

“Jesus Heals on the Sabbath”

Luke 13:10-17 ESV

Bible Lesson & Activities for Children



THE **SUNDAY SCHOOL** STORE

Jesus Heals on the Sabbath



Lesson focus: Are there ever times when we should not follow the rules? Obedience to established laws and rules is an important and advisable thing. When it comes to a choice between God’s laws and the decrees of people, however, we choose serving the Lord every time. Sometimes caring for people means going against the rules. Jesus came to fulfill the law to save us. We want to serve and honor Him, but our works don’t save us. We are not made better by the things that we do or the rules we follow. Jesus changes us and cleanses us with His life, death, and resurrection. In the story, the people who saw His miracle were amazed and awed, but the rulers of the synagogue were upset that He had healed on the sacred “no-work” Sabbath Day. Jesus cared more about helping others than pleasing the Pharisees. Just as He broke those laws to restore the woman’s health, He breaks the laws of sin and death to bring us to new life! This lesson considers the blessing of what Jesus does for us, and how we can serve Him and others.

Materials Needed: Construction paper, decorative materials, paper clips, pipe cleaners, glue/tape, markers, scissors, Bible (all optional, depending which activities you choose to use—except for the Bible, you need that for sure). For the object lesson, pictures of historical “rebels” like Harriet Tubman, Martin Luther, Corrie Ten Boom, Martin Luther King Jr, et.

Scripture Passage: Luke 13:10-17

Target Students: Elementary School, adaptable for K-6th Grades

More Resources Online

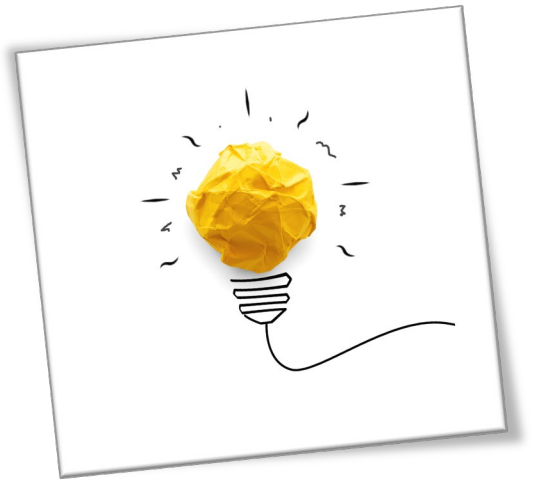
- Watch the [video demonstration of the object lesson](#)
- Watch the [video example for the craft projects](#)
- Watch the [video Bible Story “Sabbath”](#) from The Bible Project
- Watch the [video Bible Story “The Miracles of Jesus”](#) from Crossroads Kids’ Club on YouTube
- For more free Bible illustrations, we recommend [Christian Clip Arts](#).

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Object Lesson (5 minutes)

Rebels With a Cause...



Greet children, prepared with pictures of the historical “rebels” you plan to describe.

Hello, children of God! Do you think it’s important to follow the rules? What kinds of rules do you have at home or school? There are many times and places when we need to obey instructions and do as we are told. But do you think there’s ever a time when we should NOT obey the law? Are ever allowed to go against what the authorities say we must do? *(Allow students to answer questions as you ask them)*. It’s important to obey, but the Bible reminds us that if we must choose between following the laws of people or the laws of God, we should always put God’s rules first. There are times when serving the Lord and helping others might have to disobey other rules. In fact, I have some examples here of people in history who chose to help other people, even when it meant rebelling against the usual rules.

