



Simon of Cyrene: Carrying the Burden

Lesson Overview:

Bible Story: Matthew 27:32

Additional Scripture: Mark 8:34, Luke 9:23

Main Idea: Just as Simon helped Jesus in a moment of need, knowing Jesus calls us to serve and support others, even in challenging times.

Today's Point: To be a hero, you just need a kind heart ready to help.

Memory Verse: John 11:25 Jesus told her, "I am the resurrection and the life. Anyone who believes in me will live, even after dying."

Bible Lesson Video

<https://youtu.be/hPj94fi8Pag?si=WCrY40PognNAV7LV>

March Worship Songs:

▶ Yancy & Little Praise Party - It's A Happy Day- [OFFICIAL MUSIC VID...

▶ "He Rose" with Actions

Schedule:

Warm Up Question (3 min.):

What super power would you like to have?

Review Classroom Rules (3 min.)

Review giving and collect offerings (2 min.)

Review point and Key verse: (5 min.)

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Play Songs (6 Min.)

Introduction & Group Game: Hero Relay

Teacher: Good morning, everyone! How are you all feeling today?

For the last few weeks, we have been diving into the powerful stories of some incredible heroes. But they're not just any heroes; they're the "Heroes of Holy Week." These heroes didn't have super strength or the ability to fly, but they had something even more powerful: a deep and powerful faith in Jesus.

Each week, we have met a new hero and have seen how knowing Jesus changed their life in amazing ways. Their stories help us see how Jesus can change our lives too.

Before we start, let's get to know each other a bit better with a fun group game!

Write the following clues on two sets of index cards naming everyday heroes:

- Firefighter: Helps when a house is on fire.
- Teacher: Helps us learn at school.
- Doctor: Helps people when they are sick.
- Parent: Loves and takes care of you.
- Sanitation Worker: Helps keep the town clean

Two small baskets or bins.

Instructions:

1. Divide the children into two teams and have them line up on one side of the room. At the other end, place a basket for each team containing the shuffled set of hero index cards you created.
2. **Explain to the children:** "Everyday heroes are all around us. They might not wear capes, but they help and care for others in many ways. Today, we'll see who can match up these heroes the fastest!"
3. When you say "Go!", the first child in each line runs to the basket, draws a card, and describes the hero without saying their name (e.g., "This person helps when a house is on fire").
4. The rest of the team guesses. Once they guess correctly, the next child in line runs to the basket and repeats the process.
5. The relay continues until one team has successfully described and guessed all their hero cards.
6. Congratulate both teams and remind them: "These are everyday heroes, and they're fantastic! But the heroes we've been learning about are heroes because of their faith in Jesus. And guess what? You can be a hero too, by showing Jesus' love to others!"

Object Lesson: "The Weighty Backpack"

Purpose: This object lesson will visually demonstrate the idea of carrying burdens and how serving and supporting others like Simon of Cyrene did for Jesus, can be an act of love and faith.

Materials Needed:

A backpack

Several heavy books or objects

A cross (small enough to fit inside the backpack but large enough to be visible to the kids)

Teacher Script: "Good morning, heroes-in-training! Today, I've brought with me a very special backpack. Can anyone guess what might be inside?" (Pause for guesses.)

(Open the backpack to reveal the heavy books or objects.) "Look at all these heavy items inside! Now, I'm going to need a volunteer." (Pick a child from the group.) "Can you try to carry this backpack for me?"

(Allow the child to try carrying the backpack. It should be noticeably heavy but not too heavy for them to lift.)

"Wow! You did it! But it seemed quite heavy, didn't it? Imagine if you had to carry this backpack for a long journey."

Now, inside this backpack, there's something special. (Reveal the cross from the backpack.)

"Just like our volunteer carried this heavy backpack, during a significant moment in Jesus' journey to the cross, He was exhausted and struggling. And there was someone, a hero, named Simon of Cyrene, who was asked to help Jesus carry His cross."

(Hold up the cross.) "This cross represents the enormous burden that Jesus was carrying - not just the physical weight, but the weight of all our sins. And Simon, even though it was hard, helped Jesus in His moment of need."

"Can you think of times when someone helped you carry a 'heavy backpack'? Maybe they helped you with a difficult task or stood by you during a tough time?"

(Allow a few responses.)

"When we know Jesus, we're called to be like Simon of Cyrene. We're asked to help others, to be there for them, especially when they're going through challenging times. By doing so, we show Jesus' love to the world."

"So, heroes, let's remember Simon's act of kindness and look for ways we can help others carry their 'backpacks', no matter how heavy they might be."

Bible Story: Simon of Cyrene - Carrying the Burden

Teacher Script: "Alright, young heroes, gather around! Today's story is about a man who didn't wear a cape or mask, but he became an unexpected hero during a very important moment in history."

"Imagine you're in a bustling city. The sun is high in the sky, and there are crowds of people everywhere, talking, shouting, and moving around. Suddenly, in the midst of the noise, you see a man struggling to carry something very heavy."

Show Bible Lesson Video

READ: Matthew 27:32

- "What was Jesus carrying that was so heavy?" *(Allow for a few answers.)* "That's right! He was carrying a cross."

"And then, from the crowd, a man named Simon was chosen. Simon of Cyrene. He was probably just minding his business that day, not expecting to be part of such a significant event."

