



**Superheroes Through the Roof!**

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**BIBLE STORY**

Four Friends – Luke 5:17-26

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**BOTTOM LINE**

I will be SUPER and Help others!

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**VERSE OF THE DAY**

“Therefore, you should treat people the same way that you want people to treat you.”  
Matthew 7:12 (CEB)

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**CHALLENGE OF THE DAY**

Use your helping hands to help someone.

5:30-6:00	CHECK IN & DINNER
6:00-6:20	SMALL GROUP 1
6:20-6:50	LARGE GROUP
6:50-7:20	ROTATION – RECREATION (Back Lawn)
7:20-8:00	SMALL GROUP & CLOSING

**SUPPLIES:**

- Comic book pages, Markers, Stickers
- Bible
- Dice
- Sharpies, Backpacks, Beads and String
- Construction paper, Blue Tape, Bibles
- Different Color Paper, Blue Tape, Markers
- Tattoos, Water, Paper Towels
- Take Home Challenge Cards

## TEACHER NOTES

It seems like a simple concept to help others. But how often do we miss opportunities to help others or see an opportunity to help and it looks too inconvenient, so we fail to help? In our story today, 4 friends help a paralyzed man get to see Jesus while he is lecturing a crowd. They pick him up and begin walking towards the house where Jesus is teaching. But when they arrive the house is jam-packed with people and there seems to be no way for the paralyzed man to see Jesus. The 4 friends do not give up. They climb up to the roof, dig a hole in the roof, and lower the man down right in front of Jesus who then heals the man. These **super** friends used their hands to help in a powerful way. As we begin a super week of VBC, we'll kick-off with a simple challenge to our Superheroes in training: look for ways to help others.

### **GREETING:**

Welcome and greet your kids as they enter the room for the first time. Use the acronym W.A.R.M. to guide your welcoming time. As leaders be "W.A.R.M." toward your kids.

**W**-Welcome and greet each child by name every day!

**A**-Actively Participate-Kids notice when the leaders are sitting on the edge. Join in and participate in all the experiences of camp even when you are not leading them.

**R**-Relationship Building-Kids will open up if they know you care for them. Ask questions, get to know them this week.

**M**-Model Jesus- For some kids, you may be the only person to show them how to follow Jesus.

Have a container ready to collect any monetary donations for our mission project. This first day they may not know about it so don't expect to collect much. Have a child bring it to large group with you!

## **DINNER TIME – 5:30-6:00**

*Please plan to eat dinner with your class. As they arrive, we will help them through the dinner line and direct them to their class table. If you have most of your campers at your table, offer the following prayer to bless the food. Once your class is finished eating, go to your class space for the Meet your Superhero Friends activities.*

**PRAYER:** Dear God, Thank you for Hero U! Thank you for this amazing food and the people who prepared it for us. We are so grateful to be here with friends we know and for the opportunity to make new friends! Help us to watch, to know and to become more like Jesus this week. We know we will have an awesome time! We love you, Amen.

### **TALK ABOUT:**

What are you most excited about at Hero U?

Who is your favorite superhero?

If you could have any superpower, what would it be?

What is your favorite superhero movie?



*As campers are finishing their meal they can head to the classroom with a leader and work on this activity to wait for the rest of the class.*

**Supplies Needed:** Comic book pages, Markers, Stickers

Have kids create their own comic book pages showing ways they can help others. Talk about ways they can help each other at VBC this week.

## **WELCOME TO DAY 1**

*Gather your group together.*

**SAY:** I'm so excited to be at HERO U with you this week. We are going to have so much fun learning what it means to be a HERO! My name is \_\_\_\_\_ and (add other leaders names) will be your leaders this week.

Now, let's get to know each other. I'll start by tossing this ball to (pick a student) tell everyone in the group your name and then toss the ball back to someone else. *(Repeat with the following questions)*

**ASK:**

What are you most excited about at Hero U?

Who is your favorite superhero?

If you could have any superpower, what would it be?

**SAY:** We have so many fun, exciting things to do at Hero U this week and to make sure everyone has a great time all our superheroes in training take the following pledge:

- A hero treats others with respect
- A hero takes part in camp
- A hero has fun

**SAY:** We'll ask you to follow this pledge with each other during camp. If there are any problems let us know and we'll help you have a great time at camp.

