

Finding Your Own Peace

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

PREVIEW

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- ✓ Background – Churches/Temples
- ✓ Lesson/Bible Passages – Part I: Woman Healed
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- ✓ Cross-Faith Connection – Sikh Healing Story
- ✓ Modern-Day Peaceful Healer – Mother Teresa
- ✓ Creative Response – Healing Hugs Craft
- ✓ Activity – People-to-People Game
- ✓ Take-Home Opportunity – Peace for the Sick
- ✓ List of Previous Peace-Makers Lessons
- ✓ List of Previous Peace for the World Lessons
- ✓ Images Provided – Christian Churches, Buddhist Temples, Story Illustration, Leper, Sikh Man, Sikh Boy, Mother Teresa

Note: This lesson is rather long, so you might want to select certain subsections.

REVIEW

Briefly discuss last week's Take-Home Opportunity (Working Together), and offer space for sharing stories of cooperation. If the kids are still donating spare change, collect that.

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. Those lists can be found on pp. 147-148. Then, review last week's story from the Finding Your Own Peace section, below. 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.

Quail King and Hunter (Buddhist/Jataka): Many quail were being captured in a hunter's net. Quail King suggested that they all work together, so they could fly away and save themselves.

BACKGROUND – CHURCHES/TEMPLES

Prompt: Our peace story for today comes from the Christian Bible. It's a story about Jesus. Do you all remember where we find the Jesus stories in the Bible? [New Testament]

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BACKGROUND – CHURCHES/TEMPLES (cont.)

Prompt: One way to follow Jesus' message is to attend church. What kinds of things do Christians do in churches? [pray, sing, read the Bible, etc.]

Prompt: Last week, we talked about a Buddhist story. Buddhists sometimes attend church, too, but they call their church a temple. Churches all look different, but as we've discussed before (see p. 27), lots of churches have certain features in common. Do you remember what those features are? [Show churches on p. 149. Review spires/steeple, pillars, and crosses. If you are part of a church, you can compare these images with your church.]

Prompt: Here are a couple of examples of Buddhist temples. [Show Buddhist temples on p. 150, and discuss some of their features: curved roof, spires, pillars, arches.]

Prompt: Churches and temples are often fancy. Why do you think people build them that way? [maybe because they are special/sacred places]

Prompt: In Buddhist temples, to show respect, you also remove your shoes. Buddhist temples usually have cubbies where you can put your shoes. Do you think you would like to remove your shoes before you walked into a Buddhist temple? Do you think it would work to remove your shoes before you walked into a church? [Share/Discuss – no right or wrong answer.]

LESSON/BIBLE PASSAGES – PART I: WOMAN HEALED

Supplies (optional)

Bible/s

Prompt: Our story for today is about a woman who was sick. Think back to the last time you were sick. How did you feel when you were sick? Did you go to the doctor? Did the doctor help you? Did your parents/caregivers help you? [Share]

Prompt: We've been talking about peace and the different ways in which people feel less than peaceful. If you are fighting with someone, then you are not being peaceful. If you are worried and afraid, then you are not feeling very peaceful either. Being sick, even if we know we'll feel better soon, can also make us feel less than peaceful.

Prompt: Now what if you were sick and no one knew how to make you better. How do you think you would feel? [maybe sad, scared, etc.]

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

Prompt: In this story, a woman had a disease and no one knew how to help her. There were doctors back when Jesus was alive, but there were lots of diseases they didn't understand; sometimes, people had to figure out how to heal themselves. This woman decided that Jesus was her best option. He was known throughout the land as a healer. The downside was that he almost always had large crowds of people around him. [Show story illustration on p. 151.]

Prompt: Here's her story. [If you're working on Biblical literacy, remind them that Mark is one of the four Gospels, and help them find Mark 5:24 in your Bible.]

LESSON/BIBLE PASSAGES – PART I: WOMAN HEALED (cont.)

