



St Helen's  
Bishopsgate

Bible time booklet | 3-5's

# Mark

Jesus is the king who came  
to rescue us



# Mark

Mark's gospel is all about Jesus. Mark will show us who Jesus is and what Jesus has done for his people. Jesus is God's son, the promised King. He has authority over sin, sickness, and Satan. He saves people from death, cleanses hearts, and opens blind eyes. As the promised-saving-king Jesus ultimately came to deal with sin. Jesus came to give his life as a ransom. In his death on the cross he dealt with our sin by taking on himself the punishment that we deserve, and was crowned as king. This is wonderful news! Which requires a response: to repent and believe. Or, as we'll explain it to the children, to turn from our sin and trust in him. As we make our way through Mark's gospel our prayer is that we all turn from our sin and trust in Jesus. That we would look at our king and understand, whether for the first time or more deeply, the sacrifice he made for us.

## Action rhyme

For each Bible story, the children will learn a rhyme to help them remember the big idea. All the rhymes are to the tune of 'incy wincy spider'

## Using the material – a guide for parents

We hope these studies will help you:

- To know what we've been teaching in Sunday school - so you can talk to your child about it and pray for them as they hear about God's king from Mark's gospel.
- To give you an opportunity to dig into the passage with your child and clarify or build their understanding.
- To give you an opportunity to help your child think through further how they are responding to what they're hearing in God's word.

We hope that this will enable us to better partner with you as you continue to teach your children about the Lord Jesus.

Why not get into the habit of praying with your child, asking for God's help, before you start the study. Then cover as much of the study as you feel able to with the age and attention span of your child. You could go through the study over a meal time or at bedtime. You could also do the study over a whole week, doing a question each day.

# Big news! Jesus the king is here

When somebody has some big, exciting news, they tell everybody, don't they? Like when a new baby is born, the mummy and daddy tell everyone the news. We're looking at a book in the bible called Mark, written by a friend of Jesus, called Mark. Mark starts his book with a BIG announcement. Mark has some BIG, exciting news to tell everyone!

The exciting news that Mark wants everyone to know is that Jesus, God's special king is here! This is such exciting news because people had been waiting a long time for God's king to come. A long time ago, God promised that he would send a king to rescue us and bring us into his kingdom, his amazing new world. But now, Mark tells us, he's finally come!

Right here at the beginning of Mark's book, Jesus tells us what we should do as we hear this BIG exciting news that the king is here. Jesus says everyone must turn and trust. Because Jesus is the king, everyone must turn from their sin and trust in him.

Turning from our sin means saying sorry to God for it. It means stopping living the way we want to live and living the way King Jesus wants us to. And we should trust in King Jesus. We're going to see that King Jesus is an amazing and powerful king come to rescue us. We can totally trust in him.



**Read**

Pray and read Mark 1 verse 14-15.



