

# BLAST OFF

WEEK 2

## BIG IDEA

People can help our faith grow.

## BIBLE

Jesus Heals a Paralyzed Man: Mark 2:1-12;  
Galatians 6:2

## WHAT?

### MUSIC | Worship Time

- **INSTRUCTIONS:** *Spend some time singing together. You can select any songs you'd like, but for this lesson we like:*
  - "[Chasing You](#)" by Bethel Music Kids
  - "[Jesus You Care](#)" by Hillsong Kids
  - "[My Help Comes from You](#)" by North Point Kids

### ACTIVITY | Balloon Bop

- **INSTRUCTIONS:** *For this activity, you'll need towels, balloons, and masking tape. Before your program, use masking tape to create a target on one wall. When kids arrive, split them into teams of four and give each team a towel and an inflated balloon. Each team member must hold one corner of the towel and they must work together to bop the balloon across the room and into the target. Give them a prize when they get there! Play for as long as you like, and try switching up different teams for different rounds.*
  - **PRETEEN HACK:** *Turn this activity into a race by creating multiple targets on the wall (one for each team), giving each team multiple balloons, and seeing who can take the most balloons to the target in your allotted amount of time. If you'd like to play longer, turn this*

*into a tournament with a bracket system and play multiple rounds.*

- We're heading back to outer space today! That's because, this month, **we're talking about how to "launch" our faith in Jesus to new heights.**
- But when you're blasting off into space, you probably don't want to go there yourself. In space, you need a team to help you stay safe and achieve your goals!-

### ACTIVITY | Spaceteam Says

- To remind us how important it is to have a team, let's play another game. Imagine we're all on a space ship in the middle of an asteroid belt. To survive, we have to dodge asteroids or destroy them with our laser blasters. But the only way we're going to make it is if we all work together, at the same time.
- **INSTRUCTIONS:**-*Play a game of Simon Says, but with a space theme. Instead of saying "Simon says . . ." before each command, say "Spaceteam Says . . ." Have each kid sit down when they miss a command, and only use space-themed commands, like . . .*
  - *Throttle (arms out straight, head flung back).*
  - *Laser blasters (two finger guns).*
  - *Turn left (steering wheel to the left).*
  - *Turn right (steering wheel to the right).*
  - *Zero gravity (slow motion walking in place).*

### VIDEO | A Clip from Star Wars: The Force Awakens

- Have you ever seen a-*Star Wars*-movie?-*Star Wars*-is a story about good defeating evil, and it takes place in another galaxy! (A galaxy is a place far, far away, with its own planets, suns, moons, and stars.)
- If you've ever seen-a-*Star Wars*-movie, you know that our heroes must work together to face challenges, dangers, and enemies on their quest to save the galaxy from evil forces.-
- In one scene, Rey, Finn, BB-8, Han Solo, and Chewbacca must escape a dangerous group of people, but their ship-*The Millennium Falcon*-is

malfunctioning! Let's see how they escape.

- **INSTRUCTIONS:**-Play [this clip](#)-of Rey bypassing the compressor on the Millennium Falcon.
- Chewie was injured, Finn was trying to help, Han was piloting the ship, Rey was trying to fix it, and BB-8 – well, BB-8 didn't really do much except beep. But that's okay! Because they made it!
- Just like it took a whole team to get your balloons to their targets or to make it through that asteroid belt, and it took a whole team to help our friends from *Star Wars*-escape from danger, today we're talking about how we need a team around us in real life too.

### QUESTION | Let's Talk About Your Spaceteam

- **INSTRUCTIONS:**-Ask the following questions.-
  - **If you were on a spaceship that was in danger, who is one person you'd want to have with you?**
  - **What would that person do to help you?**
  - **What would you do to help them?**
- If you were in a spaceship, I bet you'd want to be surrounded with people you trust – people who could help you, and who you could help in return. But even if we never get on a spaceship, there are still so many ways that **we can help each other!**

### THE BIG IDEA | People can help our faith grow.

- Today, we're going to hear a story about a man who couldn't walk, his friends who wanted to help, and Jesus, who had the power to heal him – but Jesus wasn't easy to reach.
- This story can teach us something really important about **how we can launch our faith in God to new heights.**-But I need your help to find out what it is!
- **People can help our faith grow!**-Repeat that with me.-**People can help our faith grow!**

## SO WHAT?

### VIDEO | Blast Off, Episode 2

- **INSTRUCTIONS:**-Play this week's [teaching video](#).

