

Finding Your Own Peace

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

PREVIEW

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- ✓ Background – Clerical Clothing
- ✓ Lesson/Bible Passages – Part I: Woman Healed
- ✓ Lesson/Bible Passages – Part II: Leper Healed
- ✓ Cross-Faith Connection – Guru Granth Sahib (Sikh)
- ✓ Modern-Day Peaceful Healer – Mother Teresa
- ✓ Creative Response – Hand Massager
- ✓ Activity #1 – Finger Spelling (Smartphone Time)
- ✓ Activity #2 – Quick-Hand Grab
- ✓ 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, Advanced Leprosy, Mother Teresa, Head Coverings, Story Illustration
- ✓ Handout of Readings

Note: This lesson is rather long, so you might want to select certain subsections or insert an activity when they seem restless.

REVIEW

Briefly discuss last week's Take-Home Opportunity: Peaceful Posture. See if anyone tried to use *tadasana*/"mountain pose," or another body posture, to remain calm and confident.

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) and review one or two stories from the Peace for the World section. Then, review both stories from the Finding Your Own Peace section (shown below). Try to keep the review to five or ten minutes. The lists of previous lessons can be found on p. 182.

Dhat's Magical Journey (Sufi): A royal son travelled to a distant land to retrieve a precious gem from a monster. After getting distracted, he completed his mission, returned to his kingdom, and realized 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.

PEACE

BACKGROUND – CLERICAL CLOTHING

Prompt: We've talked a lot about the Christian Bible. Today, we're going to explore a slightly different topic: what faith leaders wear. As you know, in the Christian tradition, we have special teachers and leaders. What do we call those teachers and leaders? [Brainstorm/Guess/Answer – ministers, pastors, priests]

Prompt: Have you ever noticed that these religious leaders sometimes wear special clothing? What kinds of things do ministers/pastors/priests wear? [Brainstorm/Guess/Answer – robe, stohl, collar, cross necklace, etc.]

Prompt: Does our minister/pastor/priest wear anything special? [Answer]

Prompt: This is a photo of Desmond Tutu, a famous minister from South Africa [Show image on p. 183.] He was a bishop; now he's an archbishop, which is even higher than a bishop. As you can see, he often wore both a clerical collar and a cross necklace.

Prompt: Another interesting thing about Archbishop Tutu is that he also won the Nobel Peace Prize. Do you remember any of the other Nobel Peace Prize winners that we've talked about? [Nelson Mandela, Malala Yousafzai {muh-LAH-luh yoo (as in "moon")-sef-ZAY}, Martin Luther King, Jr., and the Dalai Lama]

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.]

Prompt: Leaders in other religious traditions also wear special clothing, so we'll keep talking about this during the next couple of lessons.

LESSON/BIBLE PASSAGES – PART I: WOMAN HEALED

Supplies (optional)

Christian Bible/s

Prompt: We've also been talking about peace and the different ways in which people feel less than peaceful. If you're fighting with someone, then you're not being peaceful, and if you're worried and afraid – like Jesus' disciples were sometimes – then you're not feeling very peaceful either. Today's story is about a woman who was sick, and no one knew how to heal her. Have you ever known anyone who was sick like that? [Share]

Prompt: There were doctors back when Jesus was alive, but there were lots of diseases they didn't understand. Sometimes, when people got sick, they were sick for a long time. The woman in this story had been sick for 12 years, which probably means she wasn't feeling very peaceful.

Prompt: In this section of the unit, we're also talking about people who figure out a way to find their own peace. The woman in this story decided she needed to take matters into her own hands. Since Jesus was known throughout the land as a healer, she decided that he was the best option. The downside was that Jesus almost always had large crowds of people around him. Here's her story. [Show story illustration on p. 187. Then, read the passage below or use your preferred Bible. If you want, remind them that Mark is one of the four Gospels and let them find Mark 5:24.]

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

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

...a great multitude followed [Jesus], 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: So, the woman touched Jesus and was healed. What do you think about that? Do you believe someone could be healed with Jesus' touch? [Share – no right or wrong answer]

Prompt: 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]

Prompt: Why do you think Jesus said: "Go in peace?" [Discuss – no right or wrong answer]

Prompt: Do you think anyone could heal people in this way if they really tried? Or do you think there is only 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 as a great healer, and there are many stories in the Bible about Jesus healing the sick. In this next story, Jesus heals again with touch, but this person has a disease called leprosy. Do you know what leprosy is? [Guess/Answer]

Prompt: Leprosy is a horrible skin disease. [Show image on p. 184.] 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 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.

