – PEACE FOR THE SICK

*Prompt:* This week, try to do something nice for someone who isn't feeling well. Can you think of anything you could do to make someone feel better when they are sick? [Brainstorm – bring them a tissue or something else they need, make a little get-well card for them, tell them you hope they feel better soon, etc.]

### PREVIOUS LESSONS FROM PEACE-MAKERS SECTION

**Theme:** What peace means, popular symbols of peace, the word peace in other languages

**Peaceful Deer (Buddhist):** Keeping peace between the king and the man who broke his promise

**Muhammad (Islamic):** Keeping peace between his followers and the tribes of Mecca

**Tribal Chiefs (Native American):** Three chiefs keeping peace between their tribes

**Gobind Singh (Sikh):** Using his bow-and-arrow skills to keep his people from having to fight

**Jesus Calms the Storm (Christian):** Bringing peace to the disciples when they are afraid in a boat

PREVIOUS LESSONS FROM PEACE-MAKERS SECTION (cont.)

**Jesus Appears to Disciples (Christian):** Bringing peace to his disciples when they were afraid/locked in a room

PREVIOUS LESSONS FROM PEACE FOR THE WORLD SECTION

**Isaiah Imagines a Peaceful Kingdom (Jewish/Christian):** Isaiah imagined what a peaceful kingdom and a peaceful leader might look like using animal pairs.

**Krishna Saves the World (Hindu/Vedic):** To keep the world peaceful, Krishna defeated all the demons sent by Kamsa.

**Jesus and His Mission of Peace (Christian):** Jesus gave his disciples instructions, so they could spread his message of peace to others.

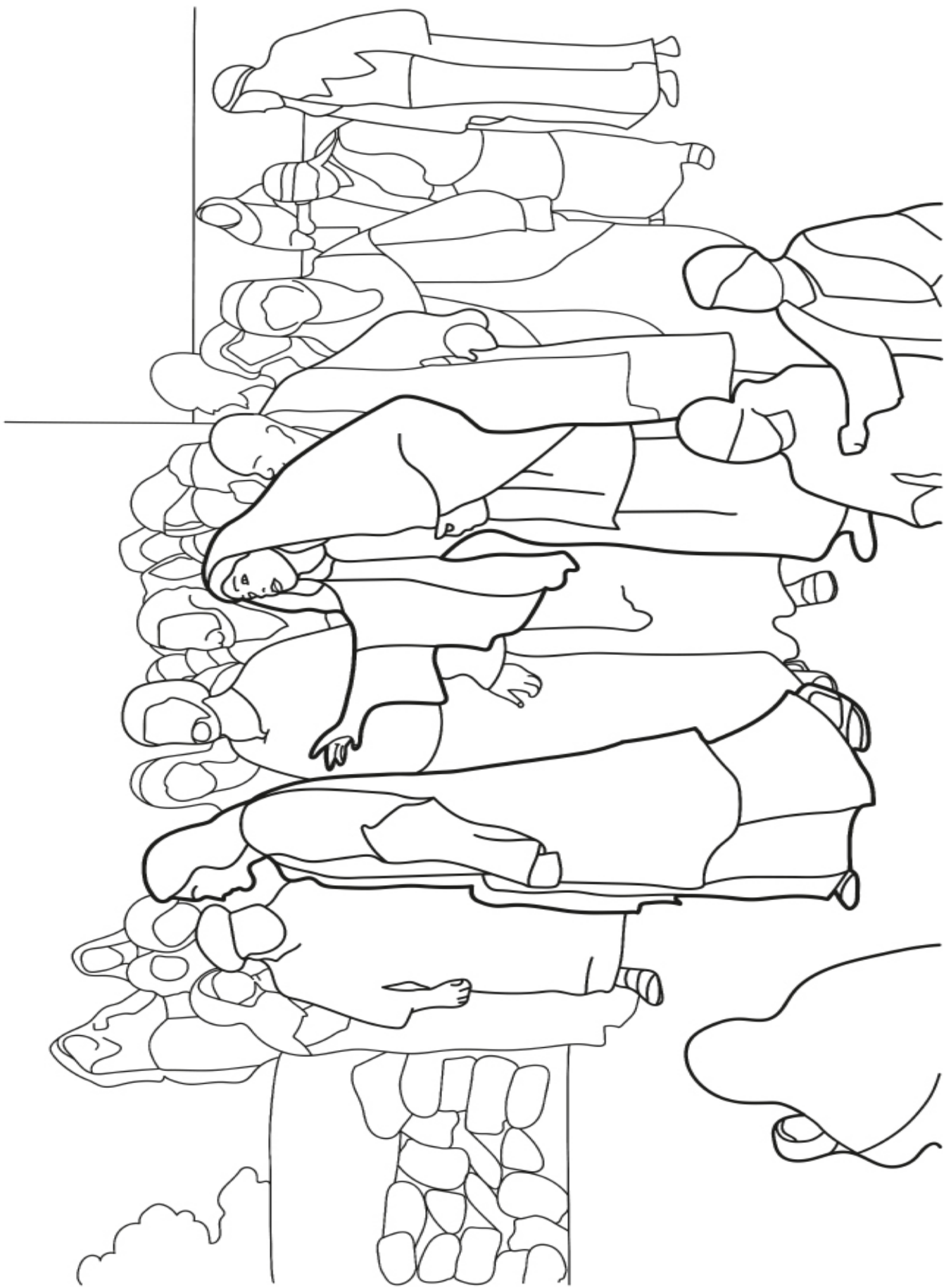


[Wikimedia Commons: Archbishop emeritus, Desmond Tutu (public domain courtesy of U.S. Dept. of State)]



[Wikimedia Commons: Sandro Pertini, the President of the Italian Republic, with Mother Teresa  
(courtesy of the Presidenza della Repubblica)]





# Sick Woman Who Finds Peace

(Based on Mark 5:21-34)

**1** Jesus helped lots of people, which made him very popular. It seemed like everyone had a different reason for wanting to see Jesus. Sometimes, Jesus made people feel better when they were afraid; sometimes people just wanted to hear his stories.

