



# GROUP ACTIVITY

## Paralyzed No More

**BIG IDEA:** Jesus has power over sin, so we can give our sins to Him.

**BIBLE BASIS:** Mark 2:1-12; Matt. 9:1-8

**KEY VERSE:** "Come to me, all you who are tired and are carrying heavy loads. I will give you rest."  
Matthew 11:28 (NirV)

## Tissue Burdens

**Supplies:** 20-30 tissues or Kleenex per group, handful of small rocks (If the rocks are bigger, you can use paper towels instead of tissues.)

**Say:** Today we heard the story of the paralyzed man who came to Jesus because he wanted to walk again, but Jesus gave him way more. Jesus gave him the ability to walk free from the burden of sin. Living with sin feels a lot like carrying a heavy backpack. It weighs us down with guilt and keeps us from following Jesus and living the way He wants us to. The amazing news is that Jesus frees us from our heavy sins and when we come to Jesus and receive His forgiveness, we get to spend forever in heaven with Him! Let's play a game to help us remember that giving Jesus our heavy burdens is way easier than carrying them around ourselves.

**Directions:** Divide your group into 2 teams. Create a starting line and an ending line about 10-15 feet away. On go, 2 people from each team must put a rock on a tissue and work together to carry it using only the 4 corners down and dump it at the ending line. Then run back to the back of their line. The next 2 kids will then do the same thing. If the tissue breaks or rips apart and the rock falls, they have to return to the back of the line and give their rock to the next 2 people in line. If the rock falls off, they can set it back on the tissue. Continue until all the rocks have been carried to the end. Award the fastest team the winner.

**Question:** Have you ever felt the burden of sin weighing you down? What do you do? How did it feel?

**Question:**