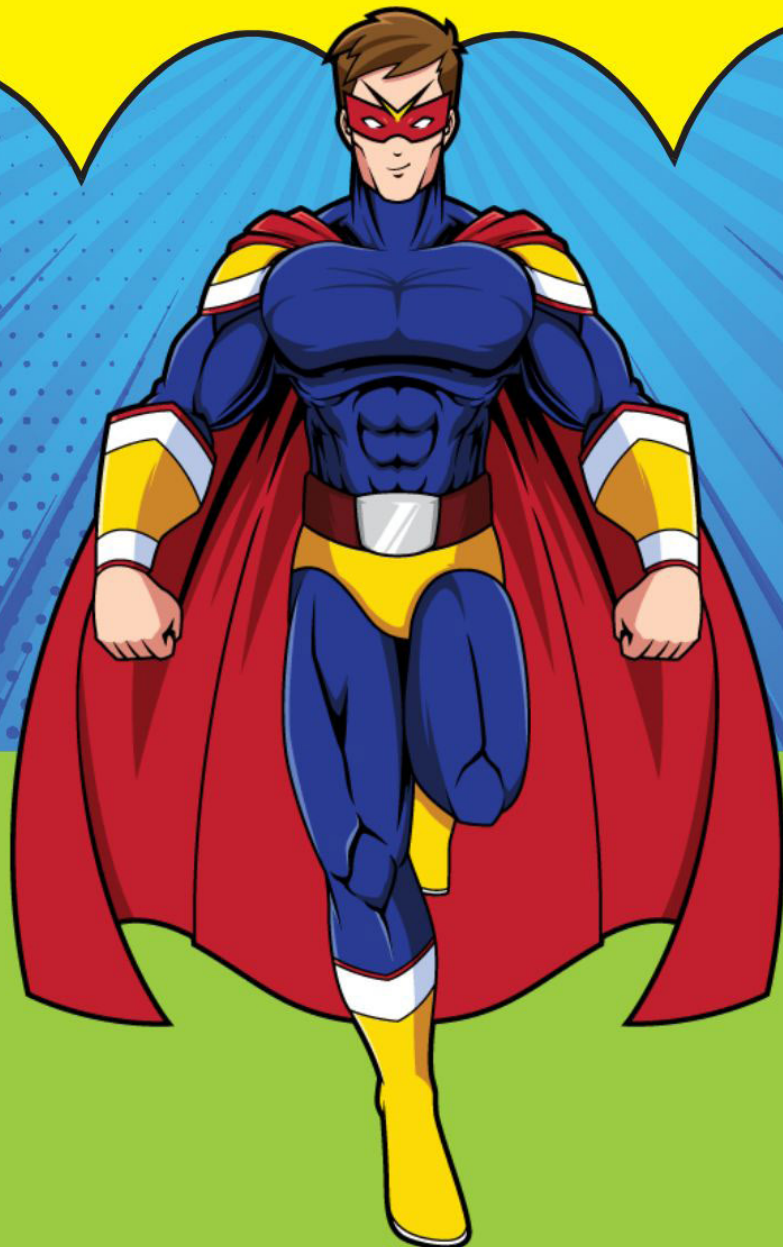


# **BIBLE HEROES**



**ANCHORS SCRIPTURE PROGRAMME**

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***DON'T FORGET TO CHECK OUT THE RESOURCE SHEETS  
FOR EACH SESSION INSERTED AT THE BACK!***



Scripture Programme for use with the  
Anchors in BB  
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# INTRODUCTION



## BIG IDEA

An introduction to the Bible Heroes we will be learning about. We'll learn that Jesus is the ultimate Superhero.



## KEY VERSE

1 John 4:4  
Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.



## DISCUSSION

Using a flip chart or large piece of paper – ask the children the following questions and write down their answers: (Allow time for some discussion)

- Who is your favourite superhero?
- What makes them super?
- What special powers do they have?
- Can think of any superheroes in the Bible?



## THE TALK

1 John 4:4 tells us, **“Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.”**

A superhero is a character with extraordinary powers that performs heroic actions.

We can watch them on TV or in the cinema or read about them in a comic or magazine. Maybe you have a



- ▶ **Song**  
He is the King, by Shelley Spiers
- ▶ **Activity**  
Make up a Superhero
- ▶ **Game**  
Bean Bag Attack  
Hero Hero Villain

dressing-up outfit from your favourite character.

We have all heard of Batman, Captain America, Iron Man, Superman, Wonder Woman and Spiderman. And there are many more!

Spiderman's secret identity is Peter Parker. A teenage high school student and an orphan raised by his aunt and uncle. He has superhuman spider powers.



Superman is known as the 'Man of Steel', a symbol of truth, justice and hope. He is the world's first superhero and a guiding light to all.

But these Superheroes are not real – they are fictional, made up!

Do you know what super means? (Very good, pleasant, excellent)

What does hero mean? A person who is admired for their courage, a hero is a real person who in the face of danger, shows courage and strength.

This year in BB we will be looking at some Bible Heroes - Daniel, Peter, Jonah, Elijah, Esther, Gideon, Jesus, Joshua and Paul. Unlike the superheroes we watch on TV, the stories we will hear from the Bible are true. The characters are real. Some we will read about in the Old Testament (which is the first half of the Bible – before Jesus lived on earth). Some we will read about in the New Testament (the second half of the Bible – which starts by telling us about the birth of Jesus).

The people we will read about have all done some amazing, heroic things.

Daniel stood strong for God, he was brave. Do you ever feel afraid to stand up for what you know is right, even when your friends are going with the crowd? We will learn from Daniel that God is always with us.

Peter showed dynamite power. He was a fisherman, but did great things through the power of God.

In the story of Elijah, we will hear how even heroes have bad days. Do you ever have a bad day? We will learn how God cares for us at all times.

Through the story of Gideon, we will learn about faithfulness, which is one of the fruits of the spirit we learnt about last year in BB. Joshua will teach us about trust and the importance of putting our trust in God.

We will hear how Paul's life was changed by Jesus.

All of these characters were ordinary men and women whose power came from God. Without God on their side they couldn't do anything. They were all amazing Bible heroes and gave us clues about a greater superhero that was going to come after them. They all point to Jesus.

We will hear the story of Jesus, our ultimate superhero. We will hear how Jesus died on the cross to take the punishment for our sin, how 3 days later He rose from the dead and is now with us every day. This shows how much He loves us.

So come back to BB next week as we start our adventure, learning about some amazing Bible Heroes, real superheroes who have done some super (very good or excellent) things while showing strength and courage.

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## Notes:



## Standing Strong for God

The story of Daniel, retold in rhyme.  
By Shelley Spiers

The Bible tells of Daniel,  
A man who lived for God.  
The King saw he was wise  
And so, he got a special job.

Some other men were jealous  
and said, "That job is ours!  
Let's get him into trouble  
and strip him of his powers."

Now Daniel didn't break the rules.  
Was there anything to say?  
But soon the men remembered  
Daniel prayed three times each day.

They plotted, then they brought their plan  
To show the King that day.  
To make sure he agreed with them,  
They knew just what to say.

They said, "Oh King, you're wonderful,  
So you should make a law  
That no-one in your Kingdom  
Should talk to other gods.  
And if they do, let's throw them  
into the lions' den."  
The King agreed and said, "That's great"  
which pleased the other men.

When Daniel heard about this law,  
He did not change his way.  
He opened up his window wide  
and prayed three times each day.

The other men went to the King  
To tell him what they saw.  
They said that Daniel prayed to God  
and broke the King's new law.

The King was sad because he knew  
That this law had to stay.  
He wanted Daniel to be saved  
But couldn't find a way.

So, to the lions Daniel went,  
Much to the King's dismay.

He said, "Oh Daniel, may your God  
protect your life today."

That night, the King could hardly sleep.  
His mind was filled with dread.  
At break of dawn, he'd had enough  
And jumped up out of bed.

He ran out to the lions' den.  
His heart was filled with fear.  
He shouted out to Daniel,  
Afraid of what he'd hear.

To his surprise, he heard a voice.  
"I'm well as you can see!  
An angel shut the lions' mouths.  
My God has rescued me!"

The King then made a brand new law  
that, right across the land  
They all should worship Daniel's God,  
who'd saved him by His hand.

The King was also very cross  
with all the sneaky men,  
so he made sure that they were thrown  
into the lions' den.

For Daniel, God was number one.  
He lived for Him each day;  
And even when his life was hard,  
he didn't turn away.

To stand up firm and strong for God  
is often hard to do.  
Some days you'll feel discouraged  
if no-one stands with you.

To know God and to live for him  
Is the best thing you can do;  
And just like He helped Daniel,  
Our great God will help you too!



# DANIEL: Standing Strong for God



## BIG IDEA

Daniel stood strong for God, even when it was difficult. We can stand strong for God at all times. He will never leave us or let us down.



## BIBLE REFERENCE

Daniel 6



## KEY VERSE

Psalm 18:1-2

I love you, O Lord, my strength.  
The Lord is my rock and my fortress  
and my deliverer, my God, my rock, in  
whom I take refuge, my shield, and the  
horn of my salvation, my stronghold.



### Song

He is the King, by Shelley Spiers



### Activity

Lion biscuits



### Craft

Lion Handprint Craft  
Daniel Says - craft and game



### Game

Daniel Says - craft and game



## DISCUSSION

You can use these as prompts to chat about the story where you feel they'll work best in your lesson.

- Why did the men ask the King to make a new law?
- How did the King feel when he found out that Daniel would have to go into the den of lions?
- How do you think Daniel felt?
- How did God rescue Daniel?
- How can you stand strong for God at school?
- How can you stand strong for God at home?





## THE TALK

Every time the storyteller says, 'Daniel trusted God', that will be the cue for the children to join in with the repeated refrain and actions.

Daniel was a clever man. He worked hard for the King. But the most important thing about Daniel was that **Daniel trusted God**.

Daniel stood tall (children should flex muscle on right arm)

Daniel stood firm (children should flex muscle on left arm)

Daniel stood strong (children should flex muscles on both arms)

For God! (children should point upwards with both hands)

The King gave Daniel a special job. Some other men were jealous of him. They wanted that job for themselves. They wanted to get Daniel into trouble.

They told the King that he should make a new law. Everyone should worship him. They should not talk to other gods. Anyone who talked to other gods would be thrown into a den of lions. The King liked this idea. But still, **Daniel trusted God**.

Daniel stood tall  
Daniel stood firm  
Daniel stood strong  
For God!

The men saw that Daniel prayed to God 3 times every day. They told the King. Daniel had broken the new law.

The King was very sad. He really liked Daniel, but the law could not be changed. Daniel would have to be thrown into the den of lions. Even then, **Daniel trusted God**.

Daniel stood tall  
Daniel stood firm  
Daniel stood strong  
For God!

The King said, "Daniel, I hope that your God rescues you!" Then the den of lions was closed up, with Daniel inside.

The King was so worried that he could not sleep. Early in the morning, he ran to the den and called out to Daniel. Daniel answered him! God sent an angel to close the lions' mouths. Daniel had not been harmed. God had rescued him!

The King made a brand new law. He wanted everyone to worship the one true God who had rescued Daniel! Amazing things happened when **Daniel trusted God**.

Daniel stood tall  
Daniel stood firm  
Daniel stood strong  
For God!

Daniel lived his life for God, even when it was hard. Through it all, **Daniel trusted God**.

Daniel stood tall  
Daniel stood firm  
Daniel stood strong  
For God!

Will you trust in God, even when things are hard? He will never let you down.

It isn't always easy to stand strong for God, but even when we find it hard to hold on, we know that God is holding on to us. He will never let go. We can always trust our faithful God.

I can stand tall  
I can stand firm  
I can stand strong  
For God!



# PETER: Dynamite Power



## BIG IDEA

God never meant for us to live life alone, without any help. He gives us His Spirit to help us become the people of God that He wants us to be.

Anything is possible when the Spirit of God dwells inside of us. We can be real life superheroes, that make a difference to those that we come into contact with.



## BIBLE REFERENCE

Acts 3:1-10



## KEY VERSE

Acts 1:8  
But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.



## DISCUSSION

You can use these as prompts to chat about the story where you feel they'll work best in your lesson.

- What do some of Peter's actions, before being filled with the Spirit, tell you about him?
- How would these actions make him feel after they had taken place?
- What was the changing point in his life?
- How was he different after this happened?
- What does this tell us about the difference that God can make in our lives once He lives inside us?
- How can this affect those that come into contact with us?



## RESOURCES

- ▶ **Song**  
He is the King, by Shelley Spiers
- ▶ **Activity**  
Copy Me  
Relay Races
- ▶ **Craft**  
God is with me  
Holy Spirit Headbands







## THE TALK

God has always wanted to have a relationship with us. Even more than you know your best friend, that's how God wants to know us. To be honest, from the very beginning of time that has been His aim. He was friends with Adam and Eve in the Garden of Eden, but Adam and Eve did something that broke the friendship.

Then God tried spending time with us in tents, through His friend Abraham. But after many years, once again, we decided we didn't want to be friends with God, and did things that made Him upset.

He again tried to be our friend and dwell with us in the temple of those times, but once again, we decided we didn't need God and did what we wanted. So finally He came as Jesus to walk among us.

He wants to be your friend and help you live your life to the full. It's Peter who is a really good example of how awesome it is to have God as your best friend living inside of you.

Peter was a fisherman. That's how he made his money and how he fed his family. Now, he knew about God, but he didn't know him closely, until he met Jesus, and that changed everything.

Even after Peter met Jesus, he made many mistakes. He would say the wrong thing and also do the wrong thing, regularly.

He was always quick to speak, like some of us can be. When Jesus asked the question to His disciples "Who do men say that I am?" Peter was straight in there "You are the Christ, the Son of the living God," (Matt 16:16). Jesus commended him for getting it right, however, almost straight afterwards when Peter heard about what was going to happen to Jesus, regarding his death on the cross, Peter spoke out again and said that he didn't want it to happen. Jesus was not happy with what Peter had said and told him off sternly. Before being

filled

with God's power, Peter would regularly say the wrong thing at the wrong time.

Not only this. but he would do the wrong thing at the wrong time, just like we do.

In the Garden of Gethsemane, the place where the Romans guards came to arrest Jesus and take him away to be crucified, Peter took his sword and tried to defend Jesus. He swung the sword with all of his might and cut off the ear of the High Priest's servant. Now that wasn't very Christian of him was it?!

Jesus picked up the ear of the servant and did a miracle, by placing it back on the side of the servant's head, just like it had never been cut off, now that's power!

So there are just two examples of Peter saying and doing the wrong thing! Just like we do, we all make mistakes, don't we? But here is the amazing thing. After Jesus left and went up into heaven, Peter and the disciples were to wait for power before they told everyone about Jesus. They needed special power to do the job that Jesus had asked them to do.

The word "power" in Acts 1:8 is actually the word from which we get our English word "dynamite". Jesus was basically saying wait until I give you dynamite power so that you can change the world!

On the day of Pentecost, God sent this dynamite power as they are praying in what was called the Upper Room, and guess who it is that tells all the people about what is happening? You guessed it, Peter.

Peter stands up and preaches to the people, he tells them that this is God's power, he tells them about what Jesus did for them and most importantly, tells them what they need to do to have a relationship with God again. The dynamite power that God gives Peter, now helps him to say the right things to the right people.



In the next chapter of the Bible, we see Peter now doing the right thing. He is on his way to pray at the temple with his friend John and they see a man who is lame sitting on the floor begging for money. The lame man asks Peter and John if they have any, and all of a sudden Peter begins to speak.

He says something like this, "I don't have any money, but I do have the power of God's Spirit, so in the Name of Jesus Christ rise up and walk". As Peter says this, the Bible tell us that he takes the lame man by the hand, lifts him up and power comes to the lame man's legs. He is totally healed. God used Peter to heal the lame man. The Bible tells us that the lame man went walking and leaping and praising God!

This is a far cry from chopping off ears and being told off by Jesus, isn't it?

So what made the difference in Peter's life? It was dynamite power...the power of the Holy Spirit that God promised to him and that God promises to us.

For Peter it changed what he said and what he did, and this can be the same for you and I.

God has always wanted a relationship with all of us, from the beginning of time and this is why He promises that His spirit will be with us, to help us through everything we go through in life. Not only this, but just like Peter, with the power of God's Spirit you will be able to help others and make a difference to the people you know.

So, children, are you ready to be filled with the Holy Spirit like Peter?

It's time to get to know Jesus.

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## Notes:



# JONAH: From Hero to Zero



## BIG IDEA

Jonah was a Prophet of God. He was an important man because he told the people the words of God. But even heroes make mistakes, even heroes can sometimes have bad attitudes. However, despite all our failures and the mistakes that we make, God still forgives us and gives us a second chance. Just like He did with Jonah.



## BIBLE REFERENCE

Jonah 1:1-17



## KEY VERSE

Jonah 2:1  
“Then Jonah prayed to the Lord his God from the belly of the fish.”



## RESOURCES



### Song

He is the King, by Shelley Spiers



### Craft

Pin Jonah on the fish  
Stuffed fish  
Jonah Puzzle



### Drama

Jonah drama script, by Play it By Ear



### Game

Pin Jonah on the fish



## DISCUSSION

You can use these as prompts to chat about the story where you feel they'll work best in your lesson.

- What was a Prophet?
- How would people expect a Prophet to live and conduct themselves?
- What did God ask Jonah to do?
- What did Jonah do instead?
- Why do you think that God rescued Jonah?
- What do you think Jonah did in the belly of the whale that caused God to act?
- How does this relate to our lives?
- What does God do when we ask Him to forgive us?
- Does it matter who you are when it comes to asking God for forgiveness?





## THE TALK

Back in the Bible days, Prophets were like heroes. They were known as “Men and Women of God” and they spoke for God. They told the people what God was saying at that time. We say that they were God’s “Mouthpiece” or “Spokesperson”.

In those times there was no Bible to refer to, so when they wanted to know what God said, they would ask the Prophets. This was a really important job.

It also worked the other way. When God was going to do something, or if He wanted to speak to the people, He would do so through His servants, the Prophets.

Some famous Biblical Prophets were Moses, Elijah, Elisha, Jeremiah, and Isaiah. Our main character today is called Jonah and he was a Prophet of God. However, the difference between Jonah and the others becomes very clear right at the start of this story.

One day, God asked Jonah to go and give an important message to a city called Nineveh. God wanted to let them know that He was not happy with them and that they had to change the way they were acting.

Well, we would expect a Prophet of God to say “Yes, Sir” and do it immediately. But not Jonah. Jonah didn’t want to go, so he decided that he would try and run away from God.

The word that we use for what Jonah did is “disobey”. Jonah disobeyed God because he didn’t want to deliver the message. What kind of hero is that?! When we know what God asks of us and we deliberately go against His instructions we are also disobedient. In many ways Jonah wasn’t very much unlike us at all, because the Bible states that we all sin sometimes and make mistakes at some point!

Jonah runs to a place called Joppa where he gets on a boat to a place called Tarshish. His plan is to try and escape the Presence of

God. Jonah must not have realised that you cannot run from the Presence of God, because the presence of God is everywhere! Even the Prophet David said that in the Psalms!

This so-called hero was so intent on doing what was wrong that he forgot how big our God is. The Bible tells us that God caused a storm to come onto the sea so that the other men on the ship thought that the boat was going to break and they would all be drowned. They were so afraid that they started throwing cargo overboard to lighten the load of the ship. Jonah on the other hand had found a nice spot down in the depths of the boat and had fallen fast asleep.

I think it’s important that we stop for a minute and realise what’s happening. Children, because of Jonah’s disobedience to God, other people were being affected. They were experiencing fear because of the storm, and it was all because of Jonah’s decision to disobey God. Many times, when we decide to disobey God, it isn’t just us that are affected, but it is those around us. This is why it’s always best to do as the Lord says! It makes life a lot simpler.

After casting lots, the men realised that the storm is Jonah’s fault and Jonah confessed. They all agreed that the best decision for all of them was to throw Jonah overboard. Oh dear. The Bible tells us that the men on the ship did their best to cause this not to happen, but finally they were left with no option. Jonah was thrown overboard. Kerplunk!

In this moment our Prophet Jonah has gone from Hero to Zero. A man that once spoke for God, has now gone against God and he is left stranded in the sea probably in his mind, waiting to pass away. In those days it would have been highly unlikely for someone to survive after falling overboard in the middle of a storm.

However, this is where the real hero of this story steps in....God! Even though Jonah has gone against Him, even though Jonah has sinned against Him, He still makes a way for him to be saved. The Bible tells us that



God organises for a great fish to swallow up Jonah... without chewing him! So, Jonah stays alive, in the belly of that big fish for three days and three nights, just like Jesus was in the tomb for three days and three nights.

Can you imagine how it smelt down there? Can you imagine what was going through his mind? Can you imagine how scared he would have been travelling through the deepest parts of the sea in the belly of a big fish? But God protected him, even though he made a big mistake in disobeying God.

From within the belly of the big fish Jonah begins to pray to God. He says, "When my life was fading away, I remembered the Lord and prayed to him". He said " Salvation," (which means 'the power to save') belongs to the Lord. Jonah remembered where his help came from.

It was after he had prayed that God caused the fish to vomit Jonah up onto dry land... (Yuk, he must have stunk, and tasted bad for a fish to

vomit him up!)

The Prophet Jonah then went on to do as God had asked him. God's hero had another chance to prove himself to the Lord.

Children, there will be times even when you think that you are one of God's heroes, that you will fall short of what God asks of you. Maybe you will do it on purpose like Jonah, maybe you will be tricked, or maybe you will not realise what you have done. What is important in times like this, is not for you to try and run away from God, but for you to run to Him. Do as Jonah did while in the belly of the big fish and say sorry for what you have done, and the Hero of Heroes, God himself will always make a way of escape!

Jonah made it to Nineveh and because he did as God had asked; a whole city was saved!

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## Notes:



# JONAH DRAMA SCRIPT



This script was written for BBNI by local Christian drama company, Play It By Ear. To find out more about them or to book a drama workshop, visit [www.playitbyear.com](http://www.playitbyear.com)

In the middle of the stage there is a sign pointing in two directions, one way says 'Nineveh', the other says 'Anywhere Else'. The actors line up at the back of the stage, some will have small individual roles and will come forward when given their cue by the narrators, while the rest will form a chorus and will say their lines all together.

**Narrator 1:** In the Bible there are people called prophets

**Narrator 2:** Amazing people who did amazing things for God

**Narrator 1:** Like Moses, who did what God said and helped free the Israelites from slavery

***Moses points to the side and says***

**Moses:** Let my people go!

**All:** Yay!

**Narrator 2:** Or David, who knew that God was on his side and so defeated the giant Goliath

***David punches the air and shouts***

**David:** He's dead!

**All:** Yay!

**Narrator 1:** And then there's Jonah

***Jonah steps forward from the line and strikes a heroic pose***

**Narrator 2:** Poor old Jonah

**Narrator 1:** Who was a prophet

**Narrator 2:** But not a very good one

***Jonah drops his heroic pose***

**Narrator 1:** God gave Jonah a very important job

***All actors pointing in the direction of Nineveh***

**All:** Go to Nineveh!

**Narrator 2:** And so Jonah went...in the opposite direction

***Jonah starts walking towards Nineveh and then quickly turns to 'Anywhere Else' and runs away***

**All:** What!

**Narrator 1:** That's right, Jonah disobeyed God

**Narrator 2:** And this is how it happened

**Narrator 1:** When God told Jonah to

**All:** Go to Nineveh!

**Narrator 2:** Jonah got scared



# DRAMA SCRIPT contd



***Jonah looks scared***

**Narrator 1:** You see God wanted Jonah to announce his Judgement against Nineveh

**Narrator 2:** But Jonah couldn't stop thinking about everything he'd heard about the people of Nineveh

**Narrator 1:** How they were really mean

**All:** Grrrr

**Narrator 2:** And wicked

**All:** Grrrrr (louder this time)

**Narrator 1:** And just generally horrible people

**All:** Grrrrrrrrrr (louder and with fists shaking)

**Narrator 2:** And so Jonah came up with a cunning plan

***Jonah looks excited and says:***

**Jonah:** Eureka!

**Narrator 1:** And he ran away as far away from Nineveh as he could

***Jonah runs off. The actors come forward and form a huddle as the sailors***

**Narrator 2:** He found a boat leaving for Tarshish

**All:** Ahoy there!

**Narrator 1:** The sailors welcomed him on board and off they went

***Sailors and Jonah start to row***

**All:** Heave ho, heave ho, heave ho, heave ho

***Sailors keep rowing but stop speaking as narrator speaks***

**Narrator 2:** And while they were sailing Jonah fell asleep

***Jonah starts to snore as the sailors keep rowing***

**Narrator 1:** And while Jonah was snoring and the sailors were sailing, the boat was struck by a violent storm

**Narrator 2:** They rocked from side the side as waves crashed against them

***Sailors rock from side, you could have people splash them with water***

**Narrator 1:** The sailors were absolutely terrified

**All:** Aaaaaaahhhhhh

***Sailors hold the scared looks and keep rocking from side to side***

**Narrator 2:** As Jonah continued to sleep

***Jonah snores***

**Narrator 1:** So they woke Jonah up



## DRAMA SCRIPT contd



***Sailors gather round Jonah and shake him***

**Narrator 2:** They said 'Who are you?'

**All:** Who are you?

**Narrator 1:** 'And where are you from?'

**All:** And where are you from?

**Narrator 2:** And so Jonah said:

**Jonah:** I'm Jonah and I worship the God of Heaven

**Narrator 1:** The sailors realised that the storm was all Jonah's fault because he had run away from God

**All:** Oh no!

**Narrator 2:** So Jonah said:

**Jonah:** Throw me into the sea

**Narrator 1:** And the sailors said

**All:** No way!

**Narrator 2:** But soon they had no choice, they threw Jonah into the sea

***Throw Jonah and all say 'Splash!'***

**Narrator 1:** Where he was swallowed up by a giant fish!

***Everyone turns into waves, splashing around Jonah and then forms an arch over Jonah to represent the fish***

**Narrator 2:** Inside the fish for three whole days and three whole nights, Jonah felt scared and alone

***Jonah looks scared***

**Narrator 1:** But then he started to pray

**Jonah:** Father God, I'm sorry for running away and not doing what you asked

**Narrator 2:** And then the inside of the fish started to shake

***Everyone making up the fish starts stamping their feet repeatedly***

**Narrator 1:** And Jonah was spat out onto the beach!

***Jonah jumps out of the fish. Everyone making up the fish turns out and says 'Yay!'***

**Narrator 2:** Jonah had been given a second chance

**Jonah:** Thank you God! I guess I'm off to Nineveh!

***Jonah walks off in the direction of Nineveh***

**Narrator 1:** So off Jonah went, this time doing exactly what God told him to do

**Narrator 2:** The end.





# ELIJAH: Even Heroes Have Bad Days



## BIG IDEA

Life is full of good days and bad days, of happiness and sadness – things change but God remains the same and so we can face each with the confidence that God is with us.



## BIBLE REFERENCE

1 Kings 19:3-12



## KEY VERSE

Isaiah 41:10  
Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.



## RESOURCES

- ▶ **Song**  
He is the King, by Shelley Spiers
- ▶ **Activity**  
My Emotions  
Emotion Cards
- ▶ **Game**  
Mystery Sound Bag
- ▶ **Resource**  
Emojis (for use with story)



## DISCUSSION

You can use these as prompts to chat about the story where you feel they'll work best in your lesson.

- What can ruin your day?
- One of the most common commands that God gives His people in the Bible is "Do not be afraid." What difference does God make when we are afraid?
- What does the story of Elijah teach us about God that we need to remember, especially when we're having a bad day?
- God tells us that He will never leave us or let us down – can we trust that promise? Why or why not?





## THE TALK

Tonight we are going to think about a Bible hero called Elijah, and we're going to think about a time in his life when he was both really happy and really sad around the same time.

First though, let me suggest a few different scenarios and you can respond by either showing me a happy face or a sad face:

- When you're enjoying an ice cream, but it accidentally slips out of your hand and falls on the ground.
- When you score a goal playing football at BB.
- When you get full marks in a spelling test.
- When your best friend is sick, so can't come to your house and hang out at the weekend.
- When you enter an art competition and come in first place.

Happiness and sadness (you may want to show both emojis on a screen or use the resource) are emotions that we experience all the time. Sometimes we even feel happy and sad all in the same day – and that's totally normal. In fact, lots of people from the Bible felt happiness and sadness throughout their lives, including heroes like Elijah who we are going to think about today. Before we come to our Bible passage that shows Elijah in sadness, let's first think about a moment that made him really happy.

During the time of Elijah, there was a King in Israel who was called Ahab, and King Ahab was not a good king at all (crown and thumbs down emoji). He was so evil that he would kill someone just so he could take their land.

Ahab did not love God or worship Him and because of that, lots of God's people were led away from the worship of the true God under his rule.

Over and over in the Bible we see bad kings making a negative impact on their people, and Ahab's story was exactly the same – there

were many people who wanted nothing to do with the Lord and who instead loved and worshipped false gods and idols that meant nothing. This brings us to Elijah.

God told His prophet Elijah (you could show a microphone emoji) to go and face up to Ahab. So Elijah went to see Ahab and he offered him a challenge. "Let's have a contest," he said. "Each of us will build an altar and prepare a sacrifice and place it on an altar. Then you will ask your god to set fire (show fire emoji) to your sacrifice and I will ask my God, the true God, to set fire to my sacrifice—and we'll see who wins." So the stage was set for a big showdown. Elijah stood on Mount Carmel as the only prophet of the Lord, while there were over 450 prophets of Baal and some of the other false gods. Anyone want to guess who won that contest?

There was only ever going to be one outcome – Baal wasn't real, but the true God of the Bible was and is – the prophets of Baal were embarrassed and defeated while Elijah experienced this incredible victory (show happy emoji). He was happy – but that happiness didn't last long.

### BIBLE READING

I wonder what can ruin your day or your mood? It can be the tiniest of things can't it? It could be a sudden change in the weather (show rain emoji) that means a lovely walk becomes a sprint to the car as your clothes drip in the rain. It could be something mean your friend says (show sad face) because they aren't in a good mood themselves. It could be a class test that you forgot was happening (show panic face) and so you weren't prepared for it. Lots of things change our mood pretty quickly, but for Elijah, it wasn't something quite so small as a bad test result.

Did you notice what happened to change Elijah's mood? Even though he had just been part of an incredible victory for God, he quickly forgot all that God had done when this woman called Jezebel threatened his life (show angry emoji) because she was really angry about what had happened at Mount Carmel.



Because of this, Elijah's mood changed so drastically that we are told he runs away (show running emoji), comes to a tree and prays that he might die. It doesn't get much worse than that – Elijah was having the worst of days (show sad emoji) – and yet there is good news for him even when he is feeling so low.

You see, as he sat at that tree, God came to him, showed compassion, and took care of him. When he was strengthened, God sent Elijah to Mount Horeb where he arrived after 40 days and 40 nights – and he spent the night in a cave. It was here at this cave that God passed by Elijah and spoke to him – not in an earthquake, not in the wind, not in a fire, but in a gentle whisper (show whisper/shush emoji).

God speaks and tells Elijah to go back where he came from and to continue to work for Him. Even though Elijah wasn't feeling good about himself, he listened and did what God asked him because he trusted that God knew what was best for him.

Elijah's story shows us some really important truths about God doesn't it? We are reminded that God is always in control. Even when it seems like everything is going wrong, we can trust that God is in charge and that He knows what He is doing. Even when Elijah was being pursued by enemies and worried for his life, we see that God was there to be his strength and protector.

We are reminded that God speaks to us. Through His word, God shows us how to live as His people and how to please Him. And finally, we see that God cares about us, in our good days and our bad. In fact, the cross proves how much God cares about us, because it was there that Jesus took our place, died for our sins and then rose back to life so that we could be set free when we trust in and follow Him.

We all have good and bad days in life – even the heroes of the Bible did – but we can be encouraged by the truth that the God who doesn't change is with us and for us.

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## Notes:



# ESTHER: Old Testament Wonder Woman



## BIG IDEA

Trust that God has everything under control, even when things seem to be at their worst.



## BIBLE REFERENCE

The book of Esther.



## KEY VERSE

Psalm 37:5  
"Commit your way to the Lord; trust in him, and he will act."

## RESOURCES

- ▶ **Song**  
He is the King, by Shelley Spiers
- ▶ **Animated Story**  
<https://youtu.be/D3lsMSEEuG4>  
Ester Bible Story, by Saddleback Kids
- ▶ **Craft**  
Make a Sceptre
- ▶ **Game**  
King may I go?  
Esther and Haman Circle



## DISCUSSION

Give the children some scenarios and ask how they would approach them. The options are:

1. Ignore it and hope it goes away
  2. Ask someone else to help you deal with it
  3. Don't take time to think, do the first thing that comes to your mind.
- Someone is spreading rumors about you.
  - Your friend has fallen and badly hurt their leg
  - You see young child/ toddler, lost in a shop

Feel free to use your own scenarios. The aim is to help the children think about what options are available.





## THE TALK

Esther was a Jew living in a foreign land. The King, Xerxes, ruled over the Jews after his people defeated the Jews. Esther wasn't really a slave, but she wasn't totally free either. Esther was probably an orphan, her parents are never mentioned in the story, her only relative mentioned is her cousin Mordecai. He probably acted like her dad.

Xerxes was a king who was used to getting his own way. His wife, the Queen, didn't want to listen to him though and he got rid of her. So he needed a new Queen. It would have been an honour for any girl in the kingdom to be the Queen, but remember, Xerxes wanted everything his own way and if even the Queen disobeyed, she would no longer be the Queen.

Esther was chosen and while she probably felt very important, she was probably also quite afraid of how she might be treated by Xerxes. She also had to spend an entire year taking part in competitions to become the Queen! That was probably not very pleasant.

Xerxes isn't really the villain in this story though. Xerxes wasn't that clever and he allowed other people to rule his country for him. He trusted these people to do what was right and so they had power. The real villain was the King's number 2, a man called Haman.

Haman hated the Jews. The Jews had won a war against his people a long time before and so he was looking for revenge. This came when Mordecai refused to bow to him or the King and he wrote a law to have all the Jews killed. Xerxes of course signed it because he trusted Haman to rule his kingdom. He probably didn't even read the law! He definitely didn't know his new wife, Esther, was a Jew.

Mordecai found out about this plan and he hoped Esther could save the Jews. He asked her to have the King change the law again. Esther was afraid though, the King had to give people permission to actually speak to him, even the Queen! If the King did not

give permission then Esther could be killed. Remember, he got rid of his last Queen!

Esther took some time and prayed and came up with a plan. She made the King feel important and pleased him with a meal and then told him all about Haman. She also told the King that she was a Jew. He would have to watch his own wife and Queen being killed!

Of course the King realised that Haman was not to be trusted and he changed the law. The Jews were saved and Haman was defeated.

Esther found herself as Queen at exactly the right time. If the King did not have Esther as his Queen, then the Jews would surely have been wiped out. Esther 4:14 tells us that Esther, 'came to this kingdom for such a time as this.' That means God made sure Esther, who was the right person, was in the right place at the right time in order to save his people.

The story of Esther is quite dramatic, but it's a story of smaller events that would not be so exciting on their own. The centre of the story is a dinner, and dinners are usually boring!

The book of Esther never actually mentions God, but we can see God's plan throughout the story. Mordecai and Esther followed God even when it was dangerous to, and God protected them and saved their people. Esther did not have any incredible super powers like Wonder Woman, but she was able to trust God. Because of her trust in God and her bravery when facing the King and Haman, she saved thousands of lives. Wonder Woman has saved thousands of people, but only in stories, Esther really saved thousands of people!

Do we ever have to face things we are afraid of?

Do we ever get afraid to tell our friends about God, the Bible and what we learn here in BB?

The story of Esther reminds us that God will always be with us, even when things seem really bad.



# GIDEON: From Zero to Hero



## BIG IDEA

It can be normal to have doubts. Even Gideon did! God will follow through on His promises. God can and will use all of us, even if we don't think we are good enough. God's plans will always succeed.



## BIBLE REFERENCE

Judges 6-7



## KEY VERSE

Romans 8:31  
What then shall we say to these things?  
If God is for us, who can be against us?



## RESOURCES

- ▶ **Song**  
He is the King, by Shelley Spiers
- ▶ **Craft**  
Warrior Trumpet of Gideon  
Gideon Medallion
- ▶ **Game**  
Follow my Voice Gideon



## DISCUSSION

- Have you ever been told you can do something and not been able to believe it?
- Do you ever compare yourself to other people?



## The Talk

Summarise the story. Key points to draw out:  
Gideon was the youngest in his family from the smallest clan.  
Gideon had his doubts and kept asking for signs from God.  
God ensured the army was so small that everyone would know they could only win through God's power.

Ask the children, who they think would win in a fight. Batman or Superman? You can have them vote on who they

think might win. Allow some of the children to tell you why they think that.

Superman is the strongest superhero, he is almost invincible. Almost! You see Batman has a way of beating Superman. He can't beat him with strength, because Superman is stronger. He can't beat him for speed because Superman is quicker. Instead he has to use a special material called Kryptonite because that is Superman's weakness.



If Batman does not have Kryptonite to help him, then he will never beat Superman!

Ask the children to cheer every time you mention Gideon, Israel or the Israelites.

Gideon was a young man from a small and weak tribe. He should never have been the leader of his people. His people were called the Israelites. Pause here, emphasise that the Israelites are 'good guys'. Their country is called Israel.

Ask the children to boo every time you mention Midian or the Midianites.

Make sure to pause after saying each of the key words.

The Israelites had it tough though because they had lots of enemies! One of their enemies was a group of people called the Midianites. They lived in a country called Midian which was close to Israel. Pause here, emphasise that the Midianites are the 'bad guys'.

For years the Midianites had been attacking the Israelites and for years they kept winning. When the Israelites called out to God for help, God told them that they had abandoned God years ago and yet they come back to Him only when they are in trouble.

God was working on a plan to help the Israelites. He was preparing a man called Gideon!

Gideon was the youngest in his family and his family was from the smallest tribe in Israel. He would never have expected to be leading his people, the Israelites, in a war against the Midianites!

When God called Gideon, Gideon was surprised. He doubted that he was the right man to lead Israel. But God sent him signs. Gideon, kept asking for proof and God kept sending that proof.

When Gideon had assembled his army of Israelites God spoke to Gideon again. He told Gideon that the army was too big! Can you

Imagine having too many soldiers? So Gideon had to send some of the Israelites away.

First God asked Gideon to send away those Israelites who were afraid, and so he did. But the Israelite army was still too big! Then God asked Gideon to take the Israelite army to the river for a drink. Anyone who drank water out of their hands could stay and those who drank the water like a dog would drink were sent home. Gideon was left with just 300 men. Do we think 300 Israelites were enough to beat the thousands and thousands of Midianites?

The Midianites were camping near Israel. Gideon led his men into the hill and asked them to light torches and hide them in jars. When Gideon gave the signal the Israelites broke the jars. The Midianites heard the noise and looked to the hills, they saw hundreds of torches and they thought they were already being attacked by the Israelites.

The Midianites panicked! They started attacking themselves! Gideon and the Israelites won without even having to risk their lives. The Midianites lost and were driven away.

Ask the children to no longer cheer or boo after each word.