**Look**

**Look** at verse 15... What kind of news is King Jesus telling people about?



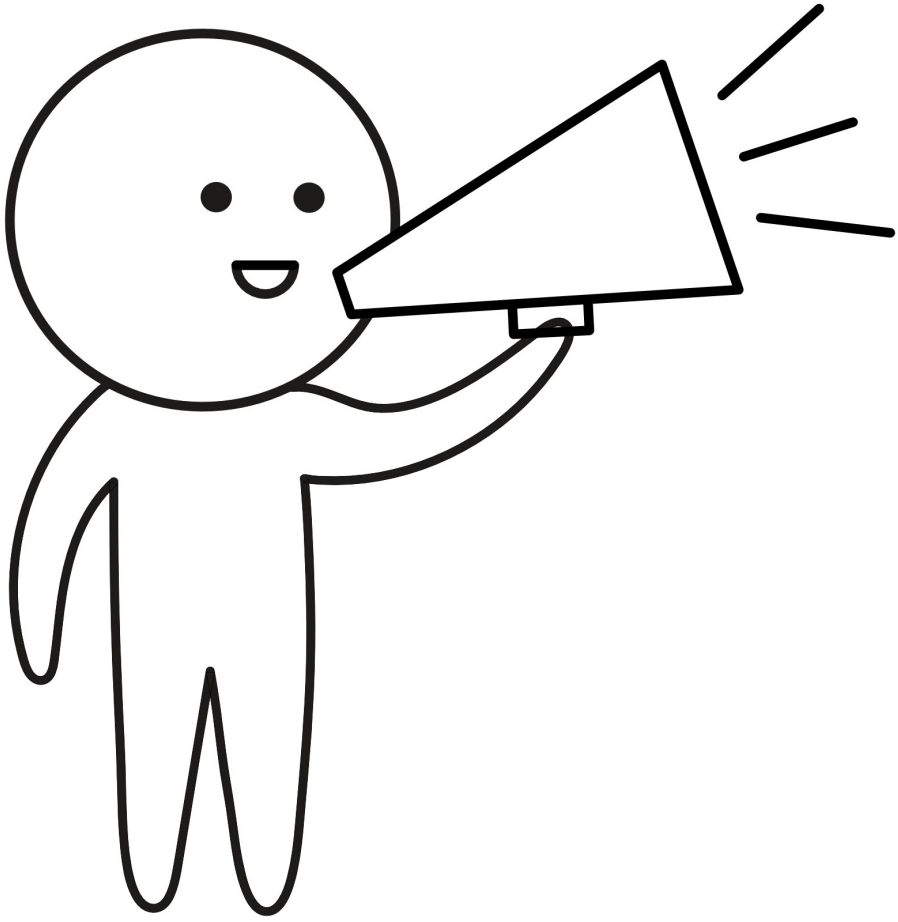
**Pray**

We **praise** you God for the big, exciting news that Jesus the king has come.



**Sing**

Jesus is the king we all were waiting for,  
 Jesus is the king we all were waiting for,  
 It's BIG, exciting news that Jesus is now here,  
 Jesus is the king we all were waiting for.



**Big  
news!**

**He's  
here!**

# King Jesus came to rescue us!

One night, Jesus and his friends were crossing the sea on a boat and the sea was all lovely and calm. Jesus was very tired, so he went and had a nap. But suddenly, a BIG storm came up. The rain came down hard. The waves went high up and crashed down over the boat. The boat was filling up with water. Oh no!

Some of Jesus' friends were used to sailing and storms but even they were scared! They woke Jesus up and said "don't you care? We're dying!" Jesus stood up and spoke to the wind and the waves. "Quiet. Be still", he said. The sea went completely calm and still. Wow!

Jesus said to his friends, "Why are you so afraid". But Jesus' friends were even more scared and said "who is this? Even the wind and the sea obey him!".

"Who is this?" asked Jesus' friends. Jesus is the king! Jesus spoke, and the big scary storm did exactly what he said. Jesus shows he is the king who has come to rescue us.

We don't need to be afraid of scary things like death, like Jesus' friends were. Instead, we can turn and trust in Jesus our king.



**Read**

Pray and read Mark 4:35-41



**Look**

**Look** at verse 41... What question do Jesus' friends ask?



**Pray**

**Thank you** God that Jesus is the king who came to rescue us.



**Sing**

Jesus is the king who came to rescue us,  
 Jesus is the king who came to rescue us,  
 Jesus made the storm stop, he made the waves go flat,  
 Jesus is the king who came to rescue us.



**Quiet!**  
**Be still**

# King Jesus came to rescue us... from this broken world

Have you ever had your favourite toy get broken? Well, we're learning today that our world is broken. It's not as it should be. There are lots of sad and bad things in our world, things that mess up our world like sickness and scary stuff and death. But amazingly, this is what King Jesus came to rescue us from.

One day Jesus was walking along and lots of people were following him. A man called Jairus ran up to Jesus and said "My little daughter is dying" and asked Jesus to come and make her better. But before they got to the house, Jairus' little girl died. Oh no! But Jesus said to them, "Don't be afraid, just trust me".

Jesus went to Jairus' house and into the room where the little girl lay. He took her hand and said, "little girl, get up". And straightaway she got up and began walking around. Wow, what a powerful king he is!

Jesus shows he's the king who has power to kick out the things that mess up our world. He gives us a little peek at what his kingdom, his amazing new world, will be like. Jesus said to Jairus, the dead little girl's dad, "Don't be afraid, just trust me". We can trust Jesus and not be afraid too when we see things that are sad and bad in this world. We can trust him that one day Jesus will bring in his amazing new world where we will live with him forever.



