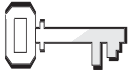


## On the Way to Calvary



### References

Matthew 27:27-32;  
Mark 15:21, 22;  
Luke 23:26, 27;  
*The Desire of Ages*,  
pp. 741, 742



### Memory Verse

"Carry each other's  
burdens, and in this  
way you will fulfill  
the law of Christ"  
(Galatians 6:2, NIV).

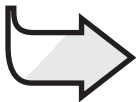


### Objectives

The children will:  
**Know** that we also  
can serve others.

**Feel** a willingness  
to help others.

**Respond** by sharing  
Jesus' love with  
others every day.



### The Message

We can help others  
carry their burdens.

### Monthly Theme

God wants us to show others how much He loves them.

### The Bible Lesson at a Glance

Simon, a Cyrenian, is making his way into Jerusalem when he meets the mob that is mocking Jesus who has collapsed under the heavy weight of the cross. Simon knows of Jesus. His sons are believers of His. Simon feels compassion. He is forced by Roman soldiers to carry Jesus' cross to Calvary where Jesus will be crucified.

### *This is a lesson about service.*

The cross of Jesus represents for us His motive or purpose, the force behind His unselfish actions, His demonstration of the Father's love. As Simon carried the cross of Jesus, so we may adopt our Master's purpose, living a life of selfless love, doing for others what Jesus has done for us. It was a privilege for Simon to carry the cross of Jesus. It is a privilege for us to help carry another's burdens.

### Teacher Enrichment

"At this time a stranger, Simon a Cyrenian, coming in from the country, meets the throng. He hears the taunts and ribaldry of the crowd; he hears the words contemptuously repeated, Make way for the King of the Jews! He stops in astonishment at the scene; and as he expresses his compassion, they seize him and place the cross upon his shoulders.

"Simon had heard of Jesus. His sons were believers in the Saviour, but he himself was not a disciple. The bearing of the cross to Calvary was a blessing to Simon, and he was ever after grateful for this providence. It led him to take upon himself the cross of Christ from choice, and ever cheerfully stand beneath its burden" (*The Desire of Ages*, p. 742).

"The cross . . . is to be lifted and borne without a murmur or complaint. In the act of raising it, you will find that it raises you. You will find it alive with mercy, compassion, and pitying love" (*Sons and Daughters of God*, p. 245).

### Room Decorations

See Lesson 1.

# Program Overview

**Lesson Section**

**Minutes**

**Activities**

**Materials Needed**

Welcome

ongoing

Greet students at door; hear pleased/troubled

**1**

Readiness Options

up to 10

A. *Bus Accident*  
B. *Let Me Help You*

first-aid materials  
basket or box, small items (see activity)

**Any Time**

Prayer and Praise\*

up to 10

Fellowship  
Songbook  
Mission  
Offering  
Prayer

none  
*Sing for Joy*  
*Children's Mission*  
offering container  
none

**2**

Bible Lesson

up to 20

Experiencing the Story  
  
Memory Verse  
  
Bible Study

Bible-times costumes (see activity), crown of thorns, purple robe or cloth, wooden "scepter," metal mixing bowl, student actors  
plastic or cloth bag, rocks or other heavy objects, chalkboard or white board, chalk or marker  
Bibles

**3**

Applying the Lesson

up to 15

*Carry Their Burden*

sacks or bags, heavy objects

**4**

Sharing the Lesson

up to 15

*Carry His Cross*

craft sticks or tongue depressors, yarn, scissors, markers

**\*Prayer and Praise may be used at any time during the program.**

# TEACHING THE LESSON

## Welcome

Welcome students at the door. Ask how their week has been, what they are pleased/troubled about. Listen to last week's memory verse and encourage the children to share any experiences from last week's lesson study. Have them begin the readiness activity of your choice.



## Readiness Activities

Select the activity most appropriate for your situation.