"Now, imagine being Simon. You're suddenly pulled from the crowd and asked to carry this heavy cross for Jesus."

- "How would you feel?"

(Pause to allow children to share their thoughts and feelings.)

READ: Mark 8:34

"Jesus once said that if anyone wanted to follow Him, they should be ready to pick up their cross. It means that sometimes, showing love and kindness might be difficult or heavy, but it's a way to show our love for Jesus and for others."

- "Why do you think Simon helped Jesus? Was it just because the soldiers told him to, or could there be another reason?"

(Allow a moment for responses.)

"While the Bible doesn't tell us exactly what Simon was thinking, we know that he helped Jesus in a significant moment of need.

- Now, can anyone think of a time when you helped someone or when someone helped you, even if it was hard or challenging?"

(Give time for children to share their stories.)

"That's beautiful! Just like Simon helped Jesus, we have daily opportunities to help and serve others."

READ: Luke 9:23

"Every day is a new chance to show love, to carry each other's burdens, and to be heroes in our own special way. Remember, heroes, you don't always need capes; sometimes, you need a kind heart ready to help."

- "Before we close, can anyone tell me what they've learned from Simon's story?" (Allow children to share their takeaways.)

Discussion Questions & Prayer

Leader: Wow, everyone! You all did such a fantastic job paying attention during our Bible lesson today. I'm so proud of each and every one of you. Now, let's dive a bit deeper and talk about what we've learned.

1. How do you think Simon of Cyrene felt when he was asked to help carry Jesus' cross?"
2. Can you think of a time when you helped someone, even though it might have been tough or challenging for you?
3. Why is it important to help others, even when we don't have to or when no one is watching?
4. How can we be like Simon daily and help others carry their 'burdens' or challenges?

Leader: Great thoughts, everyone! It's always so inspiring to hear your ideas. Now, does anyone have any prayer requests? Anything you'd like to share or ask God for help with? (Give time for kids to share their prayer requests.) Alright, let's join hands and pray.

Easter Crafts:

Both Rooms are doing the same craft this week.

10" He Lives! Cross Plastic Suncatcher Craft

https://www.orientaltrading.com/10-he-lives-cross-plastic-suncatcher-craft-kit-makes-12-a2-48_5017.fltr?keyword=he%2blives%2btissue%2bpaper%2bcross&rl=SEARCH_RESULTS&rm=RESULT_LIST&rt=GRID_ITEM&rp=1

Memory Verse Activity: "Verse Puzzle Relay"

Materials Needed:

Memory Verse Cards

Markers

Two baskets or containers

Preparation:

Shuffle the cards and place them face down in the baskets or containers.

Playing the Game:

Divide the children into two teams. If you have a smaller group, they can play as one team competing against time. At the signal, the first child from each team runs to the basket, draws one card, and places it on the floor or table. They then run back and tag the next team member. The next child does the same, placing their card next to the previous card, attempting to arrange the verse in order.

The relay continues until all the cards are drawn, and the teams attempt to correctly order the verse. Once a team believes they have the correct order, they shout "Done!" and wait for the teacher to verify. If there's an error, the teacher can simply say "Not quite!" and the team can keep trying until they get it right.

Wrapping Up:

After the game, gather the children and review the verse together. Discuss the meaning of the verse and how it relates to today's lesson about Simon of Cyrene.

Teaching Skit: "The Heavy Backpack Blues"

Setting: A school hallway with lockers.

Characters:

JAMIE: A student with an overloaded, bulging backpack.

TAYLOR: JAMIE's friend.

ALEX: A mischievous student always looking for a laugh.

CASEY: The wise, observant student.

Possible Prop Ideas:

Overloaded backpack with books and other school items.

Notebook or school papers.

A banana peel.

JAMIE: (struggling to walk with the heavy backpack, nearly toppling over)
Ugh! Why do we have so much homework this week? This backpack feels like it's filled with bricks!

TAYLOR: (trying not to laugh) Whoa there, JAMIE! It looks like you're about to launch into space with that jetpack!

JAMIE: Very funny, but seriously, I can't carry this all day!

ALEX: (sneaking up with a banana peel) "Hey JAMIE, I bet that backpack can't save you from... this banana peel!" (Places it in front of JAMIE)

JAMIE: (sees it and stops) Really, ALEX? The old banana peel trick? We're not in a cartoon!

ALEX: I thought it was worth a try! Ha!

CASEY: (walking over) Hey, JAMIE. You know, I have some space in my backpack. I could carry some of your books if you want.

JAMIE: Really? That would be amazing!

TAYLOR: That's super kind of you, CASEY. JAMIE looked like a turtle that got flipped on its shell.

CASEY: It's just like in our Sunday School lesson today. Sometimes we need help carrying our burdens, just like Simon helped Jesus.

ALEX: Burdens? I thought we were talking about backpacks.

CASEY: Burdens can be anything that weighs us down, like worries, challenges, or, in JAMIE's case, a truckload of textbooks!

JAMIE: Thanks, CASEY. It feels good to have someone help out. And hey, ALEX, maybe next time you could use your energy to help instead of plotting banana peel tricks.

ALEX: (grinning) But where's the fun in that? Just kidding, I'll think about it.

TAYLOR: Today, we all learned something valuable. And I learned... always keep an eye out for banana peels.

CASEY: Every day is a chance to be a hero, even in small ways.

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