

Superheroes Through the Roof

Bible Story:

Four Friends Help! (Luke 5:17-26)

Bottom Line:

I will be super and help others!

8:45-9:05

Check In & Free Time in the Student Center

9:05-10:00

Large Group Fun in the SC

10:00-10:35

Small Group Time

10:40-10:55

Free Time & Snack in the SC

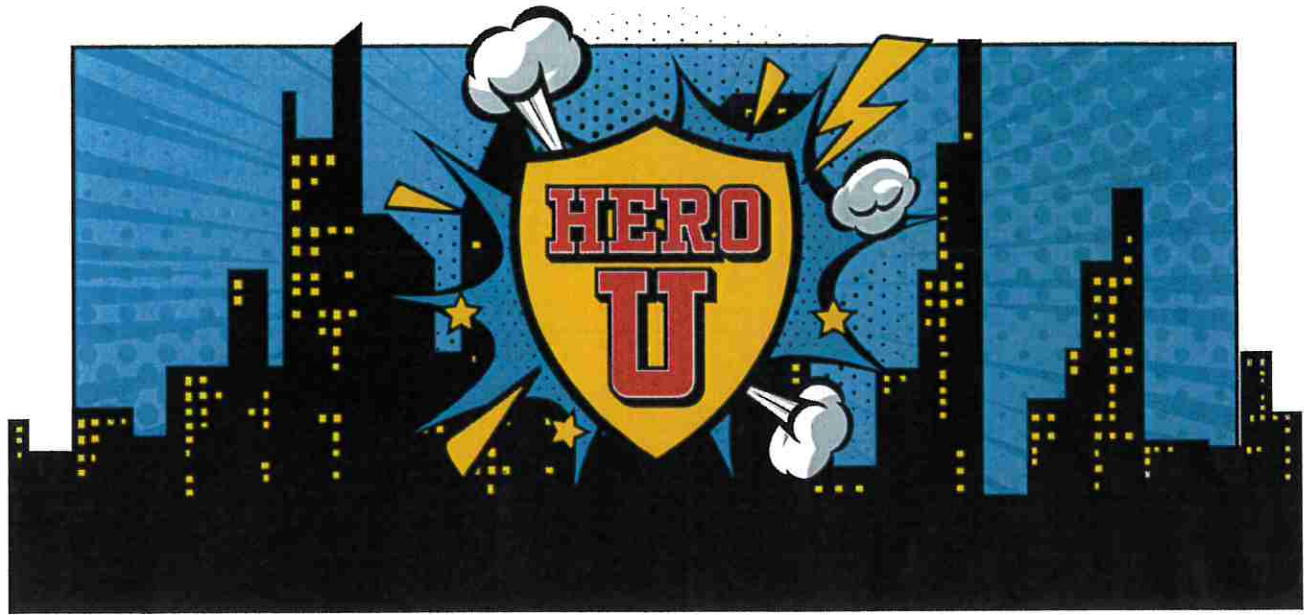
10:55-11:15

11:15-11:30

**Super Activity of the Day
Large Group Wrap-Up**

Provided Materials:

- Dice (1 for every 2 campers)
- Post-It Notes (10 for every 2 campers)
- Markers
- Pens
- Capes (1 for every 4 campers)
- Superhero masks (1 for every 4 campers)
- Superhero gloves (1 for every 4 campers)
- Wow! That was cool scenario cards
- Superhero Tattoos (2 for every camper)
- Paper Towels
- Water
- Handed out Today:
 - Green Wristbands
 - Backpacks
 - T-shirts



Day #1-Leader Notes:

Theme: Superheroes Through the Roof!

Bible Story: Four Friends Help (Luke 5:17-26)

Bottom Line: I will be super and help others.

Verse Of the Day: "You should treat people in the same way that you want people to treat you."
Matthew 7:12 (CEB)

Thought for the day:

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. They pick him up and begin walking towards the house where Jesus is teaching, but as they arrive the house is jam-packed with people and there seems to be no way to 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.

First Day Welcome Tips :

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! (Look for their nametag to learn their name)

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.



Opening Game: Go FOUR It!

Supplies Needed: Dice

What you do:

- Each hero needs a partner.
- Give each a group of 2, 2 dice
- Hero's will have 1 minute to see how many 4's or combination of 4's they can roll. They are trying to roll either 2/2, 1/3, or any 4's.
- One hero will roll then the other hero and they will rotate back and forth keeping track of how many 4's they roll in 1 minute.
- Call time after 1 minute, determine the high score, switch partners, and play 1 more time seeing if the high score can be beaten.



Bible Story ROUND UP:

What you need: Post-It Notes, Markers

What you do:

- Read: Luke 5:17-25 Below:

17 One day when Jesus was teaching, Pharisees and legal experts were sitting nearby. They had come from every village in Galilee and Judea, and from Jerusalem. Now the power of the Lord was with Jesus to heal. **18** Some men were bringing a man who was paralyzed, lying on a cot. They wanted to carry him in and place him before Jesus, **19** but they couldn't reach him because of the crowd. So they took him up on the roof and lowered him—cot and all—through the roof tiles into the crowded room in front of Jesus. **20** When Jesus saw their faith, he said, "Friend, your sins are forgiven."

21 The legal experts and Pharisees began to mutter among themselves, "Who is this who insults God? Only God can forgive sins!"

22 Jesus recognized what they were discussing and responded, "Why do you fill your minds with these questions? **23** Which is easier—to say, 'Your sins are forgiven,' or to say, 'Get up and walk'? **24** But so that you will know that the Human One[a] has authority on the earth to forgive sins" —Jesus now

spoke to the man who was paralyzed, "I say to you, get up, take your cot, and go home." 25 Right away, the man stood before them, picked up his cot, and went home, praising God.

- Divide into groups of 2
- Hand each group markers and post-it notes
- Give heros 5 minutes to break down today's Bible story into 10 segments.
- Each group will draw these 10 segments. One per post-it note.
- After drawing the 10 segments mix them up and exchange with another group
- Using their hands, see how quickly they can get the segments back into the correct order.
- Confirm with the original group if they got the order correct.
- If time allows, they can exchange post-it notes with another group.

Note: If you have walls nearby use the walls for the post-it notes otherwise the floor works just fine!

After a couple of exchanges call the group together and ask the following questions:

#1-Who would you say was super in this story?

#2-Name all the emotions the paralyzed man probably felt in this story?

#3-Why do you think the 4 friends helped the paralyzed man?



Say: The 4 friends used their hands to help the paralyzed man and instantly became superheroes! We may not be able to carry a paralyzed man to see Jesus, but we have opportunities every day to use our hands to help out.

Super Charades

What you need: Capes, Masks, Gloves, Dice, Scenario Cards

What you do:

- Divide into groups of 3 or 4.
- Give each group a cape, mask, and superhero gloves.
- Provide each group with a scenario.
- They will have 3-4 minutes to create a skit of the scenario they are given as well as providing a way they could be super and help out in the scenario.
- They must use the cape, gloves, and mask as props in a creative way in the skit.
- The skit must be less than 44 seconds long.
- Each group will roll the dice before preparing their skit and must complete the challenge associated with the number rolled.

Scenarios: (will be printed on cards)

#1-You are shopping at Target. You are pushing the cart for your grandma as she picks up some milk, bread, and apples. As you are checking out, an older person is packing his bag with his groceries. However, he packs it a little too full. As he lifts the bag, the bag rips and groceries go everywhere. Apples start rolling all over the ground and one rolls right to your foot.

#2-Your little brother loves playing soccer. He loves to dribble with his feet, pass the ball, and kick it into the goal. For his birthday he got a portable net so he can practice goal shots at home. He has set his net up in the backyard and begins kicking into the goal. All of the sudden a big gust of wind blows his soccer net out of the ground and against the fence. It looks like he didn't do a good job securing it. You watch him struggle to get it back into the ground, but the wind blows it out again. You are watching this all from your bedroom window as you are playing Super Mario Party on the switch.

#3-You and your friends get to hang out at the local park while your parents are talking about boring stuff. The day is beautiful, and you can't wait to hang out with your friends. As you arrive you notice all kinds of trash around the park. There is litter everywhere you look.

#4-The church collects a lot of stuff to help those in need. As you are waiting to leave church you see a sign that is promoting a big service day to sort and organize all the clothes. However, it is at 8 a.m. Saturday morning which is your one morning to sleep in, eat pancakes, and watch gaming videos on YouTube.

#5-Your neighbor has a beautiful flower garden, however this year she sprained her ankle and is out on crutches trying to pull weeds and plant seeds. It looks really difficult for her to get her work done. You happen to be outside watching her struggle as you ride your bike around the street.

Before working on the skit....have one member of the group roll the dice. Whatever number they roll they must follow the instructions associated with that number.

#1-No talking in skit

#2-One person in your group must be an object that never moves in the skit

#3-No Challenge

#4-You must use the word super exactly 4 times in the skit

#5-No shoes allowed

#6-Give one of your props to another group to use.

Once the skits are completed congratulate everyone for a job well done! Then ask the following questions.

#1-When is it easy to help others?

#2-When is it hard to help others?

#3-Why do you think helping others is so important to God?



Tattooed

What you need: Custom Tattoos, Water, Paper Towels

What you do:

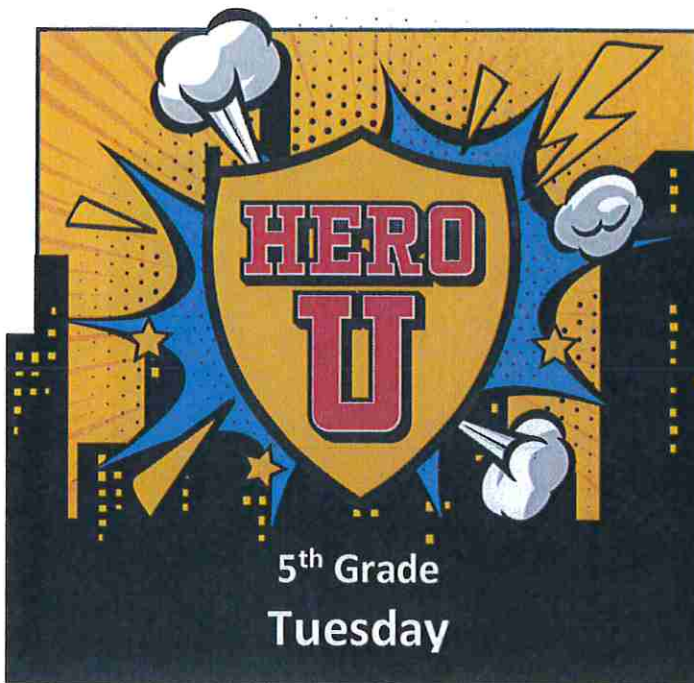
- Allow each hero to select 1-2 tattoos.
- Using a bit of water and following the directions have kids adhere the temporary tattoo to the back of one or both of their hands.
- After tattoos are placed on their hands Say...Today we talked about using our hands to help others. When we do that, this makes 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

- Close your time in prayer, you can pray, have a student prayer, or read the prayer below:

Dear Jesus,

Thank you for the story of 4 super friends who helped the paralyzed man find you and be healed. Help us to be super just like these 4 friends and look for big and small ways to help others. Thank you for Vacation Bible Camp, thank you for all these campers, thank you for this church, help us to be superheroes the next 24 hours and help others with our hands. In Jesus Name! Amen.



Superheroes & The Raging Storm

Bible Story:

Peter Walks on Water
(Matthew 14:22-36)

Bottom Line:

I will be SUPER & encourage others.

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Free Time & Snack in the SC

10:55-11:15

Super Activity of the Day

11:15-11:30

Large Group Wrap-Up

Provided Materials:

Password Game Sheet
 2 Dice for every 6 campers
 Beenboozled Jelly Belly Packs (2-3 packs)
 16 oz. water bottles (2-3)
 Paper Towels
 Sleeve of crackers (1)
 Pens
 Notecards (2 notecards for every camper)
 Food Serving Gloves (3 pairs)
 Tape
 Paper
 Markers



Day #2-Leader Notes:

Theme: Superheroes and the Raging Storm!

Bible Story: Peter Walks on Water (Matthew 14:22-36)

Bottom Line: I will be super and encourage others.

Verse Of the Day: "Encourage one another and build each other up." 1 Thessalonians 5:11 (NIV)

Thought for the day:

Have you ever heard the phrase: "Sticks and stones may break my bones, but words will never hurt me?" I can't think of a more untrue statement than that. Sure, stick and stones will break bones, but words hurt, and they can hurt a lot. However, words used in the right way, in an encouraging way, can totally change a person. In today's story Peter is walking on water towards Jesus. Jesus told him to get out of the boat and come to him. Jesus encouraged Peter to walk on water. And Peter did, for a while, until he looked around and saw the waves. He took his eyes off of Jesus he stopped listening to Jesus and because of that Peter began to sink. The difference between Peter walking on water and not walking on water was listening and paying attention to Jesus. Jesus' words had the power to help Peter walk on water. Our words can be powerful too and our next step towards becoming a superhero is focusing on our words and building each other up.

Welcome Tips :

Welcome and greet your kids as they enter the room. 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! (Look for their nametag to learn their name)

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



Opening Game: Superhero Password

Supplies Needed: Password Game Sheet

What you do:

- Divide your group into 2 teams
- Each team selects one person to be the guesser
- They will try to guess the superhero password after hearing 3-word clues from their team.
- Begin with revealing the superhero password to everyone except the 2 guessers
- Next, reveal the 3 words the clue givers cannot say. If they say 1 of these 3 words, the other team gets a point.
- Select a team to go first. The clue giver will say a up to a 3-word clue they believe will help their guesser guess the superhero password.
- The guesser gets to make 1 guess. If they get it right, they get a point if they get it wrong the other team goes.
- The 2nd team clue giver provides a clue and now the 2nd team guesser attempts to guess the word. They not only have the clue their team gave them, but also the clue they heard from the other team. If they don't get it rotate back to the 1st team.
- Play continues for 5 rounds or until someone guess the correct answer.
- Play a few more rounds but rotate who the guesser is for each team.

Note this game is based off of Ellen's Game of Games Danger Word. If you watch this link for a few minutes you'll have a better idea of your game should look like. <https://tinyurl.com/2p8chrnc>

Password List- Words in parenthesis are words that cannot be given as clues.

1. Cape (Wear/Shoulders/Flying)
2. Superman (Hero/Blue/Flying)
3. Spiderman (Bite/Webs/Spider)
4. Flying (airplane/sky/birds)
5. Strong (muscles/lift/flex)
6. Incredibles (Family/Disney/Movie)
7. Mask (face/wear/eyes)
8. Wonder Woman (Girl/Hero/She)
9. Movies (Popcorn/Watch/Screen)
10. City (Buildings/Live/Tall)
11. Hulk (green/strong/mad)



Bible Story ROUND UP:

What you need: No supplies Needed

What you do:

- **Assign** heroes the following roles: Peter, Jesus, Storm creator, everyone else is the disciple.
- **Tell** the heroes they will be acting out the Bible story as you read from the script below.
- **They** get no practice, no props, they just have to act out what they hear read.

Peter Walks on Water-Instant Drama

(Whoever is reading this do so very slowly, so they have time to act things out and have fun with it. If you need to repeat a line that is ok too)

This is Peter! Watch as Peter waves to the crowd and then flexes his muscles. Peter is a disciple of Jesus. Watch as Peter points to the sky.

Peter wasn't the only disciple of Jesus. Watch as Peter shakes his head no. In fact, Jesus had at least 12 close friends that hung out with him all the time. Watch as Peter points to the other disciples who are doing their best ninja moves.

Watch as Peter and the other disciples give each other some knuckles and then yawn really big!

It was the end of a really long day. It was nighttime.

Jesus had the disciples to get into their boat, row across the lake, and meet him on the other side. Watch as the disciples step into the boat and begin to row. Watch as their arms go around in a circle.

Watch as Peter and the disciples row slowly then quickly then slowly then quickly!

Now listen as a storm begins to show up. Listen as the storm makes storm noises like thunder!

Watch as the disciples keep rowing and the storm keeps coming. Watch as Peter and the disciples row slowly then quickly then slowly then quickly!

This was a pretty big storm and pretty scary especially at night. Watch as Peter and the disciples make big, scared faces.

Now watch as the disciples point into the distance. What is that walking towards them? Is it a ghost?? Listen as the disciples scream!!!!

It's not a ghost, it is Jesus! Watch as Jesus waves hello and smiles big. This storm is not a big deal to Jesus. Wait a second is Jesus walking on the water. Watch as Jesus tiptoes around walking on the water.

Listen as the storm makes more storm noises!

Watch as Peter raises his hand and jumps up and down. He wants to walk on the water too.

Listen as Jesus says, "Come here Peter!"

Listen as Jesus says, "You can do it Peter!"

Watch Peter begin to carefully tiptoe on the water. He's doing it! Peter is walking on the water.

Listen as Jesus says good job Peter!

Watch as the disciples make a big surprised face! How is Peter doing this?

Now watch as the storm gets really big, and Peter starts to get scared. Watch as Peter points at the storm and makes a big, scared face! Uh Oh! Peter is not focused on Jesus anymore.

Now watch as Peter begins to sink and lays on the floor! Listen as Peter yells help me Jesus.

Jesus walks over and helps Peter up. Watch as they walk carefully on the water back to the boat.

When Jesus got back into the boat the storm stopped. Watch as the storm walks five step away from Peter.

That was pretty amazing. Can you believe Peter walked on Water with Jesus? Watch as everyone gives each other some knuckles.

Great job everyone! Let's cheer for our actors!

Discuss the following questions

1-Why do you think Peter was able to walk on water?

2-What do you think Jesus said to Peter as he was walking on water?

3-On a scale of 1-10 with 10 being the most powerful; how powerful are the words we say?

Say: There is no doubt that the words Jesus used today encouraged Peter to get out of the boat and walk on water. Yesterday we learned that the H in Hero stands for helper. Heroes help other people. Today we want you to remember that the E in Hero stands for encouraging. A Hero encourages other people. The words we use can either build other people up or tear them down. Our goal is to have our words encourage other people to do great things much like Jesus' words encouraged Peter to walk on the water.

Bible Story Application:

Words of Encouragement:

What you need: 1-2 dice, paper, markers, tape

What you do:

- Divide your group into groups of 5 or 6 with 1 or 2 leaders in each group.
- Sit in a circle.
- For the next 5 minutes (1 leader needs to set a timer) take turns rolling the dice. Whatever number they roll they must come up with an encouraging phrase that they could say to Peter as he tried to walk on water. The phrase has to be exactly the same number of words as what they rolled on the dice.
- For example, if someone rolls a 3 an encouraging phrase like "Way to Go" would work. Continue play until you each group has successfully rolled each number on the dice and come up with a phrase that is the correct word length.
- Write these phrases down nice and big on paper and if there is a place to post them the rest of the week that would be great.
- Note-Each student rolls the dice only once. If they roll a number that has already been rolled, they pass it to the next person. If you complete the challenge quickly play again until the 5 minutes is up.

At the end of 5 minutes Ask:

When is it easy to be encouraging?

When is it hard to be encouraging?

What is easier? To be kind with your words or mean with your words?



Yummy or Yucky?

What you need: Bag of jellybeans that is a mixture of tasty jellybeans and rotten flavored Jellybeans, water, cups, sleeve of crackers, food serving gloves

What you do:

- Divide your group in half and lead each group separately if you have enough leaders to do so. If not one group will work.
- Put on a food serving glove and hand one person in the group a jellybean. Explain that some Jellybeans are yummy, and some are not so yummy.
- As they try the jellybean everyone else will watch see their face to see if they can determine if they had a yummy jellybean or a gross jellybean.
- Once they try the Jellybean the campers can announce how they thought the Jellybean tasted.

- Water and crackers are available for anyone who needs to get the taste out of their mouth. They can spit out the beans as well.
- Have everyone try at least one jellybean then say: “Words can be like these jellybeans they can either make you smile and happy or they can make you feel awful and give you a weird look on your face. When we use encouraging words like Jesus did for Peter, we become super and help others become super as well.



Encourage Me:

What you need: Pens and Notecards

What you do:

- Hand each person in your group 2 note cards and a pen
- Explain you are going to read a scenario to the group
- Once the scenario is read you will have 1 minute to create the most unique encouraging phrase you can think of for the situation.
- Each phrase must be 12 words or less.
- After 1 minute call time and have everyone read their encouraging phrase. If no one else has their phrase they get a point. Continue reading everyone’s phrase until all unique phrases are identified. Play 4 rounds so that Heroes can use both sides of the notecards.

Scenario #1

Your best friend Chris has just tried out for the soccer team. They don’t believe the tryout went well. They miss all their kicks and even hit the coach once while doing a corner kick. They are pretty down, and they are thinking about never playing soccer again.

Scenario #2

You finish a pretty rough day at school. The class was not listening, and the teacher had to yell a lot. A few kids got sent out of the room. Your teacher is looking unhappy and tired. You are the last one to leave the room and you pass your teacher at the door as you are leaving for the day.

Scenario #3

You are hanging out with your friends at the park when the new neighbor shows up. They are playing all by themselves at the other side of the park. Your group is getting ready to leave and you walk right pass your new neighbor.

Scenario #4

Your mom/dad is facetimeing Grandma who lives 1,000 miles away. She is not feeling well and has been feeling sick for over 12 days. Mom/Dad wants you to jump on the facetime call and say hi to your grandma. You grab the cell phone and look at your grandma. What encouraging thing can you say?

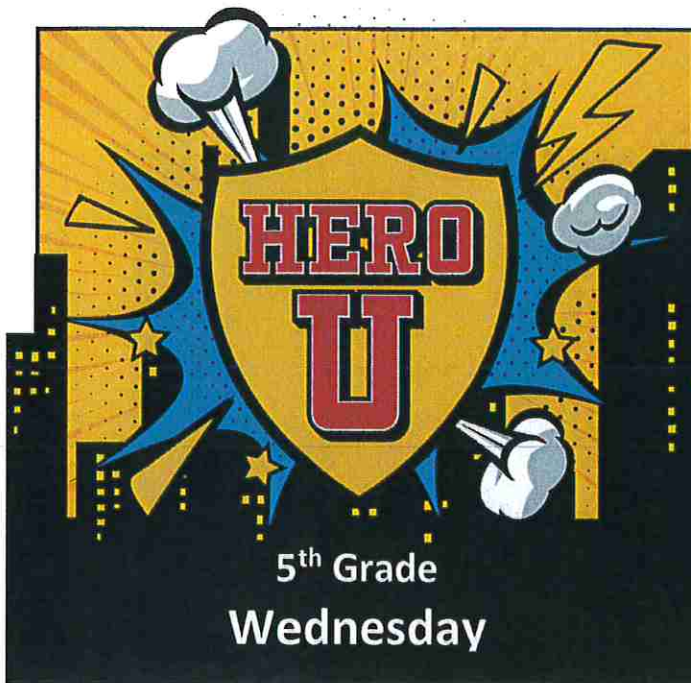
Congratulate everyone for their unique answers. Then **SAY:** *Heroes know that their words have power. Words can build people up or tear them down. When we use encouraging words, it can be life changing for some people. I bet you all can remember when someone said something encouraging to you and how good that made you felt. Your challenge from today is encourage someone with your words and see what happens. Jesus got Peter to walk on the water with his words, you probably can't make that happen, but you might be surprised with what could happen when you encourage others.*

Prayer Time

- Close your time in prayer, you can pray, have a student prayer, or read the prayer below:

Dear Jesus,

Thanks for an amazing week of camp with these super campers! Help us leave this place looking to follow you every day. We know that being a follower of you is something that we always do, but when we mess up thank you that you will forgive us just like you forgave Peter! Then you tell us to get back to work being a Hero that helps, encourages, responds, and moves onward. In Jesus Name! Amen.



Superheroes Kitchen Nightmare!

Bible Story:

Jesus Feeds 5,000 (John 6:1-13)

Bottom Line:

I will be SUPER & respond to others.

8:45-9:05

Check In & Free Time in the Student Center

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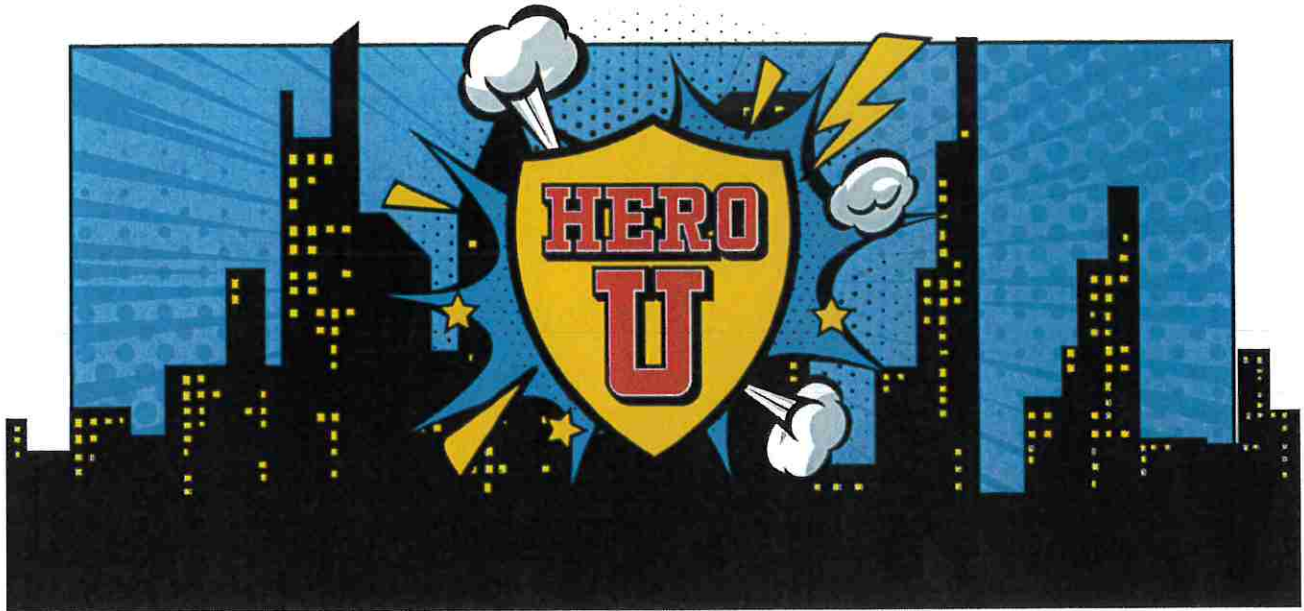
10:55-11:15

11:15-11:30

**Super Activity of the Day
Large Group Wrap-Up**

Provided Materials:

Plastic Solo Cups (1 for every 2 campers)
Dice (2)
Markers
Pens
Paper (1 sheet for each camper)
Timer/cell phones
Google Slide Show
Individual bags of goldfish crackers (1 for each camper)
3 individual bags of goldfish crackers
Small baskets



Day #3-Leader Notes:

Theme: Superheroes Kitchen Nightmare!

