



## Healing of Naaman: 2 Kings 5:1-14 Lesson Plans

WRM Season 3 Session 3 : Arts & Crafts, Science, Movement & Games

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### OVERVIEW SECTION

#### **How to Read This Lesson Plan**

The **Overview Section** is the foundation of this lesson plan. The questions and activities for the class that you will be teaching on Sunday morning have been based (sometimes loosely) upon what you read in this section. The **Overview Section** is composed of five components (each component is underlined in the lesson plan):

**How to Read This Lesson Plan** (defines all components of the lesson plan)

**Purpose of Sunday Morning Spiritual Formation** (a reminder of why we do this)

**Scripture(s) for the Session** (a reminder that the scripture is to be read in every class)

**Key Verses & Theology** (background for teachers to ponder)

**Themes to Focus on from the Scripture** (the ideas that the session's lessons are based on)

The actual lesson is found in the second section, **The Sunday Morning Experience Section**. Think of this section as the step-by-step instruction guide to your Sunday morning teaching experience. There are four components to this section (again, each component is underlined in the actual lesson plan):

**Preparation** (including supplies needed)

**Classroom Statement** (a brief explanation of what will be taught/happening in the classroom)

**Step-by-step process of the lesson** (including the scripture to be read)

**Suggested variations for age groups** (Self-explanatory but not always applicable)

We encourage you to read the rest of this **Overview Section** before reading the **Sunday Morning Experience Section**.

#### **Purpose of Sunday Morning Spiritual Formation:**

The purpose of Sunday Morning Spiritual Formation is, with God's help and in community, to hear and interact with the stories of our faith tradition, to pray, worship and play together, and to equip and support the building of relationships with God and with each other.

#### **Scripture(s) for the Session: 2 Kings 5:1-14**

*Please READ this aloud in every class you teach.* The actual words to the scripture can be found in **The Sunday Morning Experience Section: Step-by-Step process of the lesson**. When reading to the class, please read it from the lesson plan (not an actual Bible) as the wording of the scripture has been modified to help clarify some language issues.

**Key Verses & Theology:** These are provided to help the teachers think about and build a framework for understanding the story to help in answering some of the questions that the students might raise in class.

*1 Naaman, commander of the army of the king of Aram, was a great man and in high favor with his master, because by him the Lord had given victory to Aram. The man, though a mighty warrior, suffered from leprosy.* Here we are introduced to Naaman, the mighty warrior. But there are some tensions that appear immediately with this introduction. 1. Naaman's a mighty warrior because God lets him be so (warriors tend not to like to share credit). And 2. Even though Naaman can conquer nations, his own body has been compromised – he has leprosy. And so, Naaman is a man of conflicts – a man used to winning conflicts, except he has now come up against a foe that he cannot defeat (leprosy). Another tension is that Naaman is not from Israel, but from a neighboring country, a country as we learn in verse 2, that is not always a friendly neighbor to Israel.

*11 But Naaman became angry and went away, saying, "I thought that for me he would surely come out, and stand and call on the name of the Lord his God, and would wave his hand over the spot, and cure the leprosy! ... 12 He turned and went away in a rage.* This verse happens after Elisha, through a messenger, tells Naaman to wash 7 times in the Jordan River. To be somewhat fair to Naaman, the Jordan river is a dirty, muddy, miserable body of water. So obviously, for this man of power, who is used to getting his way, being dunked in the Jordan (7 times no less) was not expected. And because his expectations were not met, he therefore becomes angry and leaves. Naaman's anger seems to come from a combination of being used to being in control, feeling helpless in the face of a new foe that he can't control and then expecting that whatever help that is offered will be offered to him in a certain way. This combination of control, fear (helplessness), and expectation causes Naaman to turn away from the offered help.

*13 But his servants approached and said to him, "Father, if the prophet had commanded you to do something difficult, would you not have done it? How much more, when all he said to you was, "Wash, and be clean'?"* The servants, unlike Naaman, don't have the pride that comes from an experienced life of control and conquest. Instead, they have a humility and humbleness that comes from an experienced life of serving. Because of this perspective, they are able to see what Naaman cannot: That the end result of healing is ONLY being stopped by Naaman's retention of his pride. They correctly point out that what Naaman needs to do in order to get what he wants (healing) is not a hard thing for him to do (go swimming!). But for a warrior (as it is for most people), surrendering one's pride and expectations is never an easy thing and all too often gets in the way.