### You Need:

- first-aid materials

### A. Bus Accident

Form two groups. One group will represent an ambulance and doctors and nurses. The other group will pretend to be people who were in a bus accident. Let the children pretend that they were injured (broken leg, arm, foot; concussion; paralysis; hearing or vision impairment; etc.). Instruct the doctors and nurses to help the injured with the first-aid materials (bandages, slings, crutches, splints, etc.). Give the students three minutes to role-play.

### Debriefing

Allow response time as you ask the "injured passengers": **How did you feel when you received help?** Ask the doctor's group: **What were you thinking when you were helping?** **Our Bible story today is about how Simon helped Jesus carry a huge burden. Our memory verse tells us to "Carry each other's burdens, and in this way you will fulfill the law of Christ" (Galatians 6:2, NIV). Let's say that together. When we help carry each other's burdens or help others with their problems, we are showing them how much God loves them.** (Be sure the children know the meaning of *burden*.) **Today's message is:**



**WE CAN HELP OTHERS CARRY THEIR BURDENS.**

**Say that with me.**

### You Need:

- basket or box
- small items (see activity)

### B. Let Me Help You

In advance, arrange to have two reliable/mature students do a skit that the others don't know about. Have one person walk into the room carrying a box or basket full of small items (pebbles, buttons, dry beans, beads, shredded paper). Have the other person very obviously trip the first person. The first person will trip, spilling the contents all over the floor. Order another child in the class to pick up the mess while the others watch.

### Debriefing

Ask the child who helped clean up: **What do you think about having to pick up the things even though you didn't have anything to do with them falling?** Ask the rest of the class: **How did it feel to watch someone clean up a mess they had nothing to do with?** **Our Bible story today is about how Simon helped Jesus carry a heavy burden. Our memory verse tells us to "Carry each other's burdens, and in this way you will fulfill the law of Christ" (Galatians 6:2, NIV). When we**

help carry one another's burdens or help others with their problems, we are showing them how much God loves them. (Be sure the children know the meaning of *burden*.) Today's message is:



**WE CAN HELP OTHERS CARRY THEIR BURDENS.**

Say that with me.

## Prayer and Praise



### Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review last week's memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



### Suggested Songs

- "We Are His Hands" (*Sing for Joy*, No. 129)
- "Cross Over the Road" (*Sing for Joy*, No. 131)
- "Smile, Smile, Smile" (*Sing for Joy*, No. 107)
- "I Would Be True" (*Sing for Joy*, No. 117)
- "We Are Climbing Jacob's Ladder" (*Sing for Joy*, No. 126)
- "I'm So Happy" (*Sing for Joy*, No. 65)



### Mission

Share a story from *Children's Mission*. Emphasize helping others.



### Offering

Say: **Sharing what we have is one way to help other people with their burdens. By sharing our money, we can help people with their burdens of not having enough food, or a place to sleep or worship.**

#### You Need:

- offering container



### Prayer

Ask a child to pray, emphasizing service.

# 2

## Bible Lesson

### You Need:

- Bible-times costumes
- crown of thorns
- purple robe or cloth
- wooden “scepter”
- metal mixing bowl
- student actors

### Experiencing the Story

**Characters:** Simon—wears scarf around his head like Middle-East style turban. Jesus—wears crown of thorns, purple robe, carries wooden scepter. Soldier—vest made of paper and/or a metal bowl on head. Crowd—no costumes.

Select characters for a play. Tell the children to listen closely to the story and act it out as you read it. *Words that suggest some sort of action are in italics.* Pause after each one, to prompt and give the child the time to act it out.

### Setting the scene:

At the beginning of the story, a crowd is around Jesus, who is carrying the cross. Simon enters from the opposite direction.

### Read or tell the story.

This is the story of a man named Simon. Simon was from a country far away from Jerusalem, a country in Africa named Cyrene.