(Describe each chosen “rebel” as you demonstrate pictures) This one is Harriet Tubman. She was alive when people had slaves, and she worked to help the slaves get free from their bondage. In those days, there was a law that said if you were caught helping slaves, you could get in trouble, too. But that didn’t stop Harriet from helping people find their way to freedom. Now, this one is a man named Martin Luther. He realized that the church of his time was doing a lot of things that really weren’t Christian and were harming people and going against the Bible. He chose to write down all the things he found wrong and try to fix the church so it could truly help others. He risked a lot to help others and enable them to

worship God in the best ways possible. This man here, not to be confused with Martin Luther, is Martin Luther King, Jr., a man who worked to make sure people had equal rights regardless of the way they look. Oh, and this lady is Corrie Ten Boom. Much like Harriet Tubman, she helped people escape from danger that they shouldn't have been in. She helped hide Jews who were being persecuted during the Holocaust. She knew that this was against the rules, but also knew that God's people were more essential than government rules. Consequently, she was arrested and sent to a horrible prison camp. But she believed in God's promises and knew it would be worth it. And oh...who's this one? Why, it's Jesus! Jesus might be considered, in some ways, the biggest rebel of them all! He frequently went against what the laws of the day and the rulers said was supposed to happen. He knew that serving the Lord and helping others was more important than rules. In one instance, Jesus was in the temple on a Sabbath day, and He met a woman who was crippled, disabled by an evil spirit and unable to properly stand. She had been that way for eighteen years! But with a few words and a touch, Jesus healed her. Most people who saw this were amazed. But the Pharisees were angry. By healing her, they claimed, Jesus had done "work" on the sabbath day, which was strictly forbidden. They were angry at Him for helping someone! They had a lot of specific laws about what could or could not be done and claimed Jesus had broken their special laws. Jesus responded that the woman was worthy of freeing from pain and disability and explained that He had every reason to help her, regardless of what day of the week it was.

Jesus valued people. He helped others and performed miracles, focusing more on them than on possibly breaking rules. And you know, it's a good thing for us that Jesus is willing to break the rules. After all, the Law says that we should be condemned to death as payment for our sins. But Jesus came to change the rules that say we must do certain

things. Jesus came to give His life in our place, so those rules about death for sin are changed. He defeated sin and death and reversed the law, allowing us to have life with Him!

So don't go breaking the rules on purpose without good reason. But remember how important it is to help other people, and sometimes that might even include disobeying some of what the laws say. Meanwhile, give thanks to the Lord for being a "law-breaker" and granting us forgiveness and freedom!

Why don't we say a prayer to thank God for his salvation?

Children's Prayer Moment:

(Have kids repeat each line)

Dear God,

Thank you for breaking the rules

And freeing us from sin

Help us know how to follow you

And serve you first and foremost

Thank you for your love

We love you, God!

In Jesus name, Amen!

Game & Activities Suggestions (10 minutes)



Lesson Opening: This lesson features a crippled woman, a healing, and an important statement from Jesus. Start with a fun challenge or discussion question. These

suggestions can also be incorporated within the lesson as students consider the text.

Here are some activities to get kids thinking... (select the best ones for your audience and age group):

- Bent-up relay: Have students split into teams for a relay race with a catch: the person running must remain in a bent-over position, just as the lady in the story could not straighten.
- Bent challenges: if your audience is not quite large enough for a relay race (or in addition to it), create other tasks for them to complete, such as picking up trash or moving furniture in the classroom. The trick is that students must be bent at the waist. To make this a more competitive game, have all the students do actions at once. If a student stands up straight, they are eliminated from play. Make the tasks increasingly more difficult to complete in bent position.
- Helping hands tag: Jesus touched the woman to heal her. In this outdoor freeze tag rendition, invite students to chase one another, with two or three (depending on group size) "it" students. When someone is tagged, they must be crippled and only able to crawl. Designate one or two "healer" who can touch the "cripples" and enable them to run again.

- All bent out of shape: Provide students with pipe cleaners (or a wire coat hanger or paper clip, to increase the challenge). Have them create a shape out of the pipe cleaner, and invite other students to guess what it is, Pictionary style.

Explain that today's story is about how Jesus healed someone, even though it upset others.

Ask: Are there ever times when it's okay to disobey rules? Can you think of anyone who went against the crowd for good reasons?

Main Bible Teaching (15 minutes)



Bible Lesson: As always, how you choose to experience the passages will vary according to the ages and abilities of your children (and how many are participating). This passage is not too long, but gives a special and important story. Students could act it out in parts, or you could choose to read passages or paraphrase for younger students.