*14 So he went down and immersed himself seven times in the Jordan, according to the word of the man of God; his flesh was restored like the flesh of a young boy, and he was clean.* Naaman finally heeds the wise advice of his servants and surrenders to the word of the man of God. And when he is obedient, what happens? Not only is he healed, but he's super-healed! Basically, he receives a spiritual Botox that restores his skin to that of a younger man than he. However, it's not chemicals that restore Naaman, but his surrender to God's Will. The process Naaman had to experience in order to surrender to God has many similar components to how it works for all of us with God. We want to be in control. We have expectations of how things are to be. But it is often not until we run up against the thing that we

cannot control that we start to at least consider surrendering to a higher authority, to God's will. And even if the outcome of surrendering is that we receive healing, the effort involved to receive healing (to give in, accept and be obedient to God) can be frustrating, even rage-inducing. But that's why it is important that we surround ourselves with other servants of God, who can see what we cannot and who remind us that God's way is better than our own way.

**Themes to Focus on from the Scripture:** Themes are provided to help teachers understand the teaching of the *session* (not necessarily the class). Sometimes an activity in one class may not match up with any of the themes.

**Expectations:** In this story of healing, Naaman is not only stricken with leprosy, but also the inability to see; his insight is being blocked by expectations borne of pride. Obviously, he was not actually blind. But he did have a hard time understanding that the healing he so desperately wanted was not going to be given to him in the way that he desired. Expectations often get in the way for us when we are seeking God and God's Kingdom. We want things to happen and to look and to go a certain way. But oh so very often, things don't go the way we want. And then what is our response? Do we turn away in rage, like Naaman did? Or do we remember, like the servants did, that it's not how we want things to go, but instead, it's that we follow God's way?

**Listening:** Naaman is a general. He is used to giving commands, not taking them. So he struggles to follow the commands given to him. To really listen takes humility. Because to really listen means that we set aside what we think we know. We set aside what we want to say. And then, we focus on the message being presented. If we're listening to God, then there's the added issue of surrendering and obeying. This is another incredibly hard thing for a successful general to do, but it is just as hard for the rest of us to do as well.

**Healing/Restoration:** When we let go of our expectations, and when we listen with humility, and when we surrender to and obey God's Will, we experience healing. We experience restoration, renewal and strengthening. Like Naaman's skin, we experience the energy and vigor of youth. And it's not just us who experiences this healing, but those around us too. The servants in the story are just as ostracized as Naaman is by Naaman's leprosy. Naaman's restoration is also a restoration for his servants. So even though the letting go of expectations and the listening with humility is difficult, when we do it, life is better for us and for those around us.

## THE SUNDAY MORNING EXPERIENCE SECTION

### Preparation

- Print out this lesson plan and bring it with you on the Sunday Mornings you are teaching
- Arrive at pre-arranged time to join other teachers, shepherds and staff for an opening prayer.
- Supplies Needed: two 28 cm x 19 cm x 4 cm clear glass baking dish (or equivalent); fill each baking dish 3/4<sup>th</sup> full of water; have a bottle of blue food coloring; have at least 12 tbsp. of vegetable oil on hand; at least 8 tbsp. pure cocoa powder; a tablespoon; a teaspoon; at least 5 craft sticks; two 12-ounce or more glasses (plastic works too, just have them be clear/see-through); absorbents (paper towel, cotton balls, rag, string, nylon pot scrubber, sponge, styrofoam cup, garden peat moss); liquid dishwashing detergent; tweezers or tongs; dirty pennies from before '82 (because they are made of copper, not zinc); ketchup (grab a handful from McDonalds), erasers, hot sauce (I grabbed a handful from Taco Bell); apple cider vinegar

### Classroom Statement

This Science class consists of reading the Healing of Naaman story, one pollution restoration demonstration and one cleaning/restoring experiment. Both the demonstration and experiment focus on the difficulty of restoring/healing and how we need to seek and invite God into our hurt in order to best experience restoration.

### Step-by-Step Process of Lesson

Shepherd comes in with students

**SHEPHERD ASKS** "Question of the Day."

**INTRODUCE yourself**

Hi, my name is \_\_\_\_ and I want you call me (tell the students how they may address you).

**PRAY** (Short and simple is perfect)

God, thank you for this day and for each other. We need your help. Help us to learn about you this day. Amen.

**TELL**

- Last session, we read a story about Elijah listening for God (remember, with all the wind, earthquakes and fire storms?).

- At the end of that story, there was a command from God to Elijah to anoint Elisha as his student.
- The story we're going to read today is about Elisha, who by this time, is a prophet, just like Elijah was.
- This story takes place about 800 years before Jesus lived.

## **READ** 2 Kings 5:1-14

1 Naaman, commander of the army of the king of Aram, was a great man and in high favor with his king, because through Naaman, God had given victory to Aram. Naaman, though a mighty warrior, suffered from leprosy, a skin disease that was very contagious that caused people to avoid and be afraid of Naaman.

2 Now the Arameans on one of their raids had taken a young girl captive from the land of Israel, and she served Naaman's wife. 3 She said to Naaman's wife, "If only my lord were with the prophet who is in Samaria! The prophet would cure him of his leprosy." 4 When Naaman heard this from his wife, he went in and told the King just what the girl from the land of Israel had said. 5 And the king of Aram said, "Go then, and I will send along a letter to the king of Israel." Naaman went, taking with him ten talents of silver, six thousand shekels of gold, and ten sets of garments. 6 Naaman brought the letter to the king of Israel, which read, "When this letter reaches you, know that I, the King of Aram, have sent to you my servant Naaman, that you may cure him of his leprosy." 7 When the king of Israel read the letter, he tore his clothes and said, "Am I God, to give death or life, that this man sends word to me to cure a man of his leprosy? Just look and see how he is trying to pick a fight with me!" 8 But when Elisha the prophet heard that the king of Israel had torn his clothes, he sent a message to the king, "Why have you torn your clothes? Let Naaman come to me, that he may learn that there is a prophet in Israel."

9 So Naaman came with his horses and chariots, and halted at the entrance of Elisha's house. 10 Elisha sent a messenger to Naaman, saying, "Go, wash in the Jordan seven times, and your skin shall be restored and you shall be clean." 11 But Naaman became angry and went away, saying, "I thought that for me, a mighty warrior, he would surely come out, and stand and call on the name of the Lord his God, and would wave his hand over the spot, and cure the leprosy! 12 Are not Abana and Farpar, the rivers of Damascus, better than the Jordan? Could I not wash in them, and be clean?" He turned and went away in a rage. 13 But his servants approached and said to him, "Sir, if the prophet had commanded you to do something difficult, would you not have done it? How much easier it is, then, when all the prophet said to you was, "Wash, and be clean'?" 14 So Naaman went down and immersed himself seven times in the Jordan, according to the word of the man of God. When he arose from the water, Naaman's skin was restored like that of a young boy, and he was clean of the leprosy.

## **ASK/TELL (answers in parentheses)**

- Leprosy is a skin disease. Was Naaman able to heal himself of this leprosy? (No)
- What did Naaman have to do to get healed? (Listen to the instructions/dip 7 times in the Jordan River)

- After Naaman followed these instructions, what happened to his skin? (it was *restored* to a state of youth)
- To restore something means to make something how it was before something happened to it.
- For example, if a car's in an accident, someone might try to restore that car to the shape it was in before the accident.
- We're going to do a demonstration now that will hopefully show us how difficult it is to restore something.
- We're going to take some water, here, and then have a little oil spill in it.
- And then we'll try to restore the water.
- Think we can do it?

### **EXPLAIN and DO OIL DEMONSTRATION**

- The first thing I'm going to do is take our water (both dishes should be filled 3/4ths with water), which came from the kitchen sink (faucet) and make it look a little more like water we'd see at a lake or an ocean by adding 5 or 6 drops of blue food coloring to each dish.
- Now I'm going to stir that water with a craft stick.
- While that settles (it'll take about 3 minutes to do so) we can now make our "pretend" and safe crude oil.
- I'm going to do that by placing 3 tablespoons of vegetable oil in both glasses.
- Now I'm going to add 2 tablespoons of cocoa powder to both glasses.
- And just like with the water, I'm going to stir the "oil" with a craft stick. (feel free to ask for volunteers to do this)

### **THE CONTAMINATION**

- Now that we have some pretend lake water and some pretend crude oil, I'm going to contaminate the water with the oil. I'm going to do that by very slowly pouring the oil from this one glass into the water in this one dish. And I'm going to hold the glass of oil very close to the water so that it doesn't splash when I pour.
- BEFORE I do that though, I want us to remember this moment – remember how nice and blue the water is. Everybody focusing and remembering? Ok, here we go!
- [pour the oil in]
- Can you tell me what the oil is doing? Is it sinking? Floating? Mixing in?
- Now we have to wait 3 minutes for the oil and water to settle.
- While we wait, I'm going to make another batch of "oil" and put it in the other water container.