*As he entered the city, Simon heard a group of people passing nearby. They were so noisy, he thought he should stop and stay out of their way. He pressed up as tight as he could to the wall, hoping no one would notice him. There were people crying and shouting.* And in the middle of the group, he saw—could it be? It was too horrible. He covered his eyes from the sight. He didn’t want to look.

*But a soldier was pulling on his sleeve.* When Simon opened his eyes, he saw the bloodied Man lying on the street. The huge, wooden cross He had been carrying lay on the street beside Him. It was

smeared with blood from the Man’s back.

*Simon looked again at the person pulling on his sleeve. Seeing it was a Roman soldier, he shrank back.* But when the soldier shoved Simon into the middle of the street and shouted, “Carry the cross!” Simon couldn’t say no. The law said he had to. He might have wanted to say, “But I was just passing through town—I don’t live here!” But he felt sorry for the beaten Man. Suddenly, it didn’t matter how little time he had. It didn’t matter what the soldier forced him to do. It didn’t matter that the cross was heavy or bloody. It didn’t matter what business had brought him into town. Simon saw that someone needed him, and he wanted to help. He knew he couldn’t stop this execution; but he could make this Man’s last few hours a little less painful.

*So Simon lifted up the cross. He balanced it on his back. And he followed Jesus in a slow walk to the hill where Jesus would die. The crowd followed behind.*

Simon served Jesus by carrying the cross on which Jesus would die. How can we help Jesus too? Can you serve Him by helping others with their burdens? That’s what Jesus wants us to do.

### Debriefing

Allow response time as you ask: **Why do you think nobody offered to help Jesus carry the cross? Would you have carried it for Jesus?**

**How do you think Simon felt about being forced to carry Jesus’ cross? How do you think he felt afterward? How can you help carry Jesus’ cross today? Let’s say our message together:**



**WE CAN HELP OTHERS CARRY THEIR BURDENS.**

## Memory Verse

Write the memory verse on the board. **“Carry each other’s burdens, and in this way you will fulfill the law of Christ” (Galatians 6:2, NIV).**

Fill the bag with the heavy objects.

Ask the students to stand in a circle and pass the bag to the next person as they say one word of the memory verse. Continue around the circle, repeating the memory verse until all have learned the verse.

Say: **So often we think of burdens only as things we carry in our arms, but when our memory verse talks about bearing one another’s burdens it also means helping people carry hurts, fears, and hard things they have to deal with. Sometimes these are things you can’t see or touch, but you can feel in your heart. How can we carry someone’s burden today?** Allow responses.

### You Need:

- plastic or cloth bag
- rocks or other heavy objects
- chalkboard or white board
- chalk or marker

## Bible Study

Have the students read about Simon in Matthew 27:32, Mark 15:21, and Luke 23:26. Say: **Simon’s story is very short. He had never met Jesus, but he knew about Him. His sons knew Jesus.**

**Do you think Jesus was grateful for what Simon did for Him? Do you think Simon was happy to do this for Jesus? It only took a short time, but what a huge burden was lifted from Jesus’ shoulders.**

**Let’s compare this with what Jesus said in Matthew 16:24.** Have someone read the verse aloud.

## Debriefing

Allow response time as you ask: **What did Jesus mean when He said, “Take up your cross”?**

**He did not, of course, mean an actual cross like the one Simon carried for Him. He meant that His true followers would always be looking for ways to do His work, to help someone. What have you learned about helping others from Simon’s example of unselfishness? Remember:**



**WE CAN HELP OTHERS  
CARRY THEIR BURDENS.**

### You Need:

- Bibles

### 3

## Applying the Lesson

### You Need:

- sacks or bags
- heavy objects

### Carry Their Burden

In advance, fill three sacks or bags with 10 pounds (4.5 kg) each of rocks or other heavy objects.

