



3rd-5th: Day #1

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)

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. 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.



As Superheroes arrive greet them by name and welcome them to your group. Introduce yourself and take turns having everyone answer this icebreaker question together:

If you could give yourself any superpower, what would it be?

Remind your group of the **superhero's pledge** that we will follow during the week of camp.

- A hero treats others with respect
- A hero participates 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.

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.

Opening Game #2: Rock/Paper/Scissors

Supplies Needed: None

What you do:

- Partner heroes up
- Play games of rock, paper, scissors,
- First one to win 4 games eliminates their opponent.
- They will then look to play someone else.
- Last person standing wins!

What you 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!



- 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: 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 heroes 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:

#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?

Note if time allows you could have groups complete the skit again only this time give them another option.



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.

Memory Verse, Daily Challenge, and Prayer

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

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.

Daily Challenge:

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 with our hands. 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!