

WEEK 1 LESSON GUIDE



BIG IDEA

Anyone can do great things for God.

BIBLE

Jesus Comforts His Disciples:
John 14:1-14; 1 Peter 2:9-10

LARGE GROUP TIME

Hello heroes! You may not know it yet, but the choice to lead an ordinary life is no longer an option. You are stronger than you believe and have greater powers than you know. We're going to spend a few weeks discovering what happened after Jesus died and rose again. We're going to look at the time he spent with others before he went back to heaven, sent the Holy Spirit, and filled everyone with help to carry on God's mission. Are you ready to be *Heroic* with me?

WHAT? What are we talking about today?

MUSIC | Worship

- **INSTRUCTIONS:** *You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)*
 - "Battle Belongs" (Doorpost Songs)
 - "Limitless" (Planetshakers Kids)
 - "It's True" (Lifeway Kids Worship)
 - "The New is Here" (Hillsong Kids)

ACTIVITY | Superhero Training: Target Practice

- All heroes need some training, no matter how powerful they are. Today's training will help you practice your aim. Who's ready?!
- **INSTRUCTIONS:** *Make mini-marshmallow poppers using cups and balloons (see Shop & Prep for instructions). Set up a pyramid of upside-down paper cups per team on a table. (If you have them, stick a villain action figure on top of each pyramid!) Have the kids stand far enough away to knock down the cups with the poppers and marshmallows, taking one shot each before going to the back of their team lines. The first team to knock all the cups off the table wins!*
 - ✂ **SPECIAL NEEDS HACK:** *Consider having kids just toss marshmallows at the pyramids from a close distance for kids with coordination or mobility issues*

ACTIVITY | Turn That Frown Upside Down!

- **INSTRUCTIONS:** Across an open area, scatter different colored paper plates (or construction paper circles), assigning each team a color. Pick as many colors as the number of teams playing. Each plate should have a frown drawn on one side and a smile on the other. With the frowns facing up, the game begins with each team turning over their team circles so that the smiles are facing up. At the same time, designate multiple volunteers to spread out and be the villains that turn the smiles back to frowns. Play music, and everyone has to freeze when the music stops. The team that has the most smiles facing up when the music stops wins! Play a couple of rounds.
- **Were you all able to turn at least a few frowns upside down?** Any time you can cheer people up in real life, you're being heroic. It might not seem like a big deal to you, but to someone else, you might have brightened their day and brought some joy to them.
- Way to be heroic, everyone!

POLL | Who's Being Heroic?

- **INSTRUCTIONS:** Choose six volunteers who will, in pairs, act out different heroic scenarios (pushing someone out of the way of a runaway car, helping a grandma to carry her groceries across the street, or cheering up someone who's sad) or show pictures on a screen of these or similar scenarios. Using a clap-o-meter (you can download an [app](#) or just judge the applause yourself), have kids clap for who they thought was being heroic.
 - ✳ **PRETEEN HACK:** Split preteens into teams and have them come up with their own heroic scenarios then act it out. The rest of the group has to guess what they as a team are acting out.
- Okay, so you guys voted for _____ as being heroic.
- How many of you thought all three actions were pretty heroic?
- You would be right! All three were heroes! They were all doing some pretty great things!

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | John 14:1–14 (Jesus Comforts His Disciples)

- **INSTRUCTIONS:** Read John 14:1–14. Then, retell the Bible story with a modern superhero twist! Have another leader or volunteer read for Jesus, while wearing a cape! Divide the kids into three groups. Project or print the image containing the dialogue that the kids will say out loud. Point to the group when it's their turn to speak. Encourage the kids to put a lot of emotion into their lines — the more dramatic, the more fun!
- On the night that Jesus would die, he had one last dinner with his disciples. As he was telling them what would happen and how he would only be with them a little while longer, the disciples were very sad.
 - **Jesus:** Okay, team. You've all done well in your training. Very soon, you'll get to be out there on your own. It's almost time for me to go.
 - **Group 1:** No! We're not ready for that!
 - **Group 2:** Where are you going?
 - **Group 3:** Can we come with you?
 - **Jesus:** Sadly, this next mission is something I need to carry out solo. But after I complete it, I will be at headquarters waiting for you. So you don't have to be sad! Now it's your turn — I pass my mission on to you.
 - **Group 1:** What? Us?
 - **Group 2:** There's no way!
 - **Group 3:** But what can we do?