### BIBLE STORY | Mark 2:1-12

- **INSTRUCTIONS:**-Read or act out the Bible story together.
- The man in this story needed to meet Jesus, but he couldn't get to Him! Not only was the house where Jesus was teaching completely full, but this man wasn't able to walk.
  - **What did his friends do to help him?**
  - **Why do you think his friends decided to help him?**
- The man's friends picked him up on his mat (kind of like you did with that balloon earlier), and carried him all the way to the house where Jesus was. But they didn't stop there.
  - They climbed onto the roof.
  - They dug a hole in the roof.
  - They got some rope and figured out what to do.
  - They lowered their friend down toward Jesus.
  - (And hopefully they fixed whoever's roof they destroyed.)
- When the man finally met Jesus (thanks to his friends), the man got more than he ever dreamed he would get! Jesus healed his legs – but

even more importantly, Jesus forgave him and gave him a brand new life!-

### QUESTION | How can we help each other grow closer to Jesus?

- You may never need to dig a hole in a roof and throw one of your friends through it, but **what are some other ways we can help our friends get closer to Jesus?**
- **INSTRUCTIONS:** *Have every kid shout their answer, but then ask a few kids to share their answers with everyone. When several kids have answered, list the ways we can spend time with God, like . . .*
  - *Pray for them.*
  - *Encourage them when they're sad.*
  - *Tell them about Jesus.*
  - *Invite them to church.*
  - *Do kind things for them.*

### SCRIPTURE | Galatians 6:2

- A man named Paul (who we call the Apostle Paul) once wrote a letter to help some followers of Jesus figure out how to grow closer to Jesus together. Here's one thing he wrote . . .
- **INSTRUCTIONS:** *Read the passage together.*
- In today's story, the man's friends carried him — literally! But they also carried his "burdens," or "heavy load," by being with him, encouraging him, and helping him meet Jesus. He never would have met Jesus without his friends!
  - Just like the friends in this story, we can help the people we love get closer to Jesus.
  - And just like the man in this story, we need other people to help us get closer to Jesus.

### STORY | Talk about someone who helped you get closer to Jesus.

- **INSTRUCTIONS:**-Tell a story from your own life about someone who helped you get closer to Jesus. Be specific about who they are and what they did to help you grow, like . . . -
  - Prayed for you.
  - Encouraged you.
  - Taught you about Jesus.
  - Invited you to church.
  - Did kind things for you.
- **Who's someone who helps you get closer to Jesus?**

## IMAGE



## OBJECT LESSON | Egg Parachute

- **INSTRUCTIONS (Part 1):**-As you introduce this object lesson, show the image of astronauts in a rocket ship (provided in your Week 2 folder).
- Did you know that it takes thousands of people to launch a rocket ship? It's not like getting into a car and driving away!
  - Every rocket launch requires teams of engineers, technicians, scientists, mathematicians, and more – not just astronauts.
  - In the same way, we can't grow closer to Jesus all by ourselves.-  
**We need a whole community of people (like we have here at church) to help us grow.**-We need parents, grandparents, aunts,

uncles, friends, brothers, sisters, teachers, pastors, coaches, and more.

- To help us remember the importance of our team, let's split into teams again to see what we can accomplish together.
  
- **INSTRUCTIONS (Part 2):***-For this object lesson, you'll need masking tape, eggs, plastic tarp, shoeboxes, scissors, tape, toilet paper, balloons, yarn, and any relevant miscellaneous supplies you have handy. Split kids into teams or small groups, with one adult on each team. Give each team a set of supplies and a raw egg, and give each team ten minutes to build a parachute for their egg. At the end of ten minutes, test everyone's parachutes by dropping them from a height of at least five feet, to see whose eggs survive.*
  - **SPECIAL NEEDS HACK:***-Provide an example parachute for kids to replicate.*
  
- Sometimes we have to get creative to help each other!
  - Your team had to get creative, with limited supplies, to save that egg!
  - The astronauts and *Star Wars*-heroes we talked about today had to get creative to solve problems and escape danger.
  - And the friends of the man in today's story had to get creative in order to help him meet Jesus.
  