Say: **You are at your friend's house. He and his older brother are supposed to help unload the food from the market. Your friend's brother is yelling at him because he is moving too slowly.**

**Your friend is supposed to put away three 10-pound (4.5 kg) sacks of rice, but he has hurt his hand. You feel sorry for him and want to help him. So you pick up one of the sacks. It's heavy.**

**Would someone like to feel how heavy it is?** Allow each student to try to pick up one of the sacks. **But that's just one sack. Do you think you could pick up two?** Allow some children to try to pick up two sacks. **How about three?** Allow some to try to pick up three sacks.

**Can you imagine the weight Jesus tried to carry? Remember, He had been beaten, and He was in terrible pain. Think about what it was like when He stumbled.**

### Debriefing

Allow responses as you ask: **Do you think you could carry so much if your back or hand were hurt? No? That's why Simon carried the cross for Jesus.**

**Are you willing to help others with problems that seem as heavy as these sacks and burden people down?**

**What are some burdens you can't see or touch?** (separation/divorce, death, sickness, mental or physical illness or handicaps, loneliness, sadness, not enough money or food, cruel people)

**We can't solve everyone's problems, but we can do some simple things to help people carry their burdens. What are some of these things?** (smile, pray, sing a song, make a card or picture, give flowers, say kind things, share a toy or food, write a note saying "I'm thinking about you today")

**By helping to carry other people's burdens we are showing them that we love them, and that God loves them. Let's say our message together again:**



**WE CAN HELP OTHERS  
CARRY THEIR BURDENS.**

## 4

## Sharing the Lesson

### Carry His Cross

Give each child two tongue depressors or craft sticks and 30 inches (76 cm) of yarn. Ask them to make a cross by putting one stick over the other and wrapping one end of the yarn over and under where the sticks touch in the center. Tie a knot to hold the sticks together. Then tie the other end of the string to it to make a loop to hang the cross. Have the children use the markers to write "Carry each other's burdens" on the horizontal stick (see illustration below).

### Debriefing

Allow responses as you ask: **Can you think of someone who is having a hard time with burdens or problems?**

**You can share the cross you made with them as you tell them about how you and Jesus love them. Ask what you can do to help them when you share this cross with them. Maybe you could start by offering to pray with them. Plan to do this soon. Be ready to tell us about it next week. Let's remember:**