# Follow What I say, Not What I Do

**Supplies Needed:** None

**SAY:** For our first training exercise we are going to sharpen our listening skills for Superhero hearing! In this game you are going to have to listen very carefully and pay attention!

**DO:**

- Have players form a circle by standing several feet apart.
- Select one person to start the game.
- Have them turn to the player to the left and say an action but act out a different action.
- That person then does the action the first player said but acts out a different action. The goal is to make it around the circle without making a mistake.
- As the leader I will be the referee and make the decision on whether a mistake has been made.

(Example: First player says “Jump” but runs in place. Second player says “wash your hands, but jumps. The next player says “stand on one leg” but washes their hands.)

**SAY:** Wow! That was so much fun!

# Rock/Paper/Scissors

**Supplies Needed:** None

**DO:**

- Partner hero's up
- Play games of rock, paper, scissors,
- The first one to win 4 games eliminates their opponent.
- They will then look to play someone else.
- The last person standing wins!

**SAY:** Today at Hero U we are going to be challenged to use our hands, but not to play games with dice or rock, paper, scissors, but to help others. And you'll find that our Bible story is about 4 friends who did just that.

This week we will challenge each other to live like superheroes and we'll see examples of people in the Bible who did just that. We've created an acronym for HERO and each day our Bible story will focus on that letter. H is for helper....E is for encouraging....R is for responding....and O is for Onward. So, let's dig into the H of Hero!



*Lead your group to the sanctuary for large group.*



**Supplies Needed:** Bible

**SAY:** In today's Bible story, we learned what it means to be a good friend. Good friends help one another!

In today's Bible story, we learned what it means to be a SUPER friend. SUPER friends are good friends that help one another. The paralyzed man's four friends were so sure Jesus could heal their friend that they just knew they stopped at nothing to get their friend to Jesus. They had SUPER faith in Jesus!

They heard about a house that Jesus was at, so the four friends decided to carry their friend to that house so Jesus could heal him. When they got to the house Jesus was at it was so crowded, they couldn't get anywhere near Him. But did they give up? NO! They used their Helper superpowers! Using their "helping" hands they carried their friend up to the roof of the house, made a hole in the roof and lowered their friend right down in front of Jesus!

Jesus showed kindness and compassion to the paralyzed man, and not only did He heal him completely, but He also forgave him of his sins. The four friends knew of Jesus' kindness, compassion, and willingness to help anyone. They wanted to be more like Jesus, so they helped their friend. The four friends put the H in Hero by being helpers to the paralyzed man.

## **ROLL IT, RETELL IT and THINK ABOUT IT**

**Supplies Needed:** Dice

**SAY:** Let's play a game where we use our hands to roll dice and then retell the story.

**DO:** Have kids gather in a circle and take turns rolling the dice. Have kids answer the following questions depending on the number they roll.

1. What was your favorite part of the Bible Story?
2. If you saw someone being bullied on the playground, how could you help? What if it meant the kids would start to pick on you?
3. Jesus not only healed the man completely, but he also did something else for him. What was it?
4. What happened when the friends arrived at the house Jesus was at?
5. If your friend forgot their lunch at home and they were hungry, would you share your lunch with them? Even if it meant you would feel hungry later on?
6. What is one way you could help someone?
7. What do you think it means to be forgiven of your sins?
8. How many friends were there in the Bible Story?
9. What makes someone a good friend?
10. What is something a friend has done to help you?
11. Who are our friends?
12. What is one thing you can thank Jesus for helping you with?



## **Superhero Gear!**

**Gadgets Needed:** Sharpies, Backpacks, Beads and String

**Say:** Each day this week we are going to make a Superhero Kit that we will get to take home at the end of our week. Everyone is going to get a backpack to keep all their gear in. You can write your name on the front or back of your backpack. Just be sure to put a piece of cardboard in your backpack so the ink doesn't bleed through when you write your name.