- In the same way, we have to get creative to help each other get closer to God sometimes. Sometimes helping each other grow means . . .
  - Praying for each other.
  - Comforting each other.
  - Encouraging each other.
  - Meeting needs for each other.
  - Talking about Jesus with each other.
  - Or even just having fun with each other! Because if we're going to help our friends grow closer to Jesus, we have to start by *being*-friends.

## NOW WHAT?

### RESPONSE | We Can Help Each Other Grow

- It's not always easy to figure out how to help each other get closer to God. Sometimes we're not sure where to start! So to help us get started, let's each **pick one person-we-can help grow closer to Jesus**, and then **pick one person who can help-us-grow closer to Jesus**.-Remember all the ways we've already talked about!-
- **INSTRUCTIONS:**-*Give each kid a piece of paper and colored pencils or crayons. Tell them to fold the paper in half. On the left side, have them write or draw (or both) one person who has helped them grow closer to Jesus and one way they have done that. On the right side, have them write or draw (or both) one person who they can help grow closer to Jesus, and how they plan to do that.*

### OBJECT LESSON | Fold It Up

- You've already folded your paper once, and you've already named one person who has helped you grow closer to Jesus, but let's see if we can name some more.-**Each time we fold our papers, let's name someone who has helped us grow closer to Jesus**.-Let's see how many we can do!
- **INSTRUCTIONS:**-*All together, have everyone fold their paper in half, and then shout the name of the person they drew. All together, have everyone fold their paper in half again (into quarters), and shout the name of someone else who has helped their faith grow. Keep going until the paper can't be folded anymore – for most, this will be after five, six, or seven folds. Afterward, play [this video clip](#) from the show Mythbusters.*
- Most of us could only fold our paper five, six, or seven times by ourselves. But just like we've seen over and over again today, even folding paper is easier when you have a whole team. When they worked together, the-*Mythbusters*-team folded their paper eleven times!

## ACTIVITY | Blanket Races

- Before we leave today, let's play one more game to remind us about how, just like the man in today's story needed his friends to help him get closer to Jesus, we need our friends to help us get closer to Him too.
- **INSTRUCTIONS:***-For this activity, you'll need lots of towels or blankets and paper cups filled with water. Split kids into teams of 5 and have them stand on one side of the room. Give each team a towel or blanket. One team member must sit on the blanket and hold a cup of water. Their team members must drag them on a blanket to a finish line of your choosing, without spilling their water. Be sure every team has an adult supervising, and that no kids try to lift each other off the ground.*
  - **PRETEEN HACK:***-Turn this activity into a tournament by eliminating the slowest team (or team with the most spilled water) each round, until there is only one winning team.*
- Just like the man in today's story was carried by his friends toward Jesus, I hope you remember that we can help carry each other toward Jesus too, because **people can help our faith grow!**-When we spend time with people who can help us get closer to Jesus, we get to see God "launch" our faith to even greater heights!

## ACTIVITY | Good Friends

- **INSTRUCTIONS:***-Give everyone an index card or white board, and ask them to write a list of qualities they look for in a friend. When you're done, ask, "**Now how can you be this kind of friend to others?**"*

## MEMORY VERSE | Psalm 119:105 (NIV)

- **INSTRUCTIONS:***-Introduce kids to this month's memory verse, you can teach them the signs (a combination of SEE and ASL) [we've provided](#).*

## DISCUSSION

- Why did the man in today's story want to get to Jesus?
- How did the man get to Jesus?
- What happened when the man met Jesus?
- We can't take our friends to see Jesus in person, but what are some ways we can help other people grow closer to God?
- Let's read Galatians 6:2. What do you think it means to carry each other's burdens?
- Who is someone you could thank for helping you grow closer to Jesus? What will you say to them?
- Who is someone you could help grow closer to Jesus? How will you do that?
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**MEMORY VERSE | Psalm 119:105 (NIV)**

**INSTRUCTIONS:** *Introduce kids to this month's memory verse, teaching them the signs (a combination of SEE and ASL) we've provided.*