- **Jesus:** Do everything that I did and taught you! All of the great things that I've done, you can do because you've watched me do them!
- **Group 1:** You mean, love those around us?
- **Group 2:** And pray for the sick?
- **Group 3:** And tell others about how great God is?
- **Jesus:** Exactly! Communication lines will always remain open as you stay close to me through prayer. Ask me for strength to do these things. I will always hear you and will always help you. You may not see me, but I'll be there. You have my word!
- **Group 1:** So, even though you won't be here . . .
- **Group 2:** . . . since your power is with us . . .
- **Group 3:** . . . we can do great things!
- **All Groups:** We trust you, Captain!
- **Aren't you so glad that even though we don't see Jesus with our physical eyes, we can talk with him every day?** That must've been so comforting to the disciples, knowing that when Jesus would go to heaven, he would still hear them and help them.
- In the same way, we can stay close to Jesus through prayer and be reminded of our mission, strengthened by his power to do the great things he's called us to!

BIG IDEA | Anyone can do great things for God.

- Oh! It sounds like we have a message from headquarters. Let's see what we got.
- **INSTRUCTIONS:** Set up your phone on a table. Have an "incoming message" sound effect play (choose a notification tone from your phone setting or find an audio clip online). Have another volunteer phone you from a different room (or pre-record this bit). Put them on speaker and have them say the Big Idea aloud. Show the Big Idea on the screen once the message is received.
- Did you hear that? **Anyone can do great things for God!**

VIDEO | Heroic, Episode 1

- **INSTRUCTIONS:** Play this week's episode of Grow TV.

VIDEO | "Anyone Can Wear the Mask"

- **INSTRUCTIONS:** Play [this clip](#) from "Spider-Man: Into the Spider-Verse." For more information on how to legally use copyrighted material for educational purposes, [read this!](#)
 - ✂ **PRETEEN HACK:** You could choose to also show [this clip](#) from "Captain America: The First Avenger" and talk with preteens about what qualities most people look for in a hero and how Steve Rogers showed he was heroic even before he became Captain America.
- In this movie, we find that Miles Morales isn't the only Spider-Man out there. Somehow a portal opens up between different universes and he meets all the different Spider-people (and pig!) that have been doing hero work in their cities.
- Each of these different Spider-heroes wasn't bit by a radioactive spider because they were the most qualified to become a hero . . . it happened by chance. But they took what happened to them and chose to do good by protecting people from the bad guys.
- Sometimes we may not feel like we can do great things for God. But even having the heart to show God's love to others through our words and actions can be super heroic. And when we have the power that Jesus gives us, we can do so much more than we ever thought possible!
- **Anyone can do great things for God!**

OBJECT LESSON | Styled Superheroes

- **INSTRUCTIONS:** Have a file folder, a badge, and earpiece ready to show the kids (see Shop & Prep for instructions on how to create these props). Choose a kid to give the equipment to as you talk about each item. Display an [image of Edna Mode](#) from "The Incredibles".
 - ✂ **PRETEEN HACK:** Have preteens design and draw a costume and gear for a superhero and have them describe the different elements of their get-up that will assist the hero in doing something great for God.
- Today, we're gonna visit an old friend: Edna Mode. Edna designs all the superhero outfits and customizes them to each hero's needs as long as there are NO CAPES!
- So, I'll need a volunteer who wants to get prepped for a super important mission for Jesus.
- **Did you know that those who follow Jesus are actually given some important equipment to accomplish this mission?** Let's see what it is!
 - **Jesus gives his followers a mission to accomplish** [show file folder and give it to kid volunteer]. This mission is for everyone to show and tell how great God is.
 - **Jesus also gives his followers special access to him through prayer** [show earpiece and put it in kid's ear]. We always know what we're supposed to do because we can talk with Jesus and listen to what he's directing us to do.
 - And **Jesus also gives us authority to represent his awesomeness** [show badge and pin it onto kid]. We don't have any authority or power to act on our own. But when we represent Jesus, we have special powers to ask him to help us carry out the mission of love to everyone we meet!
- You see? **Anyone can do great things for God**, and we're not left on our own to do this work. We're decked out superheroes!

SCRIPTURE | 1 Peter 2:9–10

- **INSTRUCTIONS:** Read 1 Peter 2:9–10 together by having kids repeat chunks of the verses after you. Afterward, call out the different attributes listed below and invite kids to stand if they think it pertains to them. By the end, everyone should be standing.
- Okay, I need to pick a special force of volunteers, based on these Bible verses, for a special team. Please stand up if you think this describes you!
- I need kids who . . .
 - Love Jesus
 - Belong to God.
 - Want to show others God's goodness.
 - Understand how great God is.
 - Are created by God! [Encourage any kids still sitting at this point to stand also.]
- Oh! That's all of you! Because you know how awesome it is to be loved and called by God, you can show everyone you meet how good God is!
- Who can do great things for God? That's right — **anyone can do great things for God**, and that includes you! And you! And you, too!

