


# "Young Man, Get Up"

**SERVICE** We serve God when we care for others.

### References
Luke 7:11-17; *The Desire of Ages,* pp. 318-320.

### Memory Verse
"God has come to help his people" (Luke 7:16, NIV).

### Objectives
**The children will:**

**Know** that Jesus knows and cares when people are sad.
**Feel** confident that God wants them to help others who are sad.
**Respond** by helping people who are sad.

### The Message



We serve God when we help people who are sad.

## Getting Ready to Teach

### The Bible Lesson at a Glance

As Jesus approaches the city of Nain, He sees a large funeral procession. The only son of a widow, her sole support and provider for the future, has died. Jesus' heart goes out to the widow and He comforts her, then steps to the dead body and says, "Young man, I say to you, get up!" The young man sits up and speaks. Jesus gives him to his mother. The crowd praises God and says, "God has come to help his people" (Luke 7:16, NIV).

***This is a lesson about service.***

Jesus had compassion on the widow whose only means of support had been taken away in death. He wants His children to show compassion and offer help to sad and lonely people with

# FIVE

## Program Outline

| | LESSON SECTION | MINUTES | ACTIVITIES | MATERIALS NEEDED |
|---|---|---|---|---|
| | **Welcome** | ongoing | Greet students at door; hear pleased/troubled | none |
| 1 | **Readiness Options** | up to 10 | *A. Happy/Sad Faces* | copies of faces (see page 141), pencils |
| | | | *B. Erasing the Tears* | pictures from Readiness A, pencils with erasers |
| | | | *C. Crying Collage* | old magazines, poster paper, scissors, glue sticks |
| * | **Prayer and Praise*** | up to 10 | See page 56. ***Prayer and Praise** may be used at any time during the program. | |
| 2 | **Bible Lesson** | up to 20 | Experiencing the Story | Bible-times costumes, adult helpers, wooden board or sled for "coffin" |
| | | | Bible Study | Bible (a children's Bible if possible) |
| | | | Memory Verse | Bible |
| 3 | **Applying the Lesson** | up to 15 | *Comforting Others* | bag or box, comforting items |
| 4 | **Sharing the Lesson** | up to 15 | *"Jesus Loves You" Card* | paper, crayons, stickers (optional) |

whom they come in contact every day. Showing mercy and compassion is one way to serve God, just as is helping others in practical ways.

### Teacher Enrichment

"As they draw near, a funeral train is seen coming from the gates. . . . On an open bier carried in front is the body of the dead, and about it are the mourners, filling the air with their wailing cries. All the people of the town seem to have gathered to show their respect. . . .

"The deceased was the only son of his mother, and she a widow. The lonely mourner was following to the grave her sole earthly support and comfort. 'When the Lord saw her, He had compassion on her.' As she moved on blindly, weeping, noting not His presence, He came close beside her, and gently said, 'Weep not.' Jesus was about to change her grief to joy, yet He could not forbear this expression of tender sympathy" (*The Desire of Ages,* p. 318).

### Room Decorations

See Lesson 1.

# Teaching the Lesson

### Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week's lesson study. Have them begin the readiness activity of your choice.

## 1 Readiness Activities

Select the activity most appropriate for your situation.

### A. Happy/Sad Faces

Beforehand, make copies of faces for each child (see p. 141). Give each child a full page of eight faces and a pencil. Read the statements and ask the children to turn a face into either a smiling mouth or a frowning mouth to represent how they would feel. (Demonstrate.) An option would be to ask the children to make either a happy or a sad face on themselves in response to each statement.

1. Your birthday is tomorrow.
2. Your pet bird died.
3. Your friend is coming to lunch.
4. You cleaned up your room without being asked.
5. Your friend next door hit you.
6. You are going to the park this afternoon.
7. You shared your toys with your brother or sister.
8. Your family is going on a trip.

**You Need:**

- ❑ copy of faces for each child (see p. 141)
- ❑ pencils

Keep this paper for the next activity.

***Debriefing***

Allow response time as you ask: **How many happy faces did you make? How many sad faces? I hope you had more happy faces. It's so much nicer to wear a happy face than a sad face. Today we're going to learn about a time Jesus helped a sad mother become happy. Jesus loves it when we help sad people too. That reminds me of today's message:**



We serve God when we help people who are sad.

**Say that with me.**

## B. Erasing the Tears

**You Need:**

- ❑ pictures from Readiness A
- ❑ pencils with erasers

Distribute pencils. Use the pictures from Readiness A. Have the children select the sad faces they drew. Ask the children to think about something that has made them sad, and then to draw tears on the sad faces. (Demonstrate.)