Prompt: Let's look at this passage about Jesus healing again with touch. [Read the passage below or use your preferred Bible. If you want, remind them that Matthew is one of the Gospels and let them find Matthew 8:1.]

PEACE

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

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]

Prompt: Do you think this story is similar to, or different from, the story about the woman? [Discuss – no right or wrong answer]

CROSS-FAITH CONNECTION – GURU GRANTH SAHIB

Prompt: When Jesus healed the woman, he said, “Daughter, your faith has made you well.” Other religions also talk about the relationship between faith and healing. Today, we’re going to read a couple of passages from the Sikh “Bible.” Do any of you remember anything about the Sikh religion? [Some Sikhs wear turbans, they like to offer *langar* (free meals where everyone is equal), and their teachers/leaders are called “Gurus.”]

Prompt: Does anyone remember how many Gurus there are in the Sikh tradition? [Play the higher/lower game until they get to 10.]

Prompt: There were 10 human Gurus, but they consider their “Bible” to be their 11th Guru. Their “Bible” is called the Granth Sahib {granth SAH-heeb}), but you’ll often hear it called the Guru Granth Sahib or even the Sri {shree} Guru Granth Sahib, which indicates how truly special it is. [If you want to indicate even greater respect and reverence, add a “Ji” {jee} afterwards for Sri Guru Granth Sahib Ji. See if they can say that!]

Prompt: The Guru Granth Sahib is made up of poems, hymns, and teachings. Here are a few verses about healing.

Read: Excerpt from Gauri, Fifth Guru (Sri Guru Granth Sahib, Vol. 2, p. 638, Shiromani Gurdwara Parbandhak Committee, Amritsar, 2006, trans. by Manmohan Singh)

The Perfect and Bright Guru, has removed my sufferings...

Anxiety is removed, and heart’s desires are fulfilled when True Guru
the treasure of excellence showers his benediction.

When the Guru orders, pain flees, and peace comes, and takes its place.

CROSS-FAITH CONNECTION – GURU GRANTH SAHIB (cont.)

Read: Excerpt from Gauri, Fifth Guru (Sri Guru Granth Sahib, Vol. 2, p. 639, Shiromani Gurdwara Parbandhak Committee, Amritsar, 2006, trans. by Manmohan Singh)

Fever has departed, and the Lord has rained peace.

All are rendered calm. The Lord has given His gift;

By Lord's grace, we have become comfortable....

By continuously remembering the Lord's Name, the abode of all the diseases is destroyed.

Prompt: Do you think these passages are saying the same thing as the Bible story about the woman who was healed by Jesus? Or do you think these passages are saying something different? [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. Usually, when you think of healers, you think of people like doctors, nurses, or other healthcare providers. Are there any other people you think of when you think of healers? [maybe alternative medicine practitioners or other caregivers (e.g., parents who help care for grandparents).]

Prompt: Do any of you know who this woman is? [Show image on p. 185.]

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 make sure they know where all these countries are.]

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

[Note: Nowadays, there are medical treatments for leprosy, but 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, she wasn't afraid to touch people, even if they were sick or disfigured. Mother Teresa died in 1997, but there are still nuns all over the world who continue her work, even today. Do you think you could give up a life of comfort to live with people who were poor or sick? [Share/Discuss]

Prompt: Mother Teresa also won the Nobel Peace Prize in 1979 – just like the other modern-day peace-makers we've talked about (Malala Yousafzai, Nelson Mandela, Martin Luther King, Jr., and the Dalai Lama). Do you think a healer, like Mother Teresa, deserves a prize for peace? Why/why not? [Discuss – no right or wrong answer]

PEACE

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

Prompt: We also talked about the special clothing that ministers/pastors/priests sometimes wear. Mother Teresa also wore something special to indicate that she was a nun; she wore a head covering, called a veil. Most Catholic nuns wear some sort of veil, although the color and style vary. Here are some images of Catholic nuns wearing their veils. They are often black, but Mother Teresa usually wore a veil that was white with blue stripes. You'll also notice that nuns sometimes wear cross necklaces, too. [Show top three images on p. 186.]

