

WEEK 1

LESSON GUIDE



BIG IDEA

Anyone can do great things for God.

BIBLE

Jesus Comforts His Disciples:
John 14:1-14

WELCOME TIME

MUSIC | Super-Powered Praise!

- **INSTRUCTIONS:** You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Superhero" (Go Fish)
 - "Jesus is My Superhero" (Hillsong Kids)
 - "Dance Laugh Love" (Crossroads Kids Club)
 - "Brave" (Saddleback Kids)

ACTIVITY | Superhero Aim

- **INSTRUCTIONS:** Set up a pyramid of upside-down paper or plastic cups on a kids-size table. (If you don't have a table, the floor works too!) If you have them, stick a villain action figure on top of each pyramid. Have the kids stand far enough away and toss a soft foam ball in an attempt to knock one or some of the cups down. After taking one shot, they go to the back of the line and wait their next turn. If time allows, go through the line a few times, giving kids several attempts. If they knock them all down before everyone gets a chance to try, cheer and then reset the cups.
 - ✂ **TODDLER HACK:** Set up cups on the ground in a pyramid. Encourage toddlers to roll the ball and knock them down. Have everyone cheer when a cup falls down.
- All heroes need some training, no matter how powerful they are. Today's training will help you practice your aim. Who's ready?!
- That was great hero training everyone!

ACTIVITY | Turn That Frown Upside Down!

- **INSTRUCTIONS:** Using paper plates or construction paper circles, draw happy faces on one side and sad faces on the other. Use two different colors, one for the two teams that will play. In separate areas, scatter each team's color, sad face up. Assign kids a team and a color. Teams will race to see who can turn their team's color sad faces over to happy faces the fastest. When fun, upbeat music starts playing, the game

begins. When the music stops, kids freeze. The team with the most smiles face up wins! Play as many rounds as time allows.

✂ **TODDLER HACK:** Instead of playing as teams, use just one color and make one per kid. On “Go,” have kids run to one sad face, flip it over to a happy face, and run back to you. Share that they did a great job turning frowns upside down. Play another round if time allows. Share with kids that they are heroes when they help someone smile!

- Raise your hand if you were able to turn at least one frown into a smile!
- Any time you can cheer people up in real life, you’re being heroic. It might not seem like a big deal to you, but to someone else, you might have brightened their day and brought some joy to them.
- Way to be a hero, everyone!

STORY TIME

SCRIPTURE | John 14:1–14 (Jesus Comforts His Disciples)

- **INSTRUCTIONS:** Tell the Bible story from John 14:1–14 (focusing on verse 12). Feel free to wear a cape!
- Hey everyone, my name is [insert name] and I am a hero. **What powers do you think I have?** [Have kids shout out suggestions.]
- No, I can’t do any of that. My superpower is . . . telling you about Jesus! It’s the coolest power, right?
- Okay fine, you got me. I’m not a real superhero. But you know what? Jesus is a *real life* superhero. No, he didn’t have a fancy outfit or cool gadgets. But he had real power from God — he could make anyone who was sick all better and he was a friend to everyone.
- **Who can tell me who Jesus is?** Yes, Jesus is the Son of God!
- Jesus had a group of friends called disciples. [You can show a picture [like this](#) as an example.] One day, Jesus told his disciples that it was almost time for him to leave them.
- **How would you feel if your best friend said they had to leave?** Yep, so sad! **Can you all show me a sad face?**
- But Jesus had good news, too! He said this, “What I’m about to tell you is true. Anyone who believes in me will do the works I have been doing. In fact, they will do even greater things.”
- Wow! Jesus said anyone who believes in him could do what he was doing.
- Let’s think about some of the things Jesus was doing. Let me see your thinking face.
 - **Was Jesus kind to people?** Yes!
 - **Did Jesus help people?** Yes!
 - **Did Jesus teach people about God?** Yes!
 - Wow! So Jesus is saying we can do those things, too!
- When we are kind and help others, we are all heroes! When we tell people about God’s love for us, we are all heroes! **Who can show me a hero stand?** [Stand up tall with your hands in fists and on your hips.]
- Great job everyone! It looks like we are all heroes!

BIG IDEA | Anyone can do great things for God.