Bible Story: Jesus Feeds 5,000. (John 6:1-13)

Bottom Line: I will be super and respond to others

Verse Of the Day: "Don't forget to do good and to share what you have because God is pleased with these kinds of sacrifices." Hebrews 13:16 (CEB)

Thought for the day:

Imagine the scene for just a moment; over 5,000 people listening to Jesus in a remote area of town. Pretty much in the middle of nowhere. As the day goes on the people are getting hungry and there are no meal options. Jesus encourages the disciples to find dinner for everyone, but even a cheap dinner would cost more than \$40,000. At this point a youth enters the story offering his lunch of 5 loaves of bread and 2 small fish to Jesus. It wasn't much but he was willing to share. We know how the story ends; a miracle occurs with this lunch and everyone gets plenty of food! The youth could have easily kept his lunch to himself, but he sees a challenging situation and RESPONDS! That is what Superheroes do: they respond when someone needs help. As we go through Day 3 of VBC we'll see small and big ways we can respond and when we do this we become super!

Welcome Tips :

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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.



Opening Game #2-Head, Shoulders, Ears Cups

Supplies Needed: Plastic Cups

What you do:

- Pair Heroes up (If you have an odd number of kids have a leader play)
- Each pair gets 1 cup
- Pairs face each other on their knees, with a cup in the middle between them.
- Leader will call out either "Head, Shoulders, Ears, Cup" whatever the leader calls out that is the body part they must touch using both hands. When the leader says "cup" students grab the cup. Whichever of the pair ends up with the cup gets a point.
- Play a few times to practice....change up the order and pacing of what you call out and vary when you say cup.
- Play a best out of 3 or 5 round then switch partners.
- If time...Play an elimination round where the winners advance until we only have 1 winner remaining
- If cups break, replace them and throw the broken ones out.

Say: In this game in order to win you had to respond when you heard the word cup. Today will find out that

Hero's respond to needs when they see them. Much like you all responded when you heard the word cup!



Bible Story ROUND UP:

What you need: Dice, Markers, Pens, Paper, Timer

What you do:

1. Hand each Hero a piece of paper and something to draw with.
2. Have them divide the paper into 4 segments (They can use back and front)
3. Read John 6:1-13. (Scripture is below.)

4. Stop at each pause point; instruct campers to draw what they just heard in 45 seconds. The first pause point they will draw normally. For each of the following points roll the dice. Whatever number is rolled, a special challenge will be part of their drawing. See list below.
 - #1-Draw with eyes closed.
 - #2-Draw with opposite hand.
 - #3-Draw while at the same time rubbing your head.
 - #4-Nothing.
 - #5-Draw while standing on one foot.
 - #6-Draw and count to 5,000 out loud at the same time. (They obviously will not make it to 5,000)
5. Continue until you have completed the entire passage.
6. Allow campers to show off their drawings. Then, ask these questions:
 1. Do you remember a time when you were really hungry?
 2. When you are hungry what is something that you love to eat?
 3. Why do you think only the boy shared his food?
 4. Is it easy or hard to respond to people in need?

Say: For some reason only 1 boy responded to the need of all the hungry people. He heard people were hungry and saw the disciples looking for food. The boy could have very easily just eaten his lunch and minded his own business but instead he saw a need, responded, and soon everyone had just enough food! The boy was a hero that day. Our challenge is to be like that boy to pay attention and respond when we see people in need.

John 6:1-13/Feeding of the five thousand

⁶ After this Jesus went across the Galilee Sea (that is, the Tiberias Sea). ² A large crowd followed him, because they had seen the miraculous signs he had done among the sick. ³ Jesus went up a mountain and sat there with his disciples. ⁴ It was nearly time for Passover, the Jewish festival. **(pause and have campers draw)**

⁵ Jesus looked up and saw the large crowd coming toward him. He asked Philip, “Where will we buy food to feed these people?” ⁶ Jesus said this to test him, for he already knew what he was going to do.

⁷ Philip replied, “More than a half year’s salary^[a] worth of food wouldn’t be enough for each person to have even a little bit.” **(pause and have campers draw)**

⁸ One of his disciples, Andrew, Simon Peter’s brother, said, ⁹ “A youth here has five barley loaves and two fish. But what good is that for a crowd like this?” **(pause and have campers draw)**

¹⁰ Jesus said, “Have the people sit down.” There was plenty of grass there. They sat down, about five thousand of them. ¹¹ Then Jesus took the bread. When he had given thanks, he distributed it to those who were sitting there. He did the same with the fish, each getting as much as they wanted. ¹² When they had plenty to eat, he said to his disciples, “Gather up the leftover pieces, so that nothing will be wasted.” ¹³ So they gathered them and filled twelve baskets with the pieces of the five barley loaves that had been left over by those who had eaten. **(pause and have campers draw)**



What you need: Access to google slide show (Link provided soon)

Say: Responding to those in need usually begins with our eyes and ears, then our feet move into action! We watch and listen to what is happening around us then a superhero responds with action!

What you do:

Divide into groups of 3

Show one picture at a time from the google slide show. (Link provided)

After you show the picture gives groups 60 seconds to come up with a creative way to respond in this situation to do some good.

Call time after 60 seconds and allow a few groups to share their ideas.

Pics will be...Messy kitchen sink, kid sitting alone, someone trying to open the door, giving money for the offering, etc. each pic will have what needs to be responded to in the background with the foreground being some different to keep kids paying attention.

After all 6 pictures have been shown ask:

#1-Which of these scenarios are you most likely to encounter?

#2-Which of these scenarios are you least likely to encounter?

#3-How easy is it to respond? Will we ever mess up or forget to respond?



Goldfish Cracker Relay:

What you need: Individual bags of goldfish crackers 1 for each hero, plus 3 bags to use for the game, small baskets.