Prompt: Interestingly, Malala Yousafzai also wears a head-covering. [Show image of Malala Yousafzai on the bottom of p. 186.] She is not a Catholic nun; she is Muslim, which means she follows the teachings of the Prophet Muhammad. Many women in that tradition wear head-coverings. We talked about this head-covering very briefly a few weeks ago. Does anyone remember what this type of head-covering is called? [*hijab* {hee-JOB}]

Prompt: Why do you think Catholic nuns and some Muslim women wear these types of head coverings? [Brainstorm/Guess – maybe to show they are dedicated to their faith, maybe to show humility/modesty, maybe to show they are special in some way, etc. The kids might have other ideas, and they might think the reasons are different for the two groups.]

CREATIVE RESPONSE – HAND MASSAGER

Supplies

At least one balloon per person, funnels, flour, water, slightly-pointed objects (e.g., pens, pencils) to push the flour through the funnel

Helpful Hints

This craft isn't hard, and it doesn't take very long, but it can be a bit messy. Consider covering the work surface, having them work on a plate/tray, and providing paper towels for clean-up.

You can use balloons of any size. We like 12" balloons. They can hold about 3-4 tablespoons of flour and 3-4 tablespoons of water.

You can also use funnels of any size, but funnels with a stem opening of at least 1/4" work well.

Be prepared for them to throw the balloons around. Decide, in advance, about rules/consequences if you don't want them doing that.

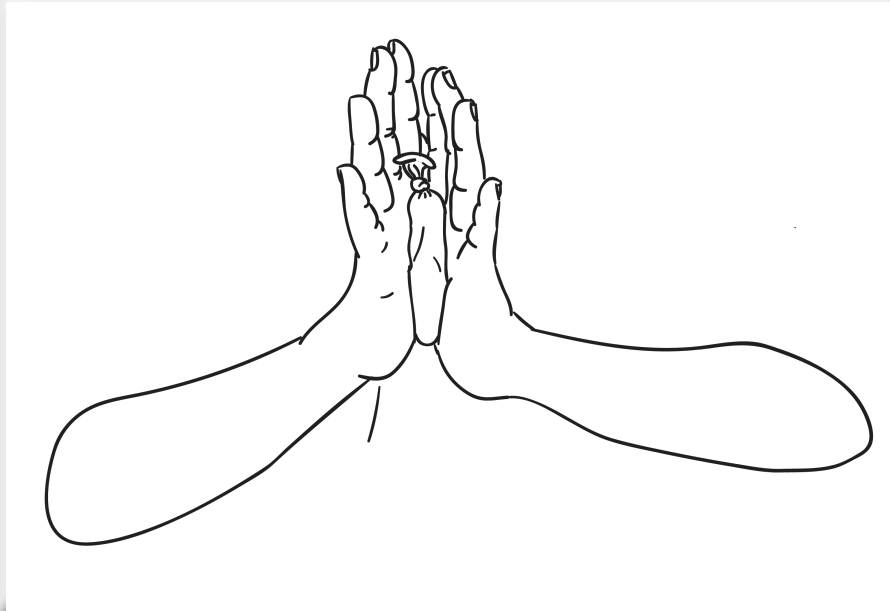
Prompt: Since we're talking about healing and about touch, we're going to make a balloon massager. You can roll it between your hands or over various parts of your body for a little healing/relaxation. [See image at the top of the next page.]

Place the funnel into the balloon. Fill the funnel with 1-2 tablespoons of flour and push it into the balloon using a slightly-pointed object.

Then, fill the funnel with 1-2 tablespoons of water.

Repeat as desired, depending on the size of your balloon and how full you want it.

CREATIVE RESPONSE – HAND MASSAGER (cont.)



ACTIVITY #1 – FINGER SPELLING

Prompt: Since we're talking about healing touch, we'll use our hands for this activity. The goal is to learn to spell your name in American Sign Language (ASL).

Smartphone Time

Prompt: The first step is to find a web site or YouTube video that shows how to make each letter of the alphabet using ASL.

Prompt: Once you have that, learn how to spell your name. Then, you can share it with the class.

Give them each a few minutes to figure out how to spell their names. Then, go around the group and have them share. If someone's name is long or the task is too hard, consider having them learn just their initials.

