



Superheroes Kitchen Nightmare!

BIBLE STORY

Jesus feeds 5000 - 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)

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 – CRAFT (KiDSCOR Main Space)
7:20-8:00	SMALL GROUP 2 & CLOSING

SUPPLIES:

- Comic book pages, Markers, Stickers
- Charades Cards
- Opaque Bag full of ordinary items
- Bible
- Masks, Stick-on Jewels, Felt Stickers
- Verse of the Day Cards
- Individual bags of goldfish crackers 1 for each hero, plus 3 bags to use for the game, small baskets.
- Take Home Challenge Card

TEACHER NOTES:

Imagine the scene for just a moment; over 5,000 people listening to Jesus in a remote area of town. They are 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!

Have a container ready to collect any monetary donations for our mission project. Please choose a child to 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 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 pages showing ways they can respond to others. Talk about ways they can respond to the needs of others. I saw (eyes) a friend fall and I ran to help them up, I saw (eyes) a friend who was hungry and gave them something to eat.

WELCOME TO DAY 3

Gather your group together. Welcome everyone back to day 3 of VBC!

ASK: Would you rather eat sardines for lunch or snails for dinner?

Remind your group of superheroes pledge that we are following at Hero U. As the week goes on and everyone becomes more comfortable with each other please continue to make sure campers are treating each other in a super way!

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

PRAY: Dear God, Thank you for Hero U! We are having so much fun this week learning how to be a HERO. Please help us to watch, to know and to become more like Jesus. We know we are going to have a great time again today! We love you, Amen.

SAY: Who would like to share with me what we learned at Hero U yesterday? *(Allow for kids to respond.)* Yes, we learned that we could use our words to encourage others. Raise your hand if you would like to share how you used your words to encourage someone yesterday. I'll toss our Superhero ball to one of you and after you share you can toss it to someone else to share. *(Continue until all kids who want to share have a chance.)*

I am so proud of all of you! You are really becoming HEROS. We watch, we know, and we become more like Jesus! So far, we have learned to be helpers and encouragers and today we are going to learn how to be responders! Let's add our R poster to the wall. Say this with me, **I will be SUPER and respond to others!**

We can use our eyes to look for ways in our community to respond to those in need. Are you ready for our first training exercise? Great! Everyone stand up and form a circle.

Charades

Supplies Needed: Charade Cards

SAY: In order to be a responder, we need to be aware of what's happening around us. One great way is to use our eyes to see when someone needs our help. So, for our first training exercise, we are going to play Charades! We will have to watch closely to figure out what the players are acting out.

DO: Pick one kid to start the game and have them choose a charade card from the pile. They will then act out what is written on the card, while the other kids guess what is written on the card. Show the gestures for describing a book (hands together, palms up), movie (make a fist in front of your eye, other hand in a circular motion, sounds like (tug on your ear.)

Charade Cards:

Banana Peel
Monster
Making and eating a sandwich
Giraffe
Baseball
Riding a horse
A Teacher
A Harry Potter Book
Encanto
Cheerleading
Batman
Spiderman

SAY: You guys are awesome at charades! We really had to use our eyes to watch what was being acted out. It's time to head to worship!



Lead your class to the sanctuary for large group.



Supplies Needed: Bible marked at John 6:1-13, Opaque Bag full of ordinary items

Gather the kids together and make a circle.

SAY: Hey friends! My favorite food is (fill in with your favorite food) What are some of your favorite things to eat? *(Allow time for kids to answer)* It's so nice to be able to have our favorite food for dinner when we're really hungry, isn't it?

In our Bible Story today, a large crowd of people and by large, I mean 5,000 people had followed Jesus because they had seen all the miraculous things he had done. When Jesus looked out at them, he saw that they were hungry and needed to eat. Jesus saw a need and responded!

Jesus asked Philip "Where are we going to get food for all these people?" Jesus already knew the answer, but Philip didn't know how they would feed so many people! Philip answered Jesus by saying that even an entire year's worth of salary wouldn't be enough to give even a small bite to all the people gathered there. Jesus wanted Philip to see that through Him all things were possible.

This is where our young hero comes into the story. He had 5 loaves of bread and two fish that he offered to Jesus. It would have been easy for the boy to walk away and eat all the food himself, wouldn't it? But our young hero sidekick had been watching Jesus and wanted to be more like Jesus, so he offered up his food to help others who were hungry.

Who remembers what happened next? *(Allow for answers)* That's right! Jesus turned those five loaves of bread and two fish into enough food to feed 5,000 people. Wow!! That's A LOT of food! They even had food left! Enough to fill 12 baskets.

