

SUNDAY SCHOOL LESSON ON

HOPE



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WE CAN FIND HOPE IN JESUS

The Gospels are full of
HOPE!

Let's read John 5:1-15



The miracles of
Jesus

The healing at
the pool





BREAK IT DOWN! VS 1-6:

- Jesus goes to Jerusalem
- Jesus goes to a pool which is surrounded by people with disabilities
- Jesus learns that they are disabled and asks if they want to be healed



THE MIRACLE VR 7-9

- The man tells Jesus he has no one to help him
- Jesus heals the man



VR 10-13

- The importance of the Sabbath
- Who healed the man?
- Doing acts of kindness just because



VR 14-15

just
breathe



- Understanding God's law
- Taking a moment for self care
- Breath, take a time out



5 Finger Prayer

4) The ring finger is the weakest. Pray for the sick, poor, and those most in need.

5) The pinkie finger is the smallest. Pray for yourself and your own needs.

3) The middle finger is the tallest. Pray for leaders in government, business, and the church.

2) The pointer finger is used to give directions. Pray for teachers, coaches, therapists, doctors, and first responders.

1) Your thumb is closest to your heart, so pray for those closest to you - your family and friends.



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CLOSING

Focus on hope

Focus on self care

Do one random act of kindness

