

Get Up



Image: pixy.org

You can colour this picture.



From the Bible

While Jesus was still speaking, some people came from the house of Jairus. He was the synagogue leader. “Your daughter is dead,” they said. “Why bother the teacher anymore?”

Jesus heard what they were saying. He told the synagogue leader, “Don’t be afraid. Just believe.”

He let only Peter, James, and John, the brother of James, follow him. They came to the home of the synagogue leader. There Jesus saw a lot of confusion. People were crying and sobbing loudly. He went inside. Then he said to them, “Why all this confusion and sobbing? The child is not dead. She is only sleeping.” But they laughed at him.

He made them all go outside. He took only the child’s father and mother and the disciples who were with him. And he went in where the child was. He took her by the hand. Then he said to her, “Talitha koum!” This means, “Little girl, I say to you, get up!” The girl was 12 years old. Right away she stood up and began to walk around. They were totally amazed at this. Jesus gave strict orders not to let anyone know what had happened. And he told them to give her something to eat.

Mark, chapter 5, verses 35-43, New International Reader's Version

? To think about

I wonder which is the most important part of the story?

What would it have felt like to be there with Jesus?

Why did the people laugh at Jesus?



Craft Activity

Hand cards

You will need:

- Thick paper or card
- Scissors
- Pens, crayons

Folded
edge
here →



Jesus took the girl’s hand and healed her. Could you make a hand shaped card to send to someone who is not well?

Fold the paper or card in half, place one hand on the card next to the fold. Draw round your hand. Now cut round the hand

shape through both layers of paper or card – but don’t cut along the folded edge. Decorate the outside of the card and write a message or prayer inside and deliver to the person who is not well.



Craft Activity

'Band-Aid' wrist bands

You will need:

- Colouring pens or pencils
- Scissors
- Glue stick or sticky tape

Decorate the 'Band-Aid' wrist band below. Cut round the outside line and wrap it around your wrist. Use tape or glue to hold it in place.



Outdoor Activity Suggestions

Photo Scavenger Hunt

Go for a walk with a grownup in your family and ask if you can use their phone to take some pictures of the things you spot on your walk.

Can you find:

- A white fluffy cloud
- A tree with blossom on
- A waterfall
- A purple flower
- A tower
- An insect
- A post box
- A bird
- An interesting rock
- A puddle



Building Challenge

Can you build a bed big enough for you to lie down on?

Song

Who I am

Ask the person who is looking after you today to let you sing along to this song on the computer. <https://www.youtube.com/watch?v=mldP6dGpAVY>

Prayer

Awesome God,
Even when things seemed impossible
Jesus made them happen.
Help us to listen to Jesus and trust him.
Amen.
(Amen just means 'I agree' in the language that Jesus spoke.)

? Puzzle

What did Jesus tell Jairus?

D 5 n 5 7 f 2 1 6 5 n 4 9 b 2 4 3 2 8 2
D _ n _ _ f _ _ , _ n _ _ b _ _ _ _ _
1 2 3 4 5 6 7 8 9
a e i l o r t v y

Can you find the words from the story?

S	S	G	L	S	U	R	I	A	J	
U	R	A	G	S	J	S	J	E	F	sick
P	E	S	U	J	U	Y	X	L	T	Jairus
H	T	C	L	S	C	L	O	A	K	daughter
N	H	N	E	Y	P	E	N	P	Y	Jesus
U	G	J	A	B	N	O	W	L	O	power
O	U	T	V	M	G	D	W	U	E	heal
R	A	V	L	H	O	H	S	E	F	
L	D	H	D	M	D	W	J	K	R	
J	S	I	C	K	Z	E	M	L	O	