



A Workshop Rotation Model Lesson Plan from rfour.org

Healing of Naaman | 2 Kings 5:1-14

Season 2.Session 3: Arts & Crafts, Science, Movement & Games

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. However, feel free to print out the scripture and place it IN a Bible, so that there is a visual connection between the Bible and the story.

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.



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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: Graphite sticks (you can buy them on Amazon. Here's a link to a current set: [Graphite Sticks Amazon Link](#)). Bristol paper (smooth surface – 11 x 17 – Michaels usually has some); paper towels; rulers. Pencils with good erasers on them or just good erasers.

Classroom Statement

This Arts & Crafts class consists of reading the Healing of Naaman story and then doing a Round-Robin reductive drawing exercise with the students that demonstrates some of the concepts found in the story; namely, how listening and obedience lead to 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. For example:

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.

TELL

- In the story that we read, Naaman had to listen and obey without knowing what was going to happen.
- When Naaman thought he knew what was supposed to happen and then that thing didn't happen (like Elisha waving his hand over him and healing him), he became angry and then couldn't receive what was being offered to him.
- We're going to make a drawing, together, where you are not going to know what you are making.
- You might try to figure it out, but if you think you know what you're drawing, and you go with your thoughts rather than what I'm telling you to do, you might be wrong, and it won't just be

you who is wrong, but all your classmates as well because we'll be drawing on each other's pieces of paper, as you'll see.

- So listen very closely, like Naaman had to do.

DO "ROUND ROBIN" DRAWING ACTIVITY

1. First, go to your piece of paper.
2. Turn the paper so that it's longer sideways than it is tall.
3. Now take a graphite stick, and using the long side of it, fill in the whole piece of paper with the graphite. Make the whole page dark. Not super black. But like a cloudy day.
4. I'll give you a few minutes to do that.
5. [wait for about a minute]
6. Ok, finish up in the next ten seconds. Ten, Nine, Eight.....One!
7. Put your graphite stick down. And everyone move to your neighbor's paper on your right.
8. Pick up the paper towel that is next to the paper and fold the paper towel in half.
9. Now press it against the paper and rub the whole paper with the paper towel.
10. Rub all of the graphite into the paper.
11. Very good.
12. Everyone move to your neighbor's paper on your right.
13. You'll see a pencil there. Pick it up.
14. We're going to be using the eraser end, not the drawing end.
15. There's also a ruler there. We'll be using that too.
16. Make sure the paper is still turned sideways.
17. The top of the paper will be the long side that is furthest away from you.
18. At the top of the paper, find what you think to be the middle of the paper from left to right.
19. Lay the ruler down on that middle point of the paper, so that the ruler runs from the top to the bottom of the paper.
20. Make sure the start of the ruler is even with the top of the paper.

21. Now lay your hand on top of the ruler so that your middle finger is pointing at the 3 inch mark and the rest of your hand is laying on top of the ruler the long way like so (demonstrate with your own hand if need be.) Here's a picture to show what it looks like ----->



22. On each side of your hand that's on top of the ruler, use the eraser and use it to make an up and down line about the length of your pinky on the paper.

23. Now pick up your hand and the ruler and make sure the two lines are the same length. If they aren't, you can fix them.

24. Everyone move to your neighbor's paper on your right.

25. Turn the paper so that it's more tall than wide.

26. Find the bottom line, the line closer to the bottom of your paper, and find the middle of it. Now using your eraser, erase a line all the way from the middle of that bottom line to the bottom of your paper.

27. Turn the paper all the way around, find the middle of the other line and erase a line from the middle of that line to the bottom of the paper.

28. It should look like you have two really big T's on your paper right now.

29. Everyone move to your neighbor's paper on your right.

30. Turn the paper sideways so that it's more wide than tall, make sure the two T's are closer to the top of the paper than the bottom.

31. Take your eraser and put it at the top of the very first line that was drawn. It should now be part of one of the Ts. Put your eraser at the end of the line that's closest to the top of your paper.

