Jesus and the Little Girl
Bible lesson

Mark 5:21–43 · 30-minute core or 60-minute full lesson



BIG IDEA

When I'm scared, I can trust Jesus.

MEMORY VERSE · MARK 5:36 BSB

"Do not be afraid; just believe."

LESSON AT A GLANCE

0–6	**Welcome** · Squeeze through	
6–10	**Hook** · Bad news	
10–20	**The Story** · The Story	●
20–30	**Talk** · Talk	●
30–35	**Memory Verse** · Memory Verse	●
35–40	**Sing** · Sing	
40–50	**Activity** · Twelve figs review	
50–55	**Respond** · When I'm scared	
55–60	**Pray & Send Home** · Pray & Send Home	●

● Core step. Teach just these for the 30-minute version.

Leader prep

Bible background

Jairus was a leader of the synagogue, the meeting house in town where people gathered to pray and hear God's words read (Mark 5:22). He was an important man, yet he fell at Jesus' feet in front of a big crowd and begged Him to come, because his little daughter was dying (5:23). She was twelve years old (5:42).

On the way, a woman who had been bleeding for twelve years touched Jesus' cloak and was healed (5:25–29). Under the law, her sickness made her 'unclean', which kept her apart from other people (Leviticus 15:25). Jesus stopped, called her forward and said, "Daughter, your faith has healed you. Go in peace and be free of your affliction." (5:34). While He was still speaking, men came from Jairus' house and said, "Your daughter is dead; why bother the Teacher anymore?" (5:35).

Jesus told Jairus, "Do not be afraid; just believe." (5:36). He took only Peter, James and John, sent the loud mourners outside, and went into the girl's room with her parents. He took her by the hand and spoke to her in Aramaic, Talitha kum, which means, Little girl, I say to you, get up (5:41). She got up at once and walked, and Jesus told her parents to give her something to eat (5:42–43).

Where is Jesus in this story?

Jesus is the hero of this story, not Jairus' courage or the woman's. When the worst news came, Jesus did not leave; He said, Do not be afraid; just believe, and kept walking to the house. He showed that He is stronger than sickness and even death. Later Jesus would die and rise again Himself, so that everyone who trusts Him will one day be raised to life too.

Supplies

- A small blanket and a pillow (the girl's bed)
- A bowl of grapes or other small fruit (stand-in figs)
  Prep: Check for food allergies first; use paper figs if needed.
- Twelve paper figs per team, and a basket
  Prep: Cut fig shapes from purple paper before class.
- Printed story cards, verse poster, coloring pages and parent pages
  Prep: Print from the Classroom resources section.
- A screen for the story video (optional)

Questions kids might ask

"Did the girl really die?"

Yes. The Bible says she died, and everyone at the house knew it. Jesus called it sleep because He could wake her as easily as you wake someone in the morning.

"Why did people laugh at Jesus?"

They knew she had died and thought He didn't understand. They didn't know yet how strong Jesus is.

“Why doesn’t Jesus make everyone better right now?”

We don’t always know why. But Jesus is with us when people are sick, and one day He will make everything well, forever. That is His promise.

“What does ‘just believe’ mean?”

Keep trusting Jesus, even when things look bad and you feel scared. It is not a way to make things happen: Jesus made the girl live, and if someone we love stays sick or dies, it is never because someone didn’t believe enough.

If a child shares something serious

When kids share what scares or worries them, some may mention something serious, like someone hurting them or a big fear at home. Listen, thank them for telling you, and don’t promise to keep it secret. Tell your ministry leader the same day and follow your church’s child-safety policy. Some kids in the room may have lost someone, or have someone sick at home. Watch for kids who go quiet or upset, sit with them, and let their parent know after class. Never promise that sick people always get better; say that Jesus is with us when people are sick, and one day He will make everything well, forever.

Teach it

SAY read aloud DO leader action KIDS SAY call and response

1 Welcome 6 min

Full lesson

Squeeze through

DO Make a ‘crowd’ with half the group standing close together. The other half take turns trying to walk through it gently to reach you on the other side.

SAY It’s hard to get through a crowd when you’re in a hurry! In today’s story, a dad was in the biggest hurry of his life.

2 Hook 4 min

Full lesson

Bad news

SAY Think of a time you heard bad news and your stomach dropped. What did you feel?

SAY Today a dad gets the worst news a dad could hear. Watch what Jesus says to him next.

3 The Story 10 min

Core

DO Play the Jesus and the Little Girl video (5 min), or read it aloud with the story cards.

SAY Listen for the two people Jesus helped, and the number twelve. It shows up twice.

DO After the video, have kids open their Bibles to Mark 5:35–43. Ask a confident reader to read it aloud.

SAY When the news was as bad as it could be, Jesus didn't turn back. He said, Do not be afraid; just believe, and He kept going.

KIDS SAY **Do not be afraid; just believe!**

4 Talk 10 min

Core

Who was Jairus, and why was it a big deal that he knelt at Jesus' feet?
Listen for: He was an important leader at the synagogue. He knelt in front of everyone because he loved his daughter so much.

Why did Jesus stop for the woman when Jairus was in a hurry?
Listen for: Jesus cared about her too. She had been sick and left out for twelve years, and He wanted her to know she was healed and loved.

What did the men from the house tell Jairus?
Listen for: That his daughter had died and he shouldn't bother Jesus anymore.

What does 'just believe' mean when you're scared?
Listen for: Keep trusting Jesus, even when things look bad.

Did the girl live because Jairus believed hard enough?
Listen for: No. Jesus made her live. Jairus was scared too; believing means trusting Jesus, not making things happen. Sometimes people we love stay sick or die, and that is never because someone didn't believe enough.

OLDER KIDS Read John 11:25. How does this story show what Jesus said about Himself there?

5 Memory Verse 5 min

Core

DO Write the verse on a whiteboard or hold up the poster. Teach the motions.

> **“Do not be afraid; just believe.”**
>
> Mark 5:36 · BSB

MOTIONS

- **Do not be afraid;** Hug yourself and shake your head no.
- **just believe.** Open your arms wide, then put both hands on your heart.

PRACTICE IT THREE WAYS

1. Say it with motions.
2. Disappearing words: erase or cover one word at a time until kids say it from memory.
3. Say it fast, then slow, then in a whisper.

6 Sing 5 min

Full lesson

> The Little Lantern song for this story is coming soon. For now, sing a favorite worship song about trusting God when you’re scared.

7 Activity 10 min

Full lesson

Twelve figs review

DO Each team starts with an empty basket. Every right answer earns a paper fig. First team to fill their basket with twelve figs, or the most figs when time runs out, wins.

How old was Jairus' daughter?
Listen for: Twelve.

How long had the woman been sick?
Listen for: Twelve years.

Which three friends went into the room with Jesus?
Listen for: Peter, James and John.

What did Jesus say to the girl, and what does it mean?
Listen for: Talitha kum: Little girl, get up!

Finish the verse: Do not be afraid...
Listen for: ...just believe.

> Prefer a quieter room? Use the activity pages from the printables instead.

8 Respond 5 min

Full lesson

When I'm scared

DO Kids write: "When I feel scared about ____, I can remember Jesus said: Do not be afraid; just believe."

OLDER KIDS Think of someone who is sick or sad right now. Write a short prayer for them.

9 Pray & Send Home 5 min

Core

DO In pairs, kids share one thing that scares them and pray for each other: Jesus, help ___ trust you when they feel scared.

SAY Close: Jesus, you are stronger than sickness and even death. When we are scared, help us keep trusting you. Amen.

DO Hand out parent pages.