

WEEK 3 LESSON GUIDE



BIG IDEA

No one is powerless when we have the Holy Spirit.

BIBLE

Jesus Goes Up to Heaven: Acts 1:1-11;
Ephesians 1:15-23

LARGE GROUP TIME

Welcome to another exciting week of *Heroic*! I hope all of you have enjoyed discovering all the amazing things that we followers of Jesus get to experience and do. As Iron Man once said, "Heroes are made by the path they choose, not the powers they are graced with." Let's keep exploring this heroic path Jesus has invited us to be on!

WHAT? What are we talking about today?

MUSIC | Worship

- **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!](#)
 - "Battle Belongs" (Doorpost Songs)
 - "Limitless" (Planetshakers Kids)
 - "It's True" (Lifeway Kids Worship)
 - "The New is Here" (Hillsong Kids)

ACTIVITY | Superhero Training: Save the Soldiers

- **INSTRUCTIONS:** Freeze small cups of water with a plastic soldier or other figurine trapped inside each (one per team). Take the ice out of the cup and place it in a bin for easier clean-up. Teams can relay to use their super heat rays (water blasters filled with warm water) to melt the ice and free the soldiers. The first team to set their captive free wins!
 - ✂ **PRETEEN HACK:** Instead of using warm water guns, have the teams try to melt it by rubbing the ice between their hands or freeze the soldiers in larger blocks of ice to make the activity more challenging.
 - ✂ **SPECIAL NEEDS HACK:** Give each kid their own frozen soldier and a small bowl of warm water for them to melt their ice blocks in. You could also bury the toy in a sensory bin of uncooked rice or playdough that they need to dig it out of.

- We're continuing to train our superhero skills together. Save these soldiers who've been frozen by evil villains. Use your super heat ray powers to free them. Whichever team frees their soldier first wins!

ACTIVITY | Super Vision

- **INSTRUCTIONS:** Cut up a printable, one for each team, so that each team member will be able to decode their own section of the message. Give each team a pair of decoder glasses ([purchased](#) or [made](#)) that will allow them to "see" the hidden messages. Have each team relay to the end of the room to grab one piece of the sentence until all the messages are retrieved. Team members should take turns wearing the glasses and decoding the messages they got. The first team to decode and put their sentence together in order wins.
- Let's see which team is able to use their decoder glasses the quickest to decode a secret message for your eyes only. Use the power that comes from the glasses to figure it out together!

POLL | Which super genius would you most want to be? Why?

- **INSTRUCTIONS:** Show the images of the characters below and explain what they were able to dream up. For more information on how to legally use copyrighted material for educational purposes, [read this!](#)
 - [Bruce Banner/The Hulk](#) – brilliant scientist who harnessed the power of gamma radiation
 - [Shuri, Wakanda's Princess](#) – another brilliant scientist who figured out how to get the Mind Stone out of Vision's head while not damaging his consciousness
 - [Tony Stark/Iron Man](#) – created the Arc Reactor as well as his suits, vehicles, weapons, and AI
 - [T'Challa/Black Panther](#) – physics genius and ruler of Wakanda, the most technologically advanced country in the Marvel world
 - [Peter Parker/Spider-Man](#) – a science genius who even made his own spider webbing
- A lot of superheroes that we admire are super-smart! Strength in their muscles aren't the only power they have – some of them let their brains do all the heavy lifting!

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Acts 1:1–11 (Jesus Goes Up to Heaven)

- **INSTRUCTIONS:** Read Acts 1:1–11. Then, retell the Bible story with a modern superhero twist! Have another leader or volunteer read for Jesus, while wearing a cape! Divide the kids into three groups. Project or print the image containing the dialogue that the kids will say out loud. Point to the group when it's their turn to speak. Encourage the kids to put a lot of emotion into their lines – the more dramatic, the more fun! For this week, it would help the kids understand more by seeing a [map](#) of the world in Jesus' time!
 - ✳ **PRETEEN HACK:** In lieu of the skit this week, engage preteens in conversation and ask how different superheroes got their powers. For example, "How did Spider-Man get his powers?" (By getting bitten by a radioactive spider) or "How did Captain Marvel get her powers?" (By absorbing energy.) Neither sought out powers. They just received them. Then, ask how the first followers of Jesus got their power by waiting for the Holy Spirit before reading the passage together.
- Jesus had finished training his followers. He had spent three years with them, and even after he died and rose again, he spent another forty days giving them some more instructions. There wasn't much time left together. Soon, they would be sent out to accomplish the mission Jesus had given them. It was time for them to continue the work he had started.
 - **Group 1:** So, when are we starting this mission?
 - **Group 2:** Is it now? Because we're ready!

