

## Unit 2. Children of the Bible - NT

### Lesson 2.4: Talitha the Sleeping

#### Teacher Preparation and Materials Needed:

#### Bible Story:

Biblical reference: Mark 5:21-43

\*The story is adapted from Hyde, Katherine Bolger. *Brave, Faithful, and True: Children of the Bible*. Ancient Faith Publishing, 2023. (Please note that, although this is a biblical story, the character in this story is named Talitha by the author and does not appear in the Bible.)

#### Activities:

\*Implement based on available time. Detailed instructions and materials list are provided in the lesson.

Activity 1: “Do Not Be Afraid” Door Hanger

Activity 2: “She was just sleeping” Coloring Page

#### Words of the Week:

քուն - koon - sleep

մի՛ վախնար - mee vakh-nar - do not be afraid

միայն հաւատա՛ - mee-ayn - ha-va-da - just believe

#### Objective

Children will understand that Jesus has power over life and death, and that we can trust Him to bring hope, healing, and new life even in our saddest moments.

#### Moral Character Focus:

**Knowledge:** Children will learn that Jesus raised a little girl named Talitha from death, showing His power and love.

**Understanding:** Children will recognize that Jesus brings life and hope where there seems to be none, and that we never need to fear when He is near.

**Application:** Children will identify ways to trust Jesus when they are afraid or sad — by praying, believing, and remembering that He is always with them.

**Values:** Children will develop a heart of faith and courage, learning to believe that nothing is too hard for Jesus.

#### Memory Verse:

“Don’t be afraid. Just believe.”

- Mark 5:36

# Lesson

**Open with prayer:**

**Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.**

## Lesson Body: Talitha the Sleeping

Opening Song: "Jesus Loves Me"

Today we're going to hear an amazing true story about a little girl just like you, and how Jesus showed His love and power in a very special way! This story is full of love and hope.

In a town by the sea called Capernaum, there lived a daddy named Jairus. He was an important man who helped take care of the synagogue, which is like a church. But the most important thing to him was his little daughter. Let's call her Talitha. She was twelve years old and loved to laugh and play and sing.

*Q: What do you like to do?*

She would dance around the house and help her mommy bake bread and tidy up. She would run down to the seashore and watch the fishing boats come in. Everyone in the neighborhood loved to see her smile!

But one day, something terrible happened. Talitha got very, very sick. She had a high fever and couldn't play anymore. She couldn't even get out of bed. Day after day, she got weaker and weaker. Her father Jairus was so worried! He sat beside her bed and held her little hand. He prayed and prayed, "Please God, help my little girl get better." But she kept getting sicker.

Then one day, Jairus heard amazing news! Jesus was in town! He had heard stories about Jesus healing sick people. "Maybe," thought Jairus, "maybe Jesus can help my daughter too!"

Jairus didn't wait another second. He ran as fast as he could.

*Q: Can you run as fast as Jairus? Lets try in our spots.*

Through the dusty streets, past the marketplace, all the way to where Jesus was teaching a big crowd of people. He was out of breath when he found Jesus! Jairus fell down on his knees right in front of Jesus and begged, "Please, Jesus! My little girl is very, very sick. She's dying! Please come to my house and put Your hands on her so she can get better and live!"

Jesus looked at Jairus with the kindest eyes and said, "Yes, let's go right now."

While they were walking through the crowd, Jairus saw some men coming toward him from his house. Their faces looked so sad. One of them said quietly, "Jairus, I'm so sorry. It's too late. Your daughter has died."

Jairus felt like his whole world stopped. Tears filled his eyes but he still had hope. He believed that Jesus could make things better. Then Jesus said, "Do not be afraid. Just believe." When they got to the house, they could hear people crying loudly. Than Jesus said, "Why are you making all this noise? Stop crying! The little girl is not dead. She's just sleeping."

Some of the people laughed at Jesus. They thought He didn't understand. But Jesus knew exactly what He was doing. He let three of His disciples and good friends Peter, James, John into the house, then let Talitha's mommy and daddy into the quiet room where Talitha was. There on the bed lay little Talitha. Her skin was pale. Her eyes were closed. She wasn't breathing. She looked so small and peaceful lying there.

Jesus walked over to the bed. He looked down at her with so much love. Then He reached down and took her small, cold hand in His warm palm. He said in a soft, loving voice: "Talitha cumi!" That means: "Little girl, I say to you, get up!"