PEACE

ACTIVITY #2 – QUICK-HAND GRAB

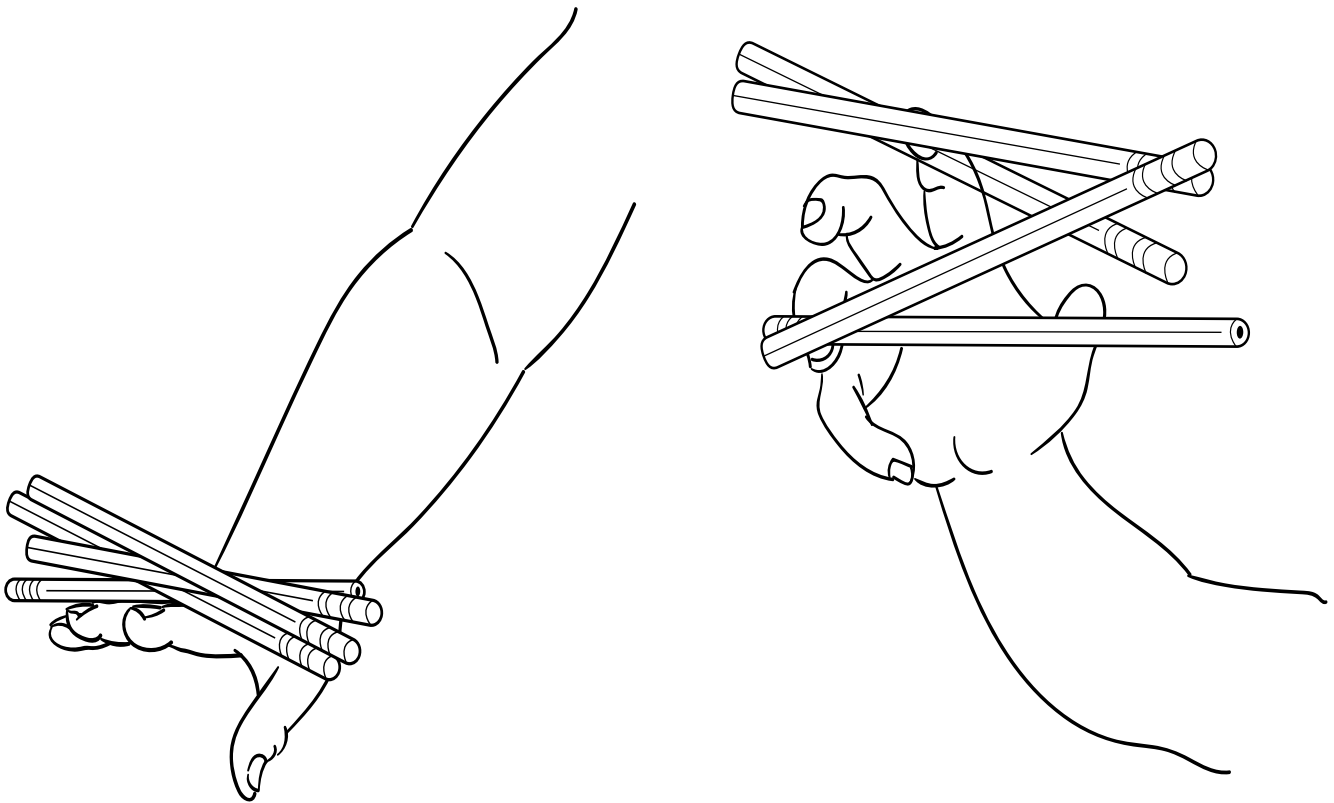
Supplies

Pencils (any kind)

Prompt: Here's another game that uses our hands. The object of this game is to grab a pencil from the back of your hand before it falls to the floor.

Here's how to play:

- 1) Hold out your hand, palm face-down, and place a pencil on the back of it.
- 2) Flip the pencil up a bit and pull out your hand. Then, grab the pencil as it's falling to the floor.
- 3) If you are successful, increase the number of pencils.



TAKE-HOME OPPORTUNITY – PEACE FOR THE SICK

Prompt: This week, try doing something nice for someone who isn't feeling well. What are some things you might be able to do? [Brainstorm – bring them something they need to feel better, make a get-well card, simply sit with them and tell them you hope they feel better soon, etc.]

PREVIOUS LESSONS FROM PEACE-MAKERS SECTION

Theme: What peace means, saying peace in other languages/traditions, symbols of peace

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 (Christian): Bringing peace to his disciples when they were afraid in a storm

Jesus (Christian): Bringing peace to his disciples who were afraid and 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.