Remind or explain to students that during the life of Christ, there were leaders in the church who were threatened by His ministry and did not like what He was doing. These people criticized a lot of what He did, but Jesus always had the last word. In this story, the leaders got upset because He performed a miracle on the Sabbath. The Sabbath day was their sacred holy day when no work was allowed, and they considered healing “work.”

Luke 13:10-13 ESV Now he was teaching in one of the synagogues on the Sabbath. (11) And behold, there was a woman who had had a disabling spirit for eighteen years. She was bent over and could not fully straighten herself. (12) When Jesus saw her, he called her over and said to her, “Woman, you are freed from your disability.” (13) And he laid his hands on her, and immediately she was made straight, and she glorified God.

Ask: What would be difficult about living like this? How would you function if you had to be bent over your whole life?

Point out the significance of this event, as well as the reaction of the people. This woman had been crippled for eighteen years! Yet all it took was a touch and a few words from Jesus, and she was completely better. No physical therapy, no surgery, just instant healing. She praised God, knowing He had healed her. However, some of the people watching were not so thrilled. They grew angry at Jesus for healing on the sabbath day!

Luke 13:14 ESV But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days in which work ought to be done. Come on those days and be healed, and not on the Sabbath day."

These days, we don't always honor the Sabbath, and we should. However, the Pharisees took it a little too seriously. They wouldn't even walk too far or do basic housework for fear of breaking the Sabbath rest. They completely overlooked the amazing miracle that took place, because they were too busy catching Jesus in a wrongful deed or focusing on the Sabbath Day element. Jesus had some choice words in response, though...

Luke 13:15-17 ESV Then the Lord answered him, "You hypocrites! Does not each of you on the Sabbath untie his ox or his donkey from the manger and lead it away to water it? (16) And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" (17) As he said these things, all his adversaries were put to shame, and all the people rejoiced at all the glorious things that were done by him.

Jesus knew that caring for people is more important than following the rules just right. He knew this woman needed help, and He could help her. He was concerned with the well-being of God's children, not just with keeping up on rules of men. When He reminded the scoffers of this, they were rightfully embarrassed, but the others watching were amazed and excited. They knew that Jesus was someone special, but some of the temple leaders

were so set in their ways that they didn't want to acknowledge the incredible new thing that had come!

There might be times in our lives when we need to choose whether to obey God or obey rules. Usually, it's important to follow the law, but not if it means going against the Bible. If we are to serve the Lord and help others, we first consider how we can do that, even if it means sometimes going against what the rules say.

Meanwhile, though, we rejoice that Jesus does great things for us. He didn't always get along with law makers, but He never sinned, and He broke the rules of death for our sake. Jesus still works miracles in our lives. Thanks be to God!

Close with a prayer thanking God for breaking the laws of condemnation and freeing us from sin. Ask for His help in discernment and assisting others in need.

Craft Activities (15 minutes)

Jesus spent His ministry changing the established rules and sometimes defying authority...this is good news for us, because He changed the rules that held us in bondage to sin, and He transforms our lives with His love and grace! These crafts accompany the story of His healing of a crooked back on the sabbath. Jesus showed that helping people was more important than following ancient picky rules. Reflecting on the importance of helping people, a "helping hands chain" considers methods of demonstrating love to others. A "Bent-Up Collage" uses bendable materials to recount the story and joy of Christ changing and transforming us.

Bible Verses or Captions to Consider... (Luke 13:10-17)

Jesus makes Broken Things New...

Christ "Un-bends" and transforms my life!

Helping Hands for Jesus...

Hands for service: Love God, Help Others!

Craft one: "Helping Hands Chain"

You will need:

- Crayons or markers
- Scissors
- Glue or tape
- Paper (Construction/cardstock)
- Stickers, glitter, or other decorative items
- Pipe cleaners

Procedure:

1. Trace hands onto cardstock or construction paper.
2. Cut hands out and add captions on one side depicting "helping hands."
3. On the other side of hands, place different elements that can be used as a loved one for a "coupon" (a kind act, gift of time, etc.).
4. Add extra decorations as desired.
5. String onto pipe cleaner and deliver the "coupon book" to someone that might need help!



