



IDC KIDS

Jul 19, 2026

8:30am & 11:15am

The Lord of the Sabbath

MATTHEW 12; MARK 2-3; LUKE 6

CHRIST CONNECTION:

We sin, but Jesus obeyed all of God's rules perfectly. Because of this, Jesus' death on the cross and resurrection will save us from sin if we repent and believe in Him.

BIG PICTURE QUESTION:

What did Jesus teach when He was on earth? *Jesus taught about God and His kingdom.*

KEY PASSAGE PHRASE:

Matthew 5:16

STORY POINT:

Jesus rules over all.

[Weekly Leader Training Podcast for Preschoolers](#)



LEARN

GATHER ON THE RUG FOR THE LESSON.

1. WELCOME

- Call the children over **by name** to join you on the rug for group time.

SAY

Did you know that one of God's laws was that for one day every week, people should not do any work. He called this day the Sabbath. Say 'Sabbath' with me. [Pause for kids to repeat.] In today's Bible story, we will learn that Jesus did something special on the Sabbath. The religious leaders were angry at what Jesus did, but JESUS RULES OVER ALL, even the Sabbath."

2. PLAY THE BIBLE STORY VIDEO ON THE TV.

How? Turn on the TV and Apple TV, Open the Plex App, and play the video with today's date (If needed, the Plex Pin is 1234)

If you have issues with the video or would prefer low-tech teaching, there is an outline on the next page



IMAGO DEI KIDS

TEACHING OUTLINE

LOW-TECH ALTERNATIVE TO VIDEO

GREET PRESCHOOLERS WITH A SMILE

As preschoolers arrive, sing a song with motions to engage and welcome them with the song [Jesus Is Powerful](#) or the [video](#) by scanning the qr code to find it. Be enthusiastic with hand motions and encourage preschoolers to join you. Help the preschoolers think through what it means to worship God.



TURN TO MATTHEW 12; MARK 2-3; LUKE 6

STORY SCRIPT

On the Sabbath, Jesus went into the synagogue. God had told His people not to do any work on the Sabbath. It was a day for God's people to rest from their work and to worship God.

Jesus taught the people in the synagogue. One of the men in the synagogue had a problem with his hand. He could not move his right hand. The religious leaders were there. They knew God's law said people should not do any work on the Sabbath, and they wanted to see if Jesus would heal the man.

They asked Jesus, "Is it okay to heal people on the Sabbath day?"

Jesus knew their thoughts and asked them a question: "If you have a sheep and it falls into a ditch on the Sabbath, would you leave it there? Or would you grab the sheep and lift it out of the ditch?"

That was an easy question. Of course they would lift the sheep out of the ditch. No one would want to let his sheep get hurt or die. Then Jesus said, "A person is much more important than a sheep, so it is right to do good on the Sabbath."

Jesus called to the man who could not move his hand and said, "Stand up here where everyone can see you," Then Jesus said to the man, "Stretch out your hand."

So, the man stretched out his hand! He had not been able to move his hand before, but now his right hand was just as good as his left hand!

The religious leaders were angry. They did not like Jesus or what He was doing. They left the synagogue and made a plan about how they might stop Jesus.

Story Telling Tips

- **Story clap:** Instruct the children to clap every time they hear the name of Jesus.
- **Use a bandage:** Before you tell the story, wrap your right hand in a bandage. After Jesus heals the man, unwrap the bandage and wiggle your fingers.



IMAGO DEI KIDS

CHRIST CONNECTION

We sin, but Jesus obeyed all of God's rules perfectly. Because of this, Jesus' death on the cross and resurrection will save us from sin if we repent and believe in Him.

READ Matthew 5:16

SING **Let Your Light Shine** our [memory verse song](#) and [video](#). Scan the qr code.



Let Your Light Shine (Matthew 5:16)

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In the same way, let your light shine before others,
So that they may see your good works
And give glory to your Father in heaven.
Matthew 5:16

3. REVIEW THE BIBLE STORY (OPTIONAL) Ask the following review questions:

- What did you like about the Bible story? *(Answers will vary.)*
- What were some things in the Bible story that made you happy or sad? *(Answers will vary.)*
- What problem did the man in the synagogue have with his hand? *(He could not move his hand.)*
- Why did Jesus say it is good to help people, even on the Sabbath? *(because people are important to God)*
- How did Jesus help the man with the hurt hand? *(Jesus healed his hand.)*
- f. What did Jesus teach when He was on earth? Jesus taught about God and His kingdom.**

SAY	<i>Jesus went to a synagogue on the Sabbath and saw a man who could not move his hand. The religious leaders watched to see if Jesus would heal the man, because they thought healing was work and not allowed on the Sabbath. Jesus showed His power because JESUS RULES OVER ALL. When Jesus told the man to stretch out His hand, it was healed!</i>
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4. LEARN THE BIG PICTURE QUESTION AND ANSWER

SAY	<i>The religious leaders thought they knew God's law better than anyone, but they had a lot to learn. What did Jesus teach when He was on earth? Jesus taught about God and His kingdom. JESUS RULES OVER ALL. When Jesus healed the man's hand on the Sabbath, He taught that it is right to do good on the Sabbath.</i>
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IMAGO DEI KIDS

5. PRACTICE THE KEY PASSAGE PHRASE

Place the Key Passage Marker at **Matthew 5:16**. Invite a child to open your Bible to the key passage. Hold up the Key Passage Phrase and shine a flashlight behind each word and have the kids repeat after you.

SAY	<i>We shined a flashlight on each word as we read it. Our key passage says to shine our light before others. When you show love to your friends and tell them the good news about Jesus, you are shining God's light. This gives glory to God and shows other people how wonderful He is.</i>
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HINT: Let Your Light Shine is our [memory verse song](#) and [video](#). Scan the qr code or replay the Verse Video on the TV under [Pre-K Discipleship](#) called **Let Your Light Shine**.



6. PRAY

SAY	<i>God, all Your rules are for our good. Help us learn Your rules and keep them. When we follow Your rules and do good works, let others praise You. Amen.</i>
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ACTIVITIES

PLEASE COMPLETE BOTH BELOW

1. FIND THE SHEEP

Place **three cups** upside-down on a table. Hide a **cotton ball** under one of the cups. Tell the kids that the cotton ball is a "sheep." Mix the cups by sliding them around. Invite one preschooler to guess which cup is hiding the sheep. Lift the chosen cup to show what's underneath. Let each child take a turn finding the sheep.

SAY	<i>Wonderful job finding the sheep! In the synagogue, Jesus said that if a sheep fell into a ditch on the Sabbath, the religious leaders would save the sheep. Since a person is much more important than a sheep, it is right to do good on the Sabbath. JESUS RULES OVER ALL. Jesus died on the cross and rose again to show God's love by rescuing people from their sin.</i>
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2. COLOR THE ACTIVITY PAGE *(please send this home with parents)*

DISMISS PRESCHOOLERS

- Release preschoolers to parents. Check diapers and change if they are dirty then release children by matching up the number on the child's sticker with the guardian receipt. *Some older preschoolers have been having accidents and not telling volunteers. Please take a glance around for wet pants.*
- Give parents today's activity page to reinforce today's Bible story and Christ connection throughout the week. **Let them know there is a QR code for at home activities and family discipleship.**
- Tell parents something that their child enjoyed doing or did well during the session.