Read: Mark 5:24b-34 (World English Bible)

...a great multitude followed him, and they pressed upon him on all sides. A certain woman, who had an issue of blood for twelve years, and had suffered many things by many physicians, and had spent all that she had, and was no better, but rather grew worse, having heard the things concerning Jesus, came up behind him in the crowd, and touched his clothes. For she said, “If I just touch his clothes, I will be made well.” Immediately the flow of her blood was dried up, and she felt in her body that she was healed of her affliction. Immediately Jesus, perceiving in himself that the power had gone out from him, turned around in the crowd, and asked, “Who touched my clothes?” His disciples said to him, “You see the multitude pressing against you, and you say, ‘Who touched me?’” He looked around to see her who had done this thing. But the woman, fearing and trembling, knowing what had been done to her, came and fell down before him, and told him all the truth. He said to her, “Daughter, your faith has made you well. Go in peace, and be cured of your disease.”

Prompt: Why did the woman want to touch Jesus? [She thought it would heal her.]

Prompt: There was a big crowd around Jesus, and probably lots of people were touching him somehow. How did Jesus know the touch from this woman was special/different? [He felt power leave him.]

Prompt: What do you think Jesus meant when he said: “your faith has made you well?” [Discuss – no right or wrong answer here.]

Prompt: Why do you think Jesus said: “Go in peace?” [Brainstorm/Share. If she were healed, that would probably make her feel more peaceful. Maybe Jesus was also letting her know he was not angry. Her healing also probably made her feel less worried, in general, about her life since she had finally been helped in some way.]

Prompt: Do you think anyone could heal people if they really tried? Or do you think there is a small group of special people in the world who can heal in this way? Or do you think only Jesus can heal in this way? Or do you think this is just a made-up story? [Discuss/Share – no right or wrong answer.]

LESSON/BIBLE PASSAGES – PART II: LEPER HEALED

Prompt: Jesus was known for being a great healer, and there are many stories in the Bible about Jesus healing sick people. In our first story, the woman was healed simply by touching Jesus. In this next story, Jesus heals again with touch.

Prompt: In this story, the sick person had a disease called leprosy. Do you know what leprosy is? [Guess/Answer]

Prompt: Leprosy is a skin disease, and it doesn't look very nice [show image on p. 152]. In Jesus' time, there were no treatments, and if you don't treat leprosy, it just gets worse and worse. People were also afraid they would catch leprosy from someone else who had it, so people with leprosy had to live outside the villages and cities as outcasts. People with leprosy were not allowed to have contact with the townspeople, and no one wanted to touch them, so it was a very sad, very hard life.

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LESSON/BIBLE PASSAGES – PART II: LEPER HEALED (cont.)

Prompt: This Bible passage talks about Jesus healing a leper simply by touching him. [If you're working on Biblical literacy, remind them that Matthew is one of the four Gospels, and help them find Matthew 8:1 in your Bible.]

Read: Matthew 8:1-3 (World English Bible)

When [Jesus] came down from the mountain, great multitudes followed him. Behold, a leper came to him and worshiped him, saying, "Lord, if you want to, you can make me clean." Jesus stretched out his hand, and touched him, saying, "I want to. Be made clean." Immediately his leprosy was cleansed.

Prompt: This story is remarkable for two reasons. First, Jesus apparently healed, once again, simply with touch. Second, Jesus wasn't afraid to touch this person, even though he had leprosy. Do you think you could touch a person with leprosy? [Share/Discuss]

Prompt: Have you ever been afraid to touch someone who was sick or dying? [Share]

CROSS-FAITH CONNECTION – SIKH HEALING STORY

Supplies

World map

Prompt: Lots of other religious traditions have healing stories that are similar to the Jesus stories. This story comes from the Sikh {SEEK} tradition which started in India. [See if they remember where India is on the world map.]

Prompt: We talked a little bit about the Sikh tradition before. Do any of you remember anything about it? [See what, if anything, they remember.]

Prompt: In the Sikh tradition, they follow the teachings of their gurus. Do you remember what a "guru" is? [wise teacher]

Prompt: Some Sikhs also wear turbans. Do you remember talking about that? [Show images on pp. 153-154 of a Sikh man and a Sikh boy wearing turbans to refresh their memories.]

Prompt: Do you remember how many living gurus there are in the Sikh tradition? [Play the higher/lower game until they get to 10.]

