



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

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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. 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:** Make a die (using a square cardboard box – I bought mine from the Post Office – glue a different colored cardstock or construction paper on each side of a small ‘cube’ cardboard box. Then on each color write with a marker one of the W’s on it: Who?, what?, when?, where?, why?, how?). Print out the 6 sets of questions in the lesson plan under “DO QUIZ.” Tape each set of questions to a cardstock paper. Make sure that the color of the cardstock for each question set corresponds to the color on the die. For instance, if on the die, “WHO” is written on red cardstock, then the “WHO” set of questions should be glued to a red cardstock piece of paper as well – this helps the teacher find the correct set of questions much more quickly during the activity. At least 2 six-foot long strips of masking tape per class (depending on size of class – over 12 kids – you’ll want 3 or 4 strips of tape); balloons (at least 20 balloons per class – they don’t need to be blown up, except maybe for the K or 1<sup>st</sup> grade class. I use 9 or 12” balloons because they are easier for the kids to blow up and tie-off); paper and pencil to write on for score keeping.

#### Classroom Statement

This Movement and Games class consists of two activities to help students think about and learn the story about Naaman being healed of leprosy. The first activity is a Quiz game with some simple rules that when played will hopefully help solidify the story in the minds of the students. The second activity is an activity involving balloons and tape as a way to demonstrate the concept of “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.
- After I read the story, we're going to play a quiz game about the story. So listen very carefully!

## **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**

- Now that you've heard the story, we're going to play a game where we try to remember as much of this story as possible.

## **EXPLAIN**

- First we need to divide up into teams.
  - So everyone grab a partner
  - Now with your partner decide who's going to be the pencil and who's going to be the eraser.
  - You can't both be the same thing! You have 10 seconds to decide [count down outloud]
  - OK, now we have our teams: Pencils Team, you're over here (one side of room or table). Erasers Team, you're over here (other side of room or table).
- Object of the game is to get as many points as possible.
- Teams and players on the teams take turns rolling this big die [hold die up]
- When a player rolls the die, the color that comes face-up will match the color of one of the cards I'm holding over here. I will then read to you a question from that card.
- If you can answer the question all by yourself, then that's three points for the team.
- However, if you get it wrong, then your team will lose one point.
- But WAIT! You can ask your team for help with answering a question. If you ask your team for help, and you get the answer correct, then your team gets two points.
- BUT if you ask your team for help and you answer incorrectly, then you WILL NOT LOSE any points.
- Finally, if and only if you ask your team for help and you get the answer wrong, then the other team will have a chance to answer the question that you couldn't answer – if they get it right, they get 1 point. If they get it wrong, they don't lose any points.
- We'll play until we run out of questions for two of the categories.
- The categories are: Who, what, why, when, where and how.
- Finally, pay very close attention to all of the questions because sometimes the answer for one question will be mentioned in the asking of another question.
- Any questions?
- Ok, the Pencils Team goes first.

## **DO QUIZ (questions for the question cards) (answers in parentheses)**

### **Who questions: (Red)**

- Who tells Naaman about Elisha? (the wife)
- Who tells Naaman's wife about Elisha? (the servant girl from Israel)
- Who does Naaman go to first once he's in Israel (the king of Israel)
- Who sends a letter to the King of Israel (Two answers! The King of Aram and Elisha)
- Who tells Naaman to dip seven times in the Jordan River? (Elisha's servant)
- Who tells Naaman when he's angry that he should do what the Elisha's servant said to do?

**What questions: (Blue)**

- What did Naaman bring with him when he went to see the King of Israel?
- What did the King of Aram want the King of Israel to do for Naaman?
- What did Elisha send to the King of Israel?
- What does the letter from Elisha to the King of Israel say?  
What did Elisha tell Naaman to do?
- What did Naaman's servants tell Naaman to think about when he was angry about Elisha telling him to bathe in the Jordan River?

**When questions: (Green)**

- When does Naaman ask for help (never, really, but when he talks to either King would suffice)
- When does Elisha talk to Naaman (never – Elisha sends a messenger to Naaman)
- When is Naaman healed?
- When does Elisha send the King of Israel a letter?
- When does Naaman get angry?
- When does the King of Israel tear his clothes?