32. Now make an arc (an arc is a curved line) that connects that end of the T to the same end on the other T.

33. So it'll be a pretty small line, but it should be curved, too.

34. Now, find one of the T's and put your eraser on the point where the two lines come together to make the T.

35. You're going to make a line in the form of an arc, following the same direction as the first arc you made, only the arc will go just a little closer to the top of the paper. The arc will stop at the same point on the other T.
36. Everyone move to your neighbor's paper on your right.
37. The paper should still be sideways.
38. Take your ruler and lay it alongside one of the long lines that make one of the Ts. Using the ruler, mark one inch down the long line from where the arc connects to that T.
39. Now do the same thing on the other T.
40. Now draw an arc that follows the same direction of the other two arcs (but goes closer to the top of the paper than the other two arcs) that connects these two new marks you made on each T.
41. Everyone move to your neighbor's paper on your right.
42. Make sure the paper is sideways with the lines closer to the top than the bottom of the page.
43. Lay the ruler down so that it is alongside the long part of one of the Ts. Measure another inch away from the last arc on that T. Then do the same on the other T.
44. Now take the ruler and lay it along the top of the paper. Measure 4 inches from the left edge of the paper and make a mark on the top of the paper.
45. Do the same on the other side.
46. Now take the mark on the T that's on the left-hand side and draw an arc (follow the same curve as the other arcs) that connects with the mark at the left top part of the sheet.
47. Do the same for the other side.
48. Everyone move to your neighbor's paper on your right.
49. Make sure the paper is sideways. Make sure the arcs are at the top of the paper.
50. Find the T on the right-hand side of the paper.
51. Find the shorter line of that T. Find the end that has no arc coming out of it.
52. Take a ruler and make a small mark exactly one inch below the end of that line.
53. Do the same thing on the other side.
54. Now, go back to the shorter line of the T on the right-hand side of your paper.
55. Put your eraser on the end that has no arc attached to it.
56. Take your ruler and connect that end of the T with the right-hand bottom corner.

57. Now draw a 2 inch line from the end of the T toward the corner.
58. Do the same thing with the other T and the left-hand bottom corner.
59. We're calling those two lines "Diagonal lines"
60. At the end of one diagonal line, draw a two inch line straight toward the bottom of the paper.
61. Do the same on the other side.
62. Everyone move to your neighbor's paper on your right.
63. Find the end of the right-sided line that's going down from the diagonal line from the T on the right-hand side.
64. Measure one inch to the left of that line and make a mark.
65. Draw a line from the end of the line to that mark you just made.
66. On the other side, do the same thing, only make the mark one inch to the RIGHT of the left line that's going down from the diagonal line and connect the end of the line with the mark.
67. From the ends of those two new lines that you just made, draw a line upwards that is 1 inch long.
68. On the right-hand side of your paper, find the end of the line you just drew.
69. Everyone move to your neighbor's paper on your right.
70. Find the original T on the right hand side of the paper
71. Find the mark that we made below it just a while back.
72. Take your ruler and connect that mark with the end of the line that you just drew on that side of the paper.
73. Draw a line to connect that mark and that line.
74. Do the same thing on the left-hand side of the paper.
75. Everyone move to your neighbor's paper on your right.
76. Make sure the paper is sideways.
77. Turn it all the way around so that the paper is still sideways, but the drawing is now on the bottom of the page.
78. What do you see?
79. A headless, handless body, right?
80. That's Naaman coming out of the river, that we've been uncovering with our erasers!
81. Now go ahead and give him some hands and a head and a face.

82. Maybe add a sun and some land behind him.

TELL (while they draw)

- Just like Naaman had to move and be obedient to be healed, so did we just now have to move and be obedient for Naaman to be healed!
- At the very beginning when I said we were going to draw a picture, and let's just pretend that you then decided to not listen to anything else that I had said, you would've drawn with the pencil instead of the eraser, right?
- And then you would have not received what the rest of us did, which was a cool new way to draw, right?
- The same thing happened for Naaman when he first heard that he was supposed dip 7 times in the Jordan River.
- He wasn't going to listen to Elisha's message even though Elisha's message was God's way of offering healing to Naaman.
- But Naaman's servants reminded him to give it a try.
- When we think we know what should happen, that's called having expectations.
- Expectations make it harder for us to hear what God is calling us to do.
- Expectations almost caused Naaman to not receive healing.
- But because Naaman had his servants to help remind him, Naaman made it to the river for healing, right?
- And that's the good news for today: When we listen to God, and follow God's directions, healing will happen for us and those around us.

CLEAN UP & DISMISS

What the "drawing" should sort of look like when its done:

