



**Superheroes Movin' on Up!**

**BIBLE STORY**

Breakfast on the Beach

John 21:12-19

**BOTTOM LINE**

I will never stop being SUPER!

**VERSE OF THE DAY**

"You are the light of the world."

Matthew 5:14 (CEB)

**CHALLENGE OF THE DAY**

Bring some \$ to help with the VBC mission project.

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 – SCIENCE (Back Patio)
7:20-8:00	SMALL GROUP 2 & CLOSING

**SUPPLIES:**

- Comic book pages, markers, stickers
- Beach Ball World Globe, Heart Stickers, Stopwatch or Phone with a stopwatch
- Paper, Markers
- Capes, Letter Foam Stickers, Star Stickers, Stick-on jewels
- Spoons, Cups, Balls, Balloon, coin
- Map Posters, Markers, Colored Pencils, Star Stickers
- Take-home challenge card Invitations, Suckers, Capes, Markers

## TEACHER NOTES:

Everyone loves a good finish, right? We love a last second buzzer beater in basketball or how about a movie whose ending has us talking for days about it or how about the feeling we get as we finish our exercise routine? Today as we wrap up our week of VBC we'll see that being a Superhero and following Jesus really doesn't have a finish line. There is always more to do. In today's story Peter feels finished, just a few days ago he messed up big time! Thinking his relationship with Jesus is over, he heads back to the boat to fish, but Jesus returns offering Peter forgiveness then tells him there is more work to be done and after all that cooks him breakfast! As superhero's following Jesus we'll leave camp today ready to go onward and ready to be super and follow Jesus every day and when we mess up; we'll know Jesus is there offering forgiveness and maybe a nice breakfast! (BTW- Thanks for being super this week and serving kids you have made a difference.)

## 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 so much for bringing us all back together today at Hero U! Help us to remember that yesterday we can be SUPER and help others. Help us to watch, to know and to become more like Jesus today. We know we will have a great time! Thank you for this food before us and the hands that prepared it for us. We love you, Amen.

### TALK ABOUT:

What was your favorite part about VBC yesterday?

Did you use your helping hands to help anyone today?

When have you seen someone who needed your help? How did you know they needed help?



*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 page showing ways they can move onward and be a light in the world by helping, encouraging and responding to others. .

# WELCOME TO DAY 4

*Gather your group together.*

Welcome everyone back to our final day of VBC, greet your superheroes by name! Take turns having everyone answer this icebreaker question together:

## **What is your favorite thing to eat for breakfast?**

Remind your group of the superheroes pledge that we will follow during the week of camp. Encourage your group to make their last day super and follow this pledge!

**SAY:** I have had such a wonderful time with all of you at Hero U this week. You have done such an amazing job training to be superheroes! It may be our last day, but it's going to be our best! Let's start by praying together!

**PRAY:** Heavenly Father, Thank you so much for this last day together at Hero U. We have learned so much this week and look forward to learning more today. You are an amazing and loving God. Amen

**SAY:** Now that we have learned to be helpers, encouragers, and responders we are going to learn about how to go into our community and be HEROS. Our verse of the day is from Matthew, chapter 5, verse 14 it says, "You are the light of the world."

What do you think it means to be the light of the world? *(Allow kids a few moments to think about it)* Being the light of the world means sharing God's love by showing love for others. We can share God's love and be a light in the world by being HEROS! We will be helpers, encouragers, responders and we will never stop being super and move onward! Our role as a Superhero lasts a lifetime! Say this with me. **I will never stop being SUPER and move onward!** Awesome! We have one last poster to add to our wall – the O. Let's add it and finish spelling out HERO! *(Review each letter of HERO)*

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## **Moving On!**

**Supplies Needed:** *Beach Ball World Globe, Heart Stickers, Stopwatch or Phone with a stopwatch*

**DO:** Give each kid a heart sticker and have them think of a way they can be a light in the world by doing good things. Toss the globe beach ball to each kid and have them tell one thing they can do to be a helper, encourager or responder and then attach the heart sticker to the globe. After everyone has had a chance:

**SAY:** Those are some awesome ways to be a HERO! God wants us to go onward and share His love with the world! Let's play a game with our globe!

**DO:** Have kids stand in a tight circle. Choose a kid to start the game by saying "**I will be SUPER and move onward!**" and then toss the ball in the air. The goal of the game is to keep the ball from hitting

the ground as long as possible. If the ball touches the ground, start the game over and choose another kid to say “I will be **SUPER** and move onward! Continue as long as the kids stay interested.

**SAY:** That was so much fun! Let’s get ready for large group by saying our Superhero Chant!



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



**Supplies Needed:** Bible marked at John 21:12-19, Paper, Markers or Crayons

**SAY:** I have had such a great time with you at Hero U where we watch, we know, and we become more like Jesus! In today’s Bible story we learned that being hero means moving onward in the world and caring for each other. We never stop being heroes!

**DO:**

Have the kids fold their paper in half and then fold in half again, so that they have four squares. In the corner of each square have them write the number of the squares from 1-4.

Choose a kid who wants to read and have them read one section of today’s story from the Bible and then have the kids write at least one word from each section and draw a picture in a square depicting that part of the story.

**Square #1**

<sup>12</sup> Jesus said to them, “Come and have breakfast.” None of the disciples dared ask him, “Who are you?” They knew it was the Lord. <sup>13</sup> Jesus came, took the bread and gave it to them, and did the same with the fish. <sup>14</sup> This was now the third time Jesus appeared to his disciples after he was raised from the dead.

**Square #2**

<sup>15</sup> When they had finished eating, Jesus said to Simon Peter, “Simon son of John, do you love me more than these?” “Yes, Lord,” he said, “you know that I love you.” Jesus said, “Feed my lambs.” <sup>16</sup> Again Jesus said, “Simon son of John, do you love me?” He answered, “Yes, Lord, you know that I love you.” Jesus said, “Take care of my sheep.”

### Square # 3

<sup>17</sup> The third time he said to him, “Simon son of John, do you love me?” Peter was hurt because Jesus asked him the third time, “Do you love me?” He said, “Lord, you know all things; you know that I love you.” Jesus said, “Feed my sheep.

### Square #4

<sup>18</sup> Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go.” <sup>19</sup> Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, “Follow me!”

**SAY:** Jesus was giving Peter a very special job of taking care of people. Jesus has given us the same job, to take care of others. Superheroes for Jesus always keep moving onward! They share the light of Jesus in the world by being helpers, encourages and responders for their entire life! Say this with me, “**I will never stop being super and move onward!**”



## Superhero Gear!

**Supplies Needed:** Capes, Letter Foam Stickers, Star Stickers, Stick-on jewels

**SAY:** We have worked so hard all week creating our superhero costumes and today is the last, but maybe the most important piece of our costume, our capes!

**DO:**

- Give each kid a cape and an assortment of stickers.
- Let them decorate their capes with their initials and stickers.
- While they are working **ASK:**
  - What have you learned about being a hero this week?

- What do you think it means to become like Jesus?
- When kids are finished with their capes let them try them on and then place them in their backpacks.

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## The Game That Doesn't End

**Supplies Needed:** Spoons, Cups, Balls, Balloon, coin

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**DO:**

**Leader's Note:** *In this game you are going to have to do a little acting.*

Begin by dividing your group into 2 teams

Teams must complete one of the following challenges below as a relay.

The first member of the team will complete the challenge then they will come back and tag one member of their group who will go down and complete the challenge as well.

Time your groups to see how fast they can complete the challenge.

Just when they are about to finish and think they have completed the challenge, add the next challenge and say something like "oops I didn't read all the instructions we need to complete this challenge as well." You'll do this 3-4 times before you finally finish.

The campers will probably get frustrated with you but that is ok...you'll explain it all to them at the end of the game.

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**The 5 challenges are:**

#1-Flip a coin until you get heads 3 times

#2-Balance a ping pong ball on a spoon to a spot that is 10-12 feet away and back.

#3-Stack 5 cups on top of each other then take the tower down

#4-Hit a balloon in the air 5 times

#5-Do 5 jumping jacks

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**SAY:** Congratulations teams on completing the course! I promise there is nothing left to do for this game. How did you all feel when you thought you had completed the game but then I added something else for you to do? (Allow responses) Today we are learning that superheroes move onward. The "O" in hero stands for onward. As super followers of Jesus we never stop being super and sharing God's love. In our Bible story today one of the disciples messed up big time and thought he was done being a disciple of Jesus, but Jesus offered him forgiveness and told him it was time to go onward!

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## Go Onward and Shine Your light! Art

**Supplies Needed:** Map Posters, Markers, Colored Pencils, Star Stickers

**SAY:** Each one of you has done an amazing job learning to be a hero this week, a helper, encourager, and responder! We watch, we know, and we become more like Jesus! In today's Bible story we learned that Jesus wants us to shine our light in the world. We learned so many ways at HERO U this week to move onward into our community, homes and school and be the light to others. Say this with me. **I will never stop being SUPER and move onward!**

**DO:** Have kids color their posters with markers or crayons, adding star stickers to remind them to shine their light in the world. Talk about ways they can continue to be a light in the world after VBC is over. Remind them about the 4 friends who were Helpers and took the paralyzed man to see Jesus, the way Jesus encouraged

Philip, the boy who shared his 5 loaves of bread and 2 fish, and how Jesus told Peter to go into the world and take care of sheep.



## Prayer Time

Choose a student to pray or use the following prayer:

Dear God, thank you for this incredible week at VBC. Thank you for our leaders and the friends we've made here. Please help us to remember to be helpers, encouragers, and responders in our homes, schools, cities and in the world. We never want to stop watching, knowing, and becoming more like Jesus. We love you. Amen

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## Take-Home Challenge

**Supplies Needed:** Take-home challenge card Invitations, Suckers, Capes, Markers

**DO:** Hand out Take-home challenge cards and invitations. Have kids make a superhero sucker to add to the invitation. Give kids a cape to decorate and cut out. Add to the sucker and attach to the invitation.

**SAY:** I'm so excited for our VBC family event on Friday night! *(Tell the kids what will be happening at your location on Friday night)* I hope all of you can come and bring a friend with you! Let's make an invitation for someone you would like to bring with you on Friday. We'd love to see you in KiDSCOR on Sunday morning, too!

## End of Day Discussion Questions

Have kids gather up any items they are taking home and huddle up in a circle. Ask the following questions:

What was your favorite part of VBC this week?

What was your favorite Bible Story?

Who can you invite to the family party on Friday night?

**MAKE SURE TO SEND ALL ITEMS AND BAGS HOME WITH  
CAMPERS TODAY!**

**After all campers are picked up please take down any decorations and return all supplies to the shelves in the Butterfly Room.**