



WEEK 3 LESSON GUIDE



BIG IDEA

What if God wants you to help others heal?

BIBLE

John 5:1–9; Micah 6:8;
Psalm 147:3

ABOUT THIS WEEK

Artists rarely get things right on the first try, so they learn how to fix their mistakes as they get their artwork to match their vision. This week, we'll look at the time when Jesus noticed a man at a pool and went out of his way to heal him. Jesus' actions remind us of God's vision for the world and invite us to wonder, **what if God wants you to help others heal?**

WHAT? *What are we talking about today?*

ACTIVITY | Color By Numbers Relay

- Welcome back to week three of *What If...* Each week, we've started with some "What if" questions. What if I woke up tomorrow with a superpower? What if time travel was possible? What if our dreams became a reality? The world has challenges. So, the question arises: "What if we have the power to change the world?" Let's keep our series rolling with a game.
- **INSTRUCTIONS:** *For this game, you need a few color-by-number sheets [like this one](#), along with crayons, colored pencils, or markers, and one table for each team. You want one copy of each sheet per team. Split the group into two teams and have them line up on opposite sides of the room. Place a color by numbers sheet between the two teams in the center of each table. Then, give each person on the team a number. When you call out a number, those players will run to the center and begin coloring in the drawing with their number on it until you call a new number. The first team to finish filling in all the colors in their drawing wins.*
- Are you tired of running? I'm tired of watching you sprint back and forth to color! When you were playing, there was so much you had to do to help your team win. You had to listen for your number, run over to the table, quickly look at the drawing, find the right color and number, and start filling in shapes. But by the end, as a team, you helped that sad, colorless picture look like we all know it was intended to!

ACTIVITY | Color Matching

- Have you ever been curious about how colors actually come to life? Not just how our eyes perceive them, but the "how-to" of how they are made? Let's dive in. Who here thinks they have a knack for picking the perfect shade?
- **INSTRUCTIONS:** *For this activity, you need a few paint swatches from a hardware store, some [paint](#), some paper, and a few paintbrushes. Choose one or two volunteers. Show them and the audience a color swatch and give them two minutes to match the colors using the paints in front of them.*
- Getting the right paint shade can be a challenge. You've got an idea of the color you want, but sometimes, you go overboard with one shade or skimp on another. Achieving that perfect hue can be tricky. But guess what? A cool thing called Color Theory is your cheat code for balancing and matching colors like a pro.

VIDEO | Color Matching – Fitz Does Color

- Color theory takes a lot of time and patience to learn. There's so much to know about how color and light interact, but you can do some artistic things once you understand even a little about it! Let's look at what can happen when you understand color theory.
- **INSTRUCTIONS:** *As a teaching tool, play [this video](#) like this one of someone matching colors perfectly. We always suggest viewing the clip beforehand to make sure you think it's a video that will be a good fit for your context. For more information on legally using copyrighted material for educational purposes, [read this!](#)*
- This is a video from Fritz Does Art. He's an artist who's a pro at color theory. He can look at a color and replicate it with trial and error. After adding some colors, he can see a pathway to where he needs to be to get the perfect shade. If he makes a mistake, he knows exactly how to fix it by adding a little bit of another color.
- I wish I had that level of awareness in my life! How about you? Can you imagine if you knew exactly what to do when you made a mistake or when you felt hurt? Could you imagine what kind of world we could create if we knew which parts of our lives to balance so we could become the people we want to be?

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - **If you could only see one color for the rest of your life, which one would it be?**
 - **In addition to physical problems or sickness, what are some things you think people need "healing" from today?**
 - ★ **What do you think about the idea that people may need physical or emotional healing? Do you have experience with either?**

SO WHAT? *Why does it matter to God and to us?*

SCRIPTURE | John 5:1–9

- Throughout his ministry, Jesus spent a lot of time with people. Occasionally, he'd meet someone with a specific need or condition and take steps to heal them. Let's take a look at one of those stories.
- **INSTRUCTIONS:** *Read John 5:1–9.*
- When Jesus came to Jerusalem, he went to a pretty unexpected place. We might expect Jesus to spend most of his time at the temple, which would have been the center of religious activity, but he goes to this pool instead.
 - At this particular pool, Jesus encountered a variety of people with different challenges and disabilities. Word had it that every once in a while, the water in this pool would ripple in a miraculous way, and whoever got in first would experience healing.
 - So, people would gather, hoping to catch that healing moment in the water where this guy is when Jesus approaches him.
- Upon learning the man has been paralyzed for 38 years, Jesus cut to the chase with a straightforward question: "Do you want to get well?" The man might have thought Jesus was referring to the rumored healing water and started explaining how he's always missed the chance, as there's no one to assist him into the pool during those rare moments of stirring.
- Did you catch that? Instead of a straightforward "Yes" or "No," the man goes off with reasons why he thinks he can't be healed. He's so laser-focused on his version of a solution he misses the bigger picture. Have you ever felt like that? I know I have!