Prompt: This story is about the 10th Sikh guru. When he was a boy, his name was Gobind Rai {GO-bind RAH-ee}. Here's the story:

One day, Gobind Rai and his friends were playing in the Ganges {GAN-jeez} River. The Ganges is one of the largest rivers in India. It's also the most sacred. People go to the river when they want to honor their ancestors, pray to the gods, or make flower offerings. Many people also bathe in the Ganges when they want to cleanse themselves for the holy days.

On this particular day, a man suffering from leprosy was standing on the banks of the Ganges River. His skin was horribly disfigured. He was in a lot of pain, and even his family shunned him because of the disease. He had come to the river to pray; he was hoping for some relief from his suffering.

CROSS-FAITH CONNECTION – SIKH HEALING STORY (cont.)

All of a sudden, Gobind Rai moved away from his friends and shoved the man into the river! When the man popped up out of the water, he was furious. How could a young child be so rude?! Pushing a sick man into the water while he was in the middle of his prayers was unthinkable!

The man opened his mouth to yell at the boy. But then, he realized something extraordinary had happened. His skin was now soft and silky, and he was no longer in pain. The man could hardly believe it! He looked down at his healthy skin and ran his hands over his now-smooth face and arms. He had been healed!

Instead of screaming at Gobind Rai, the man fell down at Gobind Rai's feet and offered prayers of thanks. Truly, this boy was destined to become a wise teacher and a great leader, for he was filled with the spirit of God.

Prompt: Do you think the man was cured because of the river or because of Gobind Rai's touch? [Discuss]

Prompt: Does this story seem similar to, or different from, the Jesus stories? [Share/Discuss]

MODERN-DAY PEACEFUL HEALER – MOTHER TERESA

Supplies

World map

Prompt: As you know, there are always people in the world who are sick, so we continue to need healers. When you hear someone talk about healing the sick, who do you think of first? [maybe doctors and nurses, maybe other healthcare providers, maybe caregivers like parents, etc.]

Prompt: There are actually lots of different people who can help people feel better when they feel badly. And all those people help bring peace to the world in some way. Do any of you know who this is? [Show image on p. 155.]

Mother Teresa

Prompt: This is Mother Teresa. She grew up in Albania/Macedonia (just north of Greece). Then, she moved to Ireland. And then she moved to India. [Use the world map to show these countries.] Have you ever known someone who moved from one country to another? How about from one state to another? [Share]

Prompt: Mother Teresa was a Catholic nun who worked with people who were poor and/or sick. Some of the people she worked with had leprosy.

[Note: Nowadays, there are medical treatments for leprosy, but in countries like India, not everyone gets treated. Also, the treatments can't always reverse negative effects that have already occurred.]

Prompt: Mother Teresa knew that even poor, sick people need to feel loved. They need to be hugged, fed, and given clean clothes to wear. They need to know that someone cares about them. Like Jesus (and Gobind Rai), she wasn't afraid to touch people, even if they were sick or disfigured. Mother

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MODERN-DAY PEACEFUL HEALER – MOTHER TERESA (cont.)

Teresa died in 1997, but there are still nuns all over the world who continue her work to this day. She also won the Nobel Peace Prize in 1979 – just like several other modern-day peace-makers and peace leaders we’ve talked about. Can you remember any of the other Nobel Peace Prize winners we’ve talked about? [Nelson Mandela, Malala Yousafzai, Martin Luther King, Jr., and the Dalai Lama.]

Prompt: Do you think you could give up a life of comfort to live with people who were poor or sick? [Share/Discuss]

Prompt: Do you think a healer, like Mother Teresa, deserves a prize for peace? Why/why not? [Share/Discuss]

CREATIVE RESPONSE – HEALING HUGS CRAFT

Supplies

Three sheets of paper (any kind, any color) per person, pens/pencils/markers, scissors, tape. Rulers, string/yarn/tape measures, and additional decorating items are optional.

Prompt: We’ve talked a lot about healing today! Today, we’re going to make a big hug to remind us that we can all be healers simply by sharing peace and love with anyone who might be struggling in some way.

The basic idea is to trace two hands, cut them out, and connect them with an accordion “hug” strip. You can make it more age-appropriate and fun by having them trace each hand – the left and the right. This will force them to use their non-dominant hand in one instance, which makes it less accurate and more amusing.

