

Life of Christ

Jesus is Sad

Matthew 14:1-14

Younger Verse

The Lord is close to those whose hearts have been broken.

Psalm 34:18

Older Verse

The Lord is close to those whose hearts have been broken. He saves those whose spirits have been crushed.

Psalm 34:18

Lesson Goals

Learn that Jesus was sad when John the Baptist died
Understand that God can comfort us when we are upset
Learn that God can do something good even in bad circumstances

Welcome Time

Have you ever been so sad that you just needed to be alone for a while? Jesus experienced sadness, too. We will see what happened when He tried to be alone.

Bible Story

*Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible before teaching it. Do **NOT** read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.*

Ask: Does anyone remember who John the Baptist was? (He baptized Jesus; helped prepare the way for Jesus to come)

John the Baptist was a special man of God. He loved God and helped others to turn away from their sins and turn to God. Jesus and John were friends. John even had the special job of baptizing Jesus!

The Bible tells us that John the Baptist was killed by King Herod. Herod had married a woman named Herodias. She had been the wife of Herod's brother. John the Baptist told King Herod that he was doing wrong. This made the king and his new wife very upset. In fact, Herodias hated John for what he said. Because of his words, John was handcuffed and put in prison.

On King Herod's birthday, Herodias' daughter performed a beautiful dance that impressed the king and his guests. King Herod was so pleased that he told her in front of all his guests that he would give her anything she wanted!!

Herodias' daughter ran to her mother to ask her advice. Remember, Herodias had a grudge against John. She saw this as a great time to "get even" with him. She told her daughter to ask for something unbelievable! The girl hurried back to the king. She told him that she wanted John the Baptist to be killed! And even worse, she wanted his head brought in on a plate! This was a very evil thing.

The king was shocked. He wanted to keep John alive, but since he promised in front of all his guests, he had to keep his oath. Immediately, the king had John killed and his head brought in on a plate to Herodias' daughter, who gave it to her mother.

John's friends put his body in a tomb. Then they found Jesus and told Him the sad news. Jesus knew He needed to have some time alone. So He got in a boat and went to a

quiet place. He wanted to pray and mourn John's death.

But when He arrived, a crowd of people was waiting for Him! They wanted Jesus to heal people who were sick. So instead of being selfish and telling the people to go away, Jesus saw their need and helped them. Wow! Jesus had to forget about Himself and His feelings. Even though He was sad, He thought about the needs of others before Himself.

Later that day, Jesus performed a great miracle by feeding 5,000 people with a small amount of food! (We will talk about this next week) **God was able to work good from the sadness Jesus had experienced.** Jesus did find time that night to be alone and spend time in prayer. God comforted and strengthened Jesus for the work He still had to do.

When we are sad or upset, we can know that God is close to us. The Bible says that God is close to those whose hearts are broken (Psalm 34:18). God wants us to know that He cares about what we go through. We don't have to feel alone.

Right now, God wants to be in your heart. He sent Jesus to earth to die on the cross for our sins. Then Jesus rose again. When we ask Jesus to forgive us of our sins and come into our heart, we receive eternal life. Then we can *know* that we are never alone. The Holy Spirit is always with us. He comforts us in times of trouble and strengthens us when we are weak. He guides us when we feel lost and encourages us when we feel like giving up.

Review Questions

1. Why was Jesus sad? (John the Baptist was killed)
2. Who killed John the Baptist? (King Herod) Why? (Herodias' daughter requested John's head on a plate)
3. What did Jesus do when He found out John had died? (got in a boat and went to a quiet place to be alone)
4. What happened when Jesus arrived at the place? (the crowd was there waiting for Him; He felt sorry for them and healed their sick)

Prayer Time

Thank God that He comforts us when we are hurting. Ask Him to help us be more like Jesus and care for the needs of others.

Life Application

Jesus gave us a good example to follow. Sometimes we are upset and we do not feel like being with people. It is o.k. to be alone and talk to God about our problems. But if we see someone in need, we can still try to help them. It might even make us feel better!

Galatians 6:19 says, "Therefore, as we have opportunity, let us do good to all people." And James 4:17 says, "Anyone who knows the good he ought to do and doesn't do it, sins." So if we see someone who needs help, God wants us to help them—even if we don't feel like it. God will bless us when we are obedient to Him.

Planning for Next Lesson
Jesus Feeds a Big Crowd
Matthew 14:15-21

Preschool Lesson for Jesus is Sad

John the Baptist was a special man of God. He loved God and helped others to turn away from their sins and turn to God. Jesus and John were friends. John even had the special job of baptizing Jesus!

John was not afraid to tell people when they were doing bad things. He would just speak up and tell them that they were wrong and that they should start doing right.

One day John told the KING that he was doing wrong! The king got very upset and so did his new queen. In fact, she held a grudge about what he had said. That means that she kept remembering it so that one day she could “get even” with John..

Well, one day she had a chance to “get back” at John. The king promised he would do anything for the queen’s daughter. The daughter asked for the king to kill John!

The king didn’t want to kill John. But he had given his promise in front of many people, so he gave the order for John to be killed.

Some of John’s friends ran to tell Jesus the news. When Jesus heard the news, He was very sad. So He got in a boat and went to a quiet place. He wanted to pray and mourn John’s death.

But when He arrived, a crowd of people was waiting for Him! They wanted Jesus to heal people who were sick. So instead of being selfish and telling the people to go away, Jesus saw their need and helped them. Wow! Jesus had to forget about Himself and His feelings. Even though He was sad, He thought about the needs of others before Himself.

Jesus did find time that night to be alone and spend time in prayer. God comforted and strengthened Jesus for the work He still had to do.

When we are sad and hurting on the inside, we can talk to God about our problems. He will help us and make us feel better.

Thank God for listening to our prayers and loving us!

Hands-on Activities for Jesus is Sad

Bring a backpack filled with something heavy, like books, bricks, rocks etc. Share how a grudge is like carrying a heavy backpack around with you. Let some of the kids carry it. Now remove the heavy items. Share how Jesus can help us remove the heavy “grudge” if we talk to Him and ask Him to help us.

Make a list of ways we can help others. Ideas may include taking food to someone, sharing toys with a brother or sister, or helping Mom with chores. Remind the kids that God wants us to be helpful as much as we can. It’s always the right time to help!

Sing the song “You Are My All in All”. Talk about the words of the song and how they apply to the lesson. For example, “You are my strength when I am weak.” God gave Jesus the strength to heal people, even when He was sad. The next line in the song says, “You are the treasure that I seek.” Remind kids of last week’s lesson about the treasure. We should treasure our relationship with Jesus!

Make up a dance or stomp routine with your kids. Discuss how Herodias’ daughter danced to please King Herod. But we need to sing and dance to please God!