



3rd-5th: Day #4

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

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 superheroes 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 everyone back to VBC, call them by name and remember your words are important!
Welcome everyone back to our final day of VBC, greet your students 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 finish super today and follow this pledge completely!

- A hero treats others with respect
- A hero participates in camp
- A hero has fun

Check in and see if anyone completed their daily challenge from yesterday.

Opening Game #1: Name That Breakfast Food!

Supplies Needed: Cell phone, paper, pens

What you do:

Ask: Who usually eats cereal for breakfast? (Allow responses) Anyone eat fish for breakfast? (allow responses) Divide your group into teams of 2 or 3

Show close up pictures of cereal using our opening game link ([Scan or click here](#))

Teams have 20 seconds to come up with the correct answer and write it down on their paper.

Reveal the answer and give points to whoever got it right.

See who can get the most right out of 10.

Congratulate the winner team then **SAY:** Today our final VBC Bible story take place during breakfast, but Jesus and Peter did not have cereal for breakfast, instead they had fish!

Opening Game #2: 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.

The 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!



- Take **third and fourth** graders to sanctuary for the all-student worship time.
- Find your designated group sign.
- Fifth** graders will have their worship in the Rez-Life where they will be at all times other than for outside games.



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.

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 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?



- **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.
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- 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.

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- *If campers finish early you can give them the Superheroes activity page if they are looking for something to.*



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?

Invite A Hero

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.

Memory Verse, Daily Challenge, and Prayer

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

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.

Hand out the final daily challenge card! Encourage Hero's to complete the challenge even though you will not be meeting as a group to follow up tomorrow!