***Debriefing***

Allow response time as you ask: **What was it that you thought about that has made you sad enough to cry? What did you do to feel better? Did someone help you? In our story today a mother is very sad and cries. The Bible tells us that someday Jesus will wipe away all our tears because there won't be any sad things in heaven. But while we're still here on earth, we can help sad people. We can help take away their tears. Let's erase the tears we've drawn on our paper children's faces.** Have children erase the tears they drew. **And that leads me to today's message:**



We serve God when we help people who are sad.

**Say that with me.**

## C. Crying Collage

**You Need:**

- ❑ old magazines
- ❑ poster paper
- ❑ scissors
- ❑ glue sticks

Ask the children to look through the magazines and cut out any pictures that make them sad or remind them of something sad that made them cry. They can glue the pictures on the poster paper to make a collage. Leave plenty of space between each picture. Beforehand, make strips of paper with comfort words written on them. You may include such words as: hugs, sunny day, music, teddy bear, ice cream, prayer, card, back rub, etc. Have enough so that each child can get several.

***Debriefing***

Allow response time as you ask: **What kinds of things did you find that made you sad or reminded you of something sad that made you cry? There are lots of things in this world that can make us sad. But there are also lots of things in this world that can make us happy. What are some things that make us happy when we are feeling sad?** (Take all suggestions.) Add to your word strips any words suggested by the children that you may not have had. Have children come up and take a "happy word" to cover the sad pictures. Once they are finished, say: **Our Bible story today is about a time when Jesus helped a sad mother. Jesus loves it when we help people who are sad. That makes me think of today's message:**



We serve God when we help people who are sad.

**Say that with me.**

* **NOTE: Prayer and Praise appears on page 56.**



## Bible Lesson

### Experiencing the Story

**You Need:**

- ❑ Bible-times costume for each child
- ❑ adult helpers to carry the "coffin"
- ❑ wooden board or child's sled for the "coffin"

***Characters:*** *Jesus; young man; young man's mother; mourners*

*Dress the children in Bible-times costumes. Ask a boy to act as Jesus and another to act out the part of the son. Have the son lie down on the open "coffin." Adults will need to carry the coffin. A girl can act the part of the mother. The remaining children can be mourners and cry softly as they follow the coffin. Have the children act out their parts as you tell or read the lesson story.*

Jesus walked from town to town telling the people about God and healing the sick. His disciples followed Him everywhere. Other people wanted to hear and see what Jesus was doing too, so a large crowd followed Him from place to place.

One day Jesus came to a town called Nain. In those days the towns had walls around them with gates to let people in and out. As Jesus walked toward the town gate, He saw people carrying a dead body wrapped for burial out of the city. A young man had died and was to be buried in the cemetery outside of town. His mother and a large crowd followed the people carrying him.

Jesus could hear the young man's mother as she cried. He could hear the crowd of people as they cried too. The mother was a widow—that means her husband had died. And now her only son had died too. She had no other children. She was all alone and felt very sad.

When Jesus saw her, He immediately knew what was happening. He knew she was sad because her only son, whom she loved so much, had died, and now she was alone.

Jesus wanted to do something to help her. Quietly He walked over and gently said to her, "Don't cry." Then He touched the coffin. When the people carrying it saw Him do that, they stopped. What would Jesus do next?

Then Jesus spoke. "Young man, I say to you, get up!" (Luke 7:14, NIV). The people must have been surprised to hear Jesus say that! Everyone knew that the young man was dead, and dead people can't get up. But Jesus is God's son, and He can make dead people come back to life.

Sure enough, when Jesus touched his hand, the young man sat up and began talking! Jesus gave him to his mother. Was she happy? Of course she was! She stopped crying and started rejoicing because her son was alive again!

The people were amazed! They were seeing a miracle! Their mouths must have fallen open in surprise. Jesus had brought a dead person back to life! When the people stopped being surprised, they started praising God. They thanked God for sending Jesus to them. "God has come to help His people!" they shouted. Everyone returned to the city, joyful and happy because of Jesus' love.

God is so wonderful! He cares about making sad people happy again. He asks us to help sad people too. When we see someone who is sad because they are sick or scared or lonely, Jesus wants us to help them if we can. We can say kind words. We can listen to them and comfort them. We can love them as Jesus does. When we do that for other people, it is as if we are doing it for Jesus. Remember:



We serve God when we help people who are sad.