God was with Gideon the whole time. God asked Gideon to fight with such a small army because He wanted the Israelites to know that they could not beat the Midianites army themselves. They could only win with God's help.

Sometimes we find things difficult, we just have to trust that God will help us when we are struggling. Gideon trusted God, even though he needed proof, and when he did God kept his promises.

Gideon won a war, but he wasn't an amazing soldier. Instead he had a different super power. Gideon was faithful because he trusted God. He won because of that super power. When we trust God we can trust that things will work out for the best.



# GIDEON DRAMA SCRIPT

This script was written for BBNI by local Christian drama company, Play It By Ear. To find out more about them or to book a drama workshop, visit [www.playitbyear.com](http://www.playitbyear.com)



**Props:** Torches and party blowers for the Gideon's army

**Narrator 1:** The Israelites were the people of God

**Israelites:** Hello!

**Narrator 2:** But they also disobeyed God constantly!

***Israelites shrug and say***

**Israelites:** Ooops

**Narrator 1:** So God handed them over to the nasty Midianites for 7 years

***Midianites run on shouting and chasing the Israelites***

**Midianites:** ATTACK!

**Israelites:** Aaaaahhhhh

**Narrator 2:** And in those 7 years the nasty Midianites caused the Israelites no end of trouble

***Midianites chase the Israelites the other way***

**Midianites:** ATTACK!

**Israelites:** Aaaaahhhhh

**Narrator 1:** So, the Israelites moaned to God

***Israelites drop to their knees and say***

**Israelites:** Why God?

**Narrator 2:** But God reminded them of all the good things he had done for them and how they never listened to him.

***Israelites shrug and say***

**Israelites:** Ooops

**Narrator 1:** But in amongst the Israelites

***Israelites look at each other***

**Narrator 2:** Amongst the weakest tribe

***Most Israelites exit, leaving a few on stage***

**Narrator 1:** Was the person who thought of himself the least in his family

***Everybody else exits, leaving just Gideon on stage***

**Narrator 2:** A man by the name of Gideon

***Gideon waves and speaks timidly***

**Gideon:** Er...hi

**Narrator 1:** And God chose him to be the hero of this story

**Gideon:** Me? Are you sure?





# DRAMA SCRIPT CONTD



**Narrator 2:** And God was sure, even when Gideon kept asking him if he was sure

**Gideon:** God, if you're sure, then make the fleece wet and the ground dry

***Gideon lays a towel on the ground, someone comes on and pours water on it. Gideon then wrings out the towel on the ground***

**Gideon:** Impressive

**Narrator 1:** But Gideon still wasn't convinced

**Gideon:** But I'm still not convinced

**Narrator 2:** So he asked God again

**Gideon:** God if you're really sure then make the fleece dry and the ground wet

***Someone comes on with a dry towel and sprays water on the ground around it, Gideon picks up the dry towel***

**Gideon:** Hmm, I guess we better go and save Israel then!

**Narrator 1:** And so off Gideon went with lots and lots of soldiers

***All other actors march on and form a semi-circle with Gideon in the middle. They hold brave,***

***valiant poses and shout***

**Israelites:** Charge!

**Narrator 2:** But God didn't want the Israelites to forget that He was on their side

**Narrator 1:** So he said that anyone who was scared could go

**Israelite 1:** Let's get out of here!

***Approx two thirds of the soldiers run off***

**Narrator 2:** But God still thought there was too many so God set up a test

**Gideon:** Alright lads, take a drink!

***Most of the army gets on their knees and puts their faces in the river but a few cup the water***

***in their hands and drink***

**Narrator 1:** And so the ones who were drinking straight from the river were sent away

**Gideon:** But that leaves us with only 300 men!

**Narrator 2:** That's right Gideon had just 300 soldiers to take on the nasty Midianites

***All actors that have been sent away now come on as Midianites. They form a large group in the middle of the Israelite semi-circle so that the Israelites surround them. Throughout the***

***next section the 'Grrrr' and the 'Aaaaahhh' sounds get progressively louder***





## DRAMA SCRIPT CONTD

**Narrator 1:** And boy, were they nasty

**Midianites:** Grrrrrrrr

**Israelites:** Aaaaahhhh

**Narrator 2:** They were big

***The Midianites make themselves look bigger and say***

**Midianites:** Grrrrrrrr

**Israelites:** Aaaaahhhh

**Narrator 1:** They were tough

**Midianites:** Grrrrrrrr

**Israelites:** Aaaaahhhh

**Narrator 2:** And there was an awful lot of them

**Midianites:** Grrrrrrrr

**Israelites:** Aaaaahhhh

**Narrator 1:** But God reassured the Israelites and that night as the Midianites were sleeping, Gideon acted out God's plan

***If possible, it might be good to turn the lights off at this point. Gideon's men then turn on torches and blow their horns while surrounding the Midianites***

**Israelites:** For God and Gideon!

**Narrator 2:** At that point the Midianite army became very confused, thinking that they were surrounded by thousands of soldiers.

**Narrator 1:** They were so confused that they started fighting against themselves

***Midianites run around, bumping into each other and falling over until they're all on the floor***

**Narrator 2** Which gave the Israelites the victory

**Israelites:** We did it!

**Gideon:** But only because God was with us

**Narrator 1:** And that's how Gideon helped the Israelites to defeat the nasty Midianites

**Narrator 2:** Not by having the biggest, bravest army

**Narrator 1:** But by trusting that God was on their side

**Narrator 2:** The end.



# JOSHUA: Trusting God in his Battle



## BIG IDEA

We need to be careful what we put our trust in. We do it every day without realising. Knowing that putting our trust in God becomes our ultimate personal goal and the most trustworthy goal for life.



## BIBLE REFERENCE

Joshua 6:1-17, 20-21



## KEY VERSE

Joshua 6:15-16

On the seventh day they rose early, at the dawn of day, and marched around the city in the same manner seven times. It was only on that day that they marched around the city seven times. And at the seventh time, when the priests had blown the trumpets, Joshua said to the people, "Shout, for the LORD has given you the city."



## RESOURCES

- ▶ **Song**  
He is the King, by Shelley Spiers
- ▶ **Activity**  
Watch the wall cumble
- ▶ **Craft**  
Make a Trumpet  
As for me and my House

Do you see how many times the number 7 is used? The number 7 in the Bible is used to remind us of perfection and the presence of God.



## DISCUSSION

These discussion points /questions could come after the children have dramatised the story.

1. Would you trust God that He would lead you to the promised land? (After all, you have been in a desert for 40 years now and are beginning to run out of food).
2. Would you trust your leader, Joshua? (After all, he had sent 12 spies to Canaan and only 2 came back with a good message).
3. Would you have joined the army to march around the walls? (After all, you had just crossed the Jordan river without a boat!)
4. How did you feel as you were walking around the walls on the 6 quieter days?
5. What about the 7th day? (The noise must have been deafening.....the trumpets, the shouting, the crumbling walls)
6. How do you feel now? Would this Bible story make you put your trust in God?





## THE TALK

Joshua was the Israelites' hero. He put his trust in God. Who do you put your trust in? Each day we have to put our trust in many things:

- The bricks which hold your house up
- The car/bus engine which brought you to school
- The electricity which works for you to boil a kettle
- The pilot who flies the aeroplane or the captain who steers the boat
- Your teachers who help you learn
- Your carers/parents who buy you clothes to keep you warm
- Our creator God who allows us to live in a world full of seasons

Or

- Even the chair you are sitting on and that the floor you stand on can really hold you up!!

### Dramatise the story.

Set the scene... in your room/hall, place a set of chairs in a circle shape in the centre to represent the walls of Jericho. One of these chairs will represent Rahab's house. Place the Jericho folk inside the circle.

The BB leader will be the facilitator of the drama by prompting the children with their lines to say.

**Characters:** Angel, Joshua, Priests, Soldiers, Jericho folk (including Rahab's family)

### Props:

Sword (for the Angel)  
Rope (Lowering down from Rahab's house)  
Red ribbon (for Rahab's house)  
A large cardboard box (the Ark of the Covenant for the priests to carry)  
Kazoos (for the soldiers to use)/Trumpets

**BB Leader:** "The children of God had been wandering in a desert for 40 years now. It was a long journey. Can you imagine? Moses had led them out of Egypt but he had died and

now Joshua had become their leader. They were now on their way to the promised land. After all, they had just crossed the river Jordan amazingly. Joshua had already sent out spies to scout the land ahead and find out what the defences of Jericho were like. Two of these spies ended up in Rahab's house. She was kind and protected them. They were lowered down safely by her over the city walls with a rope. God would look after her household later."

Rahab: should put the red rope/ribbon over a chair.

Practice walking around the walls with the children before any action takes place!

Talk about the walls with the children. Ask them to imagine:

- How big were they?
- How tall were they?
- How thick were they?
- How would you get into the city?

(Wait for the children's responses)

**BB Leader:** "Joshua wondered how he would get in. Wouldn't you?"

**Angel:** (prompted by the leader to 'repeat after me.' Phrase by phrase) "God will lead you to Jericho. He has a secret plan. All you have to do is trust Him."

The Angel swings his sword around and around. He showed everyone that he was the Captain of the Guard sent by God.

**Joshua:** "We are going to walk around the city now six times. We will do it once for every day of the week. The priests are to go to the front of the procession with the ark of the covenant and the soldiers are to walk behind."

The children can get themselves into order and process around the walls six times. They can act this out by blowing their kazoos/trumpets and carrying the ark/box. Remind the children that the walls hadn't fallen down yet and the people inside Jericho were probably laughing at them! Yes they were.



**Joshua:** “We have risen early this morning. It’s the seventh day. Let’s march around the city seven times.”

March around the city walls with the children seven times playing your trumpets and counting out each rotation....make it fun! Sometimes stamping, sometimes quietly... vary it. Tell the children to shout as loud as they can after they’ve walked around the city 7 times.

**Joshua:** “Raise your voices now and shout. Make a powerful roar. Everyone do it! Make as much noise as possible!”

The chairs can come crumbling down (they can be pushed away or knocked over)....the children can pretend to be at war.....

**Joshua:** “Save Rahab’s family. Take only precious gold and silver for our temple. Everyone can now be happy. The city of

Jericho is ours. God is our helper. He will never let us down.’

Dancing and cheering can take place!

**BB Leader:** “Joshua and his army did just as God had commanded. Perhaps the people in Jericho laughed at them. But, after the seventh march on the seventh day, the priest blew the ram’s horn. And just as God had promised, the great walls of Jericho had crumbled. Their trust in God was reliable. God had not let them down.

Only Rahab’s house was safe. She had left the red ribbon hanging from her window so she and her family were rescued. The gold and silver were used for God’s service and soon everyone in the land of Canaan heard what had happened to Jericho.”

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## Notes:



# PAUL: Transformed by Jesus



## BIG IDEA

Paul did great things for God, but only because his life had been transformed by Jesus.



## BIBLE REFERENCE

Acts 9:1-22



## KEY VERSE

2 Corinthians 5:17  
Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.



## RESOURCES

- ▶ **Song**  
He is the King, by Shelley Spiers
- ▶ **Activity**  
Create a Masterpiece
- ▶ **Craft**  
A New Creation
- ▶ **Game**  
Trust Building



## DISCUSSION

You can use these as prompts to chat about the story where you feel they'll work best in your lesson.

- What was Saul like before he became a Christian?
- What had changed after he met Jesus?
- Can you think of examples of transformation? eg
  - Caterpillar into butterfly
  - Night into day
  - Room conversion...loft into bedroom.
  - Clark Kent into Superman (or other superhero examples).
  - Transformers... lorry into robot
- Why were people so confused by Paul?
- Why was Paul able to do all the great things he did later in his life?
- If we ask Jesus to be our Saviour, how will we be changed?





## THE TALK

Our Bible hero today is called Paul. He travelled around many countries telling people about Jesus. He was brave, he was clever and he was great at explaining that Jesus was God's son. He set up churches in many different places and saw amazing things happen by the power of Jesus. Wow!! What a guy was Paul! But, do you know that Paul was very different when he was young? All those amazing things that he did, he was only able to do because one day he met Jesus. Let's hear the story.

When Paul was young he was called Saul and he hated Jesus. He had heard that some people thought Jesus was the Son of God, but Saul didn't believe it at all. It was impossible! Jesus had been crucified and Saul was glad! But then, sometime later, the followers of Jesus began to say that Jesus was alive again. Saul was furious!

He began finding these followers of Jesus and treating them badly. Some were put in prison, some were even killed, and Saul was glad! When the followers of Jesus began to move away from Jerusalem to other cities, Saul wanted to go after them and bring them back to face their punishment. "Many followers of Jesus have moved to Damascus," he said to the High Priest. "Let me go after them and arrest them and bring them back." The High Priest agreed and so off went Saul.

It was a long journey. When Saul was almost there, all of a sudden a huge bright light shone down on him. Saul fell to the ground and he heard a voice, "Saul, why are you doing this?" Saul said "Who are you?" and the voice replied, "I am Jesus". All of a sudden Saul realised that he had been wrong! He hadn't believed that Jesus was God's son. He hadn't believed that Jesus could come alive again. But now he did believe it! Because Jesus had spoken to him.

Jesus told Saul to go into the city where he would be told what to do. Saul realised that the bright light had blinded him, so his friends who were travelling with him had to take him by the arm and lead him into Damascus.

