2026-03-08 Jesus Understands Sinners

Introduction

In this lesson, children will explore the profound truth of Jesus' full humanity alongside His divinity. While we often focus on Jesus as the "perfect" and all-powerful God, it is equally vital for children to understand that He was born and became like us in every way—experiencing hunger, tiredness, physical pain, and even temptation. By looking at His life and His victory over Satan in the desert, students will learn that Jesus is a merciful High Priest who truly sympathizes with our weaknesses. The goal is for students to find comfort and strength in knowing that because Jesus suffered when tempted, He is uniquely able to help us when we face our own struggles to obey God.

Main Ideas:

- **Humanity:** Jesus was a real human who experienced everything we do, including hunger, pain, and exhaustion.
- **Temptation:** Jesus was tempted by Satan to sin, but He never yielded.
- **Sympathy:** Because Jesus lived as a man, He can truly sympathize with our weaknesses and struggles
- **Helper:** Jesus is our all-powerful Savior who is always ready to help us when we are tempted to do wrong.

Praise and Worship (15 mins)

> **Parents:** The parent and child scheduled for this week will lead us in singing on Sunday. Please take time to practice the songs together at home, helping your child feel confident and joyful as they prepare to lead.

https://www.youtube.com/embed/qTx6gwc5sWo

https://www.youtube.com/embed/qALasgTBRsE?list=RDqALasgTBRsEstart_radio=1

Prayer and Offering (5 mins)

> **Parents:** Please encourage your children to bring an offering to church. You may help your child prepare by setting aside a coin for them to bring on Sunday. This is a great opportunity to teach them about giving to God with a thankful heart and trusting Him to provide.

> ### What is Offering?
>
> Offering is when we **give something to God** to show our love and thankfulness. In church, we often give money as an offering, but we can also give our time, talents, and kindness to God and others.
>
> ### Why Do We Make an Offering?
>
> **To Thank God** – Everything we have comes from God! Giving back is a way to say, “Thank You, God!”
> **To Trust God** – When we give, we show that we trust God to take care of us.
> **To Help Others** – Offerings help the church teach about Jesus, help people in need, and share God’s love.
>
> The Bible says in 2 Corinthians 9:7,
> *"God loves a cheerful giver!" That means God is happy when we give with a joyful heart!*

Prayer for Offering

> “ Dear God, thank You for giving us everything we need. We want to give back to You with joyful hearts. Please use our offering to help others and share Your love. Help us to always trust You. In Jesus’ name, Amen!

Review Verse from Last Week

Matthew 1:21

"She will bear a son, and you shall call his name Jesus, for he will save his people from their sins."

Bible Story (10 min)

Introduction (1 min)

Props Needed:

- diaper

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> *(Teacher holds up a baby diaper)*
>
> **Teacher:** "Who wears these?
>
> That's right—babies! We all wore these once because we were all tiny, weak babies who needed help.

> Did you know that when God sent Jesus to save the world, He didn't come as a giant or a superhero first? He came as a tiny baby who had to wear diapers, just like you did. Even though He is the all-powerful God, He chose to become a real person with a real body.

Story Telling: Jesus Understands You (10 min)

Props / Visuals Suggested:

- Baby diaper
- Toy
- Bandage
- Piece of food
- Blanket
- Shiny heart cutout

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> ### Part 1: The "Just Like Us" Challenge (3 mins)
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> **Teacher:** "I want to see if you can guess who I'm talking about. I'm thinking of someone who used to wear a diaper. They played with toys, they laughed when they were happy, and if they tripped and scraped their knee, they cried because it really hurt. Who do you think it is?"
>
> *(Let the children shout out names like 'Me!' or 'My brother!')*
>
> **Teacher:** "All of those are great guesses! But did you know this is also exactly what **Jesus** was like? Even though Jesus is the all-powerful God, the Bible tells us He became a real human being, made like us in every way.
>
> **Interaction (Age 4-10):** "Everyone, show me your 'happy playing' face! Now, show me your 'I just scraped my knee' face. Jesus felt those exact same things."
>
> ### Part 2: Growing Up and Getting Tired (2 mins)
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> **Teacher:** "As Jesus grew up, He didn't just 'magic' His way through life. He had a real body just like yours. At the end of a long day of work, His legs felt heavy and He needed a soft blanket to sleep. When He hadn't eaten for a while, His tummy would growl and He would get very hungry ."
>
> - **Question (Age 7-10):** "Why do you think God wanted Jesus to feel things like hunger and tiredness instead of just staying a powerful spirit in heaven?"
> - **Teacher Key:** "It's because He wanted to show us that He truly **understands** how we feel. He isn't a God who is far away; He's a God who has walked in your shoes."
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> ### Part 3: The Big Test in the Desert (4 mins)

Teacher: "One time, God sent Jesus into a desert. It was hot, empty, and there was no food at all. Jesus was there for 40 days—that is more than a month!. Imagine how weak and hungry He felt."

Teacher: "Then, someone named Satan showed up. He knew Jesus was hungry, so he tried to trick Him. He told Jesus, 'If you're really God's Son, why don't you turn these stones into bread?'. Satan was trying to get Jesus to disobey God. This is called **temptation**."