What you do:

- Divide your group into 3 teams
- Teams stand in a straight line
- The first person in line has a bag of goldfish crackers
- About 10-12 feet away is basket
- When a leader says go the first person in line takes a goldfish cracker and places it on their foot. They then hop or walk slowly down to the basket and place the goldfish cracker in the basket.
- They return to the line so the next person can go.
- If the cracker falls off their foot, they must stop and place it back on their foot.
- First team to get 12 crackers in the basket wins!
- Winning team gets bags of goldfish crackers to take home. (Or have the winning team give them to another team like the boy shared in the story.)
- Play again as time allows so that all teams end up with goldfish crackers to take home.

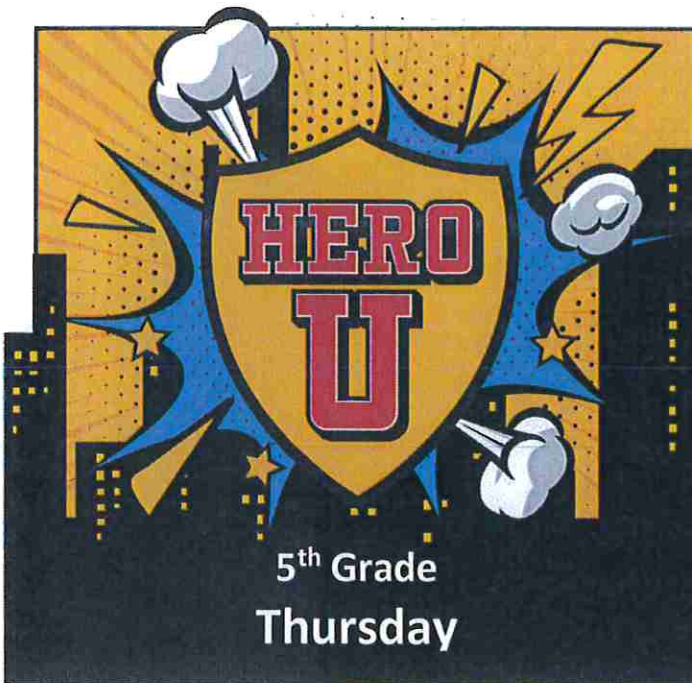
What you say: The boy in his story used his feet to respond to a need and by the time the meal was over there were 12 baskets of leftovers everyone went home happy and full. In our game we used our feet, put leftovers in a basket, and we'll all leave with plenty leftovers to enjoy. As we get ready to leave camp today, let's pay attention and see where we might be able to respond to others and show God's love! (You can remind campers one more time about our VBC mission projects of collecting money for Malawi and bedding for our bed's ministry.)

Prayer Time

- Close your time in prayer, you can pray, have a student prayer, or read the prayer below:

Dear Jesus,

Help us to our feet and respond to others. Thank you for the young boy who responded in our story today and shared his lunch with you. Help us pay attention and look for ways to be super and respond to other who might need our help. Thanks for the awesome campers and this great day of VBC bring everyone back safely tomorrow! In Jesus' name. Amen!



Superheroes Movin' On Up!

Bible Story:

Breakfast on the Beach. (John 21:12-19)

Bottom Line:

I will never stop being SUPER.

8:45-9:05

Check In & Free Time in the Student Center

9:05-10:00

Large Group Fun in the SC

10:00-10:35

Small Group Time

10:40-10:55

Free & Snack in the SC

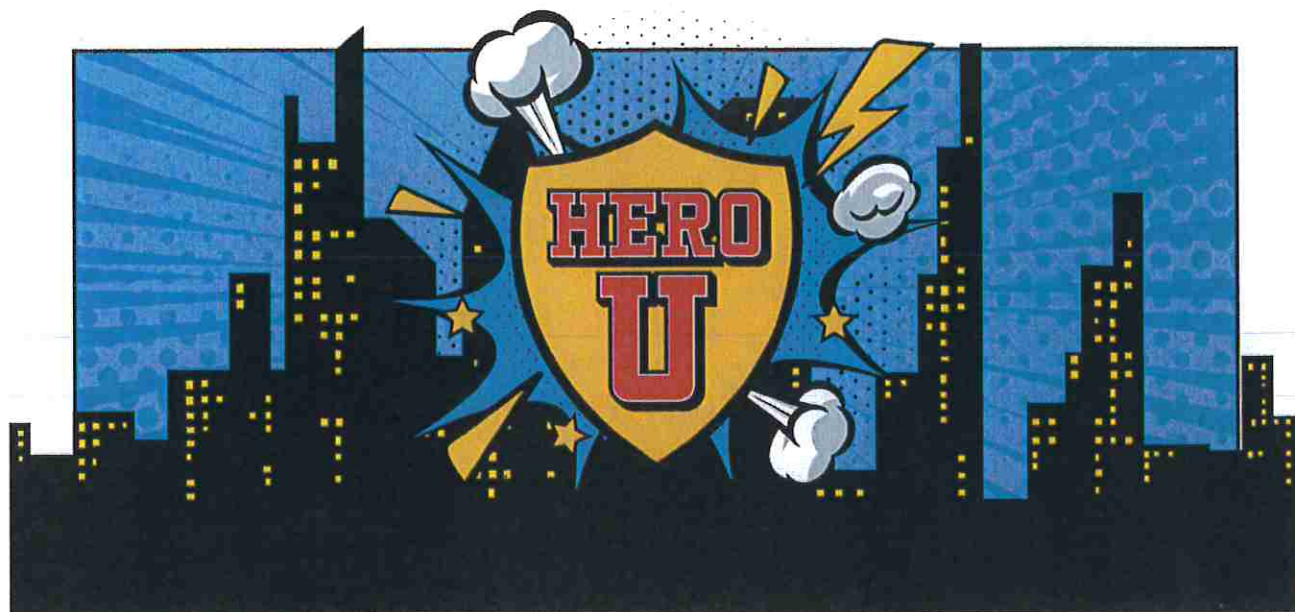
10:55-11:15

11:15-11:30

**Super Activity of the Day
Large Group Wrap-Up**

Provided Materials:

Paper (1 for every 2 campers)
Pens
Spoons (1 for every 5 campers)
Cups (1 per camper)
Ping Pong Balls (4 for every 15 campers)
Balloons (5 for every 15 campers)
Pennies (5 for every 15 campers)
1 Box- Froot Loop Cereal & Rice Krispy Cereal
Tic-Tac-Toe Board (2)
Capes (1 for every camper)
Black Sharpies (1 for every camper)
Lollipops
Capes for Lollipops
Tape



Day #4-Leader Notes:

Theme: 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

Thought for the day:

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 superheros 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.)

