



BIG IDEA

Jesus knows what it's like to be hurt.

JOHN | EXTRAVAGANT | GOOD FRIDAY

Good Friday

GOD STORY

To His Death
John 18-19

KEY VERSE

Lead a life of love, just as Christ did. He loved us. He gave himself up for us.
Ephesians 5:2a (NIRV)

LEADER TIPS

- Expect more visitors as well as families that do not attend church regularly. Be sure to introduce yourself and take the time to learn everyone's names. You may find it helpful to pair anyone who's new with a friend.
- Highlight that God can empathize with our pain and our hurt because he has experienced it.

My Story

1 | CONVERSATION STARTER (7 minutes)

To lead into the lesson, chat about the worst injuries the students have ever had and share stories of personal loss.

2 | INTRO ACTIVITY (5 minutes)

Help your group get into a reflective mood before the video teaching, either through experiencing quiet time or by answering some questions about hurt and pain. Introduce the Big Idea.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, and Life Story segments. Recap and discuss the teaching.

My Story

4 | APPLICATION ACTIVITY (12 minutes*)

Read 2 Corinthians 5:21, then use props to illustrate how Jesus took on all our hurts and sins through his death.

5 | WRAP-UP ACTIVITY (10 minutes)

Lead the students to imagine scenarios and focus on Jesus.

Our Story

6 | DISMISSAL (2 minutes)

*Extend as needed and adjust timing for other activities.



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My Story

1 | Conversation Starter

SUPPLIES

- None

LEADER TIPS

- Be prepared to provide your own examples to get the conversation started.
- Model empathy for the students as they share their stories.

INSTRUCTIONS

- a. As the students arrive, welcome them and gather everyone in a group.
- b. Ask:
 - What's the worst injury you've ever had?
 - Have you ever had someone close to you or a pet die? How did that make you feel?
- c. Depending on the size of your group, have the students share their stories with the people sitting closest to them or with everyone.

My Story

2 | Intro Activity

SUPPLIES

- None

INSTRUCTIONS

- a. Chat about why you're all at church on a Friday.
- b. If your group is fairly mature, invite them to spend some time reflecting in silence before you play the teaching video. Younger groups could use the following questions to kick start a conversation about hurt and pain:
 - Would you rather have your every thought appear above your head for others to see or have everything you do streamed live for all to view?
 - Would you rather be completely alone for the rest of your life or always be surrounded by people who irritate you?
 - Would you rather lose every memory you have or lose the ability to make new memories?
 - Would you rather be famous now but forgotten when you die or unknown now but famous after you die?
 - Would you rather be poor but help people or become incredibly rich by hurting people?
- c. Highlight the emotions in the students' answers.
- d. Introduce today's Big Idea: **Jesus knows what it's like to be hurt.**



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God Story | Life Story

3 | Weekly Video

SUPPLIES

- Video file

INSTRUCTIONS

- Play the video. It includes:
 - Host segment
 - God Story (To His Death, John 18–19)
 - Life Story (Kids share stories about being hurt and how Jesus helped them.)
- Invite the students to give a quick recap of what happened in the God and Life Stories.
- Discuss:
 - What stood out to you in today's Life Story?
 - **Jesus knows what it's like to be hurt.** Why do you think this fact matters?
 - What's the Key Verse for this series? (The first part of Ephesians 5:2)

My Story

4 | Application Activity

SUPPLIES

- Bibles
- Laminated activity page
- Black washable marker
- Paper towels

INSTRUCTIONS

- Explain that it's difficult for us to understand exactly what happened on the cross when Jesus died. Even some people in one of the first-churches didn't get it! A pastor named Paul wrote them a letter to help explain.
- Make sure everyone has access to a Bible.
- Guide the students to look up 2 Corinthians 5:21.
- Read the verse together.
- Hold up the activity page for everyone to see.
- Cover the page with plenty of black marker ink.
- Point out that our lives are full of struggles. We make mistakes, we hurt other people, and we believe lies. The Bible calls this sin. It prevents us from seeing and accepting God's love for us.
- Start wiping off the page with a paper towel.
- Explain that Jesus came to show us God's love. As Jesus engaged with our hurting and hurtful world, some people in power were jealous and scared so they killed him. When Jesus died, he took all our hurt and sin on himself—just like this paper towel can make this paper clean by getting grimy. Jesus did this because he wanted to show the fullness of God's love for us!



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My Story

5 | Wrap-Up Activity

SUPPLIES

- Crosses

LEADER TIP

- If possible, play some soft, instrumental music to help set the tone during this activity.

INSTRUCTIONS

- a. Give a cross to each student.
- b. Note that Jesus' crucifixion is painful to think about. **Jesus knows what it's like to be hurt.**
- c. Invite everyone to meditate on Jesus by focusing their attention on who Jesus is and his truth.
- d. Encourage them to use the cross to help focus their attention on Jesus as you read meditatively:

Imagine your worst hurt. Not just a scratched knee, but the words and actions that have left deep marks in your heart. Imagine Jesus—betrayed and abandoned—saying, "I know your pain. I feel it too."

Imagine your worst mistake—maybe something you've never admitted to anyone. Imagine Jesus saying, "I know. I love you. I died for you."

Imagine all the things you've been called by others or by yourself and the lies you've believed. Imagine Jesus saying, "I know. You're mine."

Imagine your wildest hopes and dreams. Think about how you're specially gifted to give to the world. Imagine Jesus saying, "I know. I made you. I have plans for you beyond your imagination!"

- e. Close in prayer together.

Our Story

6 | Dismissal

SUPPLIES

- Key Verse cards

INSTRUCTIONS

- a. Take a few moments to pray for the students if you have not already done so.
- b. Remind everyone about any upcoming events or relevant announcements.
- c. Make sure the students have all their take-home materials.
- d. Ensure the adult teaching is over before dismissing the students.