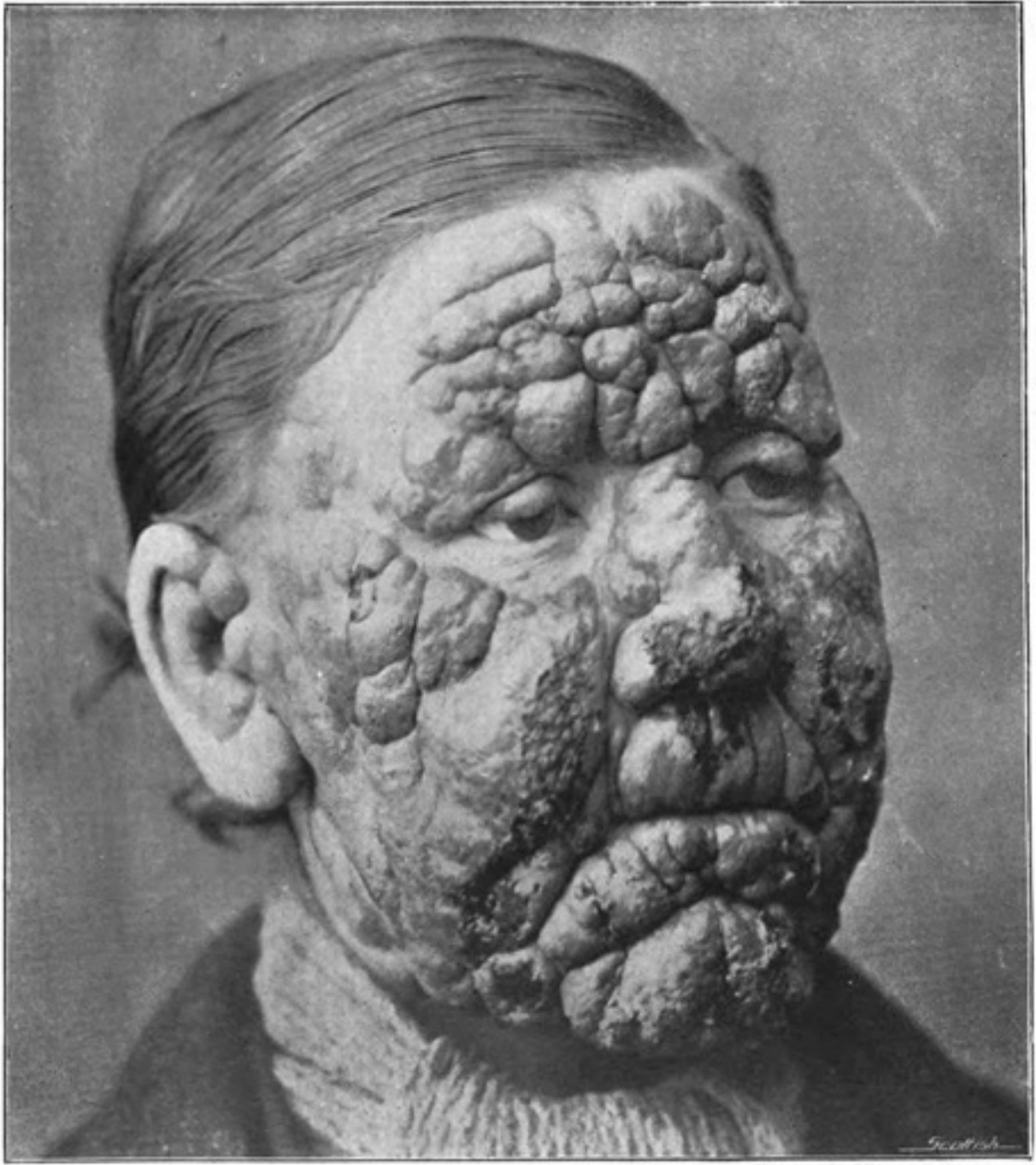
Four Harmonious Friends (Buddhist): Four animals (elephant, monkey, rabbit, and pheasant) decided to live peacefully and work together to harvest a tree's fruit.

Krishna Saves the World (Hindu): 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: Nodular Leprosy as depicted in An Introduction to Dermatology by N.P. Walker (public domain)]



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



[All Images: Wikimedia Commons (public domain)]



Handout of Readings

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

[See story illustration.]

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Excerpt #1 from Sri Guru Granth Sahib

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