

# **This Week's Lesson**

## **Jesus Came to Heal and Forgive**

### **Read Luke 4:14-21**

Have you ever heard the term, "That's just what the doctor ordered." What does that mean? It means that something happened and we received exactly what we needed. The expression came from when we are sick or have other issues, we go to the doctor. After checking us over to find out what's wrong, the doctor gives us a prescription that tells us what we need to make us better. If we do what the doctor tells us we will get better. That's where we get the expression, " That's just what the doctor ordered."

When God created us, He wanted us to be happy and well. He didn't intend for us to be sad and sick. He never wanted people to be crippled or blind. But something happened. That something was sin. When Adam and Eve sinned in the Garden of Eden, they changed life for all of us. But God still loved us and had a plan to make us well again. Jesus knew of God's plan.

One day when Jesus was in Nazareth he went to the temple on the Sabbath. When he stood up to read the scriptures, He was handed the book of Isaiah. He found the scripture he wanted to read. It said, " The Lord's Spirit has come to me and has chosen me to tell the good news. He has sent me to free the prisoners, give sight to the blind, and to set everyone free from suffering.

When he finished reading he sat down. Everyone was waiting to see if he would say anything. What he said to them, " What you have just heard me read has come true today. " Jesus meant that he was the one who came to make us happy and whole the way God intended us to be. He came to heal the sick and those inflicted with other disabilities, and to free us from sin. If we want to have what Jesus came to give, we must trust in him and do what he says.

### **Prayer**

***Dear Father,***

***We thank you for your love. We thank you for sending your Son to free us from sin so that we may know the joy you intended for us. Amen***

**Here are some ways we can make others feel better...**

donating canned goods to a local pantry, help out at a soup kitchen or donate hats and gloves to a shelter.

Today's craft will be something that will be useful to ourselves and others. We'll be making our own home first aid kit.

# This Week's Craft

## What Should a First-Aid Kit Include?

Put these in each of your first-aid kits:

- an up-to-date first-aid manual
- a list of emergency phone numbers
- sterile gauze pads of different sizes
- adhesive tape
- Band-Aids in several sizes
- elastic bandage
- a splint
- antiseptic wipes
- antibiotic ointment
- hydrocortisone cream (1%)
- acetaminophen and ibuprofen
- extra prescription medicines (when on vacation)
- tweezers
- sharp scissors
- safety pins
- disposable instant cold packs
- thermometer
- plastic non-latex gloves (at least 2 pairs)
- flashlight and extra batteries
- an emergency blanket

## Making Your Family First Aid Kit



### Materials:

- Container
- First aid items (see list above which can be modified to fit personal needs)
- Cardboard pieces (optional)
- Baggies (optional)
- Scissors
- Any decorations/signage (see pictures above for suggestions)

### Directions:

After choosing a container and finding or purchasing first aid items, paint/color/decorate container and add the signage with a Red Cross or other identifiable markings.

Place the first aid items in the container (modify items to fit personal needs).

Cardboard pieces, baggies or other material to section off similar items in your kit can be helpful when needing an item quickly.

Make your emergency phone numbers list and family members medical information including allergies and blood type if available. Place these items in your first aid kit.

Be sure family members know where your home kit is located. The location should be easily accessible to adults, but not accessible to children. Children should know where to find some basic items like Band-Aids kept in a separate location.

Families should have a home kit and a travel kit.

You'll find links to helpful Red Cross apps at:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html>

Follow this link for a free printable pocket first aid guide if you need one.



<https://simplefamilypreparedness.com/wp-content/uploads/2014/03/First-Aid-Quick-Guide-Simple-Family-Preparedness.pdf>