Craft Two: "Bendable Collage"

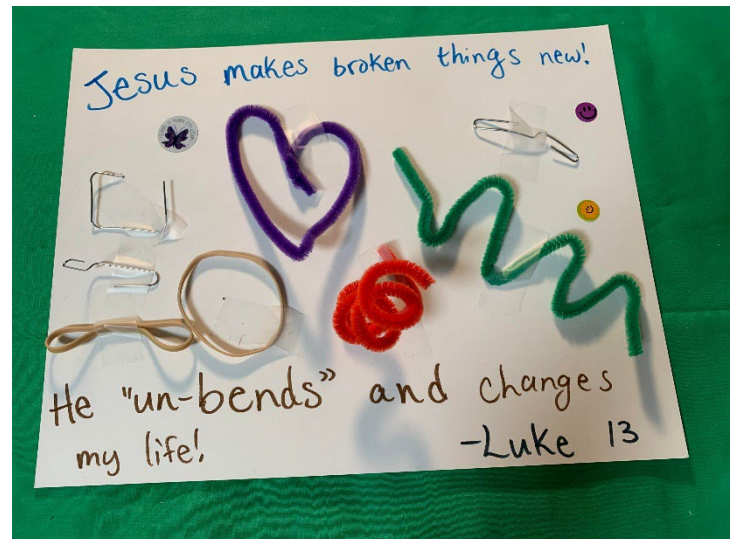
You will need:

- Construction Paper or cardstock
- Glue or tape
- String or pipe cleaner
- Paper clips
- Scissors
- Decorative elements as desired
- Markers or crayons



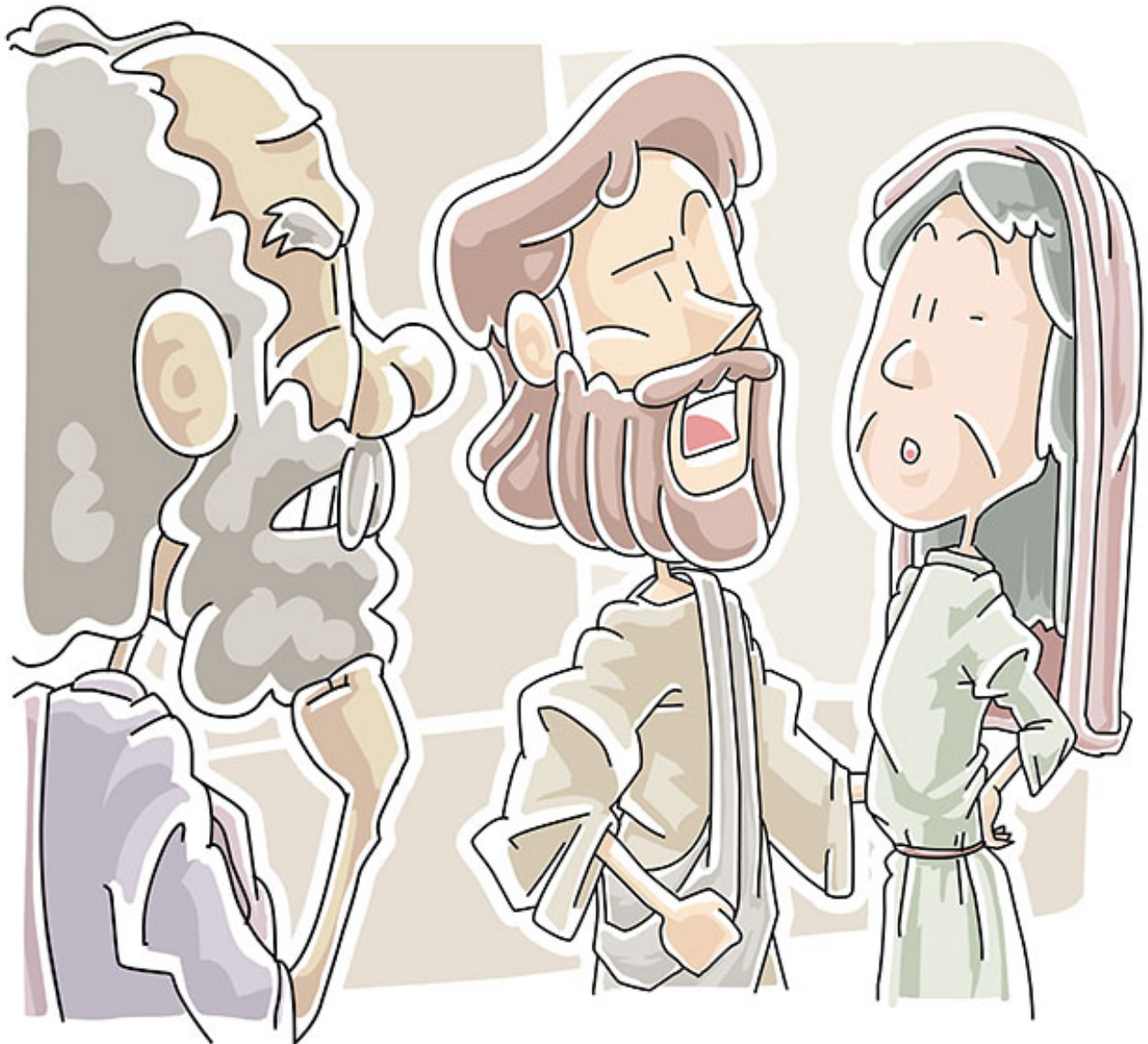
Procedure:

1. Write captions and verses on construction paper or cardstock, considering how Jesus "un-bends" our mistakes and makes us new.
2. Add extra decorations as desired.
3. Bend pipe cleaners, rubber bands, string, or paper clips into shapes as desired.
4. Tape bent pieces onto the construction paper/card stock. Attach additional string or magnets if desired, to hang and display.



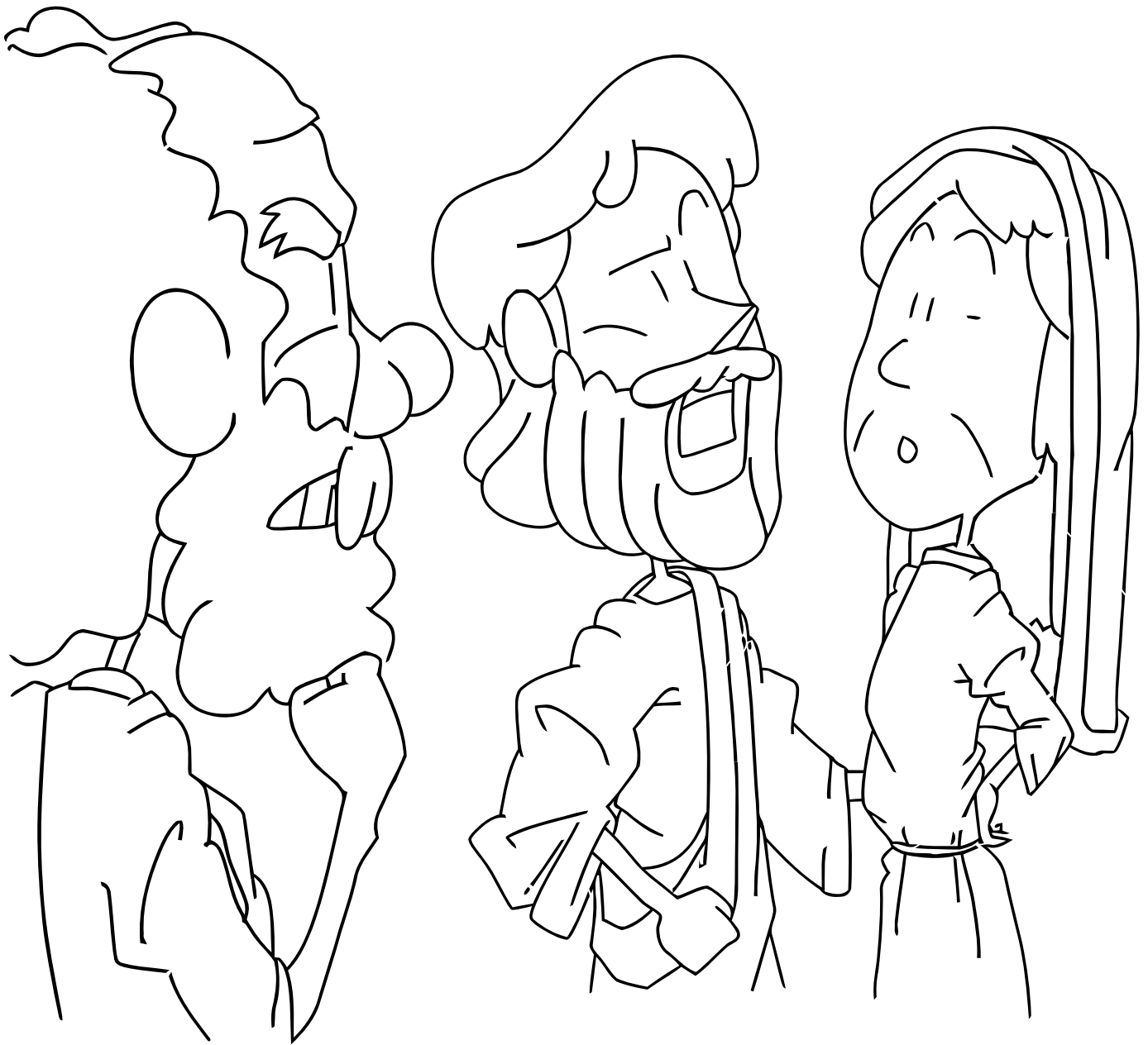
Luke 13:16 ESV

And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?



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Word Search

Luke 13:10-17

Directions: Find the words given in the word search.

N A L N Y K I N E O W O M A N T X D J U
H V B W L I T B G S B H D A B E S X P F
N U Z G T N C I Y Z W U U Q U A Y O W X
O O D J V S I N M B K N O Y K C N J B O
K C F I H X Y C M M C Z R K U H A O J N
B T I P S F T X B Z W X T C X I G V O M
E Z R E U A P B V E Z D C Y R N O N U L
H D Y D I E B P G K C L N Y J G G J K W
O N N C D U L I J K L D A O W R U U K R
L N N X I I U H L G X J R P F W E S U W