**Read**

Pray and read Mark 5:21-43



**Look**

**Look** at verse 36... What does Jesus say to Jairus when his little girl dies?



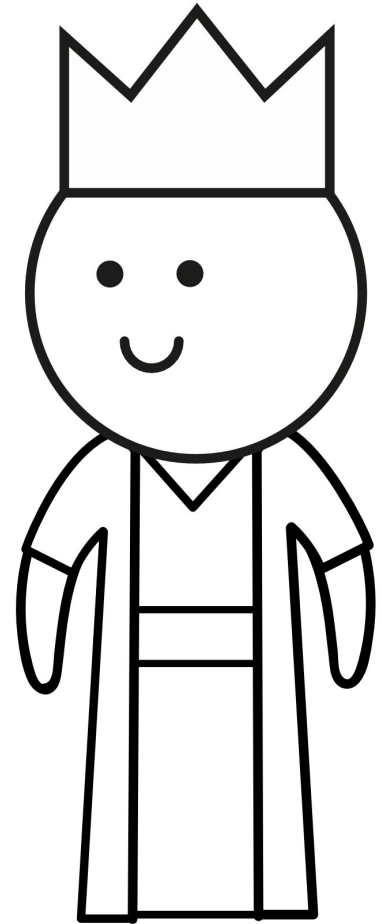
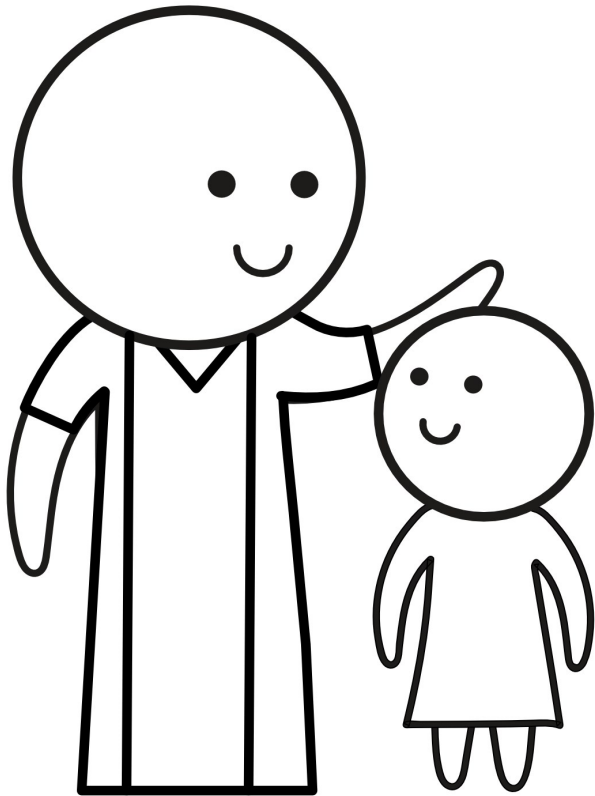
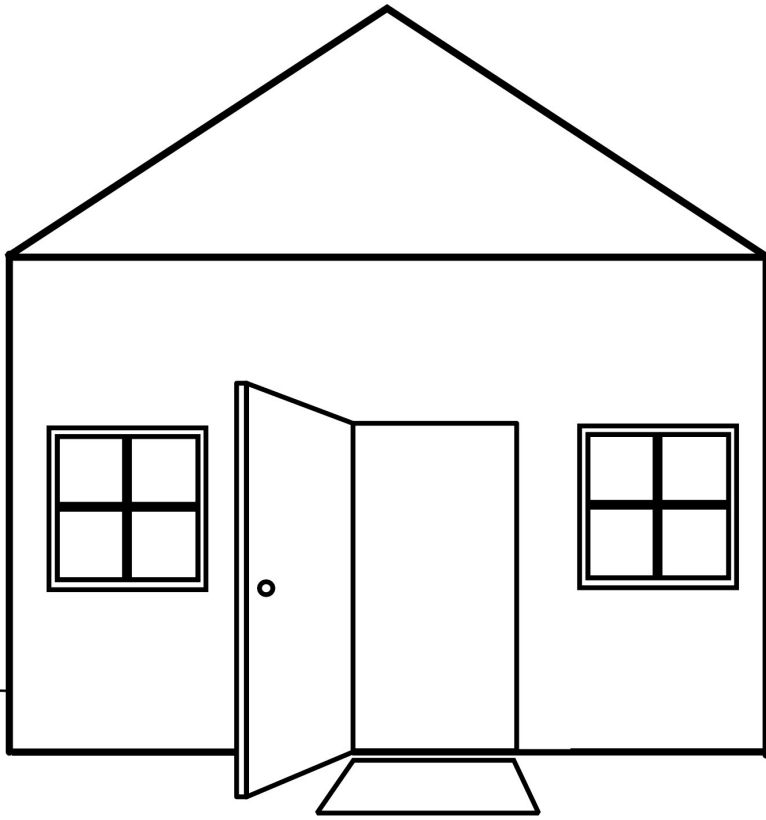
**Pray**