**Say that with me.**

***Debriefing***

Allow response time as you ask: **Why was the mother in the story so sad? How did Jesus feel when He saw her? What did He do? What do you think the young man did when he went back into the city? What do you think his mother did? What would you have done if you had been there? Remember our message? Let's say it together:**



We serve God when we help people who are sad.

## Bible Study

**You Need:**

- ❑ Bible (a children's Bible if possible)

Open your Bible to Luke 7:11-17. Point to the passage and say: **This is where today's story is found in the Bible.** Read verses 11-17 aloud, explaining as necessary.

***Debriefing***

Ask: **Whose son had died? Did she have another son who could help her? What feelings did Jesus have for the woman? What kind words did He say to her? Do you want to comfort sad people as Jesus did? What could you say to comfort someone who is sad?**

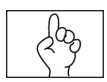
## Memory Verse

**You Need:**

- ❑ Bible

Turn in your Bible to Luke 7:16 and say: **And this is where we find our memory verse in God's Word, the Bible.** Read the text aloud. **"God has come to help his people."** Then proceed to teach the memory verse as outlined below.

Do the following actions while repeating the memory verse:

| | | |
|---|---|---|
| **God** | Point upward. |  |
| **has come** | Motion to come. |  |
| **to help** | Hands outstretched and cupped together. |  |
| **his people.** | Point to others. |  |
| **Luke 7:16** | Palms together; then open as if opening a book. |  |

## PRAYER AND PRAISE*

**Fellowship**

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

**Suggested Songs**

"I Want to Be Like Jesus" (*Little Voices Praise Him,* no. 194)
"I'll Be Happy" (*Little Voices Praise Him,* no. 201)
"Jesus Wants Me for a Sunbeam" (*Little Voices Praise Him,* no. 202)
"Something Nice" (*Little Voices Praise Him,* no. 261)
"Let Us Do Good" (*Little Voices Praise Him,* no. 263)

**Mission**

Say: **God loves everyone in the world—those who are happy, those who are sad, those who smile, and those who cry. When we tell others about Jesus, we can help turn tears into smiles.** Use a story from *Children's Mission*.

**Offering**

Say: **Today our offering will be used to help make people happier by telling them about Jesus.** Sing an offering song such as "Giving" (*Little Voices Praise Him,* no. 285).

**Prayer**

Pray that the children will show people God loves them by being kind to those who are sad.

*Prayer and Praise may be used at any time during the program.

## 3 Applying the Lesson

**Comforting Others**

Beforehand, place the comforting items in the bag or box.

Discuss with the children what it means to comfort someone. Then have the children take turns pulling an item out of the bag. Ask each time: **How could this be used to comfort someone, to help them feel better?**

***Debriefing***

Allow response time as you ask: **Would any of these items be comforting to you if you were sad? Which ones? Have you ever tried to comfort someone? What did you do? Jesus loves it when we try our best to help a sad person. A person may be sad because they are lonely, or scared, or sick. Jesus can help us see what that sad person needs so we can help. Remember our message:**



We serve God when we help people who are sad.

**Say that with me.**

**You Need:**

- ❑ bag or box
- ❑ comforting items (teddy bear, tissue or handkerchief, blanket, picture of a hug, bandage, food item, etc.)

## 4 Sharing the Lesson

**"Jesus Loves You" Card**

Beforehand, find out about someone in your church who has reason to be sad, someone who is sick or has lost a loved one. Prepare a large paper greeting card that you will mail or deliver. The outside should say "Jesus Loves You," and the inside "From the Kindergarten Sabbath School Class of _____ Church." Explain who the card is for and why. The children can decorate it with stickers and/or their own drawings and sign their names.

***Debriefing***

Allow response time as you ask: **Do you think this card will bring a smile to _____? Will that also bring a smile to Jesus' face? I know Jesus will be very happy that we tried to help a sad person. Let's say our message again:**



We serve God when we help people who are sad.

**You Need:**

- ❑ paper
- ❑ crayons
- ❑ stickers (optional)

### Closing

Sing a closing song such as "Good-bye Prayer" (*Little Voices Praise Him,* no. 45); then pray that the children will be ready to help people who are sad or lonely.

STUDENT LESSON

# "Young Man, Get Up"

**References**

Luke 7:11-17; *The Desire of Ages*, pp. 318-320

**Memory Verse**

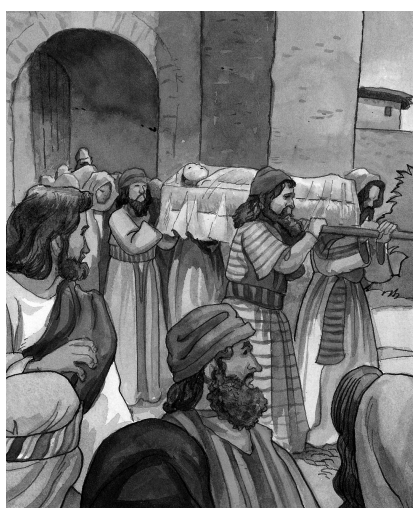
"God has come to help his people" (Luke 7:16, NIV).