After three days, God spoke to a follower of Jesus called Ananias. "Go find a man called Saul who is praying. He has seen in a dream that you are going to come so that he can see again." Now, Ananias knew all about Saul. He knew how Saul had hated Jesus and his followers and so Ananias didn't want to go! But God said, "Go! For I have chosen Saul to talk about me in many different countries". So, Ananias went. He found Saul and put his hands on his head and said, "Brother Saul, receive your sight". Suddenly, Saul could see again!

From that day on Saul was different. He had completely changed. He went from hating Jesus to loving Him. From treating the followers of Jesus badly, to being a follower of Jesus. From someone who spoke against Jesus to someone who preached about Him to everyone he met. Jesus had changed him. He was a new person. Oh, and He changed his name too – from Saul to Paul. Everything that he went on to do later was because of the power of Jesus in him.

Do you know, it's the same for us? Maybe you would like to do great things for Jesus... have adventures, be brave, be a hero. But we can only do those things for Jesus if He has changed us, the way He changed Saul. When you trust the Lord Jesus as your Saviour, He changes you. He makes you a new creation, one of His children, part of His family. His power is in you. Then He will help you to do great things for Him just like Paul did.



# JESUS: The Ultimate Hero



## BIG IDEA

As Jesus died on the cross, it looked like the enemy had won – but it was all part of God’s great rescue plan, because Jesus didn’t stay dead.



## BIBLE REFERENCE

Luke 24:1-8



## KEY VERSE

Luke 19:10  
For the Son of Man came to seek and to save the lost.



### Song

He is the King, by Shelley Spiers

Jesus You’re my Superhero  
<https://www.youtube.com/watch?v=1FY4C930M2Y>



### Craft

A Superhero Cape



### Game

Jesus Scavenger Hunt



## DISCUSSION

You can use these as prompts to chat about the story where you feel they’ll work best in your lesson.

- What’s something that you love about going to the cinema?
- Can you tell us about a movie you’ve seen with a happy ending?
- How do you think Jesus followers felt as darkness fell and he died on the cross?
- How do you think those who went to the tomb felt when they realised that it was empty?
- Why should the disciples have believed that Jesus was really alive?
- Why do you think they might have struggled to believe that it was true?
- How does it make you feel to know that Jesus has defeated sin and death and that we can look forward to a happy ending if we trust in Him?







## THE TALK

Who loves a trip to the cinema? Standing outside, looking at all the options and trying to decide what we want to see. Waiting in line to get our tickets and of course some treats from the shop like popcorn, ice cream or sweets. Heading into the movie screen and searching for the best seat as we try not to spill anything that we are carrying. Watching the trailers for the movies that are coming soon and thinking, "I'm gonna have to come back for that one!" Then that exciting moment when the lights fade and the movie begins. We munch and we slurp as we watch the film, and the whole time I bet we are all hoping for the same thing – we want to see a happy ending. If it's a superhero film, then we really want to see good overcome evil. As people, we all have this hope that things will end well.

Let's travel back to a place in the Bible called Golgotha tonight, as we come to our Bible lesson. As we zoom in on what is going on, we find Jesus hanging on a cross. Just like in the cinema, the lights are fading and we are told that everywhere has gone dark. Why? Well it's because Jesus is dead – they had put him on a cross and they had killed him. The person who said He was God's son; the person who many had hoped was going to save them and set them free was dead, and now there was no hope. Those who had believed Jesus and followed Him must have thought - what now? They had hoped for a happy ending, but this was the worst ending of all. Hope was gone.... or was it?

### BIBLE READING

On Friday evening just before sunset, Jesus' body was taken down from the cross and laid in an empty tomb. There was then a stone rolled across the door so that nobody could get in (or out). These women that we read about had come to the tomb on Sunday morning as the sun was just coming up. The women were very confused though. When they arrived, they noticed that the stone had been

rolled away (and that wouldn't have been easy to move at all). But even more surprising was that when they went inside, there was no body!

I can only imagine the shock they must have felt, but then just to make things even more surprising, suddenly angels appeared as well! Look at what they said to these women, because it is really important.

"Do you remember what Jesus said? He is not here, he has risen from death!"

Wow! The angels told them that Jesus is alive! That is amazing. What a miracle! But we shouldn't actually be surprised. You see Jesus always said that He was going to die, but that after 3 days He would rise again. This was always part of God's perfect plan to save us from our sin. He had every detail under His control. By going to the cross and then rising again, he was showing us that he had defeated death and sin once and for all, and because he has done that, we can find life as it was always meant to be when we put our trust in Him.

Let's get back to our Bible story though - now what? I imagine the women were really excited and couldn't wait to tell the disciples what had happened. If you were one of the disciples listening to what they were telling you, I wonder how you would have felt? Surprisingly, most of Jesus' disciples thought these women were talking nonsense. It was all true, but the disciples had their doubts about whether Jesus was really alive. Jesus had told them that it was going to happen, but it looks like they didn't quite understand what God's great rescue plan was all about. Jesus didn't just say that He was going to die and rise from the dead though. He also told the disciples that He was going to go back to heaven and that one day He would return. Jesus' victory over sin and death on the cross was a taste of what will one day come when He returns and makes all things new.



So as we come to a close, let me finish by talking about wedding cake...

When a couple are planning a wedding, they have to sort lots of things. They have to book a venue for the party, get a dress and suit, book a band or a DJ, and organise the food (which includes sorting a wedding cake.) In order to choose what kind of wedding cake you want, you'll often be invited to meet a baker and they will let you try some samples. You do some cake tasting. As you eat the delicious cake and choose the flavour that you like, it is a taste of what is to come in the future.

That little piece of cake is a taste of the beautiful cake you'll have on that day of celebration that will come in the future.

This is a bit like what Jesus' resurrection is for us. It gives us a taste of what is to come. When Jesus died and rose again, it gave us a taste of forgiveness from sin, but one day when Jesus comes back and makes all things new, there will be an amazing celebration when sin and death will be gone forever. We have this great promise that if we trust in Jesus, then there is a happy ending to be found, because Jesus has defeated our great enemy once and for all!

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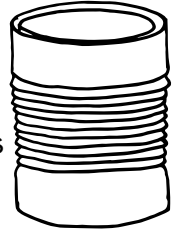
## Notes:



# SESSION: INTRODUCTION

## BEAN BAG ATTACK

Each child can take their turn trying to knock down the 'villains' with bean bags. Use empty cans or plastic bottles as the targets. You could print pictures of cartoon villains to stick on the cans/bottles as an optional extra. If you don't have bean bags, use old socks filled with dried beans or rice tied with an elastic band.



## HERO HERO VILLIAN

Play a superhero version of the classic Duck Duck Goose Game. You could use something like Hero Hero Villain where the Villain chases the superhero or the swap it around to Villain Villain Hero.

## MAKE UP A SUPERHERO

Ask the children to think up and design their own superhero. They can choose their hero's superpower and get creative.



# Session: Daniel

## Lion Handprint Craft

After the children have listened to the story of Daniel this craft will help them to remember about the lion's den and how God kept Daniel safe.

### Supplies

- Orange, yellow and brown card
- Googly eyes
- Marker pens
- Template for lion's head and tail (on next page)



### Instructions

- Draw round child's hand or use the template (for the lion's body)
- Cut out handprint and mane, head and tail (mane can be orange or brown)
- Glue pieces together - the hand print with fingers pointing down as legs, glue tail onto the thumb, stick 'face' to mane and stick onto the body.
- Add two googly eyes

## Daniel Says

Children make a mask of a lion and play a version of Simon says but they say Daniel says. A game to help with listening skills.

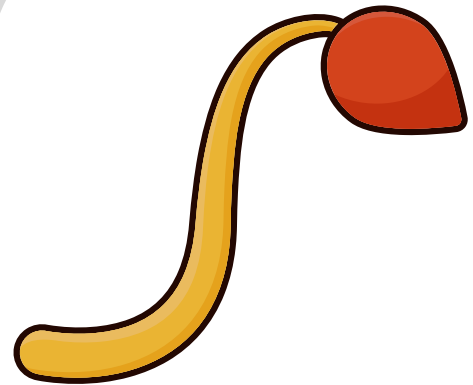
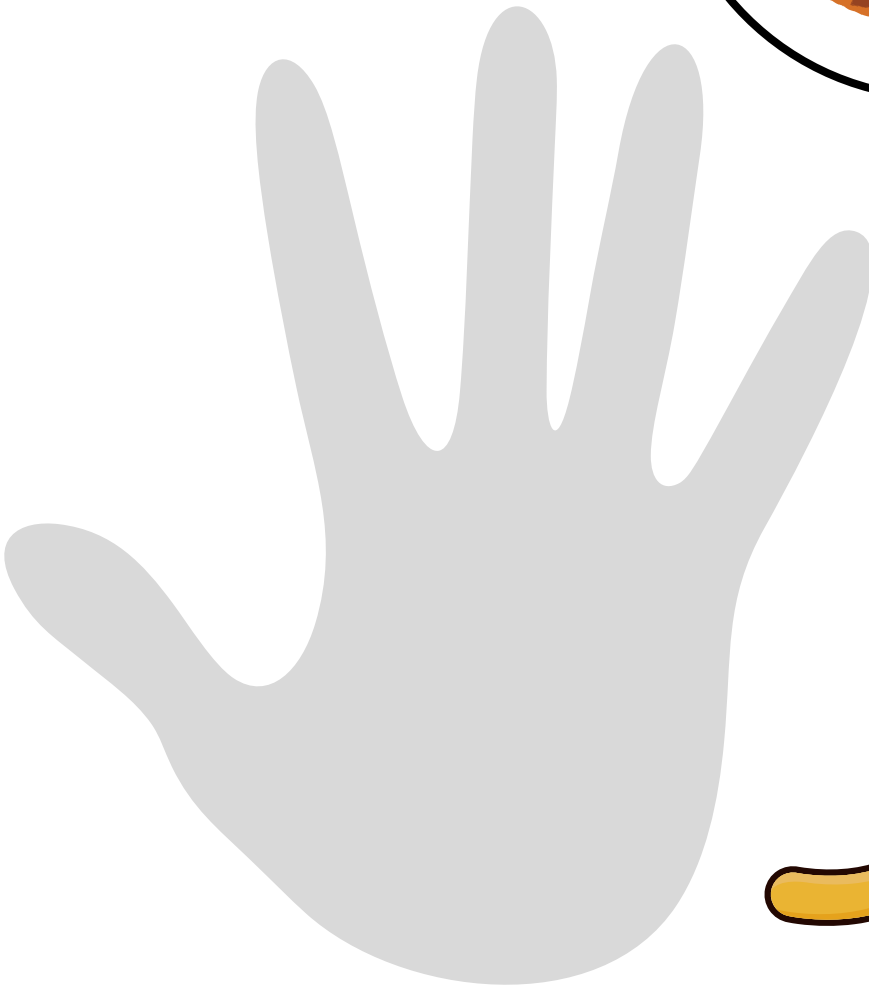
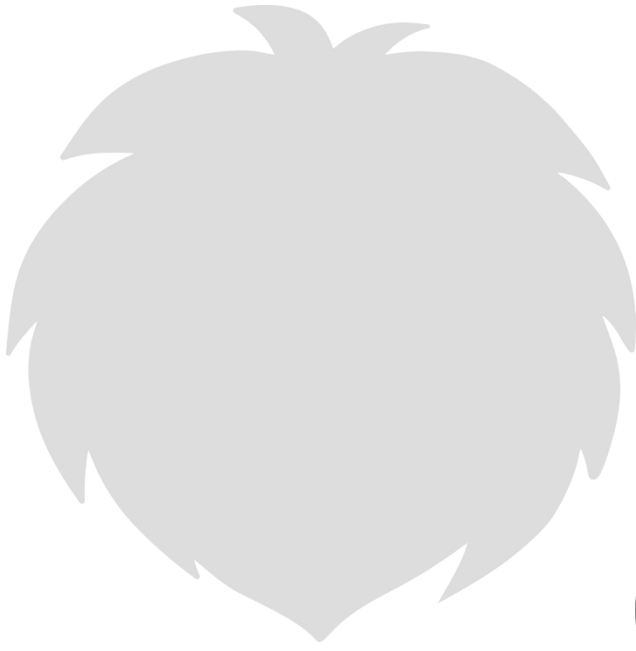
### Supplies

- Paper plates
- Brown and orange strips of paper
- Makers
- Lollipop sticks
- A simple paper plate craft with strips of paper cut ahead of time, glue these round the plate and draw a lion's face on and attach the stick.

### Game

- Children to hold the masks in front of their faces
- Choose a child to represent Daniel
- Place Daniel in the presence of all the Lions, with the masks on their faces.
- Daniel gives the command 'Daniel says' by an action, the lions must obey and do whatever Daniel tells them to do.
- If one of the lions perform an action that was not preceded by the words, Daniel Says' then they are out of the game.
- The last child standing in the game gets to play the role of Daniel the next time round.





