

# JESUS WAS HUMAN JUST LIKE US

## BIG IDEA

*Jesus knows what it is like to be us because, even though he was God, he lived on earth as a human being, and so sometimes felt sad or angry or happy.*

### PREP *(Kids can help!)*

**Gather** a collection of adult shoes (gumboots, high heels, running shoes, dress shoes, flippers etc)

**Put** one of each pair into a bag and the rest in a pile on the floor

**Make** 3 cards for each child with the words **sad, glad, mad** written on them

**Put the cards into the Faith Box before you start**

### INTRO

In the last couple of sessions we have heard some stories of incredible things that Jesus did – things like making a blind man see. Today we are going to hear about an even more amazing miracle. We are also going to learn that even though Jesus was God, he was also human like us. When hard things happened Jesus was sometimes sad and sometimes angry. He faced all the same things that we do, and so he can show us what to do when we feel that way. It is great to know that Jesus really has walked in our shoes.



**GET EACH PERSON TO TAKE A SHOE OUT OF THE BAG and match it with one from the pile. Everyone put their pair of shoes on and walk to the front door and back.**

**Act the way the person who wears the shoes would act!**

### QUESTIONS

What did it feel like being the person in those shoes?

Even though Jesus was the King of all creation he came to earth and walked in our human shoes.

## READ

**GIVE EACH CHILD THE SET OF SAD, MAD AND GLAD CARDS.** While you are reading, as the children recognise a 'feeling' the people in the story had, get them to put the appropriate card in the centre of the table.

“ Mary and Martha’s brother Lazarus became very sick. So they sent for Jesus to come and heal him. They knew that Jesus would make him better. But Jesus waited a few days because he knew the bigger picture. When Jesus did arrive Lazarus had already died and Mary and Martha both said to him, “If you had been here, my brother would not have died.” When he saw how heartbroken they were, Jesus cried. Then he went to the cave where Lazarus’ body had been put four days earlier, and told some men to roll away the stone. They didn’t want to because they thought the stink would be terrible, but they did it because Jesus told them to. Jesus shouted “Lazarus come out!” and out he came still wrapped in his grave clothes. They could hardly believe it. They unwrapped Lazarus and soon had an enormous celebration party to honour Jesus after this amazing miracle. The next day Jesus went to Jerusalem to go to the temple. When he arrived, he was really upset because the people had turned God’s special place of worship into a marketplace – charging outrageous prices for sacrifices and making so much noise and chaos that there was no place for the poor people to worship God. Jesus was so angry he threw their tables upside down and shouted at them to get out! He told the watching crowd that God’s house should be a place of prayer for everyone and not a den for robbers. ”

*Adapted from John 11*

## EXPLORE

Jesus felt all the feelings that we feel inside.

*TAKE A CARD from the middle of the table and each talk about a time when you felt glad or sad or mad.*

Usually being happy is good – but often we think it is not good to be sad or angry.

*God made us to be joyful and free so when we let the things we feel – like anger and hurt – stop us being the free person God made us to be, we can ask Jesus to help us.*

Sometimes sadness or anger are neither good or bad – they are just the way we feel. Tears tell us when things are important to us. Anger tells us when something is wrong and needs attention. While anger is sometimes sinful and wrong sometimes it is OK if we handle it in the right way.

Nelson Mandela was angry because black people weren’t treated with respect; William Wilberforce was angry because some people were captured and sold as slaves. Rosa Parks was angry because black people weren’t allowed to sit on the buses.

*These people all changed the world in some way because they used their anger to give them courage to do the right thing.*

Jesus was angry because people’s greed was stopping others worshipping God.

If we do the right thing with our anger we will not hurt other people and sin.

## QUESTIONS

What could you do when someone has made you feel upset and angry?

How can you feel right again if you have been upset?

What does the Bible say about anger?

“Don’t sin by letting anger control you. Don’t let the sun go down while you are still angry.”  
*Eph. 4:26, 24*

“You must be quick to listen, slow to speak and slow to get angry.”  
*James 1:19*

### Some clues:

- We can ask ourselves if this is really disastrous or if it is just disappointing.
- We can ask if it really matters?
- We can talk about how we feel at a family meeting.
- We can walk away and think about something else. until the angry feeling dies down and then go to talk about it with Mum and Dad.
- We can say sorry and ask for forgiveness if we used bad anger.

### What about feeling sad?

When someone we love dies, we grieve. It feels like our hearts are breaking because we loved that person so much and we will miss them. It is natural and right that we cry when someone dies. Some think that crying is just for girls and is a sissy thing to do. That’s not true. Jesus cried when Lazarus died.

Now think of things that help us to be joyful and free, e.g. saying sorry, giving a cuddle, talking to God, making things right.

Turn over the cards and write down something that you can do when you each feel glad, sad or mad.

**Glad** – say thank you

**Sad** – cuddle someone you love

**Mad** – walk away, give yourself some space – then talk to someone who cares.

### SHARE YOUR IDEAS.

*Everyone give their ‘glad’ card to the next person and say “I am glad you are in our family because...”*



## PRAY

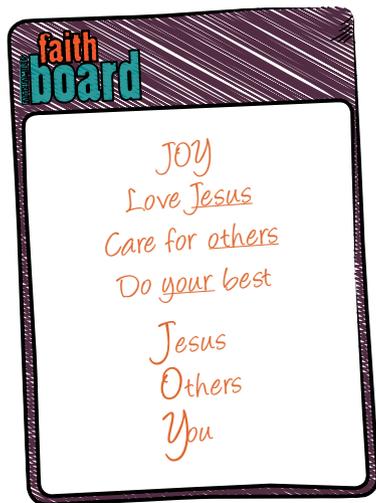
Thank you Jesus that you walked in our shoes and understand how we feel. Help us to use what we feel in good ways. Amen.

## LIVE

Each day have one child share about a person who used their anger to make a difference in the world e.g. George Muller, Martin Luther King, Rosa Parks, Kate Sheppard, Alexander Fleming.

Keep your cards in your pocket this week to remind you what to do when you feel glad, sad, or mad.

## FAITH BOARD



*\*Note for parents: Children are still developing self-control and learning to live with their emotions. We are all able to create our own world and without an adult's loving coaching it is easy to end up believing that all our moods and emotions are infallible and reliable guides to how things are. Children are good observers, but poor interpreters. Consequently gently debriefing around the meal table with simple questions such as "What was the best part of your day?" and "What was the worst part of your day?" will help children re-interpret events and live in healthy reality.*

## OTHER IDEAS

**1** Watch the video "Gifted Hands" together as a family. It is the story of Ben Carson. He was a young boy from a single parent home who was failing at school and had trouble with anger. With God's help he overcame his bad anger and became a famous neurosurgeon. Once he separated twins who were joined together at birth.

**2** Here is a fun game to do in the bath with younger children or in the sink with older ones. You will need a ball that floats (e.g. a ping pong ball) and a face cloth. Fill the sink with water, cover the ball with the cloth and hold it under the water. Pretend to be Jesus, lift off the facecloth and watch the ball float to the top. Older children may have competitions – each child removes the cloth from the ball and see whose ball pops to the surface quickest.

## BUY FOR NEXT SESSION

- A packet of sweets or mini party biscuits
- 6 water balloons or eggs