



Day 1 Training: Superheroes Through the Roof! Luke 5:17-26 (CEB)

Read: Luke 5:17-26 (CEB)

¹⁷ One day when Jesus was teaching, Pharisees and legal experts were sitting nearby. They had come from every village in Galilee and Judea, and from Jerusalem. Now the power of the Lord was with Jesus to heal. ¹⁸ Some men were bringing a man who was paralyzed, lying on a cot. They wanted to carry him in and place him before Jesus, ¹⁹ but they couldn't reach him because of the crowd. So they took him up on the roof and lowered him—cot and all—through the roof tiles into the crowded room in front of Jesus. ²⁰ When Jesus saw their faith, he said, "Friend, your sins are forgiven."

²¹ The legal experts and Pharisees began to mutter among themselves, "Who is this who insults God? Only God can forgive sins!"

²² Jesus recognized what they were discussing and responded, "Why do you fill your minds with these questions? ²³ Which is easier—to say, 'Your sins are forgiven,' or to say, 'Get up and walk'? ²⁴ But so that you will know that the Human One^[a] has authority on the earth to forgive sins" —Jesus now spoke to the man who was paralyzed, "I say to you, get up, take your cot, and go home." ²⁵ Right away, the man stood before them, picked up his cot, and went home, praising God.

²⁶ All the people were beside themselves with wonder. Filled with awe, they glorified God, saying, "We've seen unimaginable things today."

Reflect: It seems like a simple concept to help others. But how often do we miss opportunities to help others or see an opportunity to help and it looks too inconvenient, so we fail to help? In our story today, four friends help a paralyzed man get to see Jesus while he is lecturing a crowd. They pick him up and begin walking towards the house where Jesus is teaching. But when they arrive the house is jam-packed with people and there seems to be no way for the paralyzed man to see Jesus. The four friends do not give up. They climb up to the roof, dig a hole in the roof, and lower the man down right in front of Jesus who then heals the man. These super friends used their hands to help in a powerful way.

Pray: Dear God, you are an amazing, powerful God! We are so grateful for all you do for us. Please guide our family to find opportunities to help others and shine your light in the world! Thank you for your love, your care, and your grace. Amen

Take Action: As a family talk about ways, you can help others. Ask your kids to think of one person they could help over the next week. Think of a way that you could be a blessing to a neighbor, family member, or friend by offering a helping hand. Maybe you could water a neighbor's flowers for them, or how about baking some tasty treats for someone, could a grandparent use a little extra help with chores around the house? Come up with a plan and then be sure to schedule time to put your plan into action.

Cool Things to Do:

Bracelets: Make bracelets to wear out of pony beads, ribbons, or paper (there are lots of great ideas online.) Tell your kids that when they wear the bracelet, they can remember to use their hands to help others and be a good friend, just like the 4 friends were to the paralyzed man.

Super Charades: The four friends used their hands to help the paralyzed man and instantly became superheroes! We may not be able to carry a paralyzed man, but we have opportunities every day to use our hands to help others. Play a game of charades and act out ways you can help others.

**“You should treat people in the same way that you want people to treat you.”
Matthew 7:12 (CEB)**