**Please** God help us trust that Jesus has come to rescue us from this broken world.



**Sing**

Jesus is the king who came to rescue us,  
Jesus is the king who came to rescue us,  
Jesus made a dead girl come alive again,  
Jesus is the king who came to rescue us.



## King Jesus came to rescue us... from our sin

Have you ever been playing outside and got really dirty and muddy? Maybe you were making mud pies in the garden! Or maybe you were playing football in a muddy field. When I was little and got all messy and sandy at the beach my mum wouldn't let me in to her nice clean house. She'd say "you're too dirty! Go wash all the sand off first".

Our sin is a bit like that. Jesus says that our sin makes us dirty before God. Sin is when we don't live with Jesus as our king. It's when we want to live our own way and not Jesus' way. Our sin means we can't come into Jesus' kingdom, his amazing new world.

Our sin makes us dirty before God but Jesus says that a good bath won't wash off our sin! All the soap in the world couldn't make us clean enough. Why? Because the problem is on the inside. The problem is in our hearts. We have bad, dirty hearts that mean we can't be in Jesus' perfect new world. Oh no!

But... Jesus is the king who has come to rescue us from our sin. Jesus calls himself the sin doctor. Like a doctor can help sick people, Jesus can help sinners. King Jesus said that he came to rescue sinners like us so we can be with him in his amazing new world forever.

King Jesus is the one who can help us so he is the one we should turn to and trust in. We all have dirty hearts. All of us don't live with Jesus as our king. So, we can turn away from our sin and trust in Jesus. We can come to Jesus and say sorry for our sin. We can ask Jesus to help us to live with him as king instead.



Read

Pray and read Mark 7:20-23



Look

**Look** at verse 2:17. Who has Jesus come to help?



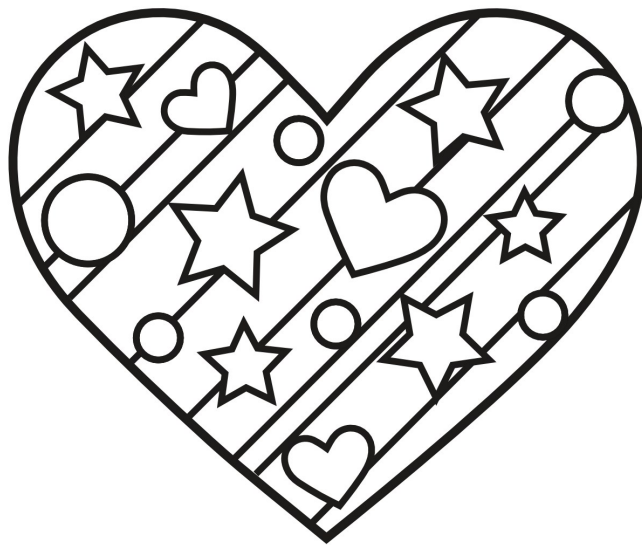
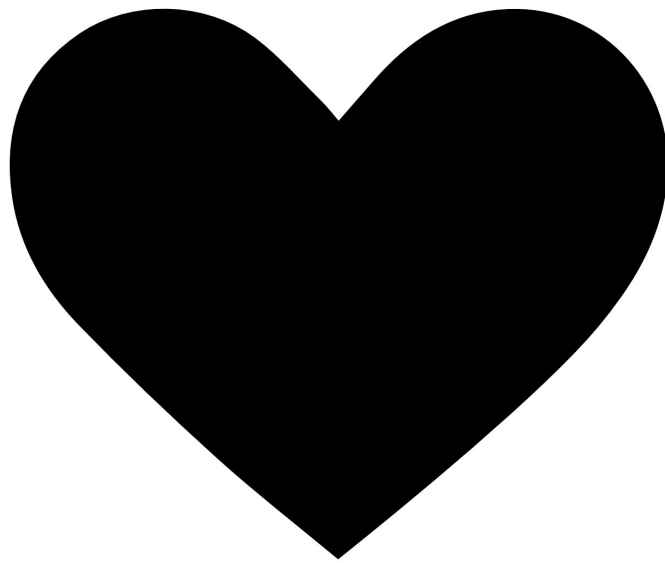
Pray

We **thank** you God that Jesus came to rescue us from our sin.