**Q:** Lets try to say it daughter: “Talitha cumi! Little girl, I say to you, get up!”

And guess what happened? Talitha’s fingers moved! Her chest rose as she took a breath! Her eyes opened! She looked around and saw Jesus smiling at her. Then she sat right up in bed! She was alive! She was completely well! Her mommy gasped! Her daddy fell to his knees, crying tears of joy! Their little girl was alive again!

Talitha jumped out of bed and ran into her parents’ arms. They hugged her so tight! Everyone in the room was amazed! Jesus smiled and said something very kind: “Give her something to eat.” Because after all that, Talitha was probably hungry!

They shared a delicious meal together and Talitha never forgot that day. The day Jesus brought her back to life. And from that moment on, she told everyone she met about the amazing thing Jesus did for her!

**Words of the Week:**

քուն - koon - sleep

մի՛ վախնար - mee vakh-nar - do not be afraid

միայն հաւատա՛ - mee-ayn - ha-va-da - just believe

**Memory Verse:**

**“Don’t be afraid. Just believe.”**

**- Mark 5:36**

**Bible Verse Game  
to Remember**

**“Do not be afraid.  
Just believe.”**

**-Mark 5:36**

**Say:** “Do not be afraid”

**Move:** Hands over heart,  
then open arms wide.

**Say:** “Just believe”

**Move:** point to head,  
then fold hands in prayer.

**Connection:** Faith helps us  
trust Jesus even when things  
seem impossible.



## Activity 1: "Do Not Be Afraid" Door Hanger

### Materials:

- Cardstock or construction paper (pre-cut door hanger shapes)
- Markers or crayons
- Hole puncher
- Scissors
- Colorful yarn or string
- Optional: ribbon, stickers, glitter glue

### Instructions:

1. Prepare the door hanger - Use the pre-cut door hanger template provided in the lesson materials.
2. Punch holes at the top - Use a hole puncher to make two holes in the top corners of the door hanger.
3. Create the hanging loop - Cut a piece of yarn about 12 inches long. Thread it through both top holes and tie the ends together to make a loop for hanging.
4. Add tassels (optional) - Punch 3-4 holes along the bottom edge of the door hanger. Cut 6-8 inch pieces of colorful yarn. Thread each piece through a bottom hole and tie a knot to create decorative tassels.
5. Write the memory verse - Help children write "*Don't be afraid. Just believe.*" in the center of the door hanger (or provide pre-printed text they can trace).
6. Decorate - Let children decorate with:
  - Hearts
  - Flowers
  - Bright colors
  - Stars
  - Smiley faces
7. Display - Children can hang these on their bedroom doorknob at home to remember Jesus' comforting words every day!

**Learning Point:** Jesus is always near and brings peace when we trust Him. When we feel scared, we can remember what Jesus said to Jairus: "Don't be afraid. Just believe!"

### Tips for the instruction:

- Pre-punch holes to save time with younger children
- Have sample door hangers ready to show as examples
- Consider pre-printing the memory verse for children who can't write yet
- This craft reinforces the main message and gives a practical take-home reminder

Do not be  
**afraid,**  
just  
believe.  
-Mark 5:36

Do not be  
**afraid,**  
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believe.  
-Mark 5:36

Do not be  
**afraid,**  
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## Activity 2: "She was just sleeping" Coloring Page

Name \_\_\_\_\_



**Don't be afraid. Just believe.**

**Mark 5:36**

## Review

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### Memory Verse Review:

“Don’t be afraid. Just believe.” (Mark 5:36)

### Lesson Review:

1. Who was Talitha, and what happened to her? *(She was a little girl who became very sick and died, but Jesus brought her back to life)*
2. What did Jairus ask Jesus to do? *(He asked Jesus to come and heal his daughter)*
3. What did Jesus say to Talitha when He took her hand? *(“Little girl, I say to you, arise.”)*
4. What happened when Jesus spoke those words? *(Talitha opened her eyes and stood up — she was alive!)*
5. What can we remember when we feel afraid or sad? *(That Jesus is with us and can bring peace, comfort, and new joy to our hearts)*

### Words of the Week:

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### Life Application:

#### What are we going to do with what we have learned today?

Jesus can bring new life to our hearts just like He brought life back to Talitha. When we feel afraid, lonely, or sad, Jesus whispers to our hearts, “Do not be afraid. Just believe.” He is always near, ready to lift us up, give us peace, and fill us with joy again.

#### Close with prayer:

**O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.**