- **Interaction (Age 4-6):** "Has anyone ever felt 'tempted' to sneak a cookie when Mom said no? Or tempted to hit back when someone was mean? Give me a thumbs up if you've ever felt that 'tug' to do something naughty."
- **Teacher:** "Jesus felt that 'tug' too! Satan tried to get Him to think that God wasn't the most important person. But even though Jesus was so tired and so hungry, do you know what He did?"

(Wait for kids to answer)

Teacher: "He said **'NO!'** every single time. He used God's Word to stay strong. Even though He was tempted in every way just like we are, He never sinned. His heart stayed perfectly shiny and clean."

Part 4: Our Strong Helper (1 min)

Teacher: "This is the best part: Because Jesus was tempted and suffered, He is now the perfect person to help **us** when we are struggling. He doesn't get mad that we feel weak; He sympathizes with us and gives us His strength to say 'no' to sin."

Final Interaction: *(Hold up the Shiny Heart)* "Whenever you feel like it's too hard to obey, remember that Jesus is your Strong Helper. You can talk to Him anytime!

Wrap-up & Discussion (4 min)

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> *(Gather children close for reflection.)*
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> ### Discussion Questions:
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> **Teacher:** "So, why does it matter that Jesus was hungry or tempted? It matters because now, when *you* feel sad, or when *you* are tempted to be naughty—like wanting to take a toy that isn't yours—Jesus knows exactly how that feels. He isn't looking down at you thinking, 'I don't understand.' He says, 'I know it's hard, and I am here to help you be strong'.
>
> **Question:** What is one thing that is hard for you to obey?

> **Question:** Since Jesus was tempted but never sinned, do you think He can help you when you feel like doing something wrong?

Closing Thought & Prayer

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> **Teacher:**
> “God sent baby Jesus to His people to do the biggest job of all—to save sinful people. It doesn't seem like a tiny baby could do such a big job. But the Bible tells us that Jesus is really God. Is any job too hard for God? No! So, is any job too hard for Jesus?”
>
> *(Fold hands and bow heads.)*
>
> **Prayer:**
> “Dear God, You are perfect and holy. Thank You for sending Jesus to be our Savior. Help us remember that He is the most special person of all and worthy of all our love. In Jesus' name, Amen.”

Memorizing Verse: Hebrews 2:18

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> **Hebrews 2:18**
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> "For because he himself has suffered when tempted, he is able to help those who are being tempted."
>
> **Hand Gestures:**
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> - **"For because he himself..."**: Point upward (referring to Jesus).
> - **"...has suffered..."**: Rub your knee or hold your heart (representing pain/suffering).
> - **"...when tempted..."**: Put a hand to your ear as if listening to a whisper (representing the temptation to do wrong).
> - **"...he is able to help..."**: Reach out both hands as if offering a hand up.
> - **"...those who are being tempted."**: Point to yourself and your friends.

Craft / Game (10 mins)

Game: "Jesus Was Like Us"

This section is designed to bridge the physical reality of Jesus' life with the spiritual truth of His mission.
? **Time:** 10 minutes

? **Age Group:** 4–12 years

? **Lesson Connection:** This game helps children recognize that Jesus, the Word, became flesh to dwell among us.

? **Setup & Materials Needed:**

- Place various items in a large bag:
  - a piece of food
  - a small blanket
  - a toy
  - a bandage
  - a picture of a family
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? **How to Play:**

Step 1: Play: Have children take turns pulling an item out of the bag

"I have hidden four treasure pictures around the room that represent words from our memory verse: **Word, Flesh, Dwelt,** and **Us**. When I say go, look for them!"

Step 2: Discussion

For each item, ask the group: "How does this show Jesus was like us?" (e.g., The bandage shows He could get hurt; the food shows He got hungry) .

Craft: Hebrews 2:18 Puzzle

To give the children something tactile to take home that reinforces the lesson.

Materials: Hebrews 2:18 Puzzle Handouts (printed on cardstock), markers or crayons, scissors, and plastic bags.

The Activity:

- **Coloring (Age 4-12):** Have the children color the puzzle page while discussing how Jesus understands when they feel sad or tempted
- **Creating the Puzzle (Age 7-12):** Older children can cut along the dashed lines to create their own 4-8 piece puzzle. For the 4-year-olds, teachers may need to assist with pre-cut pieces.
- **The Race:** Once the puzzles are cut, give a signal for everyone to scramble their pieces and see how fast they can put the verse back together.
- **Take Home:** Every child puts their puzzle in a bag to "re-solve" with their parents during the week

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Response Song

https://www.youtube.com/embed/gtxIiaufnFA

Closing Prayer & Snack Time (10 mins)

> "Dear Jesus, thank You for being victorious over sin and death. Thank You for rising from the dead and showing us that nothing can stop You. Help us to remember that when we trust in You, we're on the winning side. We love You! Amen."
>
> Now, let us thank You for the snack we're about to enjoy.
> We fold our hands.
> We bow our heads.
> We thank You, God,
> for this daily bread.
> Amen.

Free Time & Children Pickup (15 mins)

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