Sing

Jesus is the king who came to rescue us,  
Jesus is the king who came to rescue us,  
Our hearts were dirty, we need them to be clean.  
Jesus is the king who came to rescue us.



## King Jesus came to rescue us... by dying

Jesus is very different to other kings and rulers and important people that we might have heard of. Normally kings live in palaces and have lots of servants who do things for them. Their servants make their food and sweep the floors and wash their clothes. Normally kings don't act like servants. They're far too important, right? Imagine if the Queen came to your house and, instead of sitting on the sofa and drinking a cup of tea, she cleaned the loo! That would be crazy!

But King Jesus said he came to be like a servant; he came to do something for us. Jesus came to rescue us by dying for us. We heard last time that we have bad hearts. Our sin means we can't come into Jesus' kingdom, his amazing new world. It's like we're trapped! Like being trapped in a prison. We can't get out! We can't get free. We need rescuing.

But this is what King Jesus came to do for us. Jesus came to rescue us by dying for us. Jesus says that he came to rescue us by being a ransom. A ransom is a price you have to pay to set someone free. To rescue us King Jesus was our ransom. He paid the price to set us free. The price Jesus had to pay was his own life. Jesus had to die to set us free, to rescue us.

Wow! What an amazing king we have! Jesus came to rescue us by dying in our place. We can keep on trusting that Jesus is the one who can rescue us. We can totally trust in him.



Read

Pray and read Mark 10:42-45



Look

**Look** at verse 45... What does Jesus say he came to do?



Pray

We **praise** you God for King Jesus who came to rescue by dying for us.



Sing

Jesus is the king who came to rescue us,  
 Jesus is the king who came to rescue us,  
 Jesus came to help us by dying on the cross.  
 Jesus is the king who came to rescue us.



I'm free!

# King Jesus came to rescue us... to be with God

Last time, Jesus was telling us about how he was going to rescue us by dying. And now we come to Jesus' death itself.

Jesus was arrested and treated badly by the soldiers. They took him and nailed him to a big wooden cross. Some of Jesus' friends were watching as he died, they were so sad.

And then, in the middle of the daytime, it went dark! You couldn't see anything. That's pretty scary. The darkness was a sign of God's anger. All of God's anger went on King Jesus, instead of on us. Then Jesus cried out in a loud voice "My God, why have you left me alone?" For forever, Jesus has enjoyed being with God his father. But now he feels alone as all of God's anger goes on him.

And then something else happened. In God's house, in the temple, there was a BIG massive thick curtain that stopped people going too close to God. It was like a really big 'no entry' sign. It told everyone to KEEP OUT because our sin makes us too dirty to go near God. But guess what? As Jesus died, the BIG massive thick curtain was ripped in half!

This is why all of God's anger went on Jesus. God's anger went on Jesus instead of us. And so, God isn't angry at our sin anymore. God ripped open the curtain. God ripped up the 'no entry' sign! This shows that we can now go in. We can be with God! We can be friends with him forever.



Read

Pray and read Mark 15:33-39



Look

**Look** at verse 39... What happened to the curtain (the big 'no entry' sign) when Jesus died?



Pray

We **thank you** God that Jesus died so we can be friends with you forever.



Sing

Jesus is the king who came to rescue us,  
Jesus is the king who came to rescue us,  
Jesus died so we can come be friends with God.  
Jesus is the king who came to rescue us.



## King Jesus calls us to follow him

In our last story we heard about King Jesus dying for us on the cross. King Jesus died to rescue us, so that we could be with God forever. But that's not the end of the story! Three days after Jesus died, some of Jesus' friends went to his tomb. When they got there, they had a big shock! Jesus wasn't there! He had come alive again.