Jesus used an ordinary boy to help him create a miracle! He could have just made the food appear or taken away the people's hunger, but Jesus wanted to show us that we can be responders just like the ordinary boy in the story. Remember, we watch, we know, and we become more like Jesus. Let's say **I will be SUPER and respond to others** together. **I will be SUPER and respond to others!**

DO: Have kids take turns pulling ordinary items out of the bag one at time. Talk about ways that item is used, then talk about other ways you might be able to use it. Ex, a pencil is used for writing, but you might also use it as a bookmark. See how creative the kids can get with their answers.

SAY: When we watch Jesus by reading the stories in the Bible and we know him by praying we can become more like him, even though we are just ordinary people. Jesus can help us be responders and help others.



Superhero Gear!

Supplies Needed: Masks, Stick-on Jewels, Felt Stickers

Say: We're on Day 3 at HERO U and we're going to make masks to add to our Superhero Gear. Every superhero needs a mask, not to disguise their identity, but to remind them to use their eyes to look for ways to respond to others in need!

DO:

- Give each kid a mask and an assortment of stickers.
- Let me them decorate their masks.
- While they are working **ASK:**
 - In our story today, Jesus worked with a young boy to help feed 5000 people. The boy was kind of like his sidekick, even though he was just an ordinary person he helped Jesus do something wonderful. What is something you might have that God could use to respond to a need? (Food, money, kindness)
 - Has there ever been a time when you needed something, maybe you were hurt, scared or hungry? Did someone respond and help you?
 - How can we trust God to respond to our needs?
- When kids are finished with their masks, let them try them on and then place them in their backpacks.

Super Vision Verse of the Day Training

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)

Supplies Needed: Verse of the Day Cards, Bible

DO: Look up Hebrews 13:16 and say it together.

SAY: Let's play a fun game to help us learn the verse of the day and get some superhero training in! In our game today, we are going to divide up into two teams. One team will hide the verse of the day cards and the other team will find them. Once all the cards have been found, you'll line up in the correct order of the verse. It's kind of like hide-and-seek, except you're looking for cards, not people! There's one super important rule in this game and that is there is to be NO talking at all. You can only use your eyes to find the cards and once all the cards have been found you will need to help each other line up in the correct order without talking. You can use your hands to direct each other where to stand.

DO:

- Divide the kids into two teams.
- One team will hide the verse of the day cards and the other team will find them.
- Have the “seekers” close their eyes.
- Have the other team hide the verse cards around your environment
- When all the cards are hidden let the “seekers” open their eyes and find the cards.
- Once all the cards have been found, have the team who hid them direct the “seekers” to line up with their cards in the correct order.
- Choose one person to read out the verse of the day.
- Play again allowing the team that hid the cards in the first round to become the “seekers” and vice versa.

SAY: That was a lot of fun! Say this with me, **I can be SUPER and respond to others!** We can use our eyes to see ways we can respond to other’s needs at home, at school, in our community and in the world!

Goldfish Cracker Relay

Supplies Needed: 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 the 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.
- Play again as time allows so that all teams end up with goldfish crackers to take home.

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

Choose a student to pray or use the following prayer:

Dear God, thank you for all my leaders and friends at HERO U. We had a great time today and it's all because you gave us the opportunity to be here together! Help us to look for ways to respond to the needs of people close to home and around the world. You are an amazing and loving God! In Jesus' name I pray, Amen.

Take-Home Challenge

Supplies Needed: Take-home challenge card.

DO: Hand out Take-home challenge cards.

SAY: There are a lot of needs in our community and many ways to respond to those needs. Today we talked about the bed ministry and how they deliver beds to kids who do not have a bed to sleep in. We can respond to those needs by collecting money and bringing it to VBC tomorrow for our mission partners. Here are some ways to collect money:

- If you eat out with your family, drink water instead of pop, juice, or milk. Put the money you save in your coin carrier.
- Help clean out the car. Put any coins you find in your coin carrier to bring in for the project.
- Earn some coins for the project by doing some special chores around the house that will help your family.

There are many people in our community, like garbage men, firefighters, delivery drivers and police officers that respond to other's needs. Make a card for them and let them know how much you appreciate them!

Words to write on your cards:

Thanks for all you do!

You're a SUPER firefighter/policeman/delivery driver/garbage man!

We think you're awesome!

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 today?

Tell me one thing you learned today.

What are some other ways you can think of to collect money?

How can you respond if someone needs help? (food, water, clothing, money, encouragement)