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An rfour.org Children's Time Message

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Written for June 2, 2024

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 your toes on each foot facing away from each other. 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 thoughts with possibility.
- 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. This is a repeat-after-me prayer.

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 minds...
...that stretch our minds...**

**...and heal our bodies.
...and heal our bodies.**

**Help us to say yes to Jesus' words.
Help us to say yes to Jesus' words.**

Thank you and Amen