D E Y O H A S V S I O W E A L J S W P X
L K Z Z U X X A J T T P E Q X O L R R I
R O F N L O H X B J R Y G B S O O B R S
M T Y M Z U V Q W L Z A Q P I Q X R W A
Z E A V K N V E T K I D I I F W I A B B
D K S P I R I T J S O N B G U Y I N N B
H Y F D P Q X E F N E F G C H X V S S A
Q I P J Z G A Z T E S Z Y Q S T U F A T
O Q T R P Y A G R H F W O C O Q E U H H
S C K L O W P A Z P F J E U D D U N J K

WORD BANK

TEACHING

BEHOLD

SPIRIT

SYNAGOGUES

WOMAN

STRAIGHTEN

SABBATH

DISABLING

DISABILITY

Word Search

Luke 13:10-17

Directions: Find the words given in the word search.



WORD BANK

IMMEDIATELY

PEOPLE

DONKEY

GLORIFIED

HEALED

WATER

SYNAGOGUE

HYPOCRITES

GLORIOUS

Answer Key

Luke 13:10-17

Directions: Find the words given in the word search.



WORD BANK

TEACHING

BEHOLD

SPIRIT

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DISABLING

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Answer Key

Luke 13:10-17

Directions: Find the words given in the word search.



WORD BANK

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