

# Mary Visits Elizabeth

## Lesson At-A-Glance

Scripture Reference  
**Luke 1:39-58**

Lectionary Sunday/  
Church Season  
**Advent 4**

Lesson Focus  
**God sent Jesus for all of us.**



### Gather (10 minutes)

#### Arrival Time

Kids take turns swaddling a baby doll and do an Activity Page.

#### Spark Resources

Activity Pages



#### Supplies

Large towel or baby blanket, baby doll, markers or pencils

#### Circle Time

Kids greet each other with the letter E, hear about the church season, and play “telephone” by whispering a good-news message to each other.

Leaflet

None

#### Prayer Time

Kids sing a prayer to the tune “Rock-a-Bye Baby.”

None

None

### Open the Bible (15 minutes)

#### Mary Visits Elizabeth Storytelling

Leader or kid reads aloud from the Spark Story Bible, and kids make up actions to a story-related cheer.

#### Spark Resources

Spark Story Bibles

#### Supplies

Whiteboard, dry-erase markers

#### Mary's Happy Tune!

Kids sing the story to the tune “Mary Had a Little Lamb.”

Leaflets, Lesson Stickers

None

#### Jump for Joy!

Kids draw something that makes them very happy.

Leaflets

Pencils or markers

## Activate Faith (15 minutes)

|                                                                                                                 | Spark Resources | Supplies                                          |
|-----------------------------------------------------------------------------------------------------------------|-----------------|---------------------------------------------------|
| <b>Mary's A-Mazing News!</b><br>Kids help Mary travel through a maze to visit Elizabeth.                        | Leaflets        | Pencils or markers                                |
| <b>Feeding the Hungry</b><br>Kids do the math and find out how much it costs to feed hungry children in Africa. | Leaflets        | 10 one-dollar bills (play money would work fine)  |
| <b>Quilt Blocks</b><br>Kids design paper quilt blocks for baby Jesus.                                           | None            | Paper, markers, hole punch, precut pieces of yarn |

## Send (5 minutes)

|                                                                                                                       | Spark Resources                                                                                     | Supplies          |
|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------|
| <b>Good-bye Time</b><br>Kids select what they will do at home this week and make the sign of the cross as a blessing. | Leaflets                                                                                            | Pencils, scissors |
| <b>Prayer Time</b><br>Kids do an echo prayer.                                                                         | Family Pages<br> | None              |



Visit [www.sparksundayschool.org](http://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: an Activity Page, a Family Page, and two additional in-class activities.

# Gather (10 minutes)

## Arrival Time

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Set out copies of the Activity Page for this lesson, and markers or pencils on a table.

Show kids how to swaddle a baby. **Does anyone have a baby at home? What do you do to help care for your baby? The Bible talks about a special baby in swaddling clothes. Let's learn how to swaddle a baby.** (Lay towel or blanket on a hard surface. Fold a corner down, and lay the doll so the top of its head is on the fold and the rest of its body is on the blanket. Bring the bottom part of the blanket up over the doll's legs, then fold each side over its tummy.) Ask kids to think of Bible stories they've heard that have babies in them.

Invite kids to do the Activity Page. When all kids have arrived, invite them to join you in a circle or small group.

### Spark Resources

Activity Pages



### Supplies

Large towel or baby blanket

Baby doll

Markers or pencils

## Circle Time

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**Let's welcome everyone today. For each person in our class, we will say, "God welcomes name of kid into the family of God!" Today we will meet two women whom God loved, cousins named Mary and Elizabeth. You probably know about Mary, but you might not know about Elizabeth. Elizabeth starts with the letter E. Let's use the letter E today as we greet each other. Tell something about yourself that begins with the letter E or with the sound "eeeeeeeeeee." I will go first. "I love to eat and God gives me enough to eat."** Give each kid a turn, helping those who might struggle with this.

If the kids in your class tried the Faith on the Go! activities from last week's leaflet, be sure to invite kids to share what they did. Ask everyone how they showed love to someone or helped another person during the last week.