*Allow kids time to write their names on their backpacks.*

Now that we have our superhero backpacks ready, let's make a superhero bracelet! When we wear our bracelets, we can remember to use our hands to help others and to be a good friend, just like the 4 friends were to the paralyzed man. Every time you see your bracelet you can remember that you can be SUPER and help others. Say this with me, **"I can be SUPER and help others."**

*Allow the kids to pick out the color beads they'd like to use and create patterns with them for their bracelet. While they are creating their bracelets ask the following questions.*

### **ASK:**

What are some ways you can show kindness to your friends by helping them?

What are some things your friends have done to help you that made you feel good?

*When kids finish their bracelets have them put them in their backpacks and store them for tomorrow.*

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## Hot Lava

**Supplies Needed:** Construction paper, Blue Tape, Bibles

**Memory Verse:** “Therefore, you should treat people in the same way that you want people to treat you.” Matthew 7:12 (CEB)

**DO:** Look up Matthew 7:12. Choose a kid that would like to read and have them read the verse.

**SAY:** It makes us feel good when our friends and family help us with things. Our memory verse tells us that we should treat others in the same way we want to be treated. For example, if someone helps us by saying something kind when we’re having a bad day, we should help another person by saying something kind to them. Let’s play a game together to help us remember these important words from the Bible.

**DO:**

- Create a finish line with blue tape on one side of the room.
- Divide your team into two groups.
- Give each group a stack of construction paper.
- Tell them the kids they are going to get in pairs within their group. Every kid should have a partner.
- Have one partner place a “safe space” (construction paper) on the floor in front of the partner crossing the “lava.” That person steps on to the paper. Their partner then places a second “safe space” (construction paper) on the floor in front of them. Once the partner crossing the lava steps on that “safe space” (construction paper) the other partner will take the “safe space” (construction paper) behind the crosser and place it in front of them to create the next “safe space.” Continue until they reach the finish line.
- At the finish line the partners will read the memory verse and the “crosser” and “helper” will switch and return to their team repeating the same actions.
- One they reach their team the next pair of kids will play.

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## SUPER COOL PAPER AIRPLANES

**Supplies Needed:** Different Color Paper, Blue Tape, Markers

**DO:** Make several X’s in blue tape on the floor around the room. Divide your group into teams. Give each team several sheets of paper and have them write their names on the paper. Show the kids how to fold a paper airplane. Have them write the memory verse on their airplanes and decorate it any way that they want to.

**SAY:** The four friends in our story knew how powerful Jesus was and wanted to do everything they could to help their friends. We can be helpers to our friends by treating them the way we want to be treated. Remember **“I can be SUPER and help others!”**

**DO:** Tell the kids they are going to be the four friends and use their hands to “fly” their friend to where Jesus is. As they launch their planes have them say **“I can be SUPER and help others!”**



## TATTOOED

**Supplies Needed:** Tattoos, Water, Paper Towels

**DO:**

- Allow each hero to select 1-2 tattoos.
- Using a bit of water and following the directions have kids adhere the temporary tattoo to the back of one or both of their hands.
- After tattoos are placed on hands

**SAY:** Today we talked about using our hands to help others. When we help others, it makes us a hero in God's eyes. Take a moment and think about how you might be able to help someone in the next 24 hours. It could be as simple as holding the door open for someone or as big as helping a neighbor with their yard work. Helping others makes you a superhero and starts making the world look more the way God wants it to look. Simple acts of helping others make a big difference. And if you forget to help others just look at your hands and the tattoos will help you remember to lend a helping hand.

## Prayer Time

Choose a student to pray or use the following prayer:

Dear God, Thank you for the SUPER Bible story about the 4 friends and the paralyzed man! Help us to be a good friend and to treat others the way we want to be treated. Thank you for all of our leaders and friends at Hero U! You are an amazing, loving God and we love you! Amen

## Take-Home Challenge

**Supplies Needed:** Take-home challenge card.

**DO:** Hand out Take-home challenge cards.

**SAY:** Each day you are going to get a card to take home with you. *Show the kids the front of the card* Today's card has a letter "H" on it for helper, because we learned that Jesus calls on us to be Superhero Helpers. Our challenge for you tonight is to take this card home and share it with your family. Together you can think of ways to help others! When you come back tomorrow, you can share the ways you thought of to be more like Jesus by being a helper! Be sure to keep your cards and by the end of the week they will spell out HERO!