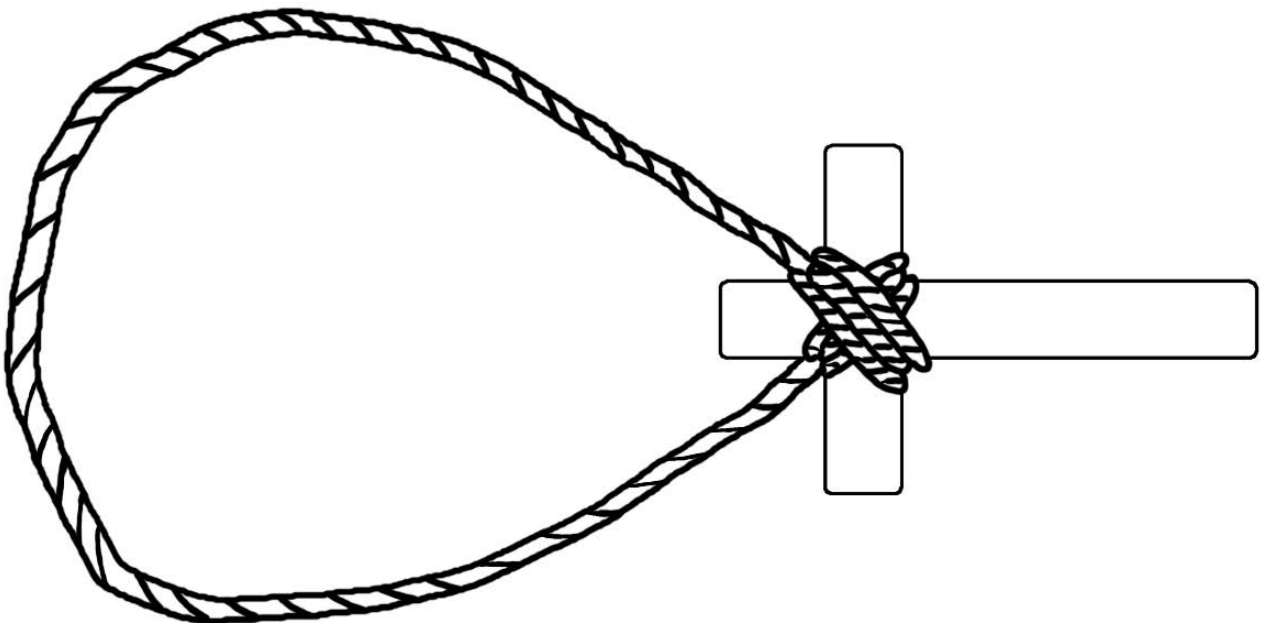
**WE CAN HELP OTHERS  
CARRY THEIR BURDENS.**

### Closing

Say: **Let's pray together about some of the burdens people have and that Jesus will help us do what we can to make life easier for them, as Simon did for Jesus.**

### You Need:

- craft sticks or tongue depressors
- yarn
- scissors
- markers





## On the Way to Calvary

### References

Matthew 27:27-32;  
Mark 15:21, 22;  
Luke 23:26, 27;  
*The Desire of Ages*,  
pp. 741, 742

### Memory Verse

“Carry each other’s burdens, and in this way you will fulfill the law of Christ” (Galatians 6:2, NIV).

### The Message

We can help others carry their burdens.

*Has anyone ever helped you carry something really heavy? Or have you helped someone lift something that was too heavy for them? Simon helped Jesus carry something very heavy for Him.*

Jesus had just endured the worst night imaginable. After the Passover feast He had gone with His disciples to the Garden of Gethsemane. There, He was arrested. During the night He was put on trial. He was harshly questioned before the high priest, the Jewish leaders, Pilate, and Herod. He was spit on, slapped, mocked, and insulted. And He was sentenced to death. Twice He was whipped until His back was bleeding and raw.

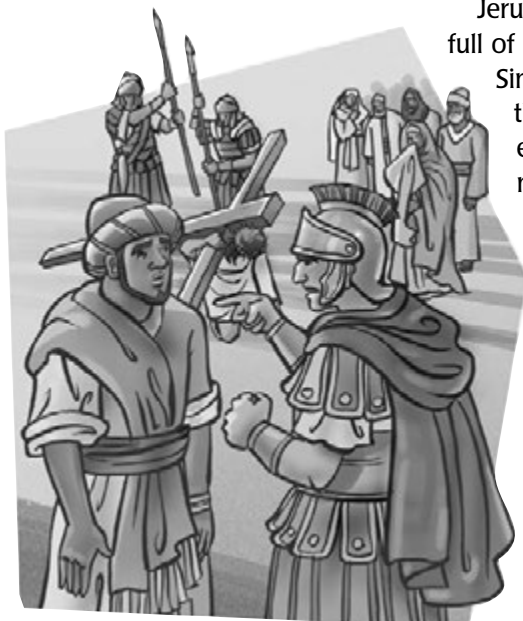
And now it was morning. Prisoners were expected to carry their own crosses to the place of execution. And so, as Jesus was taken out of the court, His cross was laid on His bleeding back.

And then he met Simon.

Jerusalem was full of people.

Simon didn’t think he had ever seen so many people. *I wonder where everyone is going and what they’re looking at?* he thought.

Simon was from the town of Cyrene in northern



Africa. The Bible doesn’t tell us what he was doing in Jerusalem. Maybe he was in town to do some business and got caught in the big crowd.