- This story is amazing. It shows us the transformative power of aligning ourselves with Jesus and inviting him into our lives. It gives us a glimpse of what true healing and justice can look like when we lean into God's plan. So, let's dive deeper into what this story might mean for us today...
 - **JESUS SAW EACH PERSON UNIQUELY.** Amidst a crowd at the pool, Jesus tuned into this one guy's story and responded directly to his situation. Despite so much going on around him, Jesus didn't let distractions cloud his focus. He zeroed in on this man, giving him his full attention and care.
 - **JESUS SAW AN INJUSTICE.** In a brief conversation, Jesus picked up on the injustice this man faced. Living with a disability for 38 years is no small feat, and hearing how the community overlooked him hit home for Jesus. He saw the unfairness and didn't just walk away—he took action.
 - **JESUS HEALED A SPECIFIC NEED.** Sure, this guy had a laundry list of challenges, but Jesus honed in on the most pressing one. By addressing this crucial need, Jesus set the stage for a ripple effect to transform this man's entire life. He didn't try to tackle everything at once—he focused on what mattered most.

SCRIPTURE | Micah 6:8

- The life of Jesus has shown each of us what it looks like to help make wrong things right. This wasn't a new idea Jesus came up with. It's something God had always wanted humanity to be about. We can read about it in the words of the prophet Micah.
- **INSTRUCTIONS:** *Read Micah 6:8.*
- Through Jesus, we see what it looks like to "act justly, love mercy, and walk humbly with God." Think of justice, kindness, and humility as the colors we mix into our own life canvas as we strive to align with Jesus' example. A good starting point? We can look to bring healing to the lives of the people around us.
- Honest faith has to move beyond simply what we say we believe... faith must carry over into how we live and what we do. Faith is action marked by compassion and the ability to see and respond to the needs of others around us. This is something we don't tend to do naturally. Left to ourselves, we often focus on meeting our own needs. But when we humbly walk with Jesus and rely on his presence in our lives, he helps us care for others and right wrongs, like he did.
- We won't be able to help everyone, but we can point people toward the kind of healing and hope that comes from knowing Jesus. By standing up for what's right and living like Jesus, God opens doors for us to show others how a relationship with Jesus can change their lives for the better. We simply need to tune into their needs and find ways to help, just like he would.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - **Who in the story do you relate with? The man asking for healing? The crowd gathered around the pool. Why?**
 - **Why do you think Jesus asks, "Do you want to get well?"? Are there times we might need healing from something but don't always want to get well? What are some reasons that might be true?**
 - **How does Micah 6:8 challenge your understanding of following Jesus?**

IMAGE | "Self-Portrait" by Frida Kahlo

- Sometimes, the answer isn't to tell people everything we know about God. Occasionally, we need to let

people experience God.

- **INSTRUCTIONS:** As you teach, show an image of a self-portrait by Frida Kahlo like [this one](#) on screen.
- This is Frida Kahlo—well, this is a self-portrait of artist Frida Kahlo. She was a talented artist, but art wasn't her first passion.
- Art didn't become her focus until she experienced a horrible accident that left her in bed for months. In those months of recovery, Frida discovered the healing power of art and how it helped her heal from her physical condition and emotional toil.
- Art became a way for her to express herself and create something that expressed her feelings deep down inside. It helped her do more than just overcome a situation. Art gave Frida Kahlo a chance to work towards holistic healing.
- Just like Frida Kahlo needed a space to experience healing through art, the people in our lives might need space to experience the healing that can only come from God. They need us to see them, love them well, and pursue justice alongside them.
- Together, even if we're only focused on one person, we can help them get a small taste of the possible healing through God. We can help them connect with the God who created them, loves them, and can heal them. You can help point others to Jesus and show justice to others by putting this question at the center of your life—**What if God wants you to help others heal?**

NOW WHAT? What does God want us to do about it?

