

LESSON 5

REFERENCES: LUKE 7:11-17; *THE DESIRE OF AGES*, PP. 318-320.

“Young Man, Get Up”

Have you ever felt really sad about something? Have you been so sad that you cried? That’s how the mother in our story today felt.

Jesus walked from town to town telling people about God and healing the sick. Jesus’ disciples followed Him everywhere.

Other people wanted to hear and see what Jesus was doing too, so a large crowd followed Him from place to place.

One day Jesus came to a town

called Nain.

In those days the

towns had walls around them with gates to let people in and out. As Jesus walked toward the town gate, He saw people carrying a dead body wrapped for burial. A young man had died and was to be buried in the cemetery outside of town. His mother and a large crowd followed the people carrying the him.

Jesus could hear the young man’s mother cry and the crowd of crying people too. The mother was a widow—that means her



Memory Verse

“God has come to help his people.”

LUKE 7:16, NIV.

The Message

We serve God when we help people who are sad.

husband had died. And now her only son had died too. Jesus immediately knew why she was sad. Her husband and her son had died, and now she was alone. She had no one to help her. No one to earn money for food. No one to help her when she was sick. No one to comfort her, or take care of her when she became old.

Jesus wanted to do something to help her. Quietly He walked over to the woman. When the people saw Him, everyone stood still. They stopped crying. Then they gathered around Jesus and the weeping mother. *What would Jesus do?* they wondered. *What could* He do?

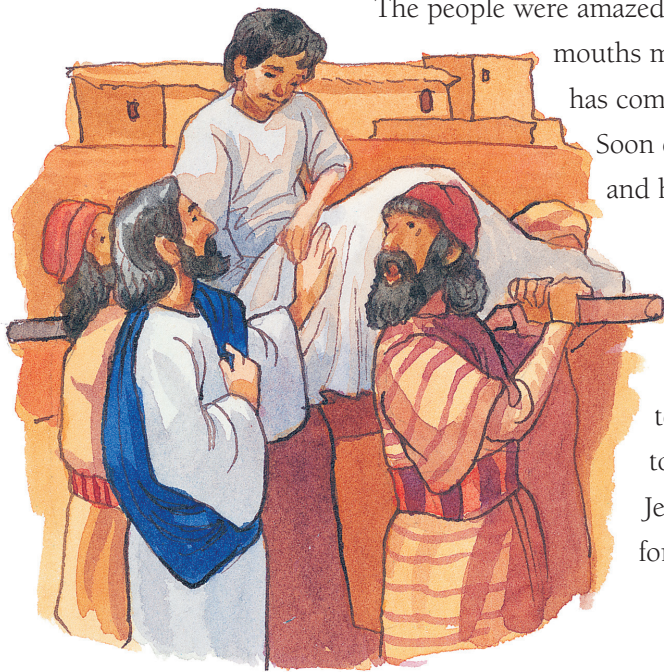
Jesus smiled at the woman and gently said, "Don't cry." Then He touched the coffin. When the people saw Him do that, they all stared at Him. *What would Jesus do next?*

Then Jesus spoke. "Young man, I say to you, get up!" (Luke 7:14, NIV). The people must have been surprised to hear Jesus say that! Everyone knew that the young man was dead, and dead people don't get up.

But when Jesus spoke, the young man sat up and began talking! Jesus gave him to his mother. Was she happy? Of course she was! She stopped crying and started praising God!

The people were amazed! They were seeing a miracle! Their mouths must have fallen open in surprise! "God has come to help His people!" they shouted. Soon everyone returned to the city, joyful and happy because of Jesus' love.

God's care is so wonderful! And He asks us to help sad people too. When we see someone who is sick or scared or lonely, Jesus wants us to say kind words and listen to them, to comfort them. We can love them as Jesus does. When we do, we are doing it for Jesus.



Do and Say

SABBATH

Read the lesson story each day this week and use the following motions to review the memory verse together:

- God** Point upward.
- has come** Motion to come.
- to help** Hands outstretched and cupped together.
- his people** Point to others.
- Luke 7:16** Palms together; then open as if opening a book.



Caution your child against looking directly into the light. Talk about the meaning of the word *sunbeam* and how your child can be a sunbeam for Jesus.

WEDNESDAY

Act out the lesson story with your child. Afterward, put some drops of water on your child's face to represent tears. Discuss how Jesus will wipe away all our tears when He comes again. Wipe away your child's "tears."

SUNDAY

Together, read the lesson story from Luke 7:11-17 so your child will know it is in the Bible. Ask: Whose son had died? Did she have another son who could help her? What kind words did Jesus say to her? What could you say to comfort someone who is sad?

MONDAY

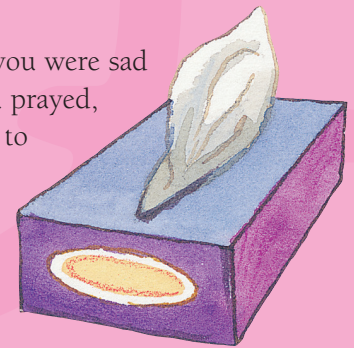
With your child, plan to do something this week to encourage a sad neighbor or friend—draw a picture, bake something, call on the telephone, sing a song, pick flowers, etc.

TUESDAY

Sing "Jesus Wants Me for a Sunbeam" while your child shines a flashlight onto his or her face.

THURSDAY

Tell about a time you were sad about something, you prayed, and Jesus helped you to be happy again. Ask your child to tell about a similar incident they've had.



FRIDAY

During worship tonight, read about the widow and her son in *The Desire of Ages*, pages 318 and 319 (five paragraphs). Ask: Why were the people crying loudly? What did Jesus say to the mother? What did Jesus say to the son? What did the son do? Instead of crying, now what was the crowd doing? Thank Jesus for His healing power.