Simon looked where everyone else seemed to be looking. And he saw something horrible—a Man surrounded by four Roman soldiers. The Man had a crown of thorns on His head. His back was bloody. He looked like He was going to faint. And He was carrying a cross. That meant He was going to be crucified. *He must have done something horrible*, Simon may have thought. *Only the very worst criminals are crucified.*

Suddenly, the Man fell down. *He’s been beaten so much and lost so much blood. He looks almost dead already*, Simon probably thought as he watched. *But this prisoner is different. Most criminals I know about curse and yell and fight. But this Man does nothing. He says nothing. He looks . . . kind.*

As Simon watched, the soldiers talked with one another. The Man didn’t even try to get up. Simon felt sorry for Him. Just then a soldier looked around and pushed through the crowd right to Simon. He hit Simon with the flat side of his spear. “Come with me,” the soldier said. “You can carry Jesus’ cross.”

*Jesus! So that’s who He is*, Simon thought. He remembered hearing his sons talk about Jesus. They believed in Him.

Simon didn’t dare disobey. Any Roman soldier could make anyone do any work. All a soldier had to do was hit a man on the shoulder with the flat side of his spear. The man then had to do what the soldier told him.

Simon picked up the cross and started to walk. A soldier pulled Jesus to His feet again. The cross was heavy. Simon wondered how a beaten man could carry it even a little way. *And they don’t go the shortest way when they take a man to be crucified*, Simon thought. *They want to hurt*

and shame the person as much as possible.

*I'm glad I can help Him. I can't stop what's going to happen, but I can help by carrying His cross.*

Simon must have watched as Jesus was nailed on the cross. He must have heard Him comfort the thief who asked to be remembered when Jesus comes again. He must have heard Jesus forgive the people who hurt Him.

All this must have changed Simon forever. For the rest of his life, Simon would remember doing something to help Jesus. Simon must have learned about the heavy burden Jesus carried—the weight of the sins of the whole world. And Simon had done something to help the Saviour who died for him.

What can you do to help Jesus today?

## Daily Activities

### Sabbath

- Read Matthew 27:27-32 with your family. Where was Simon from? Why was he forced to carry Jesus' cross?
- What kind of burdens do people carry today? How can your family help them?
- Practice saying your memory verse while walking and carrying something heavy. Teach the verse to your family.
- Pray for someone who is carrying a heavy burden.

### Sunday

- Read and discuss Mark 15:21 during family worship. Simon had two sons who became Christians before he did. What were their names? Also see Romans 16:13.
- This week, look for ways to help people who are burdened with cares. Ask Jesus to help you carry someone's burden today.

### Monday

- Read Luke 23:26. What do you think Simon was doing in Jerusalem?
- Share the cross you made in Sabbath School with someone who is burdened with problems. (Or draw a cross and write on it "Carry each other's burdens.") Tell them about Simon carrying Jesus' cross.

### Tuesday

- During family worship look on a Bible map and find Cyrene, a country in northern Africa.

Ask your parents to help you find out:

1. How far was it from Cyrene to Jerusalem?
  2. How do you think Simon got there?
  3. How long do you think it took him to get there?
- Pray for travelers today.

### Wednesday

- Offer to help someone carry something heavy. Remind them about Simon carrying Jesus' cross.
- Review your memory verse until you can say it without help. Then say it for your family during worship. Tell them how you helped someone today.
- Thank God that you are able to help others.

### Thursday

- During family worship pray for someone who has problems and is sad. How can you help them today? Make a plan and do it.
- Sing "I'm So Happy" (*Sing for Joy*, No. 65) or "We Are His Hands" (*Sing for Joy*, No. 129). Then thank Jesus for helping you help others.

### Friday

- Review the lesson and act out the Bible story with your family. Who will be Jesus? the soldier? Simon?
- Read Acts 13:1, another verse that might be about Simon.\*
- Thank Jesus for dying on the cross for you.

\*Parents: You may also want to read *The Desire of Ages*, p. 742 to your child.)