

Jesus Calls, Teaches, & Heals

Text: Mark 1:14–45

Target Audience: Ages 5–9

Main Idea: Jesus invites people to follow him, and he uses his power to help those who are hurting.

Key Memory Verse: “Follow me, and I will make you become fishers of men” (Mark 1:17).

The Story Explained

1. Jesus Begins His Work (vv. 14–15)

After John the Baptist was put into prison, Jesus began his teaching work. He traveled around telling everyone the good news from God. He said, “Turn back to God and believe his message!” Jesus wanted people to know that God’s kingdom had come close.

2. Jesus Calls Four Fishermen (vv. 16–20)

Jesus walked beside the Sea of Galilee and saw two brothers—Simon and Andrew. They were fishing, just like they did every day. Jesus said, “Come follow me.” And right away, they left their nets and followed him. Then Jesus saw James and John. They were fixing their nets with their father. Jesus called them too, and they also left their boat to follow him. Jesus wanted helpers who would learn from him and share his good news with others.

3. Jesus Teaches with Power (vv. 21–28)

Jesus and his new helpers went to Capernaum. On the Sabbath day, Jesus taught in the synagogue. Everyone noticed something special about him—Jesus didn’t teach like anyone else. He taught with power.

A man who had an evil spirit began shouting. Jesus told the spirit to be quiet and leave the man. And it did! The people were amazed. They said, “What kind of teacher is this?” News about Jesus spread everywhere.

4. Jesus Helps a Sick Woman (vv. 29–31)

After teaching, Jesus went to Simon and Andrew’s house. Simon’s mother-in-law was very sick with a fever. Jesus gently took her hand and helped her up. The fever was gone right away! She felt so healthy she began serving dinner.

5. Jesus Helps Many People (vv. 32–34)

That evening, people brought all their sick family members to Jesus. The whole town came to the door! Jesus healed many who were sick and helped people who were troubled. Jesus cared deeply about people who were hurting.

6. Jesus Prays to His Father (vv. 35–39)

Early the next morning, while it was still dark, Jesus got up and went to a quiet place to pray. He needed time with God, his Father. When the disciples found him, they said, “Everyone is looking for you!” But Jesus said they needed to go to other towns too, because everyone needed to hear God’s good news.

7. Jesus Heals a Man with a Skin Disease (vv. 40–45)

A man with a terrible skin disease came to Jesus. He knelt and said, “If you want to, you can make me clean.” Jesus felt deep kindness for him. He reached out and touched the man. He said, “I do want to—be healed!” Right away, the man was completely healed. Jesus told him not to talk about it, but the man was so excited that he told everyone. Soon so many people came that Jesus had to stay outside the towns, but people still came to him from everywhere.

Applications

1. Jesus Wants Us to Follow Him

When Jesus told the fishermen, “Follow me,” they listened and went with him. They didn’t know everything yet, but they trusted Jesus and stayed close to him.

Jesus still wants kids to follow him today. We follow Jesus when we listen to what he says in the Bible and try to do it in our everyday lives. Following Jesus can look like:

- Telling the truth even when it’s hard
- Being kind instead of mean
- Sharing your toys instead of grabbing
- Obeying your parents and teachers
- Saying “I’m sorry” when you mess up

You don’t have to be perfect to follow Jesus. The fishermen weren’t perfect either! Jesus just wants you to keep walking with him, learning from him, and trying again each day.

When you choose to follow Jesus, you are choosing the best path—and Jesus is happy to walk with you every step of the way.

2. Jesus Cares About People Who Hurt

Jesus didn't just talk about loving people—he showed it. He helped people who were sick, sad, scared, lonely, or hurting inside. When someone was in pain, Jesus noticed them and stopped to help.

Jesus cares about kids too. He cares when:

- You feel sad or left out
- You get hurt or feel sick
- Someone is mean to you
- You feel scared at night
- You don't know what to do

You can talk to Jesus about anything. You don't have to use big words. You can say, "Jesus, I'm hurting," and he listens. Jesus may help through:

- A parent who hugs you
- A teacher who helps you
- A friend who comforts you
- Peace in your heart when you pray

Even when no one else sees how you feel, Jesus always does. He is kind, gentle, and close to kids who are hurting—and he loves you very much.

3. Jesus Took Time to Pray

Jesus was very busy. Lots of people wanted to see him, talk to him, and get help from him. But even when Jesus was busy and tired, he still stopped to pray. Jesus liked to find a quiet place so he could talk to God, his Father. Prayer helped Jesus feel strong, calm, and ready to help others.

We can pray too. Prayer doesn't have to be long or fancy. You can pray:

- In the morning before school
- At night before bed
- When you feel scared
- When you feel happy
- When you don't know what to do

You can pray quietly in your heart or out loud with your family. You can say simple things like, "God, thank you," or "God, please help me."

When we take quiet time to pray, we are showing God that we trust him. Just like Jesus did, we can stop, talk to God, and remember that he is always listening.

4. Jesus Has the Power to Help Us

Jesus did amazing things. He healed sick people, helped people who were scared, and rescued people who were in trouble. No one else could do what Jesus did—because Jesus is God’s Son. Jesus is very powerful, but he is also very loving. That means he uses his power to help people, not to hurt them.

We can trust Jesus to help us too. That doesn’t mean every problem disappears right away, but it does mean Jesus is always with us. Jesus can help when:

- You feel afraid
- You are sick or hurt
- You feel worried or confused
- You need courage to do the right thing

Sometimes Jesus helps by changing a situation. Sometimes he helps by giving you peace and strength inside. Sometimes he helps through parents, doctors, teachers, or friends. No matter what happens, Jesus is strong, kind, and good. When you trust him, you are never alone—and Jesus will always take care of you.

Discussion Questions

1. Why did the fishermen follow Jesus right away?
2. How did Jesus show his power in this story?
3. Why did Jesus go to a quiet place to pray?
4. How did Jesus treat the man with the skin disease?
5. What is one way you can follow Jesus this week?