

Mary Visits Elizabeth

Lesson At-A-Glance

Scripture Reference
Luke 1:39-58

Lectionary Sunday/
Church Season
Advent 4

Lesson Focus
**I can sing about God's
gifts!**



Gather (10 minutes)

Center Time

Kids explore items we use during the season of Advent, pretend to take care of new babies, and color Bible story pictures.

Spark Resources

Coloring Pages



Supplies

Advent wreath, candles, Advent calendar, blue cloth, hymnals, scarves, baby blankets, cloth diapers, baby dolls, baby care items, blank paper, markers or crayons

Circle Time

Kids gather with a song, hear about the church season, and walk like Mary.

Leaflet

Blue scarf

Prayer Time

Kids thank God for mommies and daddies.

None

None

Open the Bible (15 minutes)

Mary Visits Elizabeth Storytelling

Leader reads aloud from the Spark Story Bible.

Spark Resources

Spark Story Bible

Supplies

None

Mary and Elizabeth Acting

Kids act out the story.

Spark Story Bible

Scarves

Mary's Visit

Kids have their hands traced and imitate Mary and Elizabeth's friendship.

Leaflets

Markers

Activate Faith (15 minutes)

	Spark Resources	Supplies
Singing Praises Kids sing like Mary.	Leaflets	None
Wiggle and Squirm Kids wiggle like Elizabeth's baby.	Leaflets	None
Baby Art Kids make a picture about a baby with stickers and other materials.	Lesson Stickers	Light-colored construction paper, markers or crayons

Send (5 minutes)

	Spark Resources	Supplies
Good-bye Time Kids hold a baby doll while recalling today's activities.	Leaflets	Baby doll
Prayer Time Kids sing praises to God.	Family Pages 	None



Visit www.sparksundayschool.org for more Spark content! Watch a short Lesson Prep video that will prepare you and give you confidence to explore this Bible story with the kids you are leading. You will also find four downloadable resources for this lesson: a Coloring Page, a Family Page, and two additional in-class activities.

Gather (10 minutes)

Center Time

You may choose to set up all or some of these learning centers for kids to play in as they arrive in your classroom. Have helpers in each center to help kids with the activities. Kids can stay in one center or travel to more than one.

When all kids have arrived and have had time to participate in at least one center, prepare everyone for the upcoming transition. Three minutes before the transition, walk around the room telling each group of kids, **"Please finish your play. It's almost Circle Time."**

When it is time to transition, dim the lights. Then say, **"It's time to stop and follow the baby."** (Cradle your arms as if you were holding a baby.) Sing, "We're following the baby" to the tune of "We're Following the Leader" as you walk to the Circle Time area. If kids need more transition time, walk around the room singing again before arriving in the Circle Time area.

**We're following the baby,
The baby, the baby.
We're following the baby,
Born on Christmas Day.**

Advent Exploration

On a child-sized table, place items used during Advent for kids to handle. Together, count the candles in the Advent wreath. Open all the doors on the Advent calendar. Use the blue cloth as a tablecloth or a pastor's stole. Find familiar Advent hymns in the hymnals and sing them.

Baby Supplies

In a corner or soft area of the room, set out the baby dolls and supplies. Watch as kids wrap up the babies and care for them.

Coloring Center

Have coloring supplies available at a table for the kids to color. Be sure to help them put their names on their papers.

Spark Resources

Coloring Pages



Supplies

Advent wreath
Candles
Advent calendar
Blue cloth
Hymnals
Scarves
Baby blankets
Cloth diapers
Baby dolls
Baby care items
Blank paper
Markers or crayons

Circle Time

Welcome, friends! We are all here to learn about God. Let's sing a welcome song and see who is here today. Sing this piggyback song to the tune of "Here We Go 'Round the Mulberry Bush."

**Now it's time for Spark Time,
Spark Time, for Spark Time.
Now it's time for Spark Time,
We hear about God's love.**

**Our friends are here for Spark Time,
Spark Time, for Spark Time.
Our friends are here for Spark Time,
We hear about God's love.**

**[Name]'s here for Spark Time,
Spark Time, for Spark Time.
[Name]'s here for Spark Time,
We hear about God's love.**

Continue until all kids and adults are named.

When it is the season of Advent, the color we see in worship is blue. Put the scarf around you like a pastor's stole. **You can tell the season by looking at the scarf our pastor wears in worship. Today his/her scarf is blue like mine.** Hold up your leaflet. **Our leaflet tells us that it's Advent. See this symbol?** Point to the luminary bag with a candle. **This is a luminary. Can you say *luminary*?** Have the kids say the word a few times. **The luminary on our leaflet tells us that it is Advent. Advent is a time when we wait for baby Jesus to come.**

Today's story is about Jesus' mommy. Her name was Mary, and she wore a scarf around her head like this. Wrap your head in the scarf. **Before Jesus was born, Mary went to visit her cousin Elizabeth. Mary and Elizabeth were both going to have babies! Mary had to walk a long way to see Elizabeth. Let's stand up and pretend we are walking with Mary.** Walk in place. **Let's walk up BIG hills.** Walk in place as if it's really difficult—don't be afraid to be overdramatic. **Let's walk down BIG hills. Let's walk up little hills. Stop for a rest!** Pause. **Let's start walking again—we're almost there.** Walk a little more and then stop. **We're here! Now we can sit down and rest.**

Spark Resources
Leaflet

Supplies
Blue scarf

Prayer Time

Before we hear today's story, let's say a prayer. Say my words after I say them.

