

Week 2

NOW I KNOW JESUS



USING THESE NOTES

Dear Parents,

Welcome to Week 2 of this 'Now I know Jesus' devotional series. This week, we are going to discover that Jesus really was human. Just like us, He got angry, tired, hungry and sad. There isn't an emotion that your child will experience that Jesus has not experienced Himself; He truly understands us.

If you are picking these notes up for the first time, please go back and start at Week 1. You can download Week 1 [HERE](#). Or you can access these through the [Kingsgate.church/kids](https://www.kingsgate.church/kids) website, go to the 'Now I Know Jesus' series, and follow along with the Sunday teaching.

My Dear Child,

Welcome to Week 2 of this series. We hope you are enjoying getting to know Jesus by spending sometime with Him every day and reading stories about Him. This week, you will see that Jesus experienced feels just like you do during His life on earth. You will read about times when He was hungry, thirsty, tired and angry. He really knows how you feel because He has felt like that too.

As you start this new week, why not invite Jesus to be part of your week. You could use the prayer below to help you.

Dear Jesus.

Thank you that you want to be part of my week. Thank you that you are with me wherever I go. As I read more about you in the Bible, I ask that you will help me to understand what I am reading. Help me to get to know you better.

I want to hear what you have to say to me Jesus. When we meet together, help me to hear what you have to say to me.

Amen.



NOW I KNOW JESUS

DAY 8: JESUS WAS TEMPTED

Even though Jesus never did anything wrong, this does not mean that He was never tempted to do wrong things.

Jesus knows what it is like to be tempted and He understands when we are tempted. Today, He wants us to hear His story of when He was tempted and what He did to help Himself say 'no'.

Let's read the story:

Find Matthew 4:1-11 in your Bible and read the story with your grownup



Remember the story:

- What happened to Jesus before He was tempted?
- Who was it that tempted Jesus?
- How many times was Jesus tempted?
- What do you notice about what Jesus said each time He was tempted?



Questions to talk about:

Talk with your grownup about temptation:

1. We are all tempted to do or say things we shouldn't. What things do you find hard to resist?
2. How could you help each other to resist temptation?
3. Are there any Bible verses that you find helpful to remember when you are tempted?

Tell Jesus: Jesus really understands how we feel when are tempted. He wants to help us when this happens to us. Jesus wants us to know that we can call for His help whenever we need Him. He sent His Holy Spirit to help us and all we have to do is call in prayer.

Today, write a short prayer that you could use to ask Jesus for help. It does not have to be long or hard to remember.



Dear Jesus,

Thank You that You are fully God but also fully human, so know what it is like to be tempted to do wrong things. I do struggle sometimes, Jesus. Help me to say 'no' to the things You would not want me to do. When I need Your help, I'm going to pray (...tell Jesus what your short prayer is...) When You hear me pray this, Jesus, please fill me with Your Holy Spirit to help me.

Amen

NOW I KNOW JESUS

DAY 9: JESUS WAS SAD

Today, we are going to thinking about a time when Jesus was sad. Jesus heard that His friend Lazarus had died. This was such a sad time for Jesus. Lazarus was the brother of Mary and Martha and they were all good friends of Jesus. We know that Jesus stayed at their house. In this story, we hear that Lazarus gets sick and dies. When Jesus arrives, He cries because He loves His friend so much.

Let's read the story:

Find this story in John 11:32-44 - if you want the full story, you could read all of chapter 11.



Remember the story:

- What does Mary do when she first sees Jesus?
- How long has Lazarus been dead before Jesus arrives?
- What does Martha say when Jesus asks for the tomb stone to be removed?
- What is Lazarus wearing when he appears?



Questions to talk about:

Talk with your grownup about being sad:

1. What things do you find make you feel sad?
2. Is there a very sad thing that has happened to you that you want to tell Jesus about?
3. Jesus did an amazing miracle. Have you or your family ever experienced a miracle?

Tell Jesus: We all experience sad times in our lives. Jesus knows how we feel when we are sad and wants to help us. Talk with your grownup about any sad times you have had or are experiencing now. Below is the start of a prayer that you might want say to Jesus. Today, you can finish it for yourself.



Dear Jesus,

Now I know that You understand what it feels like to be sad. I can see that bad things happened in Your life on earth that made You feel sad. I don't understand why sad things happen. I want to tell You about a sad time in my life...

Amen

NOW I KNOW JESUS

DAY 10: JESUS GETS ANGRY

We know that Jesus never sinned but, in this story, we learn about a time when He was angry. Jesus went to the Temple but when He arrived, what He saw made Him angry.

Anger is not always a bad thing. We can learn from this story that there are times when we are right to be angry.