**Where questions: (Purple)**

- Where does Naaman live? (Aram)
- Where does Naaman travel to for healing? (Three acceptable answers: Samaria; Israel; Elisha's house)
- Where is Naaman told to dip 7 times (in the Jordan River)
- Where would Naaman rather be than the Jordan River? (bonus points for this answer! Abana and Pharpar, the rivers of Damascus)
- Where is Naaman's servant from who knows about Elisha? (Israel)
- In his letter to the King of Israel, where does Elisha say Naaman can go to receive healing (to his/Elisha's house)

**Why questions: (Yellow)**

- Why does Naaman want to be healed? (Because he has leprosy and leprosy is bad)
- Why does Naaman travel to Israel? (Because that's where the prophet is that can heal him!)
- Why does the King of Israel tear his clothes? (Because he thinks the King of Aram is trying to pick a fight with him)
- In his letter to the king of Israel, why does Elisha say that he will heal Naaman? (so that Naaman may learn that there is a prophet in Israel)
- Why is Naaman angry at the instructions received from Elisha? (Two answers! Because he thought Elisha would wave his hand over him; because he thinks Abana and Pharpar, the rivers of Damascus are cleaner than the Jordan)
- Why does Naaman dip himself in the Jordan river even though at first he wasn't going to? (because his servants pointed out to him how easy it was)

**How questions: (Orange)**

- How many people does Naaman talk to before being healed? (if you count his wife which is implied but not stated, there are 5 people: His wife, King of Aram, King of Israel, Elisha's messenger and his own servants)

- How does Naaman think Elisha should have healed him (By coming out and waving his hand over his skin)
- How is Naaman healed? (By dipping in the Jordan River)
- How many times does Naaman have to dip himself in the Jordan River? (7 times)
- How many talents of silver does Naaman bring to the King of Israel? (ten)
- How many shekels of gold does Naaman bring to the King of Israel? (6000)
- How many sets of garments does Naaman bring to the King of Israel? (ten)

## TELL

- In the story we've been talking about, Naaman's health was restored.
- To restore means to make something like it was before.
- We're going to play a game now where one of our team members will be infected with balloons and the rest of the team will "restore" him or her.

## EXPLAIN Activity

- We're going to keep the same teams that we had in the last activity [unless you have more than 6 kids per team – then you'll want to take an equal number of kids from both teams to make a third team].
- Each team needs to blow up 8 balloons [maybe do a few more for older classes].
- Now you need to pick two volunteers from your team that can "wheelbarrow" well
- This is how you wheelbarrow: The "driver" holds the feet or legs of the "wheelbarrow" who moves him/herself forward with their hands
- Once you've picked your wheelbarrow team, each team gets 6-foot long strip of tape to wrap STICKY SIDE OUT around their wheelbarrow person [WRAP AROUND THE TORSO ONLY]
- Once that is done, we're going to put the balloons that each team blew up on this side of the room.
- The teams will stand over here on the other side of the room.
- On Go, each wheelbarrow team will move to the other side of the room, wheelbarrow-style of course, and then the driver will move the wheelbarrow around (no hands allowed) so that as many of the 8 balloons stick to the tape of the wheelbarrow as possible.
- Once all five balloons are picked up, the wheelbarrow comes back and the rest of the team takes the balloons off and pops them.
- First team to have their wheelbarrow "infected" with balloons and then "restored" (by popping the infection [yummy!]) wins!

## SET UP and DO Wheelbarrow Balloon Race

### TELL

- So before the game began, what did the person who played the wheelbarrow look like? (A lot like how s/he looks now, right?)
- But during the game, what did the wheelbarrow person look like? (Covered in tape and balloons).
- And what do you think people would think of the wheelbarrow person is s/he walked into a store or a gas station dressed up like that? (they'd laugh, maybe think it's cool, etc)

- The wheelbarrow person would really stick out, though, right?
- So that's what happened to Naaman. He was normal. But then when he got leprosy, he stuck out.
- Except instead of being laughed at, people ran away from him, worried that they'd get what he had.
- So when Naaman is healed, its not just that his skin gets better. But its also that he gets his life back. His life is restored. He's back to being "normal" just like the wheelbarrow person is now back to being normal.
- And who helped restore the wheelbarrow person?
- That's right, you did. Friends and teammates did.
- And that's who helped Naaman experience God's healing! The people around Naaman who loved him and cared for him helped him be obedient to God.
- Thank you for playing these games today!

## **CLEAN UP & DISMISS**