This is a repeat-after-me prayer.

Dear God, *(repeat)*

Thank you for Mary and baby Jesus. *(repeat)*

Thank you for mommies. *(repeat)*

Thank you for daddies. *(repeat)*

Amen. *(repeat)*

Spark Resources

None

Supplies

None

Open the Bible (15 minutes)

Mary Visits Elizabeth Storytelling

Take out your Spark Story Bible and open to Mary Visits Elizabeth on pages 202-206. Read the story out loud and point to the corresponding pictures. Look for Squiggles the caterpillar in each picture. Ask kids what they think Squiggles is feeling or doing. Encourage them to make a face like Squiggles.

Ask the following questions, allowing time for kids to answer. **Who did Mary visit?** *(Elizabeth)* **Who wiggled?** *(Elizabeth's baby)* **Mary and Elizabeth were both getting ready to have babies. They were very happy! Mary was getting ready to be Jesus' mom. What are some things that mommies do?** Accept all answers.

Spark Resources

Spark Story Bible

Supplies

None

Mary and Elizabeth Acting

Ask if any kids want to be Mary or Elizabeth. **Let's act out our story. Who wants to be Mary? Who wants to be Elizabeth?** (Have as many Marys and Elizabeths as kids who want to participate.) Help the actors put scarves on their heads. **Okay! Let's play our story.** Reread today's story. Help kids act the story out by cueing them to open their arms wide as Mary does in the illustrations, or to wiggle their tummies as Elizabeth does in the story's illustrations.

Spark Resources

Spark Story Bible

Supplies

Scarves

Mary's Visit

Invite everyone to gather around a table. Give each kid a leaflet. Point to the picture on the front of the leaflet. **I see Mary and Elizabeth holding hands!** Pause for kids' observations. **Friends hold hands. Mary and Elizabeth are holding hands.** Pause. **Mary and Elizabeth must be friends!** Pause for responses. **I have lots of friends here today. I want to hold hands with my friends.** Walk up to a child or another adult and say, "[Name], you are my friend. May I hold hands with you?" Offer to hold hands with each kid, but don't force participation. **Let's add our hands to the picture of Mary and Elizabeth holding hands. I'll help each one of you.** Trace each child's hand in the space on the leaflet. (Again, don't force participation.)

Spark Resources

Leaflets

Supplies

Markers

Activate Faith (15 Minutes)

Singing Praises

Ask kids to turn over their leaflets. Hold up the back page for the kids to see. Point to the picture of Mary. **Mary sang to God. She sang, "I praise God and I am so happy because God is my savior." Let's sing like Mary.** Just sing joyously. You might sing the first couple of lines of "Joy to the World" and help the kids learn them, or take requests from the kids. **Praise God! La, la, la, la, la!**

Spark Resources

Leaflets

Supplies

None

Wiggle and Squirm

Point to the wiggling kids on the leaflet. **These kids are wiggling! They are squirming! Elizabeth's baby wiggled and squirmed when Mary came to visit. Let's all wiggle and squirm like Elizabeth's baby.** Have kids stand up and wiggle their way to an open area of the room. When you get there, encourage kids to continue to wiggle and squirm. When winding down, sit on the floor. Then say, **"Let's all take a baby nap."** Close your eyes and pretend to sleep for a minute.

Spark Resources

Leaflets

Supplies

None

Baby Art

Prep this activity beforehand. Have a table already set up with construction paper, markers or crayons, and a set of four stickers at each chair. A teacher or parent helper can do this job while everyone is wiggling. After resting from the last activity say, **"I see something for us to do at the table. Let's wiggle over to the table and find out what it is."** Wiggle over to the table and sit down with the children. **Wow! I have four stickers. I have a sticker of a baby.** Hold up the baby sticker. **I have stickers of a baby blanket and baby toys.** Hold up these two stickers. **And I have a sticker of a . . .** Pause and let the kids answer this one. **It looks like I can make a picture about a baby.** Begin to work on your picture. Kids will follow your lead. As kids make their pictures, retell the story, reminding kids about how Mary and Elizabeth were getting ready to have babies.

Spark Resources

Lesson Stickers

Supplies

Light-colored construction paper
Markers or crayons

Send (5 Minutes)

Good-bye Time

What did we do today? When I give you the baby doll to hold, tell me one thing we did today. There are no right or wrong answers. Gently give each kid a chance to hold the baby doll. If a child is not interested in the activity, please honor his or her feelings. Some kids may want you to hold the baby doll so they can touch it.

Hold up today's leaflet and point to Faith on the Go! on the back. **Be sure to take your leaflet home, because it has one more fun activity you can do with your family. Together you can sing praises to God like Mary. You can sing praises when you eat with your family, when you are in the car, and at bedtime. You can sing praises all day long.**

Spark Resources

Leaflets

Supplies

Baby doll

Prayer Time

Sing praises to God like Mary did in today's story. **Before we go, let's sing our prayer today.** This prayer is sung to the tune of "Row, Row, Row Your Boat."

**Praise, praise, praise God,
Praise God.
Joyfully, joyfully, joyfully, joyfully,
Praise God.**

Amen!

Be sure to send leaflets home with kids, and give each of them a Family Page to take home.

Spark Resources

Family Pages



Supplies

None

