



LESSON SNAPSHOT

BOTTOM LINE:

Jesus knows what it's like to be human!

OBJECTIVE:

Kids will learn that Jesus can comfort us because he faced the same challenges we do.

KEY PASSAGE:

Matthew 4:1-11, The Temptation, Matthew 26:36-46, Gethsemane, Hebrews 4:14-15, Without Sin

MEMORY VERSE:

"May you have power with all God's people to understand Christ's love. May you know how wide and long and high and deep it is." Ephesians 3:18 (NirV)

SUMMARY:

Because Jesus is God the Son, it's hard to imagine he had to deal with the same things we have to deal with, like hunger, fear, and temptation. Kids will learn that Jesus experienced the same struggles we do, yet without sinning.

SIMPLE PRAYER:

Dear God,

Thank you for giving us a Savior who knows our struggles.

*In Jesus' name,
Amen*

MEMORY VERSE

“May you have power with all God’s people to understand Christ’s love. May you know how wide and long and high and deep it is.” Ephesians 3:18 (NirV)

LARGE GROUP:

Divide the room into girls and boys. Have the girls and boys read the verse aloud together, alternating every other word, so girls say the first word, boys say the second word, girls third, etc.

SMALL GROUP:

Play the telephone game with the verse, and see how mixed up it gets by the end.

SKIT

PSST! DID JESUS EVER HAVE A SCRAPED KNEE?

ITEMS NEEDED:

Two trench coats
Two pairs of shades
A folder full of “secret” documents
A small slip of paper

CHARACTER BREAKDOWN:

1M, 1F

CHARACTERS:

Kim - A girl with questions
Clint - A mystery man with answers

Clint enters from stage left in a trench coat and shades. He stands calmly at center stage. Kim enters stage right in a trench coat looking sneaky. She looks both ways. She’s clearly up to something and trying not to look like it, which only makes it more obvious. Kim walks up to Clint.

KIM: Hey.

CLINT: Can I help you, Ma’am?

KIM: You said if I had more questions I could ask.

CLINT: I wouldn’t know anything about that.

KIM: What? Oh, right, the password phrase. The pearl is in the river.

CLINT: No, that’s the old one. I changed it.

KIM: What’s the new one?

Clint hands her a slip of paper.

KIM: The designated hitter rule should be eliminated from baseball?

SKIT

CLINT: Boy, that's the truth. How can I help you?

KIM: I have another question about Jesus.

CLINT: Everybody has questions about Jesus. What makes you curious?

KIM: How do we know that Jesus was really human? I mean, did Jesus really go through everything we humans do?

CLINT: You mean like feeling sad, feeling scared, feeling the pain of a zit that grows right by the side of your nostril?

KIM: Ouch!

CLINT: Shhhh! Yeah, Jesus went through all of that. *(pulls a file from his trench coat and hands it to her.)* Have a look.

KIM: *(opening the file)* Oh my goodness. Jesus knew hunger pains when He fasted for forty days.

CLINT: Sure did. And He knew what it was like to be tempted when you're tired and hungry.

KIM: He knew fear and sadness in the garden the night before He died. He must have been terribly frightened!

CLINT: He was, but He was still obedient.

KIM: And He really never sinned?

CLINT: He's the only guy who can make that claim, yeah.

KIM: Wow. I always thought of Jesus like some sort of superman. He could never be hurt. He never felt emotion.

CLINT: Jesus felt it all.

KIM: Even painful zits on the side of your nose?

CLINT: Yeah, even those. Poor guy. Those are the worst.

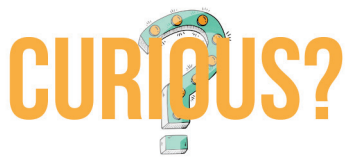
KIM: Thanks again, Mister... I don't even know you're name.

SKIT

CLINT: I didn't tell you my name.

Clint exits.

KIM: I don't know who he is, but he sure has a lot of answers.



OBJECT LESSON OR KIDS SERMON

ITEMS NEEDED:

Rubick's Cube

There are many challenges you face as a kid. How do you make new friends in a new school? How do you handle difficult classmates? How do you deal with people who do not believe in God like we do? And of course... how do you solve a Rubick's Cube? Anyone who picks one up can't help but be baffled by it – at least at first. How many of you kids have tried to solve one of these? Okay, adults in the room, how many of you have tried to solve one?

Kids, look around. You are not alone!