- **Group 3:** We can't wait — we're so excited!
- **Jesus:** Hold up . . . I have one last command for you. *[Long pause]* Wait.
- **All Groups:** Okay . . . we're waiting.
- **Jesus:** No, that's the command: Wait! You need to wait here in Jerusalem until you are powered up before you're sent out to do the mission.
- **Group 1:** Are we getting super strength?
- **Group 2:** And super vision?
- **Group 3:** Maybe super knowledge?
- **Jesus:** Yes and no. You're not suddenly going to be able to lift a car or run fast enough to turn back time. But you *will* receive power! When the Holy Spirit appears to you, you will be able to do things you couldn't before. So you need to wait for this empowering before you do anything. Wait until our Chief Commanding Officer, God, sends you the Holy Spirit. And don't forget. This is not power just for the sake of having power . . . having the Holy Spirit with us is crucial for completing the mission of telling everyone about me!
- **Group 1:** We'll take Jerusalem!
- **Group 2:** We got Bethlehem!
- **Group 3:** We got Bethany!
- **Jesus:** No, my friends. *[Point to the map as you speak.]* Not just here in Jerusalem and the Judea area. I want you to tell everyone here, in Samaria, and to the end of the earth about me!
- After saying this, Jesus was taken up in a cloud, rising into heaven. Though they were sad, messengers from heaven reminded them that Jesus would be coming back again.
- And in the meantime, after they were empowered by the Holy Spirit, they would be busy telling everyone they met about the good news of Jesus!

BIG IDEA | No one is powerless when we have the Holy Spirit.

- **INSTRUCTIONS:** *Set up your phone on a table. Have an "incoming message" sound effect play. (Choose a notification tone from your phone setting or find an audio clip online.) Have another volunteer phone you. Put them on speaker and have them say the Big Idea aloud. When you check your phone this time, though, act like there's something wrong with it. After "troubleshooting," plug it into a charger and then have the Big Idea appear on the screen.*
- There we go! I guess we just needed some help with power. Did you hear that? **"No one is powerless when we have the Holy Spirit."**

VIDEO | Heroic, Episode 3

- **INSTRUCTIONS:** *Play this week's episode of Grow TV.*

VIDEO | "Tony Stark's Arc Reactor Explained!"

- **INSTRUCTIONS:** *Play [this video](#) and ask the questions below for discussion.*
- **Can Iron Man be Iron Man without his arc reactor?** No, he can't. He would have no power without it. All his power flows from that source of energy.
- **As followers of Jesus, where do we get our source of power from? Is it because we're so great?** I mean, you are pretty great but as great as you are, none of us is anything without God. We need to rely on the promise of God's Spirit who will help us with everything God invites us to do.

OBJECT LESSON | Power Up!

- **INSTRUCTIONS:** *Rummage around your church's storage or media rooms to find two or three old, dusty electronics that aren't being used but still work if they can be powered by an AC cord. Setting up an extension cord as the source of power, show the objects being empowered.*
- I found these old electronics that we don't seem to use anymore.
- **Does anyone know what this is?** *(Hold up items kids wouldn't be familiar with — like a cassette player). I wonder if they work? [Plug item into the extension cord.] Oh wow! It works! I guess it doesn't matter how these things appear. The power in them makes them work!*
- As people who follow Jesus, we also have been given power through the Holy Spirit. As long as we're filled with Jesus' power, we can be used to tell others about him and care for them in ways that reveal how loving and compassionate God is!
- **No one is powerless when we have the Holy Spirit!**

SCRIPTURE | Ephesians 1:15–23

- **INSTRUCTIONS:** *Read Ephesians 1:15–23 together. Have a “power station” or a few where you have a leader or volunteer stand on top of a chair, shining down a flashlight (the more powerful, the better). Instruct kids to take turns standing under the light (warning them not to look up).*
- As people who are on a mission to show others the goodness and love of Jesus, we have to take care of our power source. Because without this power, we won't have much strength to live like Jesus and to make his greatness known!
- **So how do we take care of our power source?** We need to grow in our knowledge of God. Not knowing things *about* God. I mean growing in our understanding of how awesome God is — loving God more each day.
- **Isn't it incredible that the power that raised Jesus from the dead is the same power that is in us who follow Jesus?!** But this doesn't happen automatically.
- **What are some ways we can make sure we're connected to our power source, the Holy Spirit?**
 - We can spend time reading and wondering about the true stories we read in the Bible.
 - We can spend time talking to God through prayer.
 - We can trust the Holy Spirit to help us hear God and understand what God might ask us to do for others.
- As we do these things, we get stronger and are able to be faithful to the mission Jesus has called us to.
- As you take turns standing under the light, I want you to imagine that you're getting powered up by the light. When we choose not to stay connected with Jesus, we're not going to have much power to be like him and to do his work.
- Let's stay close to him, team!

