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An rfour.org Children's Time Message

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Written for Sunday, June 3, 2018

Second Sunday after Pentecost

Lectionary Year B

Scripture: [Mark 2:23-3:6](#) [**Summary:** *Jesus' Words Stretch Us*]

Supplies Needed: No supplies needed.

ASK (a.k.a. [The On-Ramp](#))

- Good morning!
- At school, for sports, or at home, do you ever do any stretching exercises?
- Do you ever do this stretch – what I call the "wake up stretch" – where you reach above your head and bend your back a little bit?
- Or the one where you pretend to touch your toes? [*Try to touch your toes*]
- Can you do that one? [*watch everyone try*] Oh wow...you can actually TOUCH your toes! That's very impressive!
- Do you know the stretch where you put the bottom of your feet together (sole-to-sole) and then you gently press your knees towards the floor with your elbows?
- You know what, I can't even demonstrate that one. Can you do that one? [*watch everyone try*] Oh my...you can actually do that one too!?
- You are certainly better at stretching than I am!

TELL (a.k.a. [The Freeway](#))

- I'm not very good at stretching, because I do NOT practice stretching every day.
- I think I should stretch more, though. We stretch because it feels good, but also because it strengthens and heals our bodies.
- And guess what? Just like our bodies don't work as well when we don't practice stretching, our brains also don't work as well when we don't practice stretching them.

- One way we can practice stretching our brains is by thinking about ideas and words from other people.
- I'm talking about stretching because in today's scripture story, there is a man with a hand that does not move and is probably curled in on itself.
- When Jesus sees the man, he tells the man to stretch out his hand.
- Now the man could've said, "Jesus, look at my hand! It can't be stretched out."
- But instead, the man thought about Jesus' words and he let Jesus' words stretch his brain.
- And then, the man actually *did* what Jesus said to do.
- After letting Jesus' words stretch his mind, the man stretched out his hand and was healed!

SHARE the Good News (a.k.a. *The Destination*)

- Today's story reminds us that Jesus' words can be challenging.
- His words can challenge and stretch how we understand a situation.
- But if we say yes to Jesus' words, not only will his words stretch our brains and understandings, his words will also strengthen and heal our bodies.
- Remember, we have to practice saying yes to Jesus' words, just like we have to practice stretching.
- And when we do say yes to Jesus' words, our brains, bodies, and lives will be stretched, strengthened, and healed just like the man in today's story.
- That's the good news for today. Let's pray.

CLOSING Prayer

Dear God,

Dear God,

Thank you for Jesus...

Thank you for Jesus...

...who shares your challenging words...

...who shares your challenging words...

...that stretch our brains...

...that stretch our brains...

...and heal our bodies.

...and heal our bodies.

Help us to say yes to these words.

Help us to say yes to these words.

Thank you and Amen