Hold up the leaflet and point to the picture of the luminary candle on the blue background. **Let's look at the front of our leaflet. What color do you see there? (blue) Look closely again—blue is the color of what season in the church? (Advent) Advent begins four Sundays before Christmas and is a time when we wait for Jesus to come into the world. In Advent, we get ready for Jesus to come. We pray and hear stories and get excited about the baby Jesus.**

**When we came in today, we practiced swaddling a baby. Now we're going to play a game of "telephone" about a baby. Ready? Listen carefully.** Whisper the message "Jesus is God's gift to us all!" to the kid sitting closest to you. Ask him/her to pass the message to the next person, and so on down the line. When the last kid has heard the message, ask him/her to speak it out loud. If the final message is different from what you whispered originally, tell kids what it was supposed to

### Spark Resources

Leaflet

### Supplies

None

be. **"Jesus is God's gift to us all!"** Hmm. Who wants to guess what we might be learning about in our Bible story today? Wait for responses. **Today we will learn about Mary's visit to Elizabeth. It has something to do with babies and something to do with a special message.**

## Prayer Time

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**Repeat each line of this prayer after me. We'll sing it two times.** Sing to the tune of "Rock-a-Bye, Baby."

**Rock-a-bye Jesus,  
Baby so small.  
Oh how we love you,  
Gift to us all.  
Mary is waiting  
For you to be born,  
And we will sing with her  
On Christmas morn!**

Spark Resources

None

Supplies

None

## Open the Bible (15 minutes)

### Mary Visits Elizabeth Storytelling

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**Mary and Elizabeth were cousins, and now both of them were going to have babies! Let's read about what happened in our Spark Story Bible. I want you to listen to see if you can tell who "wiggled and squirmed for joy" when Mary came over to tell Elizabeth her good news.**

Pass out the Spark Story Bibles and invite everyone to find Mary Visits Elizabeth on pages 202-207. Wait until all kids have found the story, assisting those who may need help. Encourage kids to follow along as you read or ask for a volunteer to read aloud.

**Let's celebrate with Mary by making up actions to go with this cheer: "Hip, hip, hip hooray! Mary has good news today!"** Write the cheer on the whiteboard, and let kids come up with actions.

Have a brief conversation about the story. Ask the kids these questions:

**1. What was the name of Mary's cousin?** (*Elizabeth*)

**2. What did Elizabeth's baby do when Mary came over to share her good news?**  
(*He wiggled and squirmed for joy inside her.*)

**3. How do you think Mary felt about becoming the mother of Jesus, the Messiah?** Affirm all responses.

Spark Resources

Spark Story Bibles

Supplies

Whiteboard

Dry-erase markers

## Mary's Happy Tune!

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If kids are not already seated at a table, move to one for this activity. Give each kid a leaflet.

**Look at the first page of your leaflet. Mary is sharing good news with Elizabeth! What do you think she is saying?** (*I praise God and am so happy!*) **Let's use a sticker to complete the picture.** Hand out stickers for kids to complete the picture. **There's Mary with her hands in the air. What is she doing?** Let kids respond. **When you have great news to share, what do you do?** Accept all answers. **Today we learned that Mary was so happy that she sang a song!** Sing the song from the leaflet with the kids.

**Let's look at the bottom of this page and read about where we can find this story in the Bible.**

**Today's Bible story, Mary Visits Elizabeth, is from the book of Luke. The book of Luke is in the New Testament. Luke tells the full story of Jesus' birth, including the shepherds and the angels.**

**Now look at the bottom of the third page in your leaflet. It has the same words that we just read, but it's missing some important words. Use the word stickers to fill in the blanks. Which word do you think goes where?** (*Elizabeth, Luke, New*) After attaching the stickers, read the statement together.

If you are interested in teaching your kids a Bible memory verse from this story, use this one. Teach it to them by inviting them to echo what you say, one phrase at a time.