Lion Handprint Craft



# Lion Biscuits

After hearing the story children can make these biscuits based on a lion's face

## Supplies

- Plain circle biscuit
- Icing coloured orange
- Edible googly eyes
- Pretzel sticks
- Popcorn
- Sweet for the nose

## Instructions

- Give all the children a plain biscuit and some icing for them to spread over the biscuit.
- Add eyes, a sweet for the nose and pretzel sticks for the whiskers, all around the edge of the biscuit place the popcorn as the lions mane



# Session: Peter

## God is with me by His spirit even when I am...

Children to understand that even when with all their emotions they might have (e.g. happy/sad/excited/angry), God's spirit is with them to help them.

### Supplies

- 2 paper plates per child
- Markers
- Split pins
- Ready made craft to show the children

### Instructions

- On one plate have it divided up into sections for children to draw a happy, sad, angry, sick, excited face
- On another plate cut out one section of the plate which will show the emotions of the plate in the previous step
- Write 'God is with me by His Spirit even when I am' on the tops plate and decorate
- Place the emotions plate underneath the plate with the title and join together with split pins
- In groups talk use the plates to talk about our emotions but keep reiterating to the boys how much God's spirit is with us to help us

## Holy Spirit Headbands

For the children to know that God's dynamite power is with them and that it was the Holy spirit who descended on the people in the upper room

### Supplies

- Card in red yellow and orange
- Scissors
- Glue or tape
- Template for fire in three different sizes (see attached sheet)
- Card for headbands

### Instructions:

- Cut out two strips per child for the headband
- Cut out flame shapes in coordinating colours
- Measure child's head and and tape together the right fit for the child's head
- Glue the different sizes of flames in size order together
- Tape or glue the flames to the front of the headband
- While wearing their headbands, talk to the children about the importance of God's Spirit and how, in the upper room, it came down to dwell on the people and looked like cloven tongues of fire.



# Copy Me and Relay Races

Peter was imitating Jesus continuing His work, the power did not come from Peter. Peter was continuing Jesus' work not replacing it

## Copy me

Take it in turns to make a pattern that the group follows.

This could be as simple as clapping a beat or could include lots of silly actions.

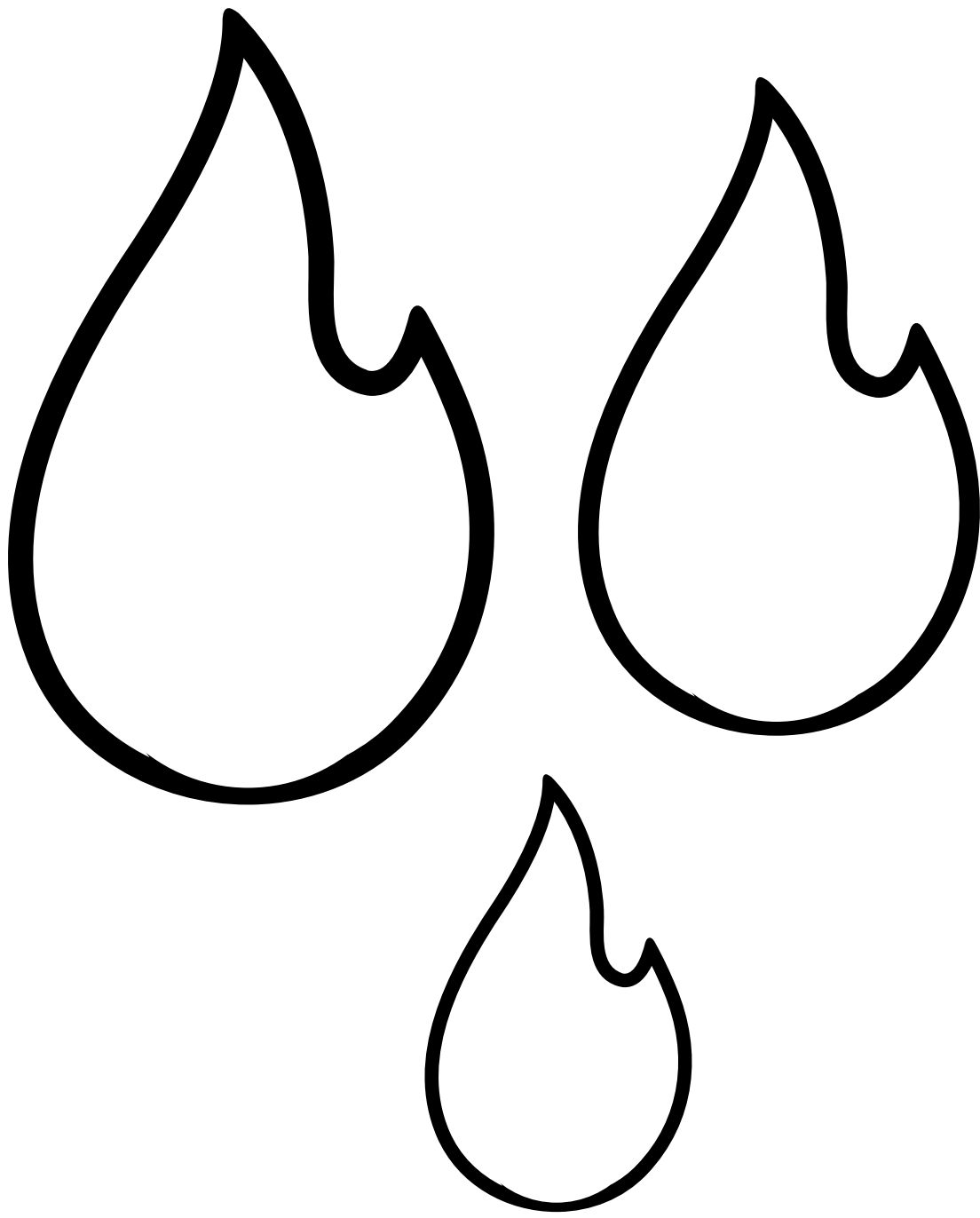
Repeat a pattern 3 -5 times and then move onto the next.

## Relay races

These can be running sections of a course if you have room or passing things down a line like the classic game ,where you pass a balloon over heads and under legs.







**Flame Template for Holy Spirit Headbands**



# Session: Jonah

## Pin Jonah on the fish

### Supplies

- Outline of a fish (see template attached)
- A laminated figure of Jonah (see template attached)
- Blu Tack
- Blindfold

Children to take it in turns to be blindfolded and to try and place Jonah in the fish's belly

## Stuffed fish

To use along side the story of Jonah and to remember not to hide from God like Jonah did

### Supplies

- Two identical fish templates on card (see template attached)
- Hole punch
- Yarn/wool
- Stuffing/tissues etc



### Instructions

- Depending on ability, children to cut round the fish template (younger ones can have this prepared already for them)
- Hole punch round the fish with supervision (again depending on ability this might need to be done for the child)
- Children to use yarn to lace the fish together and stuff with stuffing or tissues before sealing it off

## Jonah Puzzle

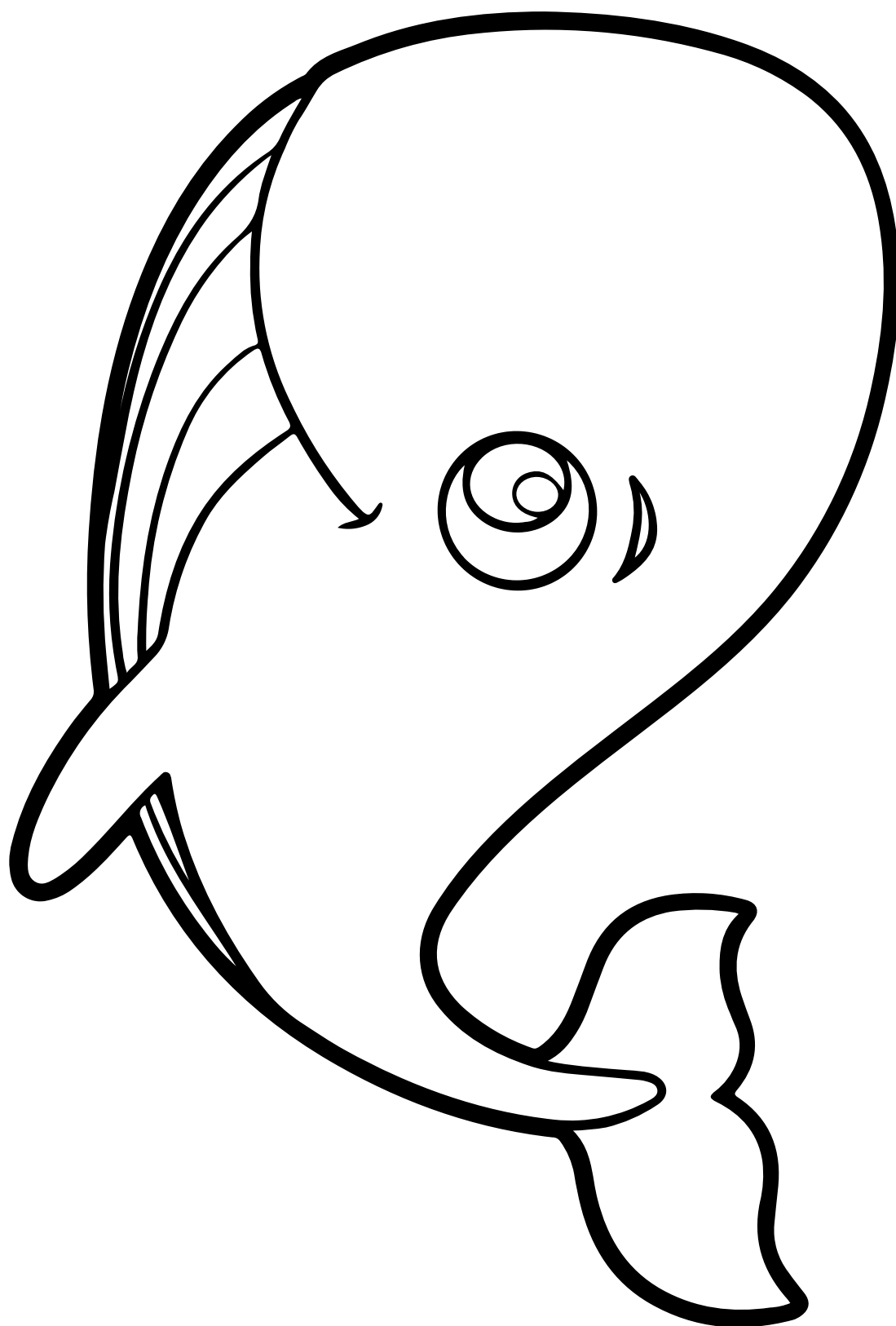
### Supplies

- Prepare an envelope for each child with cut up picture of a Whale (see template below)
- Blue card

### Instructions

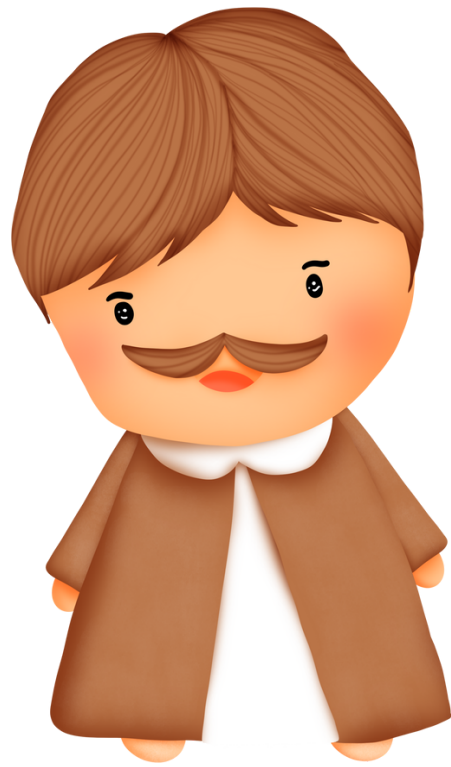
- Children have an envelope with a picture of a whale inside. This can be differentiated for different ages from easy to piece together to a bit harder.
- Children piece together the parts of the whale and then stick onto blue card and write words from the lesson they learnt around the whale of the lesson they learnt.