OBJECT LESSON | Start Somewhere

- **INSTRUCTIONS:** For this object lesson, you need a blank canvas and an easel to put it on. This canvas is supposed to stay blank as you teach.
- When we look around and see how many people are hurting—whether it's physically, emotionally, or spiritually—it can be overwhelming. It's like staring at a blank canvas and being told, "Create something!" You're left wondering, "Where do I even start?" It feels like there's so much to address, and it's hard to know where to dive in.
- So, as you're thinking, **"What if God wants you to help others heal?"** Here are some tips to help you push past that overwhelmed feeling and take action to make a difference in the injustices we witness.
 - **START ALLOWING GOD TO HEAL YOU.** We all have areas in our lives that need some healing. By inviting God into our story, He can help heal our pain and turn it into purpose. This week, let's take steps to heal and consistently collaborate with God on our healing journey.
 - **START TO BRING HEALING TO YOUR FAMILY.** You can be a positive voice for your family. Whether it's the people you live with or your chosen family, you can help point them to Jesus and how he treated people with love and compassion. Take a moment to ask God how you can support a family member as they navigate their healing journey.
 - **START TO BRING HEALING TO YOUR COMMUNITY.** When we stand up for our community and support those facing challenges, the Holy Spirit works through us to foster healing in our neighborhood. Whether you're giving your time, listening to someone's story, or sharing what you can, your efforts can make a difference and bring healing to those around you. This week, watch for opportunities to emulate Jesus by showing compassion and caring for those in your community.

DISCUSSION

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middle schoolers.

- ✪ Like Frida and her art, have you experienced something that God has used to help heal you? Is it something you are still doing it?
- Read Psalm 147:3. How do you need God to heal your heart and bind your wounds? Have you asked God for that help? Why or why not?

REFLECTION | Healing As An Art Form Station

- Ever think of healing as an art form? Well, today, let's explore that idea together. Healing's a journey, right? And like any masterpiece, it takes time, patience, and a whole lot of heart. Let's dive into some creative ways to see and feel God's healing power.
- **INSTRUCTIONS:** For this reflection, you need the instruction printouts [included in this week's series materials](#), watercolor pencils, watercolor paper, paint brushes, a few cups of water, a bin of legos, some paper, pens, Mod Podge, scissors, magazines, tissue paper, a few tables, and a cross. Set up various stations around your meeting area, each equipped with specific materials listed below. Allow ample time for reflection, and consider playing music for an immersive experience.
 - STATION ONE: WATERCOLOR PENCILS
 - Materials: Watercolor pencils, paper, paintbrushes, and cups of water.
 - Activity: Students can sketch with the watercolor pencils and then use brushes to blend and add water. This process symbolizes how God's love and healing reveal new facets of our lives.
 - STATION TWO: LEGO BUILDING
 - Materials: LEGO pieces.
 - Activity: Encourage teenagers to build something symbolizing how they want to support others in their healing journey. As they build their creations, prompt them to reflect on potential habits they could develop or change to assist others. Encourage moments where they might remove a block, using it as a time to contemplate what aspects of their own lives they might need to adjust to better aid others.
 - STATION THREE: POETRY
 - Materials: Paper and pens.
 - Activity: Encourage students to write a poem or write freely about their healing experiences. Prompt them to reflect on what they've overcome, their aspirations, individuals needing healing in their lives, and how they envision God's role in this process. With their words, they can convey hope and inspire others to find solace in God.
 - STATION FOUR: ASK GOD FOR HEALING
 - Materials: Paper, pens, and a cross.
 - Activity: Encourage your group to jot down areas where they or someone they care about seeks healing. They can place these notes at the base of the cross. Assure them that these will remain private, letting them know the group will collectively pray for these requests at the end of your time together.
 - STATION FIVE: MAKE YOUR MARK
 - Materials: Canvas or thick cardboard from previous weeks, Mod Podge, paintbrushes, scissors, magazines, tissue paper.
 - Activity: Encourage teenagers to contribute to your progressive art mural using Mod Podge, magazines, and tissue paper. Get creative and collaborate to craft something uniquely beautiful together.
- You have a unique contribution you can make to this work of art, just like you have a unique contribution you can make to helping bring God's love and justice to those around you." These stations help us see how we can take steps to help people heal.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ✪ **Why do you think it matters that we address the areas that must be made well before we think about helping others heal? Where is one place you need to start asking for healing from God?**
 - **Today, what role can you play in helping others get well? What would it look like for you to start doing that this week?**

ACTIVITY | The *What If ...* Project

- **INSTRUCTIONS:** *If you haven't already done so, this would be a great time to invite your students to get involved in "The What if... Project" discipleship activity. If you have started recruiting, this would be a good time to remind them it is coming up. There are all sorts of ways to help get teenagers involved that you can read about in the planning documents over in the [Discipleship folder](#).*
- This week, ask yourself, **what if God wants you to help others heal?**