There's comfort in knowing we are not alone. There's comfort knowing our parents, our older siblings, and the people we look up to know what it's like to be a kid and struggle with so many things. We can rest assured Jesus knows as well. The gospels show us that Jesus was no super-human. He knew hunger. He knew tiredness. He knew sadness. He knew fear. He knew pain. Jesus knew what it was to be popular and to have the whole world reject Him – even His best friends. He knows how badly it can hurt to be rejected too.

Jesus can comfort us not just because He is God, but because He knows how we feel at all times. Jesus lived it all, just like we are living it now. If you're tired, hurt, sad, afraid, Jesus understands, and He can give you peace.

LARGE GROUP GAME

BACK TO BACK RACE

ITEMS NEEDED:

Balloons

Tape to mark a starting and finishing line

INSTRUCTIONS:

Choose two teams of two. Have the players stand back to back, with a balloon in between them on the center of their backs. The two teams will race from a starting line to a finish line, staying back-to-back and moving sideways, keeping the balloon pressed between their backs. The first team to cross the finish is the winner.

VARIATION:

You can have kids walk side-by-side or front-to-front if it's easier for them, so long as they are carrying the balloon between them and not using their hands to touch it unless it falls.

WHAT'S THE POINT?

Does Jesus know all our struggles and emotions? Yes, He has shared them all.



LARGE GROUP LESSON

BOTTOM LINE:

Jesus knows what it's like to be human!

OBJECTIVE:

Kids will learn that Jesus can comfort us because he faced the same challenges we do.

KEY PASSAGE:

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INTRO:

I'm curious, who is your favorite version of Spider-Man?

There are almost as many versions of Spider-Man as there are super heroes in the DC and Marvel universes, but they all have a few things in common. They all have spider powers, and they are all completely human. Despite their spider-sense and their super strength and their ability to sling webs and climb walls, they are still fully human. They have doubts. They feel pain. They have times when they feel afraid. Every spider hero, from Peter Parker to Miles Morales to Gwen Stacey, make mistakes, and they always struggle to get over those mistakes, just like us.

Last week, we started a new series asking some big questions about Jesus. We talked about the things that make us curious, and we started with the question, Who is Jesus? As Peter proclaimed in last week's story, Jesus is God's Son. He is the promised Savior who came to Earth to save us from sin. It's easy to hear the answer to that question and think of Jesus as some sort of untouchable super hero. Jesus was God! He was all powerful! He did miracles! How could Jesus possibly relate to a kid like me who makes mistakes, who feels sadness, who feels afraid?

If you're curious whether Jesus had real problems or not, I can assure you, He did. Jesus experienced everything we do, from a scraped knee to a broken heart. The Bible records many of Jesus' most human moments, too, so we can know we're not dealing with some super-human personality. Let's take a look at the time Jesus was tempted in the wilderness.

LARGE GROUP LESSON

READ MATTHEW 4:1-11

Jesus wasn't just tempted. He was tempted when He was weak. He had not eaten in 40 days and nights. He was hungry. He was tired. Sounds pretty human to me! Now, let's skip ahead to the night Jesus was betrayed to see how Jesus handled His last few hours of freedom.

READ MATTHEW 26:36-46

MAIN POINT:

How's that for being super-human? Jesus was afraid. He knew He was about to be betrayed, abandoned, and rejected. He knew He was going to suffer unbelievable agony. Jesus went through it all for us because it was God's plan, but He begged His Heavenly Father for another way. If Jesus didn't feel pain, why would He even ask God to make another way to save the world?

Jesus knew all our emotions. He felt grief when His friend Lazarus died. He felt frustrated when the Pharisees refused to listen to His teachings. He felt deep sadness when Judas betrayed Him. He felt loneliness when all but one of His disciples abandoned Him. Jesus was fully human. He knew all our pain, our fear, our frustration, and our sadness, and through it all, He was still God's Son, and He never sinned!

READ HEBREWS 4:14-15

DRIVE IT HOME:

Jesus did not sin, but He knew how it felt to be tempted. Jesus never sinned, but he felt frustrated, scared, alone, and sad. Jesus laughed. Jesus cried. Jesus felt the pain of a broken heart and the pain of physical torment. He suffered as much as any criminal ever did in His time, even though He never committed a crime. Yes, Jesus was God's Son, but He knew exactly how it felt to be human.

Why does this matter? Because when we need comfort, it helps to know our comforter knows how we feel. We take comfort watching Spider-Man go through his ups and downs because they mirror our ups and downs. We take comfort from our parents because they remind us, over and over, they've been where we are and experienced life as a kid. We can find comfort in Jesus knowing whatever struggles we face, He's already faced them as well.