- **INSTRUCTIONS:** Make your own [Bat-Signal](#) to use each week to reveal the Big Idea. Print or draw a silhouette of an image to represent the Big Idea on transparent paper like a light bulb, something superhero related, or just the words “Big Idea.” Tape that to a flash light. Invite a kid to turn on the Big Idea Signal. Then, have a volunteer in a cape or costume come in and tell the kids the Big Idea.
- It’s time to reveal the Big Idea for the week! Let’s call on one of our superhero friends to help us!
- **Anyone can do great things for God.**

VIDEO | Heroic, Episode 1

- **INSTRUCTIONS:** *Play this week's episode of Cali's World.*

ACTIVITY | Hero Dance Party!

- **INSTRUCTIONS:** *Play a song from worship time earlier. Teach kids a few different superhero poses: hands on waist, flying with both arms extended forward, flying at an angle with one arm extended and one leg up, fight stance, and more! Have kids wiggle around freely while the song is playing, but when you stop the music, have them copy the hero pose you're doing as fast as they can and freeze!*

✂ **TODDLER HACK:** *Just play music and have everyone dance!*

- Those were some super great dance moves and even better super hero poses!
- You all remind me that **anyone can do great things for God!**

PRAYER

- Jesus, thank you for being our superhero. Thank you for showing us that we can all do great things, too! Amen.

SHARING TIME

SNACK | Happy Face Heroes

- **INSTRUCTIONS:** *Each child gets half an English muffin with some cream cheese already spread on it. Give each child a few pre-cut pieces of fruit, and ask them to create a smiley face with it on the English muffin. (You could use grapes cut in half, banana cut in pieces, blackberries, cut up apple pieces . . . anything will work). [Here is an example.](#) (Always check with parents regarding allergies.)*
- **Does it make you smile when someone is nice to you?**
- **Does it make you smile when a friend helps you?**
- **What else makes you smile?**
- **Who are some of the people that make you smile?**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Have kids sit in a circle. Use the foam ball from the opening activity, and roll the ball to whoever is going to answer the question. After the Bible story questions, roll the ball to each kid, one at a time, asking this question using their name: [Name of kid], can you do great things for God? (YES!) Have that kid roll it back and continue doing this for each kid.*
- **Who were some of the people in our Bible Story today?** *(Jesus and his disciples or friends)*
- **Why were the disciples sad?** *(Jesus said he was leaving.)*
- **What is our Big Idea for today? Anyone can do great things for God!**

ACTIVITY | Superhero Craft

- **INSTRUCTIONS:** *Each child gets one jumbo, colored craft stick and one cape (cut triangle shapes from white card stock) for their own superhero. [Here is an example.](#) Have kids color their capes on both sides with either markers or crayons. Older kids can write their names on their capes, but help younger kids to do this. Kids can glue the cape to the craft stick. Turn the craft stick over (with the cape on the table), and help kids place two small googly eyes on the stick and draw a smile. Write an "S" for superhero or the first letter of the kid's name on their stick.*

✂ **TODDLER HACK:** Let kids choose a jumbo, colored craft stick and one cape. Let them color the cape with crayons. Have teachers write the child's name on the cape and glue it to the craft stick. Do not use googly eyes as they are a choking hazard. Draw two eyes and a smile on the front of the craft stick with a marker.

- Your name is on this superhero's cape because **anyone can do great things for God** — that means YOU, too! You are all heroes!

MEMORY VERSE | 2 Timothy 1:7 (NIV)

- **“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”**
- **INSTRUCTIONS:** Do the following hand motions along with the memory verse.
- **For the Spirit God gave us** [Use both hands with thumbs pointing to you.]
- **does not make us timid** [Put hands on your face and make a scared face.]
- **but gives us power** [Flex arms to show muscles.]
- **love** [Cross arms over chest — like giving yourself a hug.]
- **and self-discipline** [Superhero stance with both hands in a fist and on your hips.]

PLAY TIME

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.

ACTIVITY | Everyday Heroes Matching Game

- **INSTRUCTIONS:** Get a matching game [like this](#) to have fun while talking to the kids about everyday heroes.

ACTIVITY | Superhero Training

- **INSTRUCTIONS:** Let kids dress up in superhero capes and costumes and free play.
- Let's put everything we learned today into action! Pretend to be any hero you want with whatever superpowers you can imagine.
- It's so exciting to know that **anyone can do great things for God!**