

## WEEK 2 LESSON GUIDE



### BIG IDEA

God gives everyone a mission.

### BIBLE

Jesus Promises the Holy Spirit:

John 14:15-21

## 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 Jump

- **INSTRUCTIONS:** With tape, make several shapes on the ground (not too far apart), that go from one end of your space to another. It does not have to be a straight line. Encourage kids to start at one end and hop from one shape to the next. Make sure everyone gets at least one turn. If time allows, go through a second time, encouraging your superheroes to go fast!
  - ✂ **TODDLER HACK:** Tape squares right next to each other using different color tape for each square. Some kids can jump, and others will not have mastered this skill yet. Encourage kids to take a BIG step into the next square. If they can jump, encourage them to try to jump! Do only four squares.
- Welcome to today's superhero training! It looks like all of my superheroes are here. **Are you all ready for training?**
- Today, we are practicing our superhero jumping. Let's jump from one circle (or whatever shape you make) to the next as fast as we can! Remember to stay inside the circles. (Have kids go through one at a time.)
- Wow! That was some incredible superhero jumping! Good job superheroes!

### ACTIVITY | Superhero City

- **INSTRUCTIONS:** Use [this activity](#) as a guide and have kids work together to build a superhero city. Provide ready-made buildings for play or have the boxes covered with black paper for kids to draw on.

✂ **TODDLER HACK:** *Have the boxes decorated as buildings, ready to go for play.*

- Most superheroes didn't start out super. They were normal people, but at some point, they were given missions to do hero work.
- Let's build our own superhero city to help us remember that everyone is super in God's eyes!

## STORY TIME

### SCRIPTURE | John 14:15–21 (Jesus Promises the Holy Spirit)

- **INSTRUCTIONS:** *Tell the Bible story from John 14:15–21.*
- **Superheroes, who can tell me who Jesus is?** Yes! Jesus is the Son of God. And Jesus spent a lot of time with His really good friends called the disciples.
- Now I have another question for each of my superheroes: **Do you love Jesus? If so, raise your hands high in the air and cheer!** Wow, that was some great cheering!
- Jesus told his disciples that if they love him, they should keep his commands.
  - **What do you think it means to keep his commands?**
    - Let me see your thinking face.
    - **Does it mean to follow Jesus?** Yes!
    - **Does it mean to be kind to others?** Yes!
    - Those are some great commands Jesus gave us.
- One day, Jesus was with his disciples and was reminding them to follow his commands. And then he had some news. He told his disciples that he would be leaving them soon.
  - Oh no! *[Put your hands on your cheeks when you say this.]*
  - What will they do? *[Put your arms to the side and shrug your shoulders].*
  - **Superheroes, can you do this with me?** *[Have kids repeat motions with you as you say, "Oh no, what will they do?"]*
- But Jesus had a plan. He was sending a new friend very soon called the Holy Spirit. This new friend would be with them always and never leave them!
  - That's amazing! **Can we all cheer again for the Holy Spirit?**
- Jesus then reminded everyone that anyone who follows his commands shows they love Jesus.
- Wow! That sounds like a great mission Jesus gave all of us – to follow his commands.
- Then, Jesus reminded his disciples that he loves them. **Did you know Jesus loves you, too? Let's cheer one more time for Jesus!**

### BIG IDEA | God gives everyone a mission.

- **INSTRUCTIONS:** *Use the [Big Idea Signal](#) you made in week one to reveal the Big Idea. 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.*
- This week's Big Idea is important for us each to hear! Let's shine our signal to hear what it is.
- **God gives everyone a mission.**

### VIDEO | Heroic, Episode 2

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

### ACTIVITY | Here Comes a Hero!

- **INSTRUCTIONS:** *This game is like Red Light, Green Light. With your back facing the kids, say, "Here comes . . ." as the kids creep towards you. When you turn around to face the kids, name one of these heroes. Kids have*

to freeze in the pose that goes with each superhero called. When you call out the Hulk, everyone should make muscles. For the Flash, everyone should run in place. For Superman, everyone should stand tall with fists on hips. The first to reach you wins. Practice with the kids before you start.

✂ **TODDLER HACK:** Let kids be superheroes! They can dress up in capes and costumes. Play some fun music, and encourage them to act like superheroes. They can run, pretend to fly, or whatever comes to their imaginations. Remind them that they are all superheroes to God!

- I have a mission for each of you! As I call out a superhero, I want you to pose just like them.
- As we play, remember **God gives everyone a mission!**

## PRAYER

- God, thank you for giving all of us a mission. Because we love you, we will do what you say. Amen.

## SHARING TIME

### SNACK | Superhero Shields

- **INSTRUCTIONS:** (Always check with parents regarding allergies.) Give kids a few Oreo cookies. Show them how to twist off the top. Give each kid a bamboo toothpick, and have them make a design on the side with the filling, [like this](#).
- **What do you think would make a great superhero shield?**

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have everyone sit in a circle. Play this like hot potato. Pass a [hero play figure](#) around the circle as the music plays. When the music stops, ask whoever is holding the hero to answer the question. Ask the same question to a few kids before moving on to a new question.
- **Does Jesus ask [say a child's name] to follow his commands?**
- **What is a command Jesus gives us? (Love God, love our friends, be kind, share)**
- **Who is someone you can show God's love to? (A parent, a friend, a teacher)**
- **Did Jesus give [say a child's name] a mission?**

### ACTIVITY | Superhero Paper Doll

- **INSTRUCTIONS:** Kids will design and make their own superhero paper doll! [Here](#) you will find instructions and a template to print and use. Print the template on card stock. After kids color, help them cut out the arms, legs, and body and attach them using brass brads. You could also use clear packing tape to "laminare" the pieces before cutting them out.
- ✂ **TODDLER HACK:** Kids can design their own [superhero shields](#) using paper plates, crayons, markers, and stickers!
- As we play with our super paper superheroes, let's remember today's Big Idea — **God gives everyone a mission!**

### 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. Then, split kids up into five groups and assign each of them one motion with the corresponding word and have them say it in order.
  - **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 | Superhero Training

- **INSTRUCTIONS:** Stack up some boxes and have kids practice their superhero kicks, knocking down boxes. Make sure to supervise so kids don't kick each other.
- Your mission in this training is to practice some superhero moves!
- Practice following God's commands everyday, and remember: **God gives everyone a mission!**

### ACTIVITY | Force Field Fun

- **INSTRUCTIONS:** Create a [force field](#) using plastic wrap and a hula hoop. Tape sheets of plastic wrap across a hula hoop and create your own force field. Cut two long pieces of duct tape and attach them together, leaving only the ends open. Then, attach the ends to your plastic. Now you have a strap to hold up your force field as a shield! Have some fun with [knobby balls](#), allowing kids to take turns throwing and blocking with the force field!
- Even the bravest superheroes need a protective shield, especially when they have a mission. It can help them save the day!
- **God gives everyone a mission!**