But some people came to see Jesus because they were sick. The word on the street was that Jesus could heal anyone! He healed people who were blind. He healed people who were deaf. He was even able to heal people who had sores all over their skin.

**2** There were doctors back in Jesus' time, but they couldn't always figure out exactly what was wrong. In some cases, there was medicine for a disease, but the sick people didn't have enough money to pay for it. And sometimes, the closest doctor was too far away, and the sick people were too weak to travel. Many people ended up sick for a long time with no one to help them, which made their lives very hard.

Jesus was good at healing people, but because he often had big crowds around him, it could be hard for sick people to get near him. Sometimes, people did crazy things just for the chance to see Jesus and be healed by him. The story about the man who couldn't walk is a great example.

**Have you ever seen someone who couldn't walk? Have you ever seen someone in a wheelchair?**

**3** Because the man couldn't walk, he sat on a blanket while four of his friends carried him around. They heard Jesus was in town healing people, so they decided to stop by to see if Jesus could help their friend.

When they arrived at the house, there was no room whatsoever. Some of the people were standing outside just trying to look through the

windows. There was clearly no way four people plus a man on a blanket would ever fit inside. Or was there?

The four friends carried the man on the blanket up to the roof. Then, they removed a piece of the roof to make a hole. Then, they lowered the man down through the hole, so he landed right in front of Jesus.

That certainly got Jesus' attention. And when Jesus told the man to stand up and walk away, he did!

**4** Then there was the story of the woman who was healed just by touching Jesus.

This woman had been sick for 12 years! She had seen lots of doctors, but they couldn't seem to help her. She had spent all her money on medicines and other cures, but nothing seemed to work. She was tired of being sick. She couldn't work around the house, she didn't have any fun when people came to visit, and she felt worried all the time.

The woman heard Jesus was teaching and preaching to the crowds in the village. She was sure Jesus would heal her even though the doctors couldn't. Maybe Jesus could bring her peace.

**5** One day, the woman was given her chance. Jesus was preaching at the church, which was called a synagogue, when a well-known leader in the town came running in.

"My daughter is very sick," he cried, "and we're afraid she might die!"

He asked Jesus to come to his home and make his daughter well again. Jesus agreed, and the two of them began walking to the sick girl's house.

## PEACE

The crowds didn't want to miss one of Jesus' famous healings, so all the people started following along. The entire crowd was moving down the street waiting to see what would happen.

"This is going to be difficult," the sick woman thought to herself. "Jesus is always surrounded by so many people. How can I get his attention? How can I get close enough to him?"

That's when she had a brilliant idea.

**6** The woman realized that she didn't really need to be standing in front of Jesus, and she didn't really need to talk to him. All she needed to do was touch him.

"If I could just touch his clothes, I would be healed," the woman said to herself.

So she stretched her arm out between the people making up the crowd.

Reach. Reach. Reach. Nope. Jesus was just a little too far away.

She tried to get closer, but people were pushing and shoving and blocking her way.

She stretched out her arm again. So close! She was sure she could reach Jesus if she really tried.

**Have you ever been just a little too short to reach something?**

**7** And then she felt it. She must have touched him, because all of a sudden, she felt completely healed. It was a wonderful feeling. She hadn't felt this well in a really, really long time.

But she wasn't the only one who felt something amazing happen. Jesus felt it, too.

"Who touched my clothes?" Jesus asked as he spun around and looked across the crowd of people.

"Seriously?!" his followers said. "There are

people all around you. Surely, you have been touched many times!"

"This was different," Jesus replied. "This was someone who wanted to be healed, and I healed the person. I want to know who it was!"

**8** Now the woman was frightened. She hadn't expected Jesus to make such a big deal out of a little touch. She didn't even think he would notice. But he did, and now everyone was standing around waiting to see who would step forward.

"Maybe everyone will just keep walking," the woman said to herself.

But no one moved, and Jesus just stood there, looking out at the crowd.

Shaking and full of fear, the woman stepped forward. She fell at Jesus' feet and explained the whole story – how she had been sick for so long, how she had only wanted to touch his clothes, how she had finally been able to reach out and feel him, and how that touch had healed her.

**Do you think Jesus is going to be kind to the woman or mean to her?**

**9** For a brief moment, there was complete silence. No one moved a muscle. Everyone waited to see what Jesus would do.

Jesus looked down at the woman. He saw how afraid she was, but he also saw that she had finally been cured of her sickness.

Then he said, "Go in peace. You have been healed of your disease."

The woman breathed a sigh of relief. She knew she could count on Jesus! Her plan had worked. He had healed her, and her life would be so much better from now on.

Jesus turned to go. The woman stood there as the crowd moved along, still following Jesus and the man from the synagogue. After all, there was still a sick little girl who needed healing, too.