

# I'm Healed. What's Next? A Lesson Plan on Our Response to God's Grace

This lesson plan on our response to God's grace revolves around the theme of healing and gratitude as portrayed in Mark 1:29-39, where Jesus heals Simon Peter's mother-in-law. The Scripture reading vividly describes Jesus' miraculous healing, emphasizing the immediate and selfless response of Simon's mother-in-law who begins serving others as soon as she is healed.

The discussion encourages the youth to delve into the significance of the Gospel narrative, particularly focusing on the response to Jesus' healing. It highlights the selfless act of service by Simon's mother-in-law as an expression of gratitude and love.

This discussion then bridges to the broader concept of how we can respond to Jesus' healing grace in our lives. It introduces the Sacraments of Reconciliation and Anointing of the Sick as means of spiritual healing, emphasizing the importance of Reconciliation in daily life. The conversation guides youth to reflect on how they can serve others in response to God's grace, suggesting practical applications of the Corporal and Spiritual Works of Mercy.

The lesson plan includes a challenge. The challenge urges the youth to recognize ways Jesus has healed them and to find small, meaningful ways to express gratitude through service, such as acts of kindness within their community and family. This reinforces the theme of service and response to God's grace.

## Opening Game for the Lesson Plan on Our Response to God's Grace

Start this lesson plan on our response to God's grace by playing [Hospital Tag](#) (see the [complete instructions](#)). This is an interactive opening game called Hospital Tag, designed to engage youth in contemplating the challenges and joys of healing.

Follow up with a couple of questions:

- Was it difficult waiting to be healed after you were wounded?
- Who was the best at getting wounded players out of the hospital?
- Was it helpful to have the healed players back in the game?

Being sick is no fun. It saps all of the energy out of us and prevents us from doing many of the things we enjoy.

- Have you ever been so sick that you couldn't get out of bed?

- What were some things you missed doing when you were sick? (Youth who have never been that sick can use their imaginations.)
- When you recovered and were able to start doing normal activities again, what were the first things you wanted to do?

As we transition from our engaging Hospital Tag game and our own experiences with sickness and healing, let's shift our focus to a profound example of healing in the Scriptures. In the Gospel of Mark, we encounter a moving account of Jesus' compassion and power. This story not only illustrates the miraculous nature of Jesus' healings but also invites us to ponder on the deeper meaning of being healed by Christ. As we prepare to read Mark 1:29-39, let's open our hearts to understand not just the physical healing of Simon Peter's mother-in-law, but also the spiritual lessons it imparts about our response to God's grace in our lives.

## Scripture Reading for Lesson Plan on Our Response to God's Grace

Read the Gospel:

[Mark 1:29-39](#) (Jesus heals Simon's mother-in-law) - the Gospel Reading for the [5th Sunday in Ordinary Time - Year B](#)

On leaving the synagogue Jesus entered the house of Simon and Andrew with James and John. Simon's mother-in-law lay sick with a fever. They immediately told him about her. He approached, grasped her hand, and helped her up. Then the fever left her and she waited on them.

When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him.

Rising very early before dawn, he left and went off to a deserted place, where he prayed. Simon and those who were with him pursued him and on finding him said, "Everyone is looking for you."

He told them, "Let us go on to the nearby villages that I may preach there also. For this purpose have I come." So he went into their synagogues, preaching and driving out demons throughout the whole of Galilee.

[Mark 1:29-39](#)

## Discussion for this Lesson Plan on Our Response to God's Grace

In this pivotal gospel reading, we encounter Simon Peter's mother-in-law, afflicted with a severe fever. It's crucial to grasp the context of this illness; in the era Jesus lived, medical knowledge and treatments were vastly limited compared to what we have today. This meant that what might now be considered a manageable sickness could have been a life-threatening condition at that time.

Her fever, therefore, was not just a mere discomfort but a serious threat to her life, highlighting the dire circumstances and the profound impact of Jesus' intervention. This situation sets the stage for a dramatic demonstration of Jesus' healing power, underlining not only the physical restoration of health but also the deep spiritual and communal implications of such a miraculous act in a time when medical solutions were scarce and often ineffective.

- Did you notice what Peter's mother in law did as soon as she was cured?

Indeed, in the gospel narrative, Simon Peter's mother-in-law's immediate response to her healing is both remarkable and counterintuitive. Upon being healed, she doesn't rest or take time to recover; instead, she rises and begins serving those around her. This reaction might seem unexpected to us, as it's not typically the first thing we'd consider doing after recovering from a serious illness. "Oh, I'm feeling better now; time to start cleaning the house and prepare a meal for guests!" (Sarcasm)

This comparison serves to underline the profound difference in her response, which goes beyond the normal expectations of self-care and rest. Her actions embody a deep sense of gratitude and duty, reflecting a heart moved by the grace of healing, eager to serve and give back immediately, an attitude of response to God's grace that challenges and inspires our own responses to God's grace in our lives.

- Why do you think Peter's mother in law responded in this way?

In the gospel account, Peter's mother-in-law exemplifies a strong response to the grace of healing she receives from Jesus. Her immediate action to serve, following her miraculous recovery, speaks volumes of her inner transformation and gratitude. This act of service was more than a mere gesture; it was a heartfelt expression of her love and deep thankfulness towards Jesus. By choosing to serve rather than focusing on her own comfort or needs, she demonstrates a selfless attitude that is deeply rooted in the recognition of the gift she has received.