Jesus is not some faceless, emotionless super being sitting on high looking down on us. He was a man who tripped over stones, scraped His knees, and got splinters working with His dad in the carpentry shop. He knew sorrow and grief. He knew rejection and the pain of a broken heart. He suffered the broken promises of friends and still, somehow, managed to forgive even those who put Him to death.

CURIOS: DID JESUS HAVE REAL HUMAN PROBLEMS?

LARGE GROUP LESSON

Jesus knows every pain we have, physical and emotional, and He will always be there to comfort us when we need it.

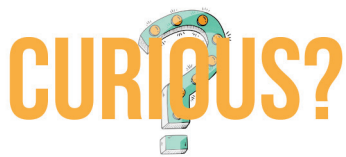
Did Jesus have real human problems? You bet He did, and He endured them all so He could be the best comforter we will ever know. Whatever hurt you are going through today, give it to Jesus. He will meet you where you are, because He's been there, and He will give you peace!

CLOSE WITH A SIMPLE PRAYER:

Dear God,

Thank you for giving us a Savior who knows our struggles.

*In Jesus' name,
Amen*



SMALL GROUP DISCUSSION (K-2ND)

ICEBREAKER:

What is one question you'd want to ask Jesus?

MEMORY VERSE ACTIVITY:

Ephesians 3:18

Play the telephone game with the verse, and see how mixed up it gets by the end.

SMALL GROUP GAME/ACTIVITY:

Go around the group and have each kids say, "I've never..." and tell something they've never done. If anyone in the group has done what they've said, like ride a roller coaster or eat sushi, they have to stand up. See who has things in common that they never knew before!

DISCUSSION QUESTIONS:

Read Matthew 4:1-11, Matthew 26:36-46, Hebrews 4:14-15

When did Jesus experience hunger?

When was He tempted to sin?

When did He feel fear?

When did He feel alone?

How was Jesus able to keep from sinning, even though He was tempted?

SIMPLE PRAYER:

Dear God,

Thank you of being there for us and understanding all our troubles.

*In Jesus' name,
Amen*



SMALL GROUP DISCUSSION (3-5TH)

ICEBREAKER:

What is one question you'd want to ask Jesus?

MEMORY VERSE ACTIVITY:

Ephesians 3:18

Play the telephone game with the verse, and see how mixed up it gets by the end.

SMALL GROUP GAME/ACTIVITY:

Go around the group and have each kids say, "I've never..." and tell something they've never done. If anyone in the group has done what they've said, like ride a roller coaster or eat sushi, they have to stand up. See who has things in common that they never knew before!

DISCUSSION QUESTIONS:

Read Matthew 4:1-11, Matthew 26:36-46, Hebrews 4:14-15

When did Jesus experience hunger?

How did Jesus handle temptation?

Why was Jesus afraid in the garden?

Why did He feel alone?

How was Jesus able to keep from sinning, even though He was tempted?

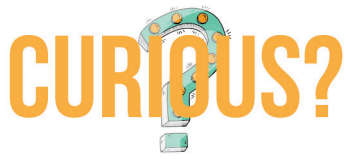
SIMPLE PRAYER:

Dear God,

Thank you of being there for us and understanding all our troubles.

In Jesus' name,

Amen



POWERPOINT REVIEW GAME

FILL IN THE BLANK

Jesus was hungry after spending _____ days in the wilderness.

40

Jesus was _____ by the devil when He was tired and hungry.

TEMPTED

Jesus was fearful and asked God to “take this cup from Him” when He prayed in the

_____.

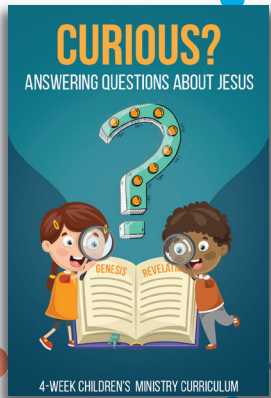
GARDEN

Jesus felt _____ when all His friends abandoned Him.

ALONE

Even though He was tempted, Jesus never _____.

SINNED



MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

Curious Lesson 2

THIS WEEK'S LESSON: DID JESUS HAVE REAL HUMAN PROBLEMS?



