Lesson on Luke 13:10-17
Jesus Heals on the Sabbath

In this Sunday's Gospel Jesus upsets some people when he healed a woman on the Sabbath. You see back in Jesus time you worked for six days and set the Sabbath aside for worshipping God and resting. So when Jesus healed the bent over woman on the Sabbath they yelled at him for doing work on the Sabbath. But Jesus asked them did they not feed and take their animals to drink on the Sabbath? Then why would He not show kindness and heal the woman on the Sabbath. When people heard this they shouted praises to God.

Now when I was a little girl we called the Sabbath, Sunday. And we still do today. However when I was a little girl the only things that were open on Sundays were the churches for worshipping, the hospitals for healing and the fire department for emergencies. Because Sundays were for praising God and like Jesus for helping others.

Today things have changed. However we still need to make worshipping and caring for others our priorities on Sundays. We need the time to rest and renew ourselves in body, mind and most importantly in spirit. This can be more difficult in today's society, but remember God is always with us and knows what is in our hearts.

Prayer

Dear God,
Thank you for sending us Jesus to teach us to be merciful and kind to others.
Help us to keep the Sabbath Holy. Amen

Lesson for Luke 13:10-17
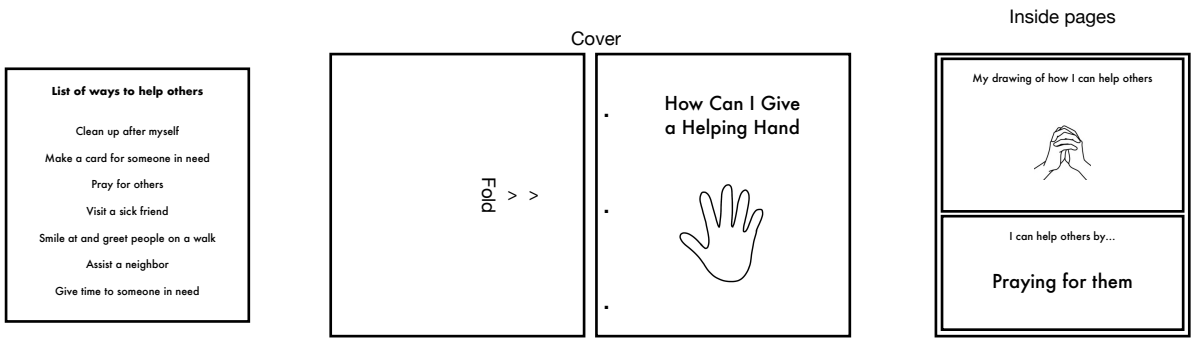# Jesus Heals on the Sabbath
Craft Directions for Helping Hand booklet

Materials:
Cardstock, construction paper or foam piece 8 1/2" x 11" cut in half as shown on template
Templates
Paper
Hole puncher or stapler
Pencil, pen or markers
Crayons
Scissors
Tacky glue
Yarn or ribbon (optional… if using hole puncher)
List of ways to help others
Paint and paint brush (optional… if using handprint method)

Directions:
Print templates or create your own

Trace handprint on paper or construction paper (optional)

Paint hand and fingers then place hand on paper to make handprint (optional)

Use hand symbol and heading for book cover

Use list to make enough pages from template to draw and write ways to help others

Use crayons to draw pictures on each page

Use pencil, pen or marker to write on each page

Staple pages and cover as a book or…
punch holes in cover and pages, then use ribbon or yarn to weave booklet together

Use booklet as a reminder and to choose how you can help others.

List of ways to help others

Clean up after myself

Make a card for someone in need

Pray for others

Visit a sick friend

Smile at and greet people on a walk

Assist a neighbor

Give time to someone in need

Cover

Fold > >

How Can I Give
a Helping Hand

Inside pages

My drawing of how I can help others

I can help others by…

Praying for them

How Can I Give a Helping Hand

Handprint or
traced hand
here

My drawing of how I can help others.

My drawing of how I can help others.

I can help others by...

I can help others by...