Her response to God's grace is a tangible manifestation of her faith and acknowledgment of Jesus' divine intervention in her life. In doing something for Jesus, rather than for herself, she sets a powerful example for all believers, showing that our response to God's blessings and interventions in our lives can be beautifully expressed through acts of service and love, directed towards God and those around us.

Jesus heals us in many ways also. Sometimes he brings physical healing, like he did for Simon Peter's mother in law. At other times he heals us spiritually, from a bad habit or from a grudge

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we are holding or from the anxiety of a difficult choice we are facing. Sometimes we just pray and Jesus heals us. There are also two sacraments related to healing. The sacrament of Reconciliation and Anointing of the Sick.

(If youth have not been taught about these sacraments, you can describe them here.)

We don't always need Anointing of the Sick, but we do always need Reconciliation. If you haven't been to confession lately, make a resolution to go sometime soon.

After we have experienced the profound gift of God's grace, it's essential to contemplate how we can actively respond to this divine generosity. One meaningful response to God's grace is through serving others, specifically by engaging in the [Corporal](#) and [Spiritual](#) Works of Mercy or another act of service.

God's generosity towards us is not just a gift to be received, but also a call to action – a prompt to share this grace with others. By embodying these acts of mercy, we don't just fulfill a duty; we actively participate in the perpetuation of God's loving kindness, creating a cycle of grace that uplifts and transforms our communities and ourselves.

## Reflection Questions for this Lesson Plan on Our Response to God's Grace

Following the large group discussion, small group reflection questions can deepen the participants' understanding and personal connection to the topic of response to God's grace. These questions can facilitate intimate and thoughtful conversations within smaller groups:

**Reflecting on Healing:** Can you recall a time when you felt healed or comforted, either physically, emotionally, or spiritually? How did that experience impact your faith and actions towards others?

**Service as a Response:** After reading about Simon Peter's mother-in-law serving immediately after her healing, what are your thoughts on service as a response to God's grace? Can you think of a time when you responded to God's grace with an act of service?

**Modern-Day Miracles:** In today's world, where medical advancements are common, how do we identify and appreciate the miracles in our lives? Do you think miracles are always dramatic, or can they also be found in simple, everyday occurrences?

**Sacraments and Healing:** How do sacraments like Reconciliation and Anointing of the Sick play a role in our spiritual healing? Have you or someone you know experienced a sense of healing through these sacraments?

**Acts of Mercy:** Discuss the Corporal and Spiritual Works of Mercy. Which of these works do you feel most called to practice in your daily life, and why? How can that be a response to God's grace?

**Gratitude in Action:** What are some practical ways we can show gratitude to God for His grace in our lives? How can these actions make a difference in our communities?

**Challenges in Serving:** Sometimes, serving others can be challenging. Can you share a time when it was difficult to serve or show mercy? How did you overcome this challenge?

**Sharing God's Grace:** How can we, as a community, encourage and support each other in response to God's grace with love and service?

**Reflection on Personal Healing:** Think about a time when you felt you needed healing (physical, emotional, or spiritual). How did you seek healing, and how did it change your perspective or actions once you felt healed?

**Connecting Scripture to Life:** How can we apply the lesson from the Gospel of Mark about Simon Peter's mother-in-law in our own lives today? What are some specific actions we can take this week to live out this teaching?

## Challenge for this Lesson Plan on Our Response to God's Grace

This week, take some time to reflect deeply on how Jesus has touched and healed your life. This healing might not always be physical; it could be emotional, spiritual, or even a newfound sense of peace in a troubling situation. Once you identify this healing touch, think of ways you can tangibly express your gratitude. Remember, acts of kindness and service, no matter how small, are powerful ways to serve Jesus and demonstrate our thankfulness for His blessings.

These actions can be as simple as showing extra kindness and patience to your little brother, a gesture that fosters love and understanding in your family. Consider baking cookies for an elderly neighbor, offering them not just a sweet treat but also the warmth of human connection. Make it a point to express gratitude to your parents for their everyday acts of love, like preparing dinner. Such appreciation can deeply affirm and strengthen family bonds. Reach out to your grandmother with a phone call; your voice can bring immense joy and comfort, bridging distances and conveying your care.

When we gather again next week, share your experiences and reflections about our response to God's grace. This sharing not only fosters a sense of community but also inspires others to act in love and service, creating a ripple effect of God's love in action.

## Prayer for this Lesson Plan on Our Response to God's Grace

To conclude this lesson on our response to God's grace, we will engage in a [Popcorn Prayer Circle](#), a meaningful and inclusive way of praying together. In this method, each person gets the chance to offer a prayer, either silently or aloud, ensuring everyone's intentions are heard and shared within the group. We'll form a circle and hold hands to create a physical connection that enhances our spiritual unity.

We will start with the first person leading us by offering a prayer. After she finishes, she will gently squeeze the hand of the person to her right, signaling his turn to pray. This process continues around the circle, with each person passing the signal after their prayer. The circle of prayers will be complete when it reaches back to the first person, who will then say "Amen," signifying the end of our collective prayer session.

This approach not only respects individual comfort levels in prayer but also builds a sense of community as we listen and affirm each other's petitions.

## Resources for the Lesson Plan on Response to God's Grace

[More Themes](#)

[Background Material](#)

[Music Suggestions](#)

[More Youth Ministry Lesson Plans and Reflections](#)