

Age 4-7 Beautiful Feet

Shoes, feet and all things sweet!



Introduction

Dear Children's Leader!

Thank you for considering someone affected by leprosy like Arati. This sheet contains two lesson plans to do with your group of year 4-7s. You could both or just one. We've included the story of Arati, along with some photos. It would be great to share Arati's story when you share the Bible Reflection. Maybe you could ask the children what they think about Arati's story; and how Jesus might have helped Arati?

We're going to think about how we can help Arati, by considering feet! We start today by looking at the 'Favourite Feet Poster' in this document. Ask the group what they think of the feet in the poster. Which one is their favourite photo? Which photo do they not like? What do they think of each individual photo? We can say lots of things about feet, especially interesting feet like the ones in these photos. But we rarely ever call feet 'beautiful'. Today we're going to think of beautiful feet that we find in the Bible.

Mary and Martha

We'll begin our search for beautiful feet by considering the story of Mary and Martha.

Intro game: Distractions

Blindfold two willing volunteers. Tell them that they are to count how many people shake their hand in the next 30 seconds. Get the group to take it in turns to shake both of their hands. Stand behind one, and constantly try and distract them, tapping their shoulder and talking in their ear.

Ask the two volunteers how easy they felt the task was.

The Big Idea: Sometimes in life we can get distracted by things that are going on around us. This can stop us from doing what is really important in life. Listen to the story of Mary and Martha, and think about which one was focused on one activity, and which one was doing far too many things at once!

Bible Reflection

Read Luke 10:38-42

Where we start to find that scriptural feet are very sweet is in the story of Mary and Martha. Here Mary sits at the feet of Jesus and listens to him speaking. When Martha complains to Jesus about this, he tells her that Mary's choice is a very good one.

Jesus likes it when we take time to stop doing everything else, and listen to him. Jesus' words are recorded in the Bible. We can listen to what he has to say by reading it. Sometimes though, we are too busy, and we can forget about the Bible. A really good time to listen to Jesus is at night, just before bed. We can ask our mum, dad or granny to read stories about Jesus to us.

The Last Supper

We now turn to look at the role of feet during The Last Supper.

Game: Active Service

Using the list below, get a leader to act each statement out, and see if the group can guess what it is. Encourage the group to 'beat the leader' by getting each one correct.

- Serving a tennis ball
- Dinner ladies serving lunch
- A waiter taking an order
- An army person at marching practice
- A person using the self-service lane at a supermarket

The Big Idea: As this game shows us, we can serve each other in many different ways - it might involve food, defending our country, or buying things. We're going to look now at how Jesus served people in a very special way.

Bible Reflection

Read John 13:1-17

The Bible tells the story of Jesus and his disciples meeting for a special meal. This is known as the 'Last Supper', because it was the last meal that they shared before Jesus was taken away and crucified. During this supper, Jesus did something very surprising. He got up, fetched some water and a towel, and washed each one of the disciples' feet. This was a dirty, smelly job. The roads were full of dust and the sun was hot. It was normally a job for a servant, not a leader!

Jesus explained that he wanted them, and us, to copy his example, and to help and serve one another. We can serve one another by praying for each other, and also by being kind and helpful to the people around us.

Colour In

Get the children to colour in the picture of Jesus washing the feet of a disciple

No Pain, No Gain

Arati's Story



Even today, people are afraid of leprosy. Leprosy occurs mainly in very poor countries. People who have the disease are often rejected from their homes and communities.

But The Leprosy Mission follows the example of Jesus by curing and caring for people affected by leprosy, people like Arati. This is her story.

“Hi, my name is Arati. I am eight years old and I live in a country called Nepal. I have one brother who is five.

Nepal is a very beautiful country, with lots of mountains. Many people in Nepal work as farmers. My mum works for some of these farmers. Some days there isn't any work for her to do, which means she doesn't get paid, so we don't always have enough to eat.

A little while ago I noticed some funny-looking patches on my arm. I didn't want to worry my mum as we don't have much money; in our country we have to pay to see a doctor. But one day I touched something sharp with my hand - I didn't feel anything! So my mum took me to a skin clinic. It was a four hour bus drive! I'd never been that far away from home before.

At the clinic I felt very nervous. The doctor told me I had leprosy. That made me feel afraid. People in our village are scared of people who have leprosy. They avoid them and treat them differently; they are afraid of catching it. But the doctor told me not to be worried. She gave me some medicine that will make me better. She told me that it is not easy to catch leprosy and there is no need to be afraid of it. I don't feel worried anymore.

My doctor told us about The Leprosy Mission; it's an organisation that works in lots of different countries helping people like me. They can even help my mum learn a new skill, like dressmaking. It will mean that my mum can earn more money to pay for food and clothes. I might even be able to go to school. I would love that!”

Worksheet

Shoes, feet and all things sweet!



Jesus washes the disciples feet



No Pain. No Gain



Worksheet

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Favourite feet?

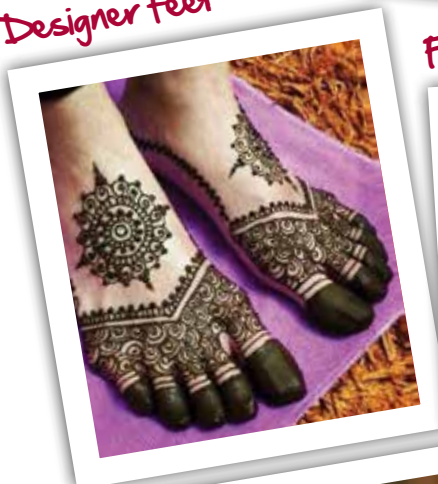
Baby feet

Hairy feet

Feet with a message



Designer feet



Face feet



Wrinkly bath feet



Cheeky feet



Tired feet



No Pain. No Gain