### **BACK TO THE STORY**

- While we wait, I want us to think about Naaman. He didn't always have leprosy. That was something he came down with. Just like the water didn't always have oil in it.
- And just like the oil getting into the water and making it not very clean, in a similar way, leprosy made Naaman not very clean.
- The water may not want to be clean, but *we* want it to be clean, right? And that's how Naaman felt too. He wanted to be clean. He wanted to go back to how he had been. He wanted to be restored.

## **BACK TO THE DEMONSTRATION**

- Remember our answers to the question of how the oil was mixing with the water?
- Would our answers be different now?
- How is the oil mixing with the water now?
- We're now going to try to "heal" the water so that it is restored to how it was when we began this experiment.
- We're going to try to use what are called "absorbents."
  - So can I have a volunteer to come up and choose one of these absorbents (paper towel, cotton balls, rag, string, nylon pot scrubber, sponge, styrofoam cup, garden peat moss) and place it in this one dish [keep the other dish of water set aside for now]?
  - How much oil did the absorbent clean up? How quickly?
  - Does the absorbent pick up water, too? If so, how can you tell?
  - Does the absorbent sink or float?
  - What is the condition of the absorbent? (is it sturdy or starting to fall apart?)
  - If we were cleaning up the ocean or the Gulf of Mexico oil spill, do you think this approach would work? Why?
  - Let's give a round of applause for our volunteer while s/he pulls the absorbent out with these tongs (or tweezers).
- Let's have another volunteer come up and select the next absorbent to try out.
- [Go through the list of absorbents, for each absorbent ask the same indented questions from above]
- Now that we've tried all these absorbents, let's see what we've learned:
  - Of the absorbents we tested, which one worked the fastest? The best?
  - What other materials do you think we might be able to use as absorbents?

## **ADDING DETERGENT**

- Now we're going to take the other dish with the water with the pretend oil already mixed into it and instead of trying to absorb or suck up the oil, we're going to try something different.
- We're going to add some dish washing detergent to the water.
- Before I do that, what do you think will happen?
- Ok, those are some good ideas! Let's find out what actually happens.
- Now that I've added a squirt of liquid dishwashing detergent, what is the oil doing?
- How clean is the water now that the detergent has been added?
- Is it restored or as good as new again? Is it close to restored?

## **BACK TO THE STORY**

- Sometimes it is very difficult to restore something.
- In the story that we read, we see how upset the King of Israel is when he thinks he's responsible for restoring Naaman's health. Do you remember what the king does? (He tears his clothes in distress)
- The king tears his clothes because he knows he can't restore Naaman's health.
- But by the end of the story, Naaman's health IS restored! And his health is more than restored, his skin is like that of a child, instead of like a grown adult.
- And the reason he's healed is because Naaman is obedient to God's commands.

- Sometimes there are things on our own that we cannot do at all. And for that we need God's help.
- And for all the things that we CAN do (whether we can do them on our own or not), when we seek and receive God's help, we can do all those things better with God's help.

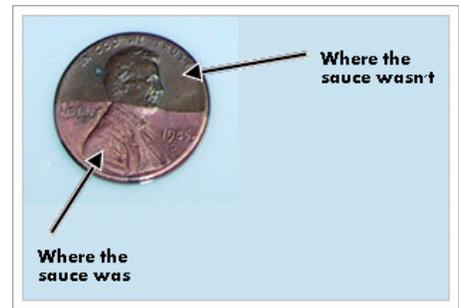
## IF There's Time...

### TELL

- Let's do something similar to our oil demonstration.
- But instead of cleaning oil out of water, let's clean pennies!
- We're going to try to clean the pennies with different types of liquids.
- We're going to try using
  - Taco Bell hot sauce
  - McDonald's Ketchup
  - Apple Cider Vinegar
  - Pencil Eraser
- What substance do you think will clean the penny the best?
- (Take suggestions, write them down, if you want.)

### EXPLAIN

- So take four pennies.
- Take one sauce and cover ½ of one side of the penny so you can compare before and after.
- Do one sauce per penny.
- I'll give you 30 seconds to get all the sauces on
- In 5,4,3,2,1 we'll now wait for 2 minutes for the sauces to do their work.
- While we wait, take your 4<sup>th</sup> penny and try to erase the grime off of it. Just do one half, like you did on the other pennies in order to compare.
- OK! Time's up! Wipe-off your pennies and compare them to each other.
- Which sauce did better!?!?



### CLEAN UP