

## 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

## 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 Speed

- **INSTRUCTIONS:** Set up a very simple superhero obstacle course. Things that could be included: a table with a large blanket over it to crawl through like a cave, a chair to run around, and a pool noodle to "jump" over. Show the kids how to go through the obstacle course. Have kids go one at a time, while cheering on each other. Play superhero music in the background for fun.
  - ✂ **TODDLER HACK:** Just do one obstacle like the table. How fast can you crawl from one end of the table to the other?
- Superheroes, there is no obstacle that can stop us! We can crawl, run, and jump our way through anything!

### ACTIVITY | Super Vision

- **INSTRUCTIONS:** Play I Spy using several superhero action figures, superhero-related items (cape, mask, logo), or random items placed around the room.
  - ✂ **TODDLER HACK:** Have the superheroes in a bin with other toys. Have kids find the superheroes in the toy bin.
- Some superheroes have super vision, and for this mission let's pretend we have that superpower, too!
- **Everyone hold up your hands to your eyes like binoculars as we search for these items that I describe!**

## STORY TIME

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

- **INSTRUCTIONS:** Tell the Bible story from Acts 1:1–11.
- **Superheroes, who can tell me who Jesus is?**
  - Great job everyone! Jesus is the Son of God and he was here on earth for a very special mission.
  - He taught everyone about God and God’s great love for us. *[Place your hand over your heart.]*
- He also taught us how to love and be kind to one another.
  - **Who can tell me someone they can love and treat kindly?** You all came up with some great ideas! We can love and be kind to so many people.
- Jesus told his friends, the disciples, that it was time for him to leave. I think the disciples were sad that Jesus was leaving. Show me your sad faces. *[Make a sad face as well.]*
- But Jesus had some good news to share! **Can everyone clap with me for the good news?**
- Here is the good news: He told the disciples that God was going to send them some special power called the Holy Spirit. *[Flex your arms to emphasize power.]*
  - With this special power, they would be able to share the love of Jesus in bigger ways!
  - They would be able to complete the mission and share Jesus around the entire world! *[Draw a big imaginary circle with your finger to emphasize “entire world.”]*
  - Wow! That’s a BIG mission.
- After Jesus shared this message with the disciples, he went to heaven. Then the disciples waited for the power of the Holy Spirit.
- And that’s the mission God gave each of us – to go out and tell everyone about Jesus and to show the love of Jesus to everyone! And we have the Holy Spirit to help us the whole time.

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

- **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.
- I think we are going to be powered up by this week’s Big Idea. Let’s shine that signal!
- **No one is powerless when we have the Holy Spirit.**

### VIDEO | Heroic, Episode 3

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

### ACTIVITY | Power Partners

- **INSTRUCTIONS:** Have kids walk around in a circle holding hands while music plays. Call out a number, and have kids get into groups of that many.
  - ✂ **TODDLER HACK:** Have everyone do the same move – fly around the room like Superman, stomp the ground like the Hulk, pretend to climb like Spiderman.
- Jesus was going up to heaven, so his friends were sad. But Jesus told them they would not be alone. They would have the Holy Spirit to be with them and help them.
- We are never alone. We have each other and we have the Holy Spirit. And **no one is powerless when we have the Holy Spirit!**

## PRAYER

- God, thank you for sending the Holy Spirit to be with us. We know that we are never powerless because of you! Amen.

## SHARING TIME

### SNACK | Power Punch!

- **INSTRUCTIONS:** *This snack is a basic ice cream soda. Use a caffeine-free soda like orange or grape. Make sure the ice cream is soft or kids will have a difficult time stirring and eating it. Give each child one small scoop of ice cream and then add a small amount of soda. Have them stir and mix to make their Power Punch.*
- **Do you feel powered up from this drink? What could we use our superhero power and energy to do?**

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Have kids sit in a circle. Toss a "shield" (a foam frisbee or something similar) to whoever is going to answer the question.*
  - **Who was in our Bible story today?** *(Jesus, the disciples, and the Holy Spirit)*
  - **Why were the disciples sad?** *(Jesus was about to leave.)*
  - **Who did Jesus say was coming?** *(the Holy Spirit)*
  - **Is the Holy Spirit for \_\_\_\_\_** *[name child you tossed the "shield" to]? YES! [Repeat this question with other kids.]*
  - **Does the Holy Spirit give \_\_\_\_\_** *[name child you tossed the "shield" to] power? YES! [Repeat this question with other kids.]*

### ACTIVITY | Hero Cuffs

- **INSTRUCTIONS:** *Give each child a pre-cut hero cuff made from toilet paper rolls cut in half with slits [like this](#). (You can do just one per child or two.) Let kids color the cuffs with markers and crayons. Give them a lighting bolt sticker for each cuff.*
  - ✂ **TODDLER HACK:** *Have kids color the cuffs with crayons only.*
- Sometimes the things superheroes wear give them power. We get power from the Holy Spirit. It's not what we wear, but who is with us – the Holy Spirit!
- When you wear your hero cuffs, remember: **no one is powerless when we have the Holy Spirit.**

### 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. Next, tell kids to add lots of power and go really fast! Have them do it as fast as they can. Then, add more power and go even faster. Now, take the power away and go super, super slow.*
- **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:** Use the same boxes from week two (if they're not destroyed!) and action figures, having the kids pretend they're trying to rescue people from a burning building.

### ACTIVITY | Power Jumpers

- **INSTRUCTIONS:** Have kids test out their superhero jumping skills by using items like cones or tape to set up different jump lines. Set up a variety of distances – shorter to longer distances.