The accordion strip can be made from strips of paper that are 1” wide. They can be made with a single strip, or the kids can make a really long strip by taping shorter ones together end-to-end. For the accordion effect, simply fold the “hugging strip” back and forth on itself, like a fan.

If you want it to be a more realistic “hug,” have them make a really long strip and then trim it to their exact “hug span.” To determine “hug span,” measure from the fingertip of one hand to the fingertip of the other hand when the arms are spread out wide. You can use tape measures for this, but you can also use a piece of yarn/string or the 1” strip itself. Their “hug span” is probably going to be about 5 or 5½ ft., so if you use 8½” x 11” paper, they’ll need to tape together about 5 strips that measure 1” x 11” each.

Once the strip is finished, tape the ends to the handprints.

Decorate the handprints if you brought supplies for that.



ACTIVITY – PEOPLE-TO-PEOPLE GAME

Prompt: We're talking about touch a lot today, so let's play a fun game that involves touch.

Start by pairing up the kids. Then, yell out two body parts – like “hand-to-hand.” The two people in the pair should then touch hands. If the leader yells “hand-to-shoulder,” then everyone should place a hand on their partner’s shoulder. Here are some examples to get you started.

hand-to-head
hand-to-shoulder
hand-to-back
hand-to-waist
hand-to-chin
hand-to-knee

hand-to-foot
shoulder-to-shoulder
back-to-back
knee-to-back
foot-to-back
waist-to-waist

knee-to-knee
knee-to-head
knee-to-waist
foot-to-foot
foot-to-knee
foot-to-waist

TAKE-HOME OPPORTUNITY – PEACE FOR THE SICK

Prompt: This week, try to do something nice for someone who is sick or needs healing. You might make a card for them, or you might offer them something they need, or you might just tell them you hope they feel better soon.

PREVIOUS LESSONS FROM PEACE-MAKERS SECTION

Theme: What peace means and popular symbols of peace

Loo-Wit (Native American): Keeping peace between two fighting brothers; turned into mountains.

Muhammad (Islam): Keeping peace between tribal leaders when replacing the Black Stone.

Rabbi Levi Yitzchok of Berdichev (Hasidic): Keeping peace between the innkeeper and the thieves.

Bhai Sud (Sikh): Keeping peace by tricking the robbers into returning home.

Jesus (Christian): Bringing peace to the disciples when they were afraid in a boat during a storm.

Jesus (Christian): Bringing peace to the disciples when they were afraid/locked in a room.

PREVIOUS LESSONS FROM PEACE FOR THE WORLD SECTION

Hatim Ta'i Risks His Life (Sufi): Hatim Ta'i hid in a cave but returned to the village, so King Naufal's reward could be given to an old, poor couple.

Isaiah's Peaceful Kingdom (Jewish/Christian): Isaiah imagined what a peaceful kingdom and a peaceful leader might look like. He used animal pairs as examples (wolf/lamb, leopard/goat, cow/bear, lion/ox, baby/snake).

Jesus and His Mission of Peace (Christian): Jesus gave his followers instructions on how to spread his message of peace – no traveling bag, no sandals, eat the food offered, say “God bless this home with peace,” etc.

Vishnu/Varaha (Hindu/Vedic): The demon, Hiranyaksha, shoved Earth to the bottom of the sea. The god, Vishnu, appeared as a boar, rescued the world, and defeated Hiranyaksha to restore peace.



[Wikimedia Commons: Church (public domain courtesy of Steve Karg)]



[Wikimedia Commons: Church of Sjalevad in Sweden (public domain courtesy of Rosendahl)]



[Wikimedia Commons: Yuantong Temple in Yunnan, China (public domain courtesy of Brücke-Osteuropa)]



[Wikimedia Commons: Donglin Temple in Shanghai, China (public domain courtesy of alanxu)]





[Wikimedia Commons: Nodular Leprosy as depicted in An Introduction to Dermatology by N.P. Walker (public domain)]



[Wikimedia Commons: Bhai Sahib Satpal Singh Khalsa (public domain courtesy of Tariksingh)]



[Wikimedia Commons: Sikh boy wearing a patka in Punjab, India.
(Photo courtesy of Sanyam Bahga)]



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