NOW WHAT? *What does God want us to do about it?*

REFLECTION | Status: Powerless

- **INSTRUCTIONS:** *Share below about Captain Marvel and her need to recuperate her power. Break the kids up into small groups where they can share about times they've felt powerless or about circumstances that make them feel powerless. Then, discuss below our need to stay connected to our ultimate power source, God.*
- Captain Marvel is one of the most powerful superheroes in comic books and movies. **She has incredible physical powers and abilities, but did you know that she has to take care of her power source?** When she's fighting villains for a long period of time and working extra hard, her power can run out. It takes her a long time to recuperate to regain those powers.

- **What about us? What makes you feel powerless?**
- **Is it easy to follow Jesus on your own strength?** Maybe it is for a short time or when life seems easy. But even when things are going smooth, we still mess up and make mistakes.
- The Holy Spirit is the game changer when it comes to following Jesus. We get to rely on the Holy Spirit, not our own strength, to love like Jesus and obey Jesus. The Holy Spirit helps us become more like Jesus.
- **So how do we continue on the mission Jesus started?** That's right — by relying on the Holy Spirit, which is in us when we follow Jesus. We have access to the Holy Spirit's power, and that's just super awesome!
- **So if the Holy Spirit is in us, how do we access the power and strength promised to us?** Daily being with God through reading the Bible, talking to God through prayer, and allowing God to lead and change us through the Holy Spirit.
- We will all feel powerless at different stages of our lives. There are lots of things that feel out of our control, right?
- Sometimes we feel even more powerless when we struggle to do the right things and haven't learned how to keep from doing the wrong things.
- But no matter how you feel, you don't have to stay powerless, because **no one is powerless when we have the Holy Spirit!**

ACTIVITY | Status: Empowered!

- **INSTRUCTIONS:** *This game is like Telephone, where messages are whispered down a line of kids, but instead of whispering, kids will squeeze the hand of the person next to them. Have two teams of about ten kids holding hands and standing in a line facing the other team. Have everyone close their eyes except the first person on each team. Flip a coin repeatedly until it lands on 'heads.' The kids with their eyes open will then squeeze the hand of their teammates next to them, which then sets off a chain reaction of hand squeezing. When the last kid feels the squeeze, they race to grab the sign between the two teams that says "Jesus loves you." Play until all kids get a chance to be first in line or as time allows. If your group is larger, you can have multiple games going at once.*
- The person at the end of the line only had the power to hold up the "Jesus loves you!" sign when they received power from the source at the beginning of the line.
- In the same way, we have been given so much power to tell others this good news when we're connected to the Holy Spirit. The Holy Spirit loves to give us the strength, the words, and the wisdom to do this!

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:** *Have the group recite the memory verse out loud together while the lights are on and stop saying it when the lights go off. Have some fun by turning the lights on and off with different time intervals, sometimes letting the kids say the verse for awhile and then cutting them short during spurts of an on-and-off frenzy. Repeat a few times!*
 - ✂ **SPECIAL NEEDS HACK:** *Consider using a flashlight instead of the light in the room to be mindful of kids with sensory processing needs or sensitivity to light cues.*
- **(Don't forget to also check out the memory verse signs — a combination of SEE and ASL — available in your Programming folder or at growcurriculum.org/2Timothy1-7.)**

PRAYER

- **INSTRUCTIONS:** *Display the prayer poster of the week and have kids pray in unison with a superhero flying pose (fist in the air)!*

- Jesus, thank you for the greatest love that you have shown,
- Reminding me that I am never truly on my own.
- When I feel powerless to do the things you tell me to,
- I know the Holy Spirit powers me to follow you!
- Amen.

SMALL GROUP TIME

DISCUSSION

- **What was the instruction Jesus gave His disciples about what their next step was to be?**
- **Who did Jesus promise to send?**
- **What would happen as a result of the disciples receiving power from the Holy Spirit?**
- **Read Acts 1:8. Do you think Jesus was thinking about you and me when he gave this command? What makes you think that?**
- **What are some things that you feel powerless to do on your own?**
- **How can the Holy Spirit help you to not feel powerless?**
- **What does the Holy Spirit give us power to do?**

ACTIVITY | Holy Spirit Signal

- **INSTRUCTIONS:** Like [this DIY Bat-signal](#), kids will make Holy Spirit signals out of empty Pringles cans. Using the provided logo stuck to the inside of the lid, trace it with a permanent marker on the outside of the lid, coloring in the letters so that "HS" stands out when a light is shone through. Then, the paper logo can be removed. Cut a hole in the bottom of the can to hold the flashlight up to. (Optional: If you have more time, kids can decorate card stock, cut it to the size of the can, and tape it around the can.)
- In the Batman stories, when someone needed Batman's help, they would signal him by shining the Bat-Signal in the sky. Not only did this alert him to come and help them – it also reminded the criminals in the city that Batman was near and that he could come at any moment.
- Today, we'll make our own signals to remind us that the Holy Spirit is with us and that we can call on the Holy Spirit at any time, anywhere! **No one is powerless when we have the Holy Spirit!**