



Divine Service Guide for Children's Service

“Don't be Afraid. Just Believe.”

Slides: use of slides during the divine service is optional

Printables: to be used in the divine service

Bible Text: Mark 5:36 (excerpt, NIV)

Message: “Don’t be afraid. Just believe.”

Materials: Social-Emotional Feelings Chart, 10ft of clothesline, 12 clothespins, Powerful Animals Answer Key, Powerful Animals print outs

Preparation: (before service)

- Print enough copies of the Social-Emotional Feelings Chart so every child has one. Place them on the seats where children will sit or hand them to children as they enter the sanctuary.
- Lay the clothesline on the floor in front of the altar.
- Pin the “Most Powerful” sign on the far-right end of the clothesline and the “Least Powerful” sign on the far-left end of the clothesline.
- Pin the Powerful Animal signs in a random order between the two signs.
- Be sure the minister has a copy of the Powerful Animals Answer Key at the altar to reference.
- Ahead of time, ask 2 adults or young adults to volunteer to hold up the clothesline during the activity.

Introduction / Background Information for the Minister:

This sermon is centered on text, Mark 5:21-43, and interweaves two stories that feature both contrasts and similarities: Jairus has a very sick 12 year old daughter and the woman had suffered for 12 years with the flow of blood. Jairus was a wealthy and respected man. The woman was poor and excluded from society. The woman believed Jesus could heal her which moved her to reach out, despite her fears, and to touch Jesus’ garment. Jairus had to overcome his fear and **continue in belief**, even after receiving the devastating news that his daughter had died, that Jesus could heal his daughter.

Key insights to include:

- **Faith in Jesus comforts, strengthens, and saves us:** Both the wealthy synagogue leader,

Jairus, and the nameless, poor, excluded woman approach Jesus with faith, and both the woman and the girl are restored to life and community. The woman's faith, though fearful and trembling, opened the door for Jesus' healing presence.

- **Faith in Jesus helps us overcome fear:** Jesus shifts Jairus' focus from what he believed (a dead person cannot be resurrected) to **who** he believes in (**Me**—Jesus Christ). Faith triumphs over the anxieties, uncertainties, and fears of life.
-

Main Portion of the Sermon: Bold print is what the ministers should say, italicized or regular print are directions for what the minister or volunteers should do. The retelling of the Bible stories should be told as one continuous story, even though they include two different events where Jesus heals (Mark 5:21-43).

Minister: Today we are going to learn that we all have feelings and that our faith in Jesus can help us when we feel afraid or fear something. Maybe we are scared of a big dog, or maybe we worry about a friend. We all have feelings and our feelings are important to God.

(Interactive moment: Ask children to use the Social-Emotional Feelings Chart to point to a feeling they have sometimes. Acknowledge that there are no "wrong feelings.". Allow some children to share their feeling and why they sometimes feel that way.)

Minister: Our story today is about a man named Jairus. Jairus was an important leader, but he was very afraid because his young daughter, who was only twelve, was very, very sick. He ran to Jesus, fell at His feet, and begged, "Please come! Lay your hands on her and heal her!"

(Interactive moment: Ask the children to use the Social-Emotional Feelings Chart to show how they think Jairus was feeling.)

Minister: Jesus immediately went with him. But a huge crowd followed and pressed all around them, making it hard to move.

(Interactive moment: Ask the children if they've ever been in a really crowded room and what it feels like. Let a few children share their answers.)

Minister: Sometimes worry, or being afraid, or feeling fear and uncertainty can feel like being stuck in a large crowd, pressed in on all sides and looking for an escape, but let's get back to our story. Then, Jesus suddenly stopped! He felt power leave Him. A woman who had been sick for twelve years touched the hem of His robe, believing that just touching His clothes would heal her. Her faith was so strong that Jesus told her, "Daughter, your faith has made you well. Go in peace". She was healed!

(Interactive: Ask the children to use the Social-Emotional Feelings Chart to show how they think the woman was feeling.)

Minister: But right then, someone came from Jairus's house and gave him the worst news: "Your daughter is dead. Don't bother Jesus anymore". Jairus had been believing and hoping, but now he became fearful.

(Interactive moment: Ask the children to use the Social-Emotional Feelings Chart to show how they think Jairus was feeling.)

Minister: Jesus heard those heartbreaking words, and He knew Jairus was afraid. Jesus immediately gave him the most important command from Mark 5:36 (NIV): "Don't be afraid; just believe."

(Interactive moment: Ask the congregation to stand up and repeat "Don't be afraid; just believe.". This will allow for a movement break.)

Minister: Jesus focused Jairus away from the bad news (what he believed) to who he believed in (Jesus Christ). When they got to the house, Jesus took the girl's hand and simply said, "Little girl, arise". And immediately, the twelve-year-old girl stood up and started walking! Jesus showed us that nothing, not even death, is more powerful than God.

(Interactive moment: Ask the children to use the Social-Emotional Feelings Chart to show how they think Jairus was feeling now.)

Minister: Jesus healed Jairus' daughter not with strength or force, but with authority, love, and compassion. Let's explore what people usually think of as "powerful" and see how it compares to the power of Jesus.

