



WEEK 1: BE STRONG!

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LEGENDARY

WEEK 1: BE STRONG!

Bible Verse: Ephesians 6:10

Bottom Line: Be strong in the Lord.

SUPPLIES

- Copies of Week 1 - Coloring/Take Home Sheet
- Copies of Week 1 Activity Sheet
- Week 1 - PowerPoint
- FOR OPENING GAME
 - Ten small stackable shoe box six boxes with lids
 - Ten one-pound bags of beans
 - Masking tape
 - Stopwatch
 - Music from Super Mario Brothers in mp3 format
 - Music player
 - Floor space
- For ILLUSTRATION
 - A sheet of paper
 - A thick manilla envelope
 - A heavy piece of cardboard
 - An X-acto knife

LEADER NOTES

Welcome to the first week of our series called Legendary.

This 4-week series will teach kids they can be legendary when it comes to their faith. Kids love playing as the hero in their video game worlds, so this series is designed to get kids excited about being heroes for God in their world.

Ephesians 6 teaches us how to deal with the enemy of our faith.

The metaphor of a suit of armor is an exciting one to explore.

Kids will appreciate the call to action as they begin to see their place in the spiritual battle. They'll be excited as they realize God has given them all the equipment they'll need to stand for him.

Throughout this series, kids will get to learn about the armor of God and how to wear it in their everyday lives.

They'll grow in confidence as they master the basics of spiritual warfare, becoming as confident in their ability to stand for God as they are in their ability to make it to the next level in their video games.

This week, students will learn the most basic truth leading to legendary behavior. They'll learn their strength comes from the Lord, and he has all the strength they'll ever need. They'll begin to understand that being spiritually strong is much more important than being physically strong. They'll learn they can be strong and do what must be done even when they are afraid.

Prayer: God, thank you for never leaving me to fight my battles alone. Thank you for giving me strength when my own is not enough. Help me to lean on you instead of trying to rely only on myself, so I can be a better witness for you. Amen.

Show WEEK 1 – PowerPoint and use script (as needed).

TITLE SLIDE (SLIDE 1)

WELCOME (SLIDE 2)

Say: Welcome! I'm so glad each of you are here as we begin a BRAND-NEW series called Legendary.

Do you know what it means to be "legendary"?

When we call someone legendary, we are saying that person is remarkable or famous or, maybe even, heroic. Everyone wants to be a hero, right?

When we talk about people who did great things for God in the Bible, we sometimes call them Bible heroes.

Those Bible heroes really are legendary, and you can be legendary heroes for God, too.

We are going to show you how!

Today, we are going to learn how to level up our faith with some super strength. We're going to find out the source of our strength and how to use it for God's glory.

Before we get started, let's talk about a few things we want to remember that will help our time together to be awesome!

THINGS TO REMEMBER (SLIDE 3)

- Unless we ask you to stand up, please stay in your seats.
- We will give you time to talk, but when a leader is speaking, please listen.

- We want to keep your personal items safe, so keep your phones, toys, and fidget toys under your seat.
- And most of all, we want to take a moment to pray and ask God to help us learn something about Him that we've never known before.

If you don't know much about God, today will be your day to learn who He is.

Ask a leader or kid to open in prayer.

WORSHIP (SLIDE 4)

This would be a great time to open with a time of praise and worship.

OFFERING (SLIDE 5)

Encourage kids to give their offering willingly and with a grateful heart.

OPENING GAME (SLIDE 6): Power-Up

GAME PREP

Before students arrive, use masking tape to create a starting line and a finish line on opposite sides of the room. Place ten small pieces of masking tape at equal intervals along the route in the shape of an "x".

Fill each shoebox with a bag of beans and place a shoebox on each "x".

Line students up behind the starting line.

Have Super Mario Brothers music cued up on music player, so it is easy to press play when you say go.

HOW TO PLAY THE GAME

Say: Have any of you ever played Mario?

One of the cool things about Mario is the power ups.

For today's game, these shoe boxes are our power ups.

When I say go, you are going to go from power up to power up, picking up as many as you can carry, as you go to the finish line.

If you can't carry them all, that's okay.

Just carry what you can across the line.

You'll go one at a time, but I'll be keeping track of how long it takes you to complete the course.

Whoever makes it across the finish line with the most power ups in the shortest amount of time is our winner.

Ready player one?

Okay, let's go!

After the game, have the kids return to their seats for the lesson.

LESSON (SLIDE 7)

Say: That game was awesome!

I didn't know you guys were so strong.

Each of those boxes held about a pound of weight, so if you managed to carry all ten power ups across the finish line, you carried ten pounds.

That takes a bit of strength.

Weightlifters can lift a lot of weight, can't they?

They're super strong.

For them, ten pounds is easy.

Maybe ten pounds isn't really hard for you guys, especially if it isn't divided between ten different boxes.

Do any of you think you could lift twenty pounds?

What about fifty?

A hundred?

Probably not, right?

Your bodies are still growing, and you don't spend all day in the gym everyday like weightlifters.

It makes sense that they can lift more than you can.

If you'd had a weightlifter for your partner in this game, you would have easily carried all your power ups across the line, but physical strength isn't the only kind of strength.

It isn't even the most important strength we can possess.

We can also be strong in spirit.

This kind of strength means not quitting when the going gets tough or when we are afraid.

That's even harder than being physically strong, isn't it?

It's normal to want to quit when things get hard or scary, just like it was normal to decide you couldn't carry even one more power up across the finish line, but I have good news for you.

If you are a believer, you do have a partner.

