

Jesus Forgives & Heals

Text: Mark 2:1–12

Target Audience: Ages 5–9

Main Idea: Jesus has the power to forgive sins and make people whole.

Key Memory Verse: “The Son of Man has authority on earth to forgive sin” (Mark 2:10).

The Story Explained

1. The House Was Packed! (vv. 1–2)

Jesus came back to the town of Capernaum. People heard he was home, and they rushed to see him. So many people crowded into the house that there wasn’t even space at the door! Jesus began teaching them about God, just like he always did. The crowd loved listening to him.

2. Four Friends Bring a Paralyzed Man (vv. 3–4)

While Jesus was teaching, four friends arrived carrying their friend who could not walk. They wanted to bring him to Jesus—but the crowd was too big! Did they give up? No! They climbed onto the roof, dug a hole through it, and lowered their friend down right in front of Jesus. Homes in Capernaum had roofs made of mud, branches, and thatch, so they could be opened and repaired easily. Their actions showed great faith—they believed Jesus could help their friend.

3. Jesus Surprises Everyone (v. 5)

Everyone expected Jesus to heal the man right away. But Jesus said something very unexpected: “Son, your sins are forgiven.” Jesus could see their faith and wanted the man to know God’s love before anything else.

4. Some Teachers Get Upset (vv. 6–7)

Some teachers of the law were sitting nearby. They did not say anything out loud, but in their hearts, they were thinking, “Why is Jesus talking like that? Only God can forgive sins!” They were right that only God can forgive sins—but they didn’t understand who Jesus truly was. Jesus knew exactly what they were thinking. Only God can see inside hearts, and Jesus did.

5. Jesus Shows His Power (vv. 8–11)

Jesus asked them, “Which is easier: to say, ‘Your sins are forgiven,’ or to say, ‘Get up and walk?’” Then Jesus said, “I want you to know that the Son of Man has authority on earth to forgive sins.” So he turned to the paralyzed man and said, “Get up, take your mat, and go home.” And the man did! Right away—he stood up, picked up his mat, and walked out in front of everyone.

6. Everyone Praises God (v. 12)

The people were amazed. They praised God and said, “We have never seen anything like this!” Jesus showed everyone that he brings both forgiveness and healing—only God’s Son can do that.

Applications

1. Jesus Forgives Our Sins

When the man was lowered through the roof, Jesus did something surprising. Before he healed the man’s body, Jesus forgave his sins. That means Jesus took away the wrong things the man had done. Jesus cared about the man’s heart first.

We all mess up sometimes. We might disobey, say something unkind, get angry, do something we know is wrong. But Jesus still loves us. When we tell him we are sorry, he forgives us.

Forgiveness is like washing dirt off your hands. When Jesus forgives us, he makes our hearts clean again. You don’t have to be perfect for Jesus to love you. He just wants you to come to him, say “I’m sorry,” and try again. Jesus is happy to forgive, and he is always ready to help you start fresh.

2. Faith Brings Us to Jesus

The four friends really believed Jesus could help their friend. They didn’t stop when the door was crowded. They didn’t give up when it was hard. They worked together and found another way to bring their friend to Jesus. That is called faith—believing Jesus can help and acting on that belief.

We can show faith too. We show faith when we:

- Pray for our friends
- Invite a friend to church or Bible class

- Tell someone that Jesus loves them
- Help a friend when they are sad or hurting

You don't have to be big or strong to help someone meet Jesus. Even a kind word or a prayer can help. Just like the four friends, we can care about others and help lead them closer to Jesus. When we trust Jesus and help others, Jesus is pleased with our faith.

3. Jesus Knows Our Hearts

Jesus knew what the teachers were thinking—even though they didn't say it out loud. That shows us something amazing: Jesus knows what is inside our hearts. Jesus knows:

- What makes you happy
- What makes you scared
- What you worry about
- What you hope for

Even when you don't say anything, Jesus still understands.

That might sound surprising, but it's also very comforting. You never have to hide from Jesus. You never have to pretend you're OK when you're not. When you feel worried, you can tell Jesus. When you feel sad, Jesus knows already—and he cares. When you feel excited, Jesus is happy with you. Jesus knows everything about you, and he still loves you completely.

4. Jesus Has the Power to Make Us Whole

When Jesus helped the man who couldn't walk, he didn't just heal his body—he healed his heart too. Jesus forgave him and made him able to walk again. That shows us something important: **Jesus cares about all of us, not just one part.** Jesus can help:

- Your body when you are sick or hurt
- Your heart when you feel sad, scared, or angry
- Your mind when you feel confused
- Your choices when you need help doing what's right

Sometimes Jesus helps by fixing a problem right away. Sometimes he helps by giving you strength, peace, or courage inside. And sometimes he helps through parents, doctors, or friends.

No matter how Jesus helps, he is always making you stronger and better. When you trust Jesus, he helps you grow into the person God wants you to be—whole, loved, and cared for inside and out. That means you are never alone, and your heart is always safe with him.

Discussion Questions

1. Why did the four friends dig through the roof?
2. What was the first thing Jesus said to the paralyzed man?
3. Why were the teachers of the law upset?
4. How did Jesus show that he had God's power?
5. How can you be a good friend like the four helpers in the story?