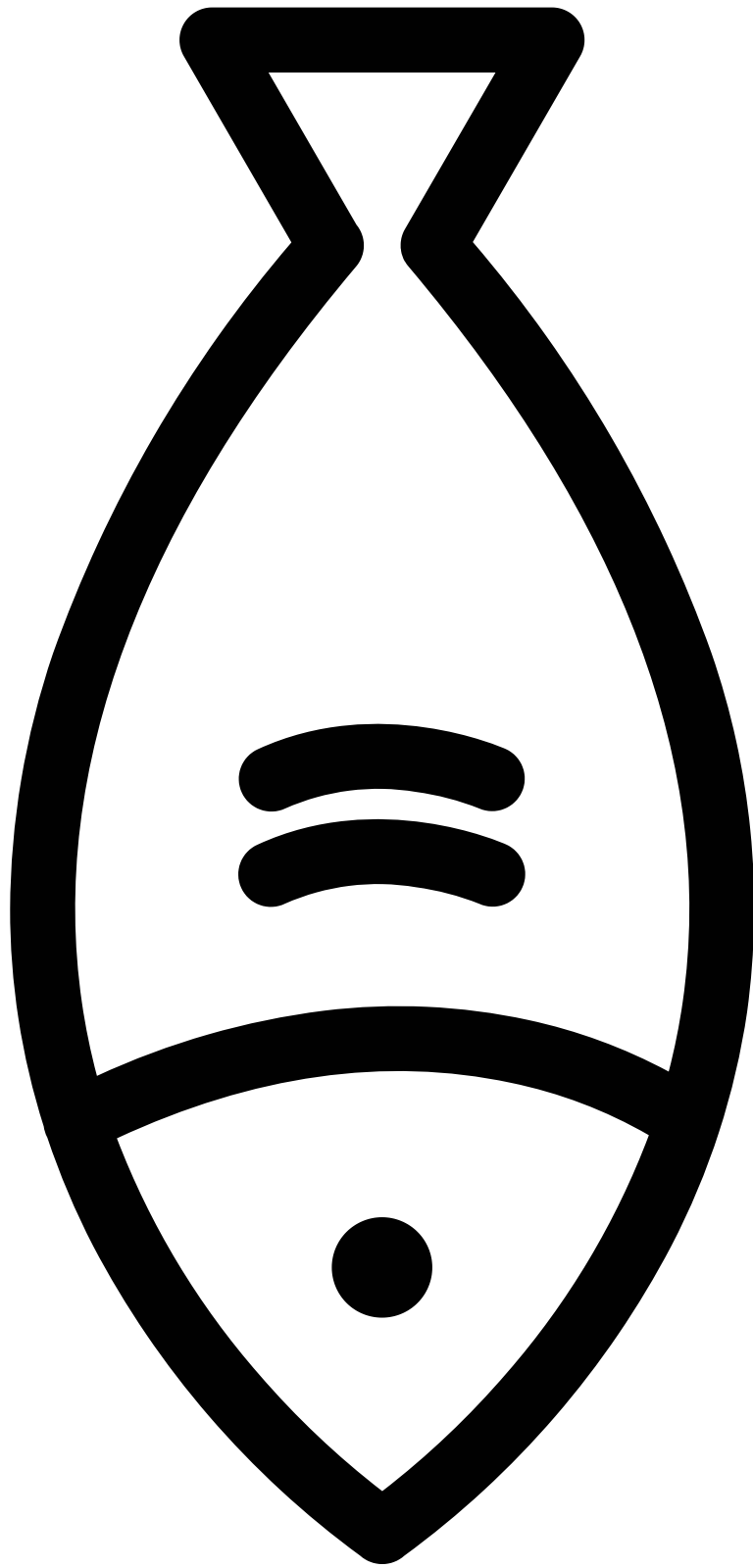
Pin Jonah on the Fish





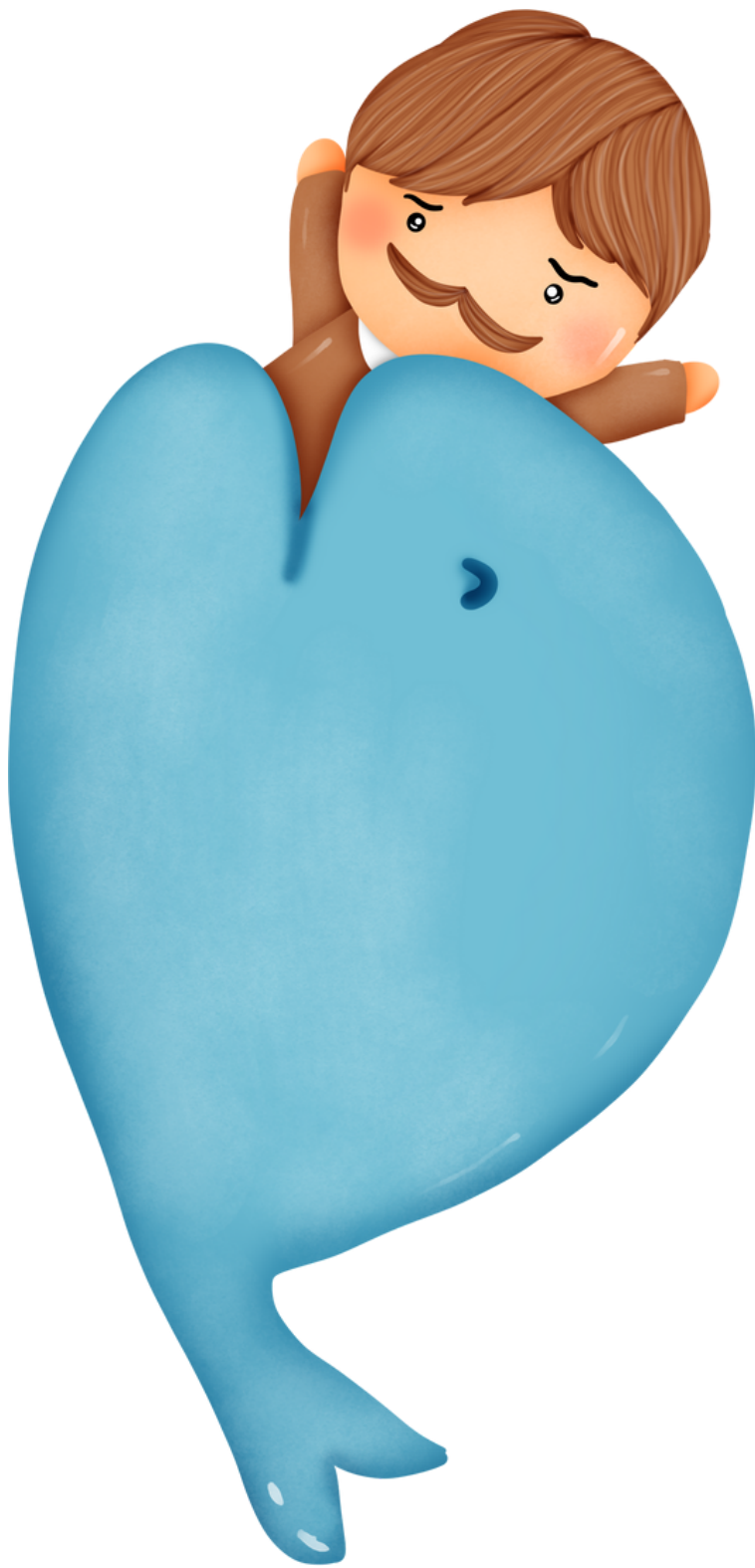
Pin Jonah on the Fish





Stuffed Fish





Jonah Puzzle



# Session: Elijah

## Mystery Sound Bag

After talking about how God spoke to Elijah in a whisper...not by a loud voice or an earthquake or in the wind or fire...in a small whisper. Create a mystery bag and get the children to fill them with items with different sounds

### Supplies

- paper bags
- crayons or felt tips
- balloons, bubble wrap, beads, dried noodles etc
- stickers or collage materials

### Instructions

- Have a ready-made paper bag to use as a group activity with noisy items inside. In your group get the children to close their eyes and listen to the sound and put their hands up to guess the different sounds
- Children are to decorate the outside of the paper bag. Add the verse 'Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand' Isaiah 41:10. Use template provided if desired.
- Inside the bag place items that make noise (bubble wrap, balloons, dried pasta etc)
- Use the bag to play 'What's that sound' game
- Reiterate the importance of listening to God's voice

## My Emotions

To talk to the children about a range of emotions using different faces showing different emotions

Using the Emojis on template:

- Show the children the different faces and ask what the emotion is on the picture and what makes them feel like that...would be good to have this in small discussion groups where a leader can listen to these emotions.



**ISAIAH 41:10**  
**"FEAR NOT, FOR I AM**  
**WITH YOU;**  
**BE NOT DISMAYED,**  
**FOR I AM YOUR GOD;**  
**I WILL STRENGTHEN YOU,**  
**I WILL HELP YOU,**  
**I WILL UPHOLD YOU**  
**WITH MY RIGHTEOUS**  
**RIGHT HAND"**



Mystery Sound Bag



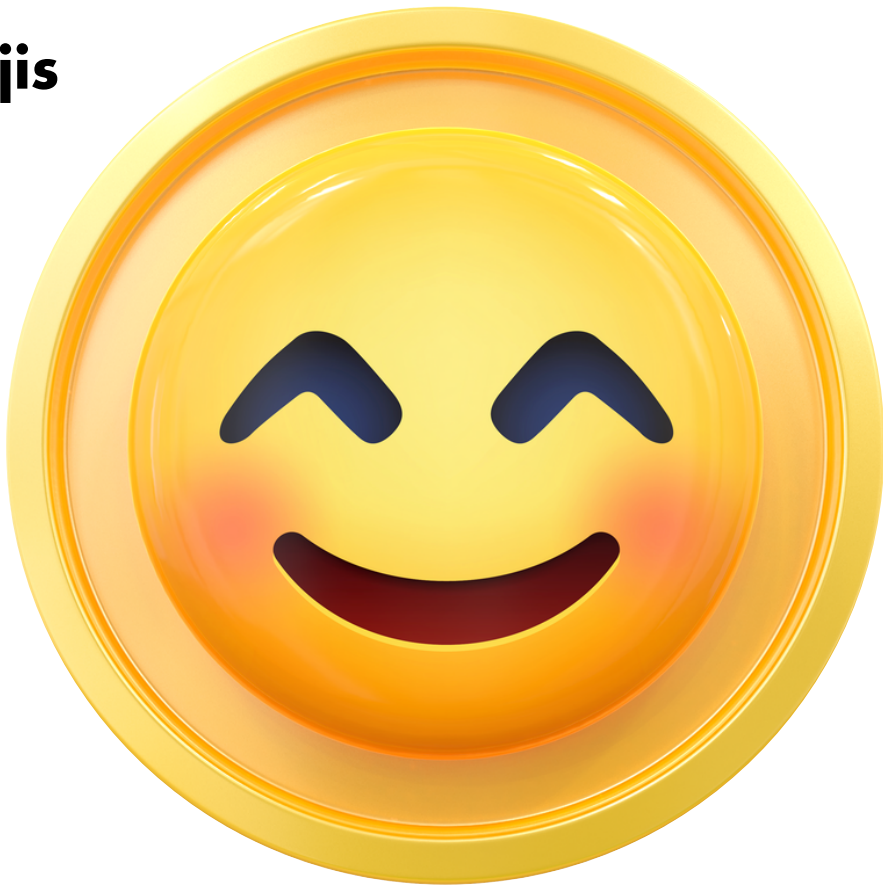




My Emotions



# Emojis



Happy



Sad



# Emojis



Crown



Thumbs down



# Emojis



Microphone



Fire



# Emojis



Rain



Panic



# Emojis



Angry



Running



# Emojis



Whisper



# Emotion Cards

Children to make their own emotion cards on how they are feeling that day

## Supplies

- card cut into a circle
- colouring pencils/markers

## Instructions

- Children to be given a circle and to draw and decorate the emotion they are feeling today and to be able to talk to their group about their feelings and how and why they feel like that today.
- This links in with their talk on their emotions and can lead into the discussion on how God is with us and near us all the time and always there caring for us.





# Session: Esther

## King may I go?

Children to listen to instructions and carry them out in a fun activity

Have a child/leader as the King sitting at one end of the hall on a chair and the rest of the children at the other end of the hall as queen Esther.

Children as Esther to shout 'King may i go?'

The king answers:

- Take 3 steps forward
- Take 3 giant steps
- Take 4 baby steps
- Hop forward like a frog 4 times
- Run forward for 2 seconds etc

## Make a Sceptre

Supplies

- wooden spoons
- glitter, sequins, ribbon
- markers

Show children a sceptre you have made ahead of time and talk to them about what a sceptre is and the power it shows and how you have decorated yours.

Children choose collage materials from a selection laid out for them and decorate their sceptre...ask children to share with their group how they've decorated their sceptre.

## Esther and Haman circle

After listening to the story, children to play a game of tag

- Sit in a circle and tell today's story
- An Esther and a Haman will be chosen.
- They will then try to tag other children in a designated area to be on their 'good' or 'evil' team.
- If time allows, let other children be Esther or Haman



# Session: Gideon

## Warrior Trumpet of Gideon

Children to make torches like the torches that were used in the story of Gideon.

### Supplies

- scissors
- stapler
- crayons/markers
- card
- tissue paper in orange and red and yellow

### Instructions

- Children to decorate card with crayons/markers etc
- Roll the paper diagonally to create a cone
- Glue or staple the the card so it keeps its shape
- Use a variety of the colours of the tissue paper to stuff down into the cone to make a torch shape and then recap on the story of Gideon and the torches.

## Gideon Medallion

A Medallion to wear that reminds the children that 'If God is for us who can be against us?'

### Supplies

- Paper/card
- Crayons
- Scissors
- Tape
- Yarn/string/plastic lacing
- Bead - optional (to be used for lacing onto the plastic lacing if you want to do this)



### Instructions

- Use the template attached - print onto card if you can
- Children to colour and decorate the picture
- Attach yarn/string/plastic lacing
- Thread beads if using the plastic lacing



# Follow my voice Gideon

Talking to the children about when we give our lives into God's hands, we get protection from God. God looked after Gideon and kept him safe.