IN THE CAR:

Ask your child what they learned about this week on the drive home:

Because Jesus is God the Son, it's hard to imagine he had to deal with the same things we have to deal with, like hunger, fear, and temptation. Kids will learn that Jesus experienced the same struggles we do, yet without sinning. Matthew 4:1-11, The Temptation, Matthew 26:36-46, Gethsemane, Hebrews 4:14-15, Without Sin



HANGING OUT:

Make this week's lesson real:

Ask your kids what questions they have for Jesus. Did He struggle to get along with His siblings? Did He ever scrape His knee? What things would they like to know about Jesus' human experiences?



AT DINNER:

Here are some great discussion starters:

- What are some of the feelings and emotions Jesus had in the wilderness and the garden?
- Do you think Jesus knows what it's like to be happy? Sad? Scared?
- Why is it good to know that Jesus knows how we feel in every situation?



AT BEDTIME:

Quiz your child on this week's memory verse:

"May you have power with all God's people to understand Christ's love. May you know how wide and long and high and deep it is." Ephesians 3:18 (NIRV)



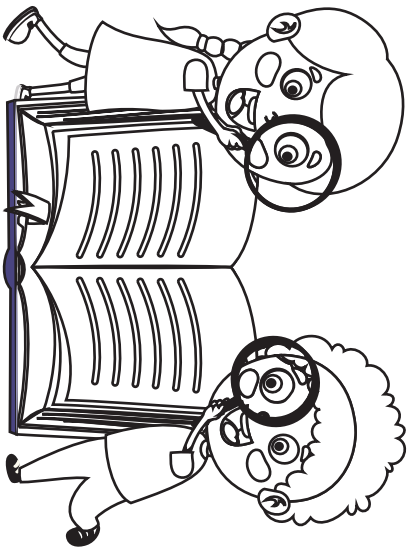
PARENT TIME:

What you need to know:

Jesus became human not only to save us from our sins, but to experience everything it means to be human. We can go to God and find comfort in hard times because we know whatever struggles or emotions we have, Jesus had them too!

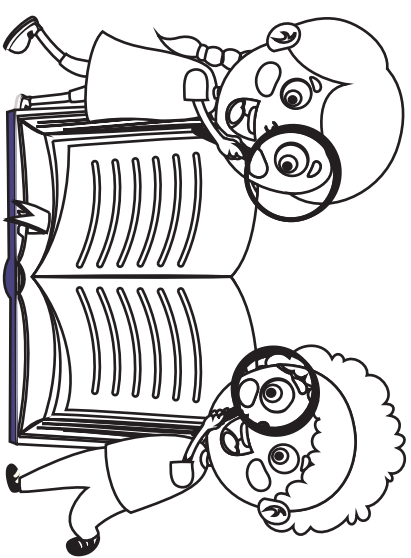
CRAFT ACTIVITY

Each week, have the kids make a game card (like Trivial Pursuit) or flash card with the week's question on one side and the answer on the other. The kids can write these themselves or cut out typed questions and answers to glue on note cards. The kids can then decorate the cards with crayons.



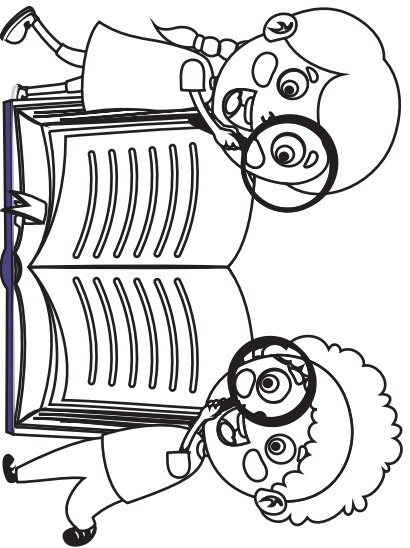
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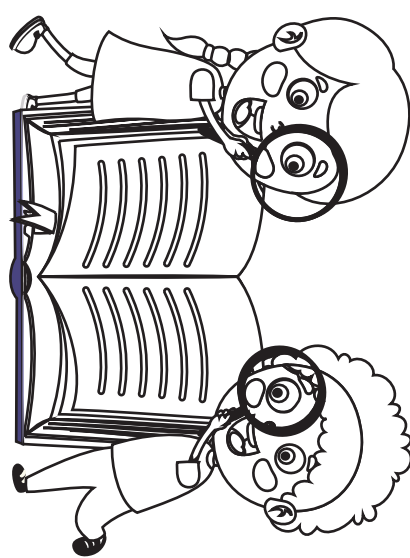
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