**[Mary said,] "The Mighty One has done great things for me, and holy is his name." Luke 1:49**

## Jump for Joy!

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Invite kids to open to the second page of their leaflets. **Elizabeth's baby "wiggled and squirmed for joy" in her tummy. Have you ever jumped for joy before? When?** Wait for responses. **Draw a picture of something that makes you happy in the space on this page.**

While the kids are working, ask them what they are drawing. Share a time when you felt excited and overjoyed. Encourage the kids to talk about ways that they can bring joy to others.

### Spark Resources

Leaflets  
Lesson Stickers

### Supplies

None

### Spark Resources

Leaflets

### Supplies

Pencils or markers

# Activate Faith (15 minutes)

## Mary's A-Mazing News!

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**Let's look at the third page of the leaflet. How many of you have ever gone on a long hike somewhere?** Wait for responses. **Today we're going to pretend that we're on a journey with Mary. Mary wants to visit Elizabeth, but she has a long way to travel. Let's see if we can lead her through this maze. Does everyone have a pencil or marker?** Hand out writing utensils, and let kids begin the maze. **Oops! I see a letter in Mary's way! What should we do with it?** (*Write it down on the lines below.*) Let kids continue working. **When everyone gets to the end of the maze, let's read the message out loud together!** (*Jesus is coming!*)

Spark Resources  
Leaflets

Supplies  
Pencils or markers

## Feeding the Hungry

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**Turn to the back page of your leaflets. We have learned that Mary thanked God for taking care of the poor and hungry. There are still many people in our world who don't have enough to eat today. Some of them live right here in our own country, and others live on the other side of the ocean. Let's see how much money it would cost to feed some hungry children in Africa for one day.**

Read through the leaflet and lay out the number of dollar bills that correspond with each math problem. Have kids count the money out loud as you add up each dollar. **Many churches give money to world hunger programs. Guess how many children get fed each day through these programs?** Wait for responses. **Thousands! What if everyone in our community gave one dollar to world hunger? How many children do you think we could feed today?**

Spark Resources  
Leaflets

Supplies  
10 one-dollar bills (play money would work fine)

## Quilt Blocks

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**Elizabeth was so excited by the news of Mary's baby that she gave her a special blessing. Many people shower new mothers with prayers and gifts as a way of welcoming their babies. Today we're going to do just that and make a class quilt for baby Jesus!** Give everyone a piece of paper and some markers. If you have a picture of a quilt, show it to the class. **Each of you can design your own quilt block. What kinds of pictures or designs might be good to use on your block?** Wait for responses. When kids are done, punch four holes around the edges of each block, and tie the blocks together with pieces of yarn. **We can hang the quilt in our classroom as a reminder that Jesus is coming soon!**

Spark Resources  
None

Supplies  
Paper  
Markers  
Hole punch  
Precut pieces of yarn

# Send (5 minutes)

## Good-bye Time

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**Thank you for coming to class today. We learned about Mary's visit to Elizabeth. Mary had great news to share. Soon she would give birth to Jesus, who is God's gift to us all! We can share the good news of Jesus with others, too.**

Direct attention to the back of the Faith on the Go! slip on the bottom of the back page of the leaflet, and have the kids fill in the blanks with the name of someone they want to give this slip to, their own name, and today's date. Encourage them to mark one or more of the ideas or add their own. Have kids cut the slip off on the line, ready to give to someone else.

**After class, give this slip to someone you want to do the activity with. It's like a coupon for time with you. Next week we can tell each other what we did to share God's love and remember our Bible story!**

**When we make the sign of the cross, we remember that God is with us every moment of every day. Make the sign of the cross on your forehead or in your hand to remember God's protection this week. Then make the sign of the cross in a friend's palm and say, "God sent Jesus for all of us!"** At the end of class, do the same for each kid and ask them to do the same for you.

Spark Resources  
Leaflets

Supplies  
Pencils  
Scissors

## Prayer Time

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**For our prayer today, please repeat each phrase after me.**

**Dear God,  
We know that you care for us,  
And that you love all children.  
Thank you for giving us  
The greatest gift of all,  
Your own Son, Jesus Christ.**

**Amen.**

Be sure to send the leaflets and Family Pages home with kids, dismissing them as appropriate.

Spark Resources  
Family Pages



Supplies  
None