Today, we learn that Jesus understands how and why we get angry and He wants to help us.

Let's read the story:

Find this story in Mark 11:15-18



Remember the story:

- What did Jesus find when He went to the Temple?
- What did Jesus do when He arrived at the Temple?
- What did others think about what Jesus did?



Questions to talk about:

Talk with your grownup about being angry.

1. Jesus was clearly angry about what was happening in the Temple. Do you think He was right to get angry?
2. How do you feel when you get angry? What sort of things cause you to feel angry?
3. Are there any things you feel it is okay to feel angry about?
4. What things could you do to help you in those moments when you get angry?

Tell Jesus: Jesus knows what it's like to feel anger. He knows how you feel when you get angry. You can talk to Jesus about the things that cause you to feel angry. When we do and say things we are sorry for later, Jesus wants us to come to Him to ask for forgiveness. You can use the prayer below to help you say sorry to Jesus and to ask Him for His help in the future.



Dear Jesus,

I find it hard when I get angry about(tell Jesus what it is you get angry about). When I get angry, I say and do things that I'm sorry for later on. I am sorry for getting angry about (tell Jesus what you are sorry for). Please forgive me when I get angry like this. Please will You help me to keep calm when I find myself getting angry.

Amen

NOW I KNOW JESUS

DAY 11: JESUS GETS TIRED

When Jesus was alive on earth, just like any other person and He got tired after a long day at work. Let's see what Jesus did when He got tired. In this story, He went off to have some time by Himself and to go and talk to His Father God.

Jesus knows it's not just about being tired and needing to sleep more, but about feeling overwhelmed by all the things that happen in life. Jesus wants you to know that you can go and tell Him anything. When Jesus spent time with Father God, He came away refreshed and full of energy again.

Let's read the story:

Find this story in Matthew 12:13 and 14 then after the feeding of the 5000 verses 22 to 27



Remember the story:

- Jesus wants to be alone, but what happens?
- Jesus feeds 5000 people; how many fish and how many loaves did He use?
- After feeding all those people, what does Jesus do next? Read verse 22 to find out.



Questions to talk about:

Talk with your grownup about being tired.

1. What makes you feel tired and overwhelmed?
2. When you feel tired, what do you do? What helps you?
3. In verse 13, we read that Jesus tried to be alone but the crowd kept following Him. Are you surprised by what Jesus does even though He is tired?
4. Jesus spent time with His Father God when He was tired. What do you think about this? Why do you think He did this?

Tell Jesus: Jesus knows what it was like to feel tired. People wanted Him to teach them and heal them. What things happen to you that might make you feel overwhelmed? Jesus understands and wants you to tell Him. Just like He went to His Father God, you can go to Him.



Dear Jesus,

I want to thank You for coming to earth as a human. Now I know that You understand how I feel when I am tired and feel overwhelmed by things. Things that I find stressful and tiring are... (now tell Jesus about what you experience). Jesus, will You help me? Holy Spirit, please will You give me strength when I feel tired. Thank You.

Amen

NOW I KNOW JESUS

DAY 12: JESUS FACES DANGER

There was a time when Jesus and the disciples were crossing the great lake of Galilee in their boat. A really bad storm comes. The disciples were really scared. They were experienced fishermen and they knew how dangerous the storm was. But where was Jesus? Was He helping them? No! Jesus was asleep in the bottom of the boat. The disciples woke Him up and said, 'We're going to drown!'. But Jesus wasn't scared. He commanded the wind and the waves to stop and the storm calm down. Jesus knew what it was to be in danger, but He also knew the power of His Father God.

Let's read the story:

Find this story in Luke 8:22-25



Remember the story:

- Where were the disciples and Jesus when they got in to the boat?
- What was Jesus doing when the storm came?
- What happened next?



Questions to talk about:

Talk with your grownup about how you feel when you face danger.

1. Have you ever been out in a storm? What did it feel like?
2. When tough things happen in our lives, we can often describe them as 'storms'. Are there 'storms' in your life right now that you are worried about?
3. Jesus calmed the storm, and the disciples were amazed. What do you think about asking Jesus to calm your 'storm'?

Tell Jesus: The story about the storm shows us how powerful Jesus is. Jesus wants to hear about the 'storms' that you are facing in your life. You can talk to your grownup about what is happening and pray together about this and ask Jesus for help.