**The Message**

We serve God when we help people who are sad.

*Have you ever felt really sad about something? Have you been so sad that you cried? That's how the mother in our story today felt.*

Jesus walked from town to town telling people about God and healing the sick. Jesus' disciples followed Him everywhere. Other people wanted to hear and see what Jesus was doing too, so a large crowd followed Him from place to place.



One day Jesus came to a town called Nain. In those days the towns had walls around them with gates to let people in and out. As Jesus walked toward the town gate, He saw people carrying a dead body wrapped for burial. A young man had died and was to be buried in the cemetery outside of town. His mother and a large crowd followed the people carrying the body.

Jesus could hear the young man's mother cry and the crowd of crying people too. The mother was a widow—that means her husband had died. And now her only son had died too. Jesus immediately knew why she was sad. Her husband and her son had died, and now she was alone. She had no one to help her. No one to earn money for food. No one to help her when she was sick. No one to comfort her, or take care of her when she became old.

Jesus wanted to do something to help her. Quietly, He walked over to the woman. When the people saw Him, everyone stood still. They stopped crying. Then they gathered around Jesus and the weeping mother. *What would Jesus do?* they wondered. What *could* He do?

Jesus smiled at the woman and gently said, "Don't cry." Then He touched the coffin. When the people saw Him do that, they all stared at Him. What would Jesus do next?

Then Jesus spoke. "Young man, I say to you, get up!" (Luke 7:14, NIV). The people must have been surprised to hear Jesus say that! Everyone knew that the young man was dead, and dead people don't get up.

But when Jesus spoke, the young man sat up and began talking! Jesus gave him to his mother. Was she happy? Of course she was! She stopped crying and started praising God!

The people were amazed! They were seeing a miracle! Their mouths must have fallen open in surprise! "God has come to help His people!" they shouted. Soon everyone returned to the city, joyful and happy because of Jesus' love.

God's care is so wonderful! And He asks us to help sad people too. When we see someone who is sick or scared or lonely, Jesus wants us to say kind words and listen to them, to comfort them. We can love them as Jesus does. When we do, we are doing it for Jesus.

# Do and Say

## Sabbath

Read the lesson story each day this week and use the following motions to review the memory verse together:

**God** . . . . . Point upward.
**has come** . . . . . Motion to come.
**to help** . . . . . Hands outstretched and cupped together.
**his people.** . . . . . Point to others.
**Luke 7:16** . . . . . Palms together; then open as if opening a book.



## Sunday

Together, read the lesson story from Luke 7:11-17 so your child will know it is in the Bible. Ask: Whose son had died? Did she have another son who could help her? What kind words did Jesus say to her? What could you say to comfort someone who is sad?

## Monday

With your child, plan to do something this week to encourage a sad neighbor or friend—draw a picture, bake something, call on the telephone, sing a song, pick flowers, etc.

## Tuesday

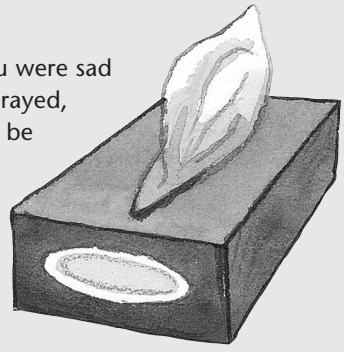
Sing "Jesus Wants Me for a Sunbeam" while your child shines a flashlight onto his or her face. Caution your child against looking directly into the light. Talk about the meaning of the word *sunbeam* and how your child can be a sunbeam for Jesus.

## Wednesday

Act out the lesson story with your child. Afterward, put some drops of water on your child's face to represent tears. Discuss how Jesus will wipe away all our tears when He comes again. Wipe away your child's "tears."

## Thursday

Tell about a time you were sad about something, you prayed, and Jesus helped you to be happy again. Ask your child to tell about a similar incident they've had.



## Friday

During worship tonight, read about the widow and her son in *The Desire of Ages,* pages 318 and 319 (five paragraphs). Ask: Why were the people crying loudly? What did Jesus say to the mother? What did Jesus say to the son? What did the son do? Instead of crying, now what was the crowd doing? Thank Jesus for His healing power.