

Age 8-11 Beautiful Feet

Shoes, feet and all things sweet!



Introduction

Starting questions: what words would you use to describe feet? Would you ever call feet 'beautiful'? Today we're going to think of how some of the feet talked about in the Bible might be thought of as 'beautiful'.

Finding Feet in the Scriptures

There are lots of times in the Bible when both feet and shoes are mentioned. In the Psalms, feet that avoid sinful places are blessed (Psalm 1:1). In Genesis 8:9 the foot of the dove could find no resting place, so returned to Noah's Ark. In Numbers 22:25, the donkey crushes Balaam's foot against the wall, so Balaam hits the donkey.

The Last Supper

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

Game: Active Service

Write the following activities on slips of paper:

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

Give out the slips of paper to different people, and ask them to act out what is written on the sheet. The group have to try and guess what it is that they are acting out.

The Big Idea: The game will help to get the group thinking of the different people who serve us.

Bible Reflection

Read John 13:1-17

During the Last Supper, Jesus shows his disciples that they must serve one another. How does he do this? He, the master and leader, takes a towel and some water and does the job of a servant, and washes their feet! Washing feet was an unpleasant job. The roads were dusty, and feet were hot and smelly from long walks and the heat of the sun.

Ask: How can we serve one another?

Some thoughts:

- Jesus sets us an example that we should keep in mind in every situation.
- We can think of how we can serve those who are far from us, by sending our prayers and raising money to help them.
- We can think of how we can serve those who are close to us, by praying for them, and doing kind things that will help them.

Beautiful feet

Isaiah 52:7 gives a picture of feet that bring a message of hope:

'How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!"'

Feet that tell of God's good news are actually called 'beautiful'! For us as Christians, the big question is how we can make our feet beautiful?

What we have already learnt about The Last Supper can help us here. Feet that take time out to rest, and allow us to listen to God, and feet that work at serving others just as Jesus did at The Last Supper are feet that are doing a good job!

We are called to **rest with God**, to **serve others**, and finally, we are called to **share the good news with others**.

Ask: What places do our feet take us, that we could bring with us the good news about Jesus?



Shoes, feet and all things sweet!

Game: A taste of chocolate

You will need oven gloves and chocolate buttons

The game: Get two volunteers, and invite them to stand beside one another. Give each of them a plate, an oven glove, and then pour some chocolate buttons on to each of the participant's plate. Explain to them that they can only pick up the buttons using the oven glove, and that if they drop any, that will be counted against them. Then, invite them to race and see who can clear their plate first.

Ask: What was frustrating about the game? Did you learn anything from the game?

Explain: Having the oven gloves on made it much harder for their hands to work the way they need them to in order for them to do everyday tasks like getting dressed and eating. This is what it can be like for people with leprosy – when you don't have feeling and movement in your hands and feet, life can become much more challenging.

Bringing it all together

Ask: Have you ever seen a shoe shop in a hospital?

Well, a lot of Leprosy Mission hospitals have a special shoe shop. Here, shoes are made that protect people's feet. This is where Aboubacar got his shoes from, and each year thousands of shoes are made that help protect people's feet which have been damaged by leprosy.

The Leprosy Mission Hospitals also have a little church in their grounds, and the staff love to share with patients about the good news of Jesus when they get the chance.

In these ways, The Leprosy Mission has beautiful feet – which rest with Jesus at chapel at the start of each working day (just like Mary!), which serve people with leprosy, by washing out their wounds, and protecting damaged feet with shoes (following Jesus' example to wash each other's feet) and finally by sharing the good news about Jesus with those that they meet, wherever it is that their feet take them.

Leprosy Fast Facts

We're going to think of why people who have been affected by leprosy might need to wear special shoes. But first, what is leprosy? Here are some interesting facts about leprosy:

- Leprosy is a germ
- It is a very old problem. People had leprosy in ancient China.
- Leprosy hurts people's hands, feet and face.
- Leprosy stops us from ever being able to feel things – like hot, cold, soft, hard.
- Leprosy can be cured!
- Leprosy in our feet can stop people being able to walk properly.

We are thinking of how we can heal and protect feet damaged by leprosy, and the role shoes has to play in this. To do this, we're going to hear the story of a boy who has leprosy.

Aboubacar's Story

Aboubacar is 14 and lives in Nigeria. He has had leprosy for 10 years. It has affected both his hands and his feet. The Leprosy Mission has helped him with both medicine and treatment.

Aboubacar lost the feeling in his hands and feet because of leprosy. For his hands, this means that he no longer is able to

sense when things are hot or cold to touch or pick up. This can be dangerous, and he has to be very careful when helping his mum with the cooking, or lighting the fire. For his feet, this means that he can't feel it when he steps on to something sharp, or rough. Recently, something jagged cut his foot. He didn't realise he had hurt it. Later, it became infected, and as a result, he had to go to hospital to get some treatment.

Each day, one of the nurses washes out his wound, and bandages it up. The hospital also gave Aboubacar special shoes that will help to stop him from doing any further damage to his feet.

[Show the group the photo of Aboubacar wearing the foot bandage and special shoes. Share with the group that these shoes are made out of material that moulds around feet in order to give comfort and protection.]



No Pain. No Gain

Helping Hands Fundraising Ideas



Aboubacar is one of over 200,000 people each year who are diagnosed with leprosy, a disease that if left untreated can cause disability, lead to blindness and leave people facing a life of exile and poverty.

The good news is you can help make a real and lasting difference in the lives of people like Arati.

Just \$15 will provide protective shoes to help protect the feet of someone affected by leprosy

\$432 will help to cure, care for and restore a person affected by leprosy .

Here are some creative ways to put your groups hands to work in a life changing way...

Work of art

Hold a 'Paint Your Own Hands' or 'Paint Your Own Face' (with no mirror!) event. Why not take some pictures as evidence to use when asking for sponsorship!

Odd jobs

Draw around your hand and write a chore that you could do for family or friends on the thumb and each finger.

Hand holding night

Get your group to partner up, and spend the whole session buddied up, holding hands. Do all your activities literally 'together'!

Bake sale

Get the group to bake some treats and sell them to friends, family and church! You could even host a coffee morning.

Hands free!

Go 24 without lifting or watching any technology – tv remotes, mobile phones, tablets, gaming console controllers...this one might be more tough for the leaders!

Coin collection

Surround yourselves in money by collecting coins throughout the term and laying a coin chain around your church or building. You could see how many times you can manage to go around, and spell out your support for people with leprosy with any extras.

You can get your group to ask people to sponsor them or they could pay an agreed 'fee' for taking part in the activity you choose.

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Memory verse and match the medicine

Memory verse

Learn the following memory verse that tells of the healing of the man with the sore hand

'Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored!'

Mark Chapter 3 Verse 5

Match the medicine

Match the problem with what would best help to heal it.

Draw a line to connect them

Symptom	Solution
High Temperature	Lolly
Broken leg	Plaster cast
Sad face	Antiseptic wash
Splinter	Drink lots of fluids
Nose bleed	Hot water bottle
Hiccups	Throat sweets
Toothache	A big fright
Knee graze	Tweezers
Cough	Tilt head backwards
Sore back	Visit to dentist