

Oh, Lord, I'm Distracted!

Sunday School Lesson

Age group range: Appropriate for 2nd-5th grades

Scripture: Luke 10:38-42

Purpose: By the end of the lesson, students will have a better understanding of the story of Mary and Martha, and will have discussed ways that they are distracted from God in daily living and how to pay better attention to God.

Time: 20-30 minutes

Props needed: Reading level appropriate book, water guns or Nerf guns, Frisbee, oversized stuffed animals, big box/crate, other large/hard to hold objects, music player

Begin by getting a volunteer from the students to read the book out loud. After (s)he begins, offer the Frisbee to another student, and instruct him/her to play Frisbee with the student reading. Start playing music loudly. Periodically hand the reader another box or stuffed animal and ask him/her to hold it. Hand out the Nerf/water guns and ask the students to shoot the reader. If the class is large, encourage students to participate in playing Frisbee or dancing to the music (anything distracting to the reader is good!). As these things are happening, encourage the reader to keep going without pausing. However, the student will probably get frustrated and have a hard time reading while all the other things are going on around him/her. Once everyone who wants to has had an opportunity to participate in distracting the reader, gather the children together again. Ask the student who read what it was like to have all the other things going on. ("Overwhelming? Frustrating? Confusing? Distracting?") Ask the other students if they were able to pay attention to what the reader said.

Segue into reading the Bible story of Jesus at Mary and Martha's house. If possible, have a student read the story out loud from the Bible while others read along, then have another student read it out loud again. If a Children's Bible is available, that might be helpful, especially for younger kids. Ask the students what they heard/think about the story. Try to emphasize that Mary and Martha both liked Jesus, but that they responded in different ways. Ask students about things that distract us from spending time with Jesus (TV, games, computers, etc.). Tell students, "What Martha was doing was important, too, but that we sometimes need to take time to sit at Jesus' feet, like Mary. Even though we can't sit at Jesus feet, what are some ways we can spend time with God?" (prayer, reading Bible, listening to Christian music, going to church, going to Sunday School, being nice to others, etc.). Have each child share one way they are going to spend time with Jesus during the week.

Prayer: Thank you Jesus for coming to be with us. Please help us to stay focused on you and avoid distractions. In your name we pray, Amen.