

## Seeing 'true life'



**Bible verses:**

Mark 8:31-38

The Son of Man must suffer many things



**Aim:**

To listen to the challenging words of Jesus



**Today's fruit:**

Self-control



In today's session Jesus has some challenging words to tell the disciples about what would happen to him.

Peter didn't want to hear what Jesus had to say, and Jesus had to criticise him. Jesus told everyone who was listening that if they wanted to follow him, they would have to make some tough choices. We will think about what it means to show self-control and choose to live like Jesus.

To value 'true life' and make good choices will require self-control.

### Each child will need:

- Elasticated cord, six beads all the same size, and scissors
- *Explore It ideas* handout

### You will need:

- Today's fruit sign: *Self-control*



## Start it

Ask the children to listen carefully to what you are going to say. Explain that they are going to hear a list of words, and they need to work out which word is the odd one out. Read each list a couple of times and ask the children to raise their hand when they think they have an answer. Ask them to shout out the word at the same time.

### Discuss

- Why did they choose that word as the odd one out?

- Were there any disagreements about which word was the odd one out?
- Did they find it difficult to listen carefully?

You can create your own lists of words, but here are some to get you started.

- Blue, green, yellow, seven, purple, orange  
(seven)
- Car, bus, boat, motorbike, bicycle, skateboard  
(boat)
- Horse, cow, lion, clownfish, giraffe, armadillo  
(clownfish)
- Rapunzel, Moana, Merida, Mulan, Maleficent, Elsa  
(Maleficent)

### Say:

Today we will be learning about what it is like to follow Jesus. Sometimes Jesus said things that his followers didn't want to hear, and they often found it difficult to listen to what he had to say.



## Sing it

### Say:

In our Bible story today Jesus tells the people what they need to do to follow him. When we follow Jesus, we need to give him our all. Our memory verse reminds us that everything we say and do should be pleasing to God. Let's share it together.

## Memory verse

**'May these words of my mouth and this meditation of my heart  
be pleasing in your sight,  
Lord, my rock and my redeemer.'**

(Psalm 19:14 NIV)

### Say:

Today's song will help you remember this month's memory verse.

## Song

**'Psalm 19:14' (Bible memory verse song - my rock and redeemer)** by Victory Kids Music (2:38)



## Tell it

### Say:

In last week's session we heard Jesus tell a story about servants and bags of money, to help the people understand how to follow him. In this week's story, Jesus is a lot more direct and tells the disciples what they need to hear. He has some challenging things to say to his disciples, and one of the disciples, Peter, finds it difficult to listen and accept what Jesus says.

Let's watch the clip to find out what happens.

### Video

**Mark 8:31-38 (Australian animated Bible stories)** by Bible Society Australia uploaded by CartoonBible (1:08)

### Say:

This story is found in the book of Mark, and it might seem a little confusing at first.

### Ask:

We're going to think about the story in more detail, but what do you think Jesus was trying to teach his disciples?

### Read:

**'Then Jesus began to teach them that the Son of Man must suffer many things. He taught that the Son of Man would not be accepted by the older Jewish leaders, the leading priests, and the teachers of the law. He taught that the Son of Man must be killed and then rise from death after three days. Jesus told them plainly what would happen.'**

(Mark 8:31-32 *ICB*)

### Ask:

- What did Jesus say would happen to him?
- How did he tell the disciples this news?
- What do you think the disciples felt as they heard Jesus saying that he would be hated, killed, and then raised from the dead?

### Read:

**'Then Peter took Jesus aside and began to criticise him. But Jesus turned and looked at his followers. Then he criticised Peter and said, "Go away from me, Satan! You don't care about the things of God. You care only about things men think are important."'**

(Mark 8:32-33 *ICB*)



**Ask:**

- Why do you think Peter criticised Jesus?
- What do you think Peter might have said?

**Say:**

It is understandable that Peter didn't want to hear that anything bad was going to happen to Jesus. Peter may have thought that he could help Jesus or stop these horrible things from happening. Jesus' reaction might have seemed harsh, but he was telling Peter that the things that would happen to him were God's plan for his life. Even though Peter did not understand, it was essential that Jesus explained what was going to happen.

**Read:**

**'Then Jesus called the crowd to him, along with his followers. He said, "If anyone wants to follow me, he must say 'no' to the things he wants. He must be willing to die on a cross, and he must follow me. Whoever wants to save his life will give up true life. But whoever gives up his life for me and for the Good News will have true life for ever. It is worth nothing for a person to have the whole world, if he loses his soul. A person could never pay enough to buy back his soul. The people who live now are living in a sinful and evil time. If anyone is ashamed of me and my teaching, then I will be ashamed of him. I will be ashamed of him when I come with the glory of my Father and the holy angels."**

(Mark 8:34-38 ICB)

**Ask:**

- Why do you think Jesus gathered the crowd as well as the disciples?