Welcome Tips :

Finish Strong and be a WARM LEADER!

W-Welcome and greet each child by name every day! (Look for their nametag to learn their name)

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.



Meet Your Superhero Friends

Opening Game: The Game That Doesn't End!

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

What you 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 have to complete one of the following challenges below as a relay.

First member of the team will complete challenge then will come back 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 the team is 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.

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 5 times

#5-Do 5 jumping jacks

Say: Congratulations teams on completing the course! I promise there is nothing left to do for this particular 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!



Bible Story ROUND UP:

What you need: Froot Loop Cereal Pieces and Rice Krispy Cereal, Tic-Tac-Toe Boards (2)

What you do:

- Review the Bible Story by reading John 21:12-19 (scripture below)
- Divide into 2 teams or 4 teams (If you divide into 4 teams you'll play 2 games at the same time. This is ideal if you have enough leaders as it keeps more kids involved)
- Assign each team a cereal and give them their pieces.
- Ask the questions if the team gets it right they get to place their cereal piece on the tic-tac-toe board. The goal is to get 3 in a row.

Review Questions:

1. What meal did Jesus make for the disciples? (Breakfast)
2. Who said to Jesus: "Who are you?" (No one)
3. What was on the breakfast menu? (Bread and Fish)
4. How many times had the disciples seen Jesus since Jesus came back to life? (3)
5. Which disciple did Jesus pull aside to chat talk with? (Simon Peter)
6. What did Jesus ask Simon to feed? (Lambs)
7. What question did Jesus keep asking Peter? (Do you love me)
8. How many times did Jesus ask Peter this? (3)
9. Why did Jesus ask Peter this question 3 times? (Because Peter denied Jesus 3 times)
10. What book of the Bible is this story from? (John)
11. What was the last thing Jesus said to Peter? (Follow Me)
12. Why was Peter fishing in the first place? (He had denied Jesus so thought he was done being a follower of Jesus.)
13. What does the "O" in Hero stand for? (Onward)
14. When do we stop being a superhero/disciple of Jesus? (Never)
15. What does the "H" in Hero stand for? (Helper)
16. What does the "E" in Hero stand for? (Encourager)
17. What does the "R" in Hero stand for? (Responder)

If your games are not complete after using these questions finish up the game by asking any other questions you can think of that helps hero's review the week. Once the game is over say...

Say: Peter was upset, he had denied Jesus 3 times and probably thought his time was up on being a disciple of Jesus. But Jesus shows up, brings breakfast and forgiveness to Peter and tells him to follow me. That's the thing about following Jesus it never stops. Superheroes for Jesus keep going onward. And even when we mess up Jesus will forgive us and tell us to follow him. So as we end our week

together remember that a Superhero never really gets time off and the same is true for a follower of Jesus. Wherever you are it's always a good time to follow Jesus.

John 21:12-19

New International Version

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

¹⁵ 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."

¹⁶ 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."

¹⁷ 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. ¹⁸ 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." ¹⁹ Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"



Nice Cape!

Supplies Needed: Capes, Sharpies

What you do:

Say: We've spent all week talking about Superheroes and how we can be a superhero everyday for Jesus. I don't think we can have a camp about superheroes and not give away capes. I know most of us are not going to wear capes around except maybe at Halloween but we hope you'll take this cape home and hang it somewhere in your room where you can see and as you get up every morning remember that you can be a hero too. And to remember what a Hero does we are going to take a minute to custom designed out capes.

Hand out 1 cape to each camper

Give each camper access to the sharpies

Instruct the campers on their capes to write "Hero" down one side of the cape and what each letter stands for.

H-Help

E-Encourage

R-Respond

O-Onward

After they write Hero on the cape give them a few minutes to add anything else they want to add. Also be sure to write their name.

If your group is willing have everyone put on their capes and take a group picture. You can send that picture to your VBC director at this email address.

Bring your group together one last time and discuss the following questions:

What was your favorite part of camp?

What is one thing you wished we did more of?

How are you going to be Hero tomorrow, next week, or next month?



Supplies Needed: Lollipops, Capes for Pops, Tape, Scissors

What you do:

- Hand each hero a lollipop and have them attach a cape to each pop to make it look super!
- Hand out the invitation to tomorrow night's Hero U Party.
- Ask each hero to think of one person they can invite to the VBC Party on Friday Night.
- Encourage them to give their super invitation and lollipop to someone they would like to invite.
- If there are extra lollipops, they can enjoy one as well.

Prayer Time

- Close your time in prayer, you can pray, have a student prayer, or read the prayer below:

Dear Jesus,

Our words have power. We saw the power of words in today's Bible story when Peter walked on the water. May we use words that encourage and build others up so that they can do great things and be Superheroes just like you and me. Thank you for all these campers, thank you for this church, help us to be superheroes the next 24 hours with the words we use. In Jesus Name! Amen.