Dear Jesus,

I can see that You know what it is like to face danger. There are times when I get worried, Jesus, and I feel like I'm in danger. (Now, tell Jesus about what is happening). Thank You for listening to me, Jesus. I'm going to sit quietly now and listen to what You want to say. What do You want to say to me about this situation? (Now, be quiet, sit with Jesus, and wait for what He says)

Amen



Jesus wants to talk to you about things. When we listen to Him, it is good to be quiet. Often, Jesus talks to us by putting a thought into our mind. Sometimes, when we close our eyes, Jesus uses our imagination and a picture comes into our mind. Talk with your grownup about anything you hear or see, which you think is from Jesus.

NOW I KNOW JESUS

DAY 13: JESUS GETS HUNGRY AND THIRSTY

We read in the Bible of a time when Jesus is hungry and thirsty; the disciples go off to find some food. Whilst Jesus waits, He meets a lady there and asks her to draw water from the well for Him to drink. We then read about an amazing conversation that Jesus has with the lady. He tells her about the amazing news that God has a plan for her. This is just an ordinary event when Jesus is hungry and thirsty, but is this story really only about being hungry and thirsty?

Let's read the story:

Find this story in John 4:4-15 - there is more to this story if you want to read more



Remember the story:

- What was the name of the town where Jesus stopped?
- Why was the woman at the well?
- What did Jesus ask her to do?
- Jesus offers the lady a gift - what is it?



Questions to talk about:

Talk with your grownup about how you feel when you are hungry and thirsty.

1. There are lots of stories about Jesus eating and drinking. What others can you think of?
2. The lady was surprised that Jesus asked her for a drink. Why do you think this was?
3. Jesus tells the lady about special water that He can give, which means people won't get thirsty again. This is a strange thing to say - what do you think He was really talking about?
4. Do you think the lady understood what Jesus was talking about?

Tell Jesus: We are all human and need to eat and drink. Jesus knows what it is like to feel hungry and thirsty and He wants to make sure we have enough to eat and drink. This story, however, has another message. Jesus uses being hungry and thirsty as a way of talking about how we can feel empty and dry inside our hearts. How are you feeling today? Do you feel sad inside? Are you worried about tomorrow? Jesus wants to help. Talk with your grownup about how you are feeling and then pray together.



Dear Jesus,

Thank You for the story of the lady at the well. She may have come to the well to get some water, but You knew that really it was her heart that was thirsty and that she was not really enjoying life. Can I talk to You today about the things that are causing my heart to feel thirsty? (Now, tell Jesus about these things). Thank You, Jesus, for listening. Please will You now fill me up with Your Holy Spirit.

Amen

NOW I KNOW JESUS

DAY 14: A DAY OFF

If you are working through these notes every day and you started on a Monday, then today is Sunday. This is our Sabbath day and we give it to Jesus to worship Him.

Today, you may well be going to Church. For Christians, Sunday is an important day for worshipping Jesus and the Bible tells us about the importance of having a Sabbath - which is a day of rest, given to Him.

So, today, there are no notes to follow.

If you can't get to Church today, remember you can follow all the Kids' work by following Kingsgate.church/kids and selecting the materials for your age range.

Enjoy resting and worshipping Jesus today!

NOW I KNOW JESUS

SAYING 'YES' TO JESUS

Jesus asks each one of us if we want to follow Him. He is waiting to hear our answer. Are you ready to say 'Yes' to Jesus?

Before you say 'Yes', Jesus wants you to understand some things.

- **Bad News:** Do you know that everyone has done wrong things, and that includes you? God calls these wrong things sin, and He says that all sin has to be paid for. The payment for sin is death.
- **Good News:** God knew that we could not pay for our sin, so He sent His Son, Jesus, to pay the price for us. This is why Jesus had to die on the cross.
- **Even Better News:** Jesus did not just die, but came back to life again, showing that He is more powerful than death. He paid the price so that you don't have to.
- Jesus says that if we say 'Yes' to Him and follow Him, He will save us from death.

Jesus said to His friends 'follow Me,' and they left everything they had and followed Him. Jesus is calling you to follow Him today, but are you prepared to give Him everything in return?

Saying 'Yes' to Jesus Prayer

Dear Jesus,

Thank You for calling me to follow You. I know that I have done and said many things wrong and I'm sorry about this. Thank You that I can be forgiven because You died for me. I want to follow You and live life Your way. Thank You that You sent Your Holy Spirit to help me do this. I accept His help today.

Amen

NOW I KNOW JESUS

If you prayed the prayer above to say 'Yes' to Jesus, you are now one of His followers. He wants to get to know you and for you to get to know Him. This is an exciting journey to go on and Jesus has given you others to walk with you on this journey. This is the Church! Jesus gave us each other, in the Church, to love and help one another. Keep coming to Church to get to know others who follow Jesus.

You can also use the rest of these notes to get to know Jesus better.