But Jesus' friends weren't happy, they ran away scared! Oh no! That doesn't seem right? Is that what we should do too? No! All the way through Mark's gospel, Jesus has been showing us that we don't need to be afraid. We should turn away from our sin and trust in him. We should follow King Jesus.

Following king Jesus will mean hard times now, happy times later. That's the way Jesus went. When Jesus was on earth, lots of people hated him. Jesus had to suffer lots and died on a cross. But the hard times were followed by happy times. Jesus came alive again and has gone to be on the throne, ruling over everything with God the Father.

Following Jesus now will be hard now. There are lots of bad and sad things in the world which make it hard to keep trusting Jesus. And there are lots of people who hate Jesus, who won't like us following him. But we look forward to the happiest time later. One day King Jesus will come back and bring us into his kingdom, his amazing new world forever!

But we're not there just yet. We need to keep on turning from our sin and trusting in Jesus until we're with him in his perfect new world.



Read

Pray and read Mark 16:1-8



Look

**Look** at verse 8... How did the three women respond when they saw Jesus' empty tomb?



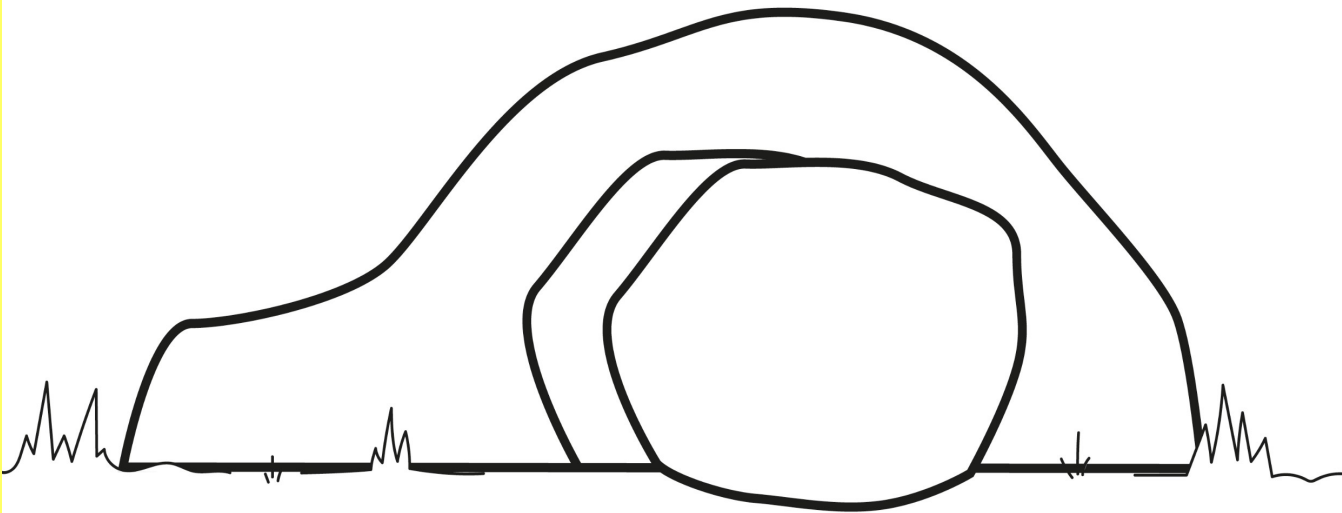
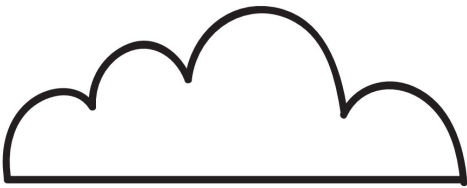
Pray

**Please** God help us to not be afraid but to trust Jesus as we follow him, even when it's really hard.



Sing

Jesus is the king who came to rescue us,  
Jesus is the king who came to rescue us,  
Even when it's scary, we must follow him.  
Jesus is the king who came to rescue us.





## Digging in to the rest of Mark's gospel

We have only touched on a few bits of Mark's gospel.

Your family may like to take the opportunity to look at some of the passages we missed out. In which case, simple questions like the following may help you have a fruitful time:

- What do we learn about King Jesus?
- What do we learn about what King Jesus came to do for us?
- How does this help us turn from our sin?
- How does this help us trust Jesus as we follow him?

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