NOW WHAT? What does God want us to do about it?

REFLECTION | Examples of Heroism

- **INSTRUCTIONS:** Use the slideshow video provided to show real life examples of heroism!
- Wow, it's true! **Anyone can do great things for God!**
- We usually think about the superpowers that heroes have in movies or shows. But these examples we saw right now remind us that we don't need X-ray vision or super speed to do great things for God and for others.
- As superheroes who get their strength from Jesus, we can do really great things. They may seem simple, but even small acts of kindness can make a huge difference in someone's life!
- **Which of these everyday hero stories stuck out to you most?**
- **What is something that these stories challenge you to do?**

RESPONSE | What Great Things Can I Do for God?

- **INSTRUCTIONS:** Divide kids into small groups where they can brainstorm together. Put these words on the screen or on a board that the kids can refer to while they're discussing: hurting or sick, sad or lonely, hard to love, in need of help, and afraid or lost.
 - ✂ **SPECIAL NEEDS HACK:** Prepare some images (from magazines or from online) of people who appear to be sick, sad, angry, lost, and afraid. Then prepare another batch of images: people hugging, high-fiving, smiling, and helping. Guide kids into choosing which of these images will be helpful to someone in the first batch of images. Invite them to express with words why they chose that way if they'd like.
- We've seen what other kids have done for those around them. In your discussion groups, brainstorm what kinds of "superpowers" you can exercise for the different people in your life. **Who can you show love to? Who can you encourage?** Be as specific as you can. **What can you say or do for people who might be . . .**
 - Hurting or sick?
 - Sad or lonely?
 - Hard to love?
 - In need of help?
 - Afraid or lost?
- Remember, **anyone can do great things for God!** Who's ready to practice?!

MEMORY VERSE | 2 Timothy 1:7 (NIV)

- **"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."**
- **INSTRUCTIONS:** Have the memory verse written out on a white board or projected on a screen. Prepare some capes according to the instructions in your Shop & Prep List. When you say "go," everyone has to put on a cape and then "fly" to stand in a line in the correct order according to the memory verse graphic shown. If you have more kids than there are capes, do this in shifts.
 - ✂ **PRETEEN HACK:** Instead of capes, print the words of the memory verse on different colors of paper to represent different superheroes (blue for Captain America or Captain Marvel, green for The Hulk or She-Hulk, purple for Clint or Kate from Hawkeye; yellow for Wolverine or The Wasp; red for Shang-Chi or Wanda, white for Moon Knight or Black Widow). To them it up more, print an icon or logo representing each hero somewhere on the sheet.
- **(Don't forget to also check out the memory verse signs – a combination of SEE and ASL – available in your Programming folder or at growcurriculum.org/2Timothy1-7.)**

PRAYER

- **INSTRUCTIONS:** Display the prayer poster of the week, and have kids pray in unison with a Superman pose (hands on hips).
- Jesus, you've called me to love you each day,
- to give that same love to all who come my way.
- Thank you for giving me all that I need
- to do all the great things as I follow your lead.
- Amen!

SMALL GROUP TIME

DISCUSSION

- Why were the disciples sad when Jesus was talking with them?
- What truths did Jesus tell the disciples so that they wouldn't feel sad?
- Whose name would the disciples need to call on should they need anything?
- Read 1 Peter 2:9. How are Jesus' followers described?
- Who is someone — real or imagined — that you consider a hero? What makes them a hero in your opinion?
- What is something great that you might want to do someday?
- What is something great you can do for God right now?

ACTIVITY | Cape Craft

- **INSTRUCTIONS:** Have kids make their own capes that they can wear. There's a variety of ways you can do this, but here's a couple of options. You can gather donated fabric from people around the community or grab some from the fabric store. You could also have the kids make capes from disposable tablecloths [like this](#) from the previous activity. Or, purchase [these cape kits](#) for kids to decorate. Have kids use white card stock and get creative, designing an emblem using the letter "J" for Jesus. Color, cut out, and use masking tape or fabric glue to stick it to their capes.
- We can be heroic because we follow Jesus. He's the source of our power! These capes are reminders that we are his representatives and that **anyone can do great things for God!**