**Say:**

Jesus wanted everyone to hear this important teaching. To follow Jesus, we need to think like he does and give up our selfish thoughts. Jesus knew that some of his followers would also have to go through a horrible death – perhaps even on a cross. At the time, this was one of the ways that the Romans might have punished those who followed Jesus.

**Say:**

In countries across the world today, many Christians experience violence because they love Jesus. We are fortunate in this country as we are able to worship God freely. We can follow Jesus without the fear of anything terrible happening to us.

**Ask:**

- What does it mean to think like Jesus?
- Why is it often difficult for us to think like Jesus?
- When talking about Christians who are ashamed of following him, Jesus says he will be ashamed of them as well. How does this strong language make you respond?



## Say:

Jesus warns us that if we choose to follow him, life won't always be easy. We will often need to make the choice to follow his way rather than our own. The good news is, we don't need to do it in our own strength.

Display the *Self-control* sign.

## Say:

Jesus said that if we give up our life for him, then we will have true life for ever. Whenever we feel like it is difficult to make the right choice, we can ask the Holy Spirit to grow the fruit of self-control within us. Sometimes following Jesus can be hard, but we always have him with us, helping us to make the right choices.

## Action it

### Read:

**'Then Jesus called the crowd to him, along with his followers. He said, "If anyone wants to follow me, he must say 'no' to the things he wants. He must be willing to die on a cross, and he must follow me. Whoever wants to save his life will give up true life. But whoever gives up his life for me and for the Good News will have true life for ever.'**

(Mark 8:34-35 *ICB*)

### Say:

Today we will make our own beaded cross to remind us to keep choosing to follow Jesus.

The children are going to make a beaded cross to remind them of today's Bible story. The clip below can be used with the whole group or for the leader's use only.

## Video

*Simple bead cross craft* by Sam Walker (2:57)

## Pray it

The Pray It section today aims to help the children further understand the challenging words of Jesus in Mark 8:31-38. The following clip refers to the same story that is found in the gospel of Matthew.

## Video

*Take up your cross (wrap up)* by Foothill Kids (3:18)

Watch the clip with the children and discuss what it means for us to 'take up our cross'. What

would taking up their cross for Jesus look like in their home, classroom or when they are playing with their friends?

Once you have a number of ways that the children can choose to take up their cross, spend time praying together and asking God for the self-control to act and think like Jesus.

## Explore it

Remember to send home the *Explore It ideas* for children and families.



## Seeing 'true life'

Here are some ideas for you to explore at home.



**Bible verses:**  
Mark 8:31-38



**Aim:**  
To listen to the challenging words of Jesus



**Today's fruit:**  
Self-control



### Discover

Our fruit of the Spirit for this week is self-control. Watch the clip to discover what the Bible has to say about self-control.

**Fruit of the Spirit: Self-Control (God's Story)** by Crossroads Kids' Club



### Share

Show the people at home the beaded cross that you made. Tell them what happened in our Bible story this week (Mark 8:31-38) and help them to make their own beaded cross.

**Simple bead cross craft** by Sam Walker



### Song for the week

'Psalm 19:14' (Bible memory verse song - 'My rock and redeemer') by Victory Kids Music



### Memory verse

'May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my rock and my redeemer.'

(Psalm 19:14 NIV)



*Kids Alive!* Online - [salvationarmy.org.uk/kidsalive](http://salvationarmy.org.uk/kidsalive)

*Kids Alive!* The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Children & Youth

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## Memory verse

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(Psalm 19:14 NIV)



## Start it

Jesus had some challenging words to tell the disciples about what would happen to him. Peter didn't want to hear what Jesus had to say, and Jesus became frustrated. He told everyone who was listening that if they wanted to follow him, they would have to make some tough choices.



## Tell it

Share a child-friendly version of Mark 8:31-38 or watch the following clip.

**Mark 8:31-38 (Australian animated Bible stories)** by Bible Society Australia uploaded by CartoonBible (1:08)

Sit in a circle and ask the group to share together:

- What did Jesus tell the disciples would happen to him?

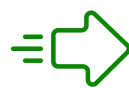
- How do you think that made them feel?
- Why was Jesus frustrated with Peter?
- What do we need to do if we want to follow Jesus?
- In what ways can we show that we follow Jesus?



## Sing It

**'Great big God!'** Vineyard Kids, Vineyard Worship UK and Ireland (2:51)

**'Jesus song'** by Saddleback Kids (2:45) This song tells us about the amazing thing Jesus did.



## Action it

Games and activities to reinforce the Bible passage:

- Create a set of fun movements and see if your friends can follow them.
- Draw a picture showing one way that you can follow Jesus this week.
- Act out the moment Jesus had to criticise Peter. What did he say?
- Think of a time when you were tempted to make the wrong choice but made the right choice instead. Share it with the rest of the group.