Your partner isn't a weightlifter who can carry the physical load for you.

He's way stronger than any weightlifter.

He's God.

We can all agree God is stronger than anyone else, right?

Well, God wants to give us the strength to keep going when things are tough.

He wants to help us do the things he's called us to do, and if we will trust him, he will make us strong enough not to quit when things get hard.

Strength from God is the ultimate power up.

His strength helps us to do the right thing when it would be easy to do the wrong thing.

His strength helps us to share our faith with others even when we are afraid of what they might say.

We need to rely on the strength God gives us to be able to walk out our faith the way our heroes from the Bible lived out their own.

Can you think of some Bible heroes who did very hard things?

What about David?

He fought a giant who was over nine-foot-tall, and his only weapon was a slingshot.

It took some serious spiritual strength for David to even face that giant, let alone defeat him.

His strength couldn't have come from himself.

It had to come from God, and it was legendary.

With God's strength, you can be legendary in your faith, too.

Let's read a Bible verse that will lay the foundation for our lesson.

BIBLE VERSE (SLIDE 8)

This week our Bible verse is Ephesians 6:10. Be Strong in the Lord and in his mighty power.

BOTTOM LINE (SLIDE 9)

Our bottom line is: Be strong in the Lord.

ILLUSTRATION

Ask a volunteer to help with a quick illustration.

Hand the volunteer a piece of paper.

Say: Can you tear this piece of paper in half?

Good, that was easy, right?

Hand volunteer the manila envelope.

Here, tear this envelope in half.

You still managed to do it, but I noticed it was a little more difficult.

While the sheet of paper was pretty flimsy, the envelope was made of heavier paper.

It wasn't even just one piece of heavier paper.

It had a front and a back, so it was like two pieces.

Hand the volunteer the thick piece of cardboard.

Think you can tear this in half?

Let volunteer attempt to tear the cardboard for a minute and encourage the class to cheer the child on.

When it becomes obvious, the cardboard isn't going to tear in half, take it back.

I think you're going to need more than just your own strength for this one.

Attempt to tear the cardboard yourself.

Looks like my strength isn't enough for this job either.

Maybe we should try working together.

You pull one side, I'll pull the other.

Make an exaggerated final attempt to tear the cardboard.

We need more than even our combined strength.

I'm going to use a tool that isn't safe for children to use, so please take a few steps back.

Keep the volunteer a safe distance away and pull out the "X"-acto knife and carefully cut the cardboard in half.

This knife didn't have any trouble, did it?

When our own strength isn't enough, we need help from someone who isn't limited by the things that limit us.

God has no limits.

He can do anything.

He is stronger than we could even begin to imagine, much stronger than the strongest weightlifter or the most powered up character in any game we could play.

Best of all, he wants to give us the strength we need to do the things he asks us to do.

All we have to do is trust him and accept that he will give us the strength to walk out our faith.

To the volunteers... Thanks for your help! You can go ahead and return to your seats.

PRAYER (SLIDE 10)

I want to end our time together by praying and asking God to give us strength to face whatever challenges we might face.

Whether those challenges are personal, like problems at home or with friends, or our problems involve trying to share our faith with others, we can ask God to give us strength, and he will do it.

Please remember that being strong doesn't always mean we aren't afraid.

Being strong means we keep going even when we are afraid.

Let's pray together.

Close in prayer.

Next, divide kids into groups of 5-6 people, with an adult leader, or an older student leader, in each group.

Give each kid a copy of the Week 1 Activity Sheet, and pencils or crayons to complete the activity sheets.

Also, give each kid a take-home coloring sheet before the end of your time together.

SEE YOU NEXT WEEK! (SLIDE 12)

TITLE SLIDE (SLIDE 13)

SMALL GROUPS: LOWER ELEMENTARY (SLIDE 11)

SUPPLIES

- Copies of Week 1 - Activity Sheet
- Copies of Week 1 – Coloring/Take-home Sheet
- Crayons/Markers

SAY: Today, we talked about the strength that comes from God. We learned we can do things that are difficult or scary, because God's strength will get us through anything. We can be just as legendary as the heroes we read about in the Bible.

Can you think of something that would be hard for you to do without a little help? Who would you ask to help you do it?

If you had to face a giant like David did, would you want to face the giant with your own strength or with God's strength?

Why is the story of David and Goliath so much fun to think about? Would it be as much fun to hear his story if David had been as big or bigger than Goliath?

Do you get nervous about inviting friends to church or telling them about Jesus?

Do you think asking God to give you strength would make it easier to talk to your friends about Jesus even when you are nervous?

Will knowing your strength comes from God make you less afraid? How will it change how you do things?

After each question, allow kids to respond with a few answers.

SMALL GROUPS: UPPER ELEMENTARY (SLIDE 11)

SUPPLIES

- Copies of Week 1 - Activity Sheet
- Copies of Week 1 – Coloring/Take-home Sheet
- Crayons/Markers

SAY: Today, we talked about ...

If David had been as big as the giant he faced, would it have been as exciting that he conquered his enemy in battle? Why or why not?

What seems more legendary to you? Someone really strong doing something difficult or someone who isn't physically capable of doing something suddenly being able to achieve it?

Do you ever feel afraid when you are telling someone about Jesus?

Are you glad God will give you the strength to share the good news with others even when you are afraid of what they might say?

Why is it important to rely on God's strength instead of our own when we face challenges?

Can you think of a time when you had to do something you didn't feel ready to do? Did you ask God to help you?

After each question, allow kids to respond with a few answers.