## Supplies

- a large area to play this
- a blanket
- aluminum foil balls, one for each child

## Instructions

- Walking in God's will is sort of like being under a blanket of His protection.
- Bring one child to the other wall, close to the corner, and put a blanket over them.
- Talk about how the blanket means you won't get hurt by anything. But you have to go slowly and listen for the voice of the Lord so you don't fall.
- The child should follow closely to the wall to the voice of the leader. Say, 'follow my voice, Gideon, and you won't get hurt'
- As they proceed forward the other children throw their foil balls one at a time to try and hit the blanket. If they hit the blanket they get a point.
- If time allows, let each child have a turn under the blanket and follow the voice of God (the leader!) without getting hurt by the firepower!





Gideon Medallion



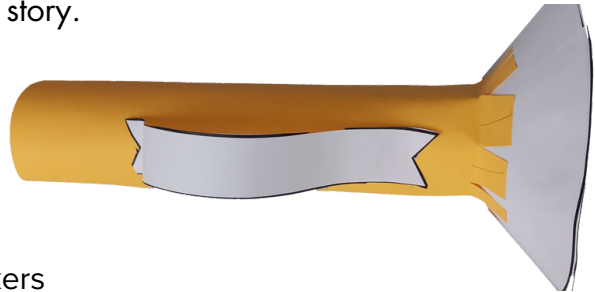
# Session: Joshua

## Make a Trumpet

After children have listened to the story of Joshua they will have a chance to make their own trumpet and use it to retell the story.

### Supplies

- a paper towel roll
- design template
- yellow paper or card
- glue, scissors, markers and/or stickers



### Instructions

- cut out the template sheets (See attached)
- cover the yellow paper or card with glue and wrap around the paper towel roll
- make small cuts about 1cm deep around one end of the paper towel roll. Spread the cuts slightly open to help them secure nicely to the cone piece
- wrap the cone around the paper towel and glue into place. If needed secure the cone with tape
- add glue to the handle template and stick only the edges on to the paper towel to make a handle
- stick stickers onto the paper towel roll for the 'buttons'
- enjoy playing your trumpet!



## As for me and my House

Joshua always looked to do what God said and he always put God first...talk about the famous scripture that Joshua proclaimed later on in life after the walls of Jericho. Joshua 24:15

### Supplies

- lollipop sticks
- glue dots
- liquid glue
- Joshua 24:15 printed out or written on pages (one per child)
- Markers or crayons
- very small stickers (optional)



### Instructions

- In advance print or write out Joshua 24.15 on paper cut into a house shape
- Give each child 5 lollipop sticks
- Children to colour sticks with crayons (alternatively use coloured lollipop sticks and give children a variety of colours)
- Guide children in glueing the sticks together in the shape of a house as shown in the attached picture. (glue dots will hold sticks tightly with no need to wait for drying)
- Carefully glue the scripture page to the back

## Watch the wall crumble!

For the children to remember the story of Joshua...how many times do they need to march round? What happened on the 7th time?

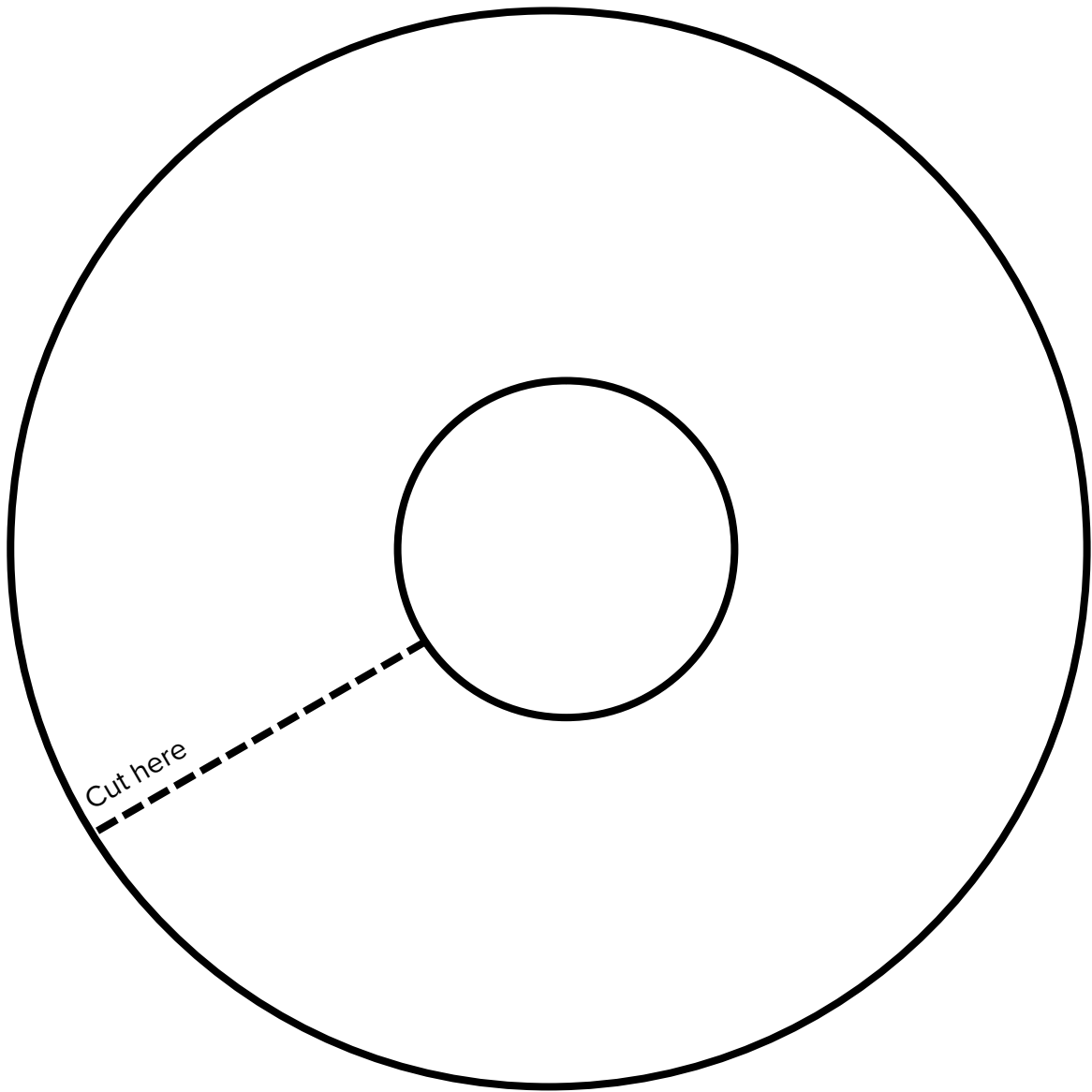
### Supplies

- ahead of time collect cardboard boxes to 'build' the walls of Jericho
- musical instruments can be used if available

### Instructions

- This activity can be used as a game to recap on the story of Joshua & the walls.
- Get children to build up the walls with shoe boxes/cardboard boxes/chairs etc
- Who can remember how many times the people walked round the walls? What happened on the 7th time?
- Walk round as quiet as they can 6 times and on the 7th time to play instruments and make as much noise as they can and a leader (God) to knock the walls down as children cheer
- Talk to the children about how God leads us and goes before us in all things!





Handle

Making a 3D Trumpet





As for me and my House





# Session: Paul

## A New Creation

Using Junk Modelling (possibly link with recycling week too) to make something that is of interest to each individual child.

### Supplies

- masking tape
- junk modelling (ask the children to bring in items from home like cereal boxes and plastic bottles/yogurt pots etc)

Boys to create something new out of these old containers and emphasise to them about the importance of God always being able to create something new in your life

## Create a Masterpiece

Using scratch art kits can the children create something new on the page

### Supplies

- scratch arts kits from Baker Ross/works etc eg <https://www.bakerross.co.uk/scratch-art-card-blanks>

### Instructions

Leader to discuss about new creations and our own masterpieces. Show the children the scratch art pictures and explain how they work. Leader to talk through how changes can take place through God. Ask the children to draw themselves on the scratch art Cards.

As they draw on the cards, talk about how the card changes into something different!



# Trust Building

Can children trust a friend to lead them round following certain instructions?

## Supplies

- blindfolds
- areas set up around the room like an obstacle course

## Instructions

- Children to work together building trust between each other as they lead their partner round the room with various instructions.
- Walk three steps/set out cones or markers and guide them round these watching out for their safety, can you bend down and pick up this object (eg ball) and carry it for three steps and put it into the container etc...



# Session: Jesus

## Jesus You're my Superhero Song

Listen to and learn the actions to 'Jesus you're my Superhero'

Have lots of fun with this song in your classes!

<https://www.youtube.com/watch?v=1FY4C930M2Y>

## A superhero Cape!

Making a superhero Cape with J on which the children can wear after learning about what a superhero Jesus is!

### Supplies

- An old plain adult t-shirt
- Paint and sponge brushes
- Glitter and stickers etc
- A 'J' in the design of superman (See attached)
- Stapler and ribbon for leader to add to attach to the t-shirt
- Make a t-shirt design yourself to show in the session and talk about how Jesus is your superhero!

### Instructions

- After showing children your superhero t-shirt encourage them to decorate their own 'capes' with pens and glitter and any other collage materials you have to hand.
- Help children to attach the 'J' for Jesus my superhero!



# Jesus Scavenger Hunt

For the children to hunt for Superhero 'J's' around the room after listening to the story about Jesus.

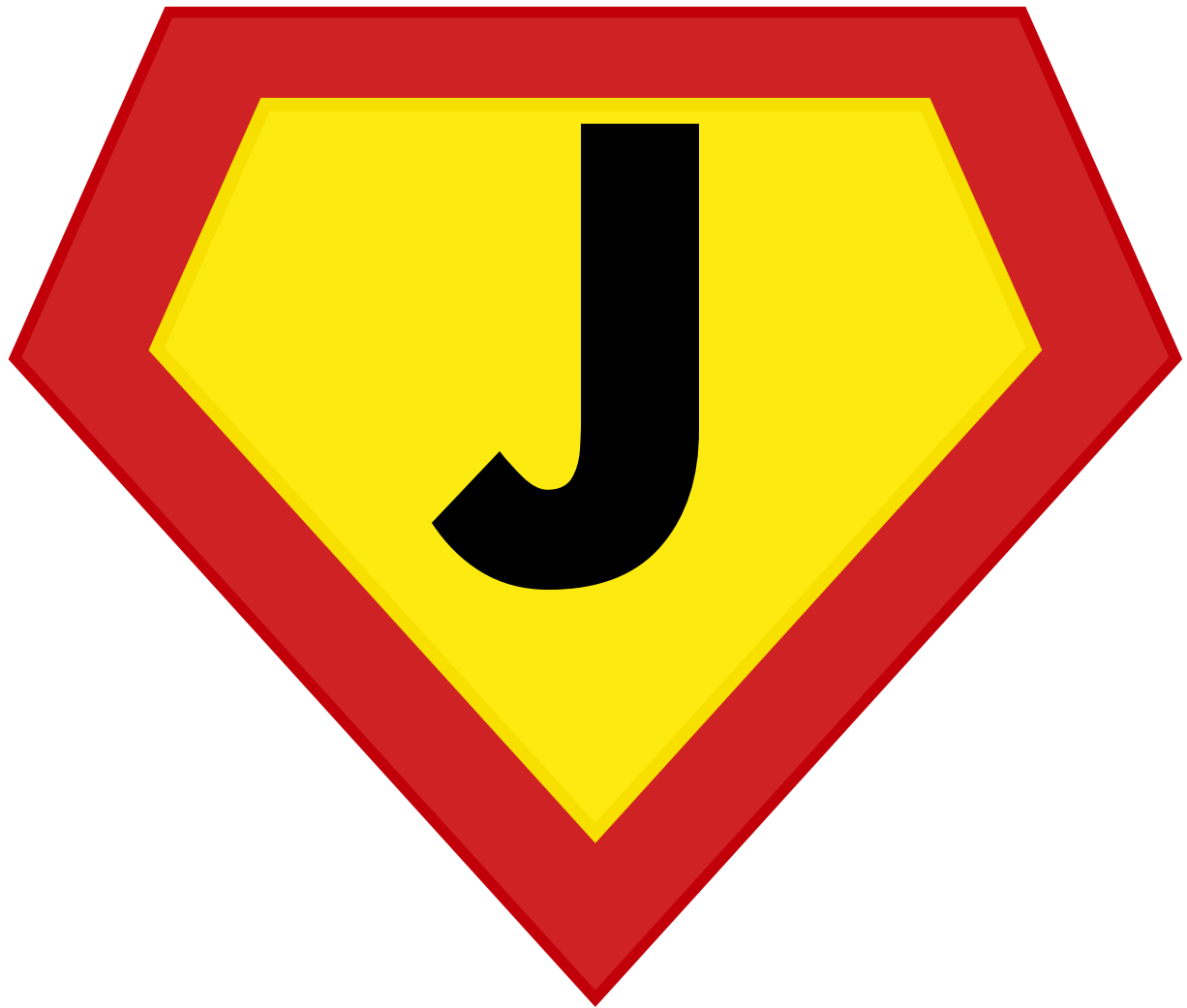
## Supplies

- Superhero J signs laminated (See attached)
- Large space

## Instructions

- Without children seeing, hide plenty of J signs around the room and talk to the children about how you want them to be superheroes and find ALL of the J signs...hide them in lots of different places to challenge the children to look everywhere
- Talk to the children about how Jesus is their superhero and is always looking out for them.





A Superhero Cape! & Jesus Scavenger Hunt