Activity: Powerful Animals

Minister: Invite the 2 adults/young adults to come up and hold up the clothesline. We have a clothesline with the names of 10 animals clipped to the line. At one end of the line we have the words "Most Powerful" and at the other end "Least Powerful". I need some volunteers to come up and to put these animals in order beginning with the most powerful on this side (point to the side with the "Most Powerful" sign) to the least powerful (point to the side with the "Least Powerful" sign). You're not just ranking them on their size, but on a mix of strength, size, weapons, and ability to dominate other animals in their environment.

(Call several children to the front and explain that they have three minutes to put the animals in order. Let the congregation know they may offer suggestions verbally from their seats.)

(After three minutes, thank the children and the adults/young adults for their help and invite

them to return to their seats.)

Minister: Let's see how well we did. Beginning with the "Most Powerful" ...read the answers from the "Powerful Animals Answer Key". Read some of the explanations as needed when there's doubts about the order.

Connecting the Activity to the Power of Belief in Jesus Christ

Minister: We just talked about some of the most powerful animals in the world, creatures with incredible strength, size, or abilities. But even the strongest animals have limits. They can't forgive sins, heal hearts, or promise eternal life. Now think about this: What kind of power really matters most? Let children/adults share their responses to this question.

Minister: Thank you for sharing your thoughts. Our motto this year is "Don't be afraid. Just believe." It tells us that Jesus Christ has a different kind of power, a power that doesn't come from muscles or size, but from love, obedience to God, and divine authority. And when we have faith in Him,

- **JESUS HAS THE POWER TO SAVE.** No animal, no human strength, and no worldly power can take away sin, but Jesus can. Through His sacrifice, He offers forgiveness and eternal life.
- **JESUS HAS THE POWER TO COMFORT.** Animals may protect or scare others, but Jesus understands pain, fear, and sadness. He brings peace to hearts that are hurting and hope when life feels overwhelming.
- **JESUS HAS THE POWER TO HEAL.** During His time on earth, Jesus healed the sick, restored sight to the blind, and even raised the dead. Today, He continues to heal, sometimes our bodies, always our souls, through faith and prayer.

So, while animals show us what physical power looks like, when we have faith in who Jesus is, He shows us what true power is: the power to save us, to comfort us, and to heal us. And He does this because He LOVES AND CARES FOR US.

Musical Selection: A musical selection can be used to transition to an assisting minister or Sunday School teacher who could continue with discussion questions to summarize the main points from the sermon.

Here are discussion questions that help summarize both stories and highlight the main message: "Don't be afraid. Just believe."

- **What fears do you think Jairus and the woman were feeling before they met Jesus? How did their faith help them act even when they were afraid?**
- **What do these two stories teach us about who Jesus is and what He is able to do? What kind of power does Jesus show in both situations?**

- Jesus told Jairus, “Don’t be afraid. Just believe.” What do you think that means for us today?
When is it hard to believe instead of being afraid?
- Both the woman and Jairus trusted Jesus in very different ways.
What does this teach us about how anyone can come to Jesus, no matter their situation?
- How can believing in Jesus help us when we feel scared, worried, or helpless?
What is one fear we can bring to Jesus in prayer?

Minister: After the discussion questions, the service should continue according to the liturgy.

Teaching Tips:

- Give children ample wait time before calling on them to answer a question. Children need 7-10 seconds to process the question and to form an answer.
- Acknowledge that we all have feelings and that all feelings are good, especially when they help us to turn to our Heavenly Father for help.

Hymn Suggestions:

NAC Hymnal 3: *All Things Bright and Beautiful*

NAC Hymnal 5, vs 3: *Be Still, for the Presence of the Lord*

NAC Hymnal 136: *Let your Hearts be Ever Joyful*

NAC Hymnal 182: *God will Take Care of You*

NAC Hymnal 189: *I’m the Child of a King*

NAC Hymnal 202: *My Jesus is my Dearest Friend*

NAC Hymnal 211: *Strong is my Lord Jesus’ Hand*

NAC Hymnal 226: *What a Friend We have in Jesus*

Art Activity: “Strong Animals, Stronger Jesus”

This activity could be done during a fellowship after the divine service.

Purpose:

To help children understand that while animals can be very strong, **Jesus’ power is greater** because He saves, comforts, and heals.

Supplies:

- Paper
- Crayons or markers

How It Works (5–10 minutes):

1. Say:

“We talked about powerful animals and how strong they are. But even the strongest animals can’t do what Jesus did for Jairus’ daughter or the woman. Jesus has the greatest power.”

2. Art Prompt

Ask children to fold their paper in half, landscape (hamburger):

- o **One side:** Draw a powerful animal (from the activity).
- o **Other side:** Draw Jesus helping someone, healing, comforting, or loving them.

(Invites adults to draw too, alongside the children)

3. As they draw say:

“Animals have strong bodies. Jesus has power to help our hearts and our lives. When we are afraid, we believe in Him.”

4. Brief Sharing

Invite a few children or adults to show their drawings and say:

- o *“My animal is powerful because...”*
- o *“Jesus is more powerful because...”*