



# HERO TRAINING



# Large Group

## Hero Training

### Series at a Glance for Elevate

#### About this Series:

Have you ever wanted to be a hero? In this series, we'll learn about the "Armor of God," and discover how following God can help us do heroic things, whether we feel like a hero or not.

#### Key Verse:

Ephesians 6:10- Finally, let the Lord make you strong. Depend on His mighty power.

#### Weekly Overview:

<b>Lesson:</b>	<b>Title:</b>	<b>Big Idea:</b>
Lesson 1: April 17/18	The Training Begins Ephesians 6:10-18	God is training us to do heroic things.
Lesson 2: April 24/25	The Belt of Truth Acts 14:8-28	God's heroes stand for what's true.
Lesson 3: May 1/2	The Armor of Godliness Acts 5:17-22	God's heroes do what God says is right.
Lesson 4: May 8/9 *	The Helmet of Salvation Acts 26 (or) 22:1-21	I can follow Jesus- the greatest hero of all.
Lesson 5: May 15/16	The Shoes of Peace Acts 17 and Eph. 2:17	God's heroes choose peace.
Lesson 6: May 22/23	The Shield of Faith Acts 27	God's heroes trust Him no matter what.
Lesson 7: May 29/30	The Sword of the Spirit Acts 28:17-31	God's heroes change the world for good.
Lesson 8: June 5/6	Move-Up Celebration Psalm 112	Let's celebrate what God has done!

# Hero Training

## Series at a Glance for Elevate (continued)

### **Lesson 1: The Training Begins**

Ready for hero training? We're preparing to do things that God says are heroic, and a great place to start is with God's armor. This week, we'll see all the pieces of the armor of God and learn what kind of things God is training us to do.

### **Lesson 2: The Belt of Truth**

Throughout this series, we're joining the writer of the book of Ephesians, Paul, on his epic journeys to tell people about Jesus. This week, when people mistakenly begin to think Paul and his friend are gods, they have to risk a lot to stand up for what's true.

### **Lesson 3: The Armor of Godliness**

This week we find two of Jesus' followers in a prison cell, but not for long. Through their story, we'll discover that doing what God says is right can be truly heroic.

### **Lesson 4: The Helmet of Salvation**

From the beginning, Paul was an unlikely hero. Paul had been unkind and even cruel, until Jesus completely changed his life. This week, we'll hear how that happened, and see how salvation can change our lives, too.

### **Lesson 5: The Shoes of Peace**

Paul was being chased by some people who just wouldn't let go of their anger. Paul had a message to share, though, and that message wasn't one of fighting and hurt, it was the good news of peace.

### **Lesson 6: The Shield of Faith**

Trapped on a boat in a raging sea, it must have felt as if Paul was in the middle of a nightmare. Yet even in this scary situation, Paul relied on his faith in God, and believed what God said, no matter what.

### **Lesson 7: The Sword of the Spirit**

God's armor isn't just to protect us. God's goal is to change the world for good, and He wants to do it through us! This week, we'll finish Paul's story, and see how God can help us make an impact in our world today.

### **Lesson 8: Move-Up Celebration**

Next week is move-up weekend, so this is a time to celebrate!

# Hero Training

## Lesson Outline for Elevate

### Lesson 1: The Training Begins

Lesson Segment	Total Running Time
Opening Song and Welcome (1:00)	
Team Time (14:00)	
Media Part 1 (5:00)	0:00 – 20:00
Group Time 1 (7:00)	
Media Part 2 (5:00)	
Group Time 2 (7:00)	20:00 – 40:00
Media Part 3 (5:00)	
Worship (8:00)	
Media Part 4 (6:00)	
Wrap-Up (1:00)	40:00 - 60:00



Video Cue



Slide Cue



Audio Cue



Tech Notes

## Opening Song and Welcome

1:00



*(Roll when directed)* Elevate Opener

**Do This:** During the song, encourage kids to find a place to sit, and let them know it's time to get started.

Welcome everyone, let's get started! I'm so glad you're all here! Come on up and find a place to sit.



*(Auto advance)* Elevate Slide and Underscore

My name is \_\_\_\_\_, and I'm so excited to be here with all of you!

Elevate is an awesome place where we get to have fun and learn about God. It's also a place where we show respect. We respect the leaders in here by listening and following their instructions. We respect others by being kind and keeping our hands to ourselves. And we respect the room by being safe, and not damaging anything. Showing respect like that helps us all have an awesome time.

## Team Time

14:00



Series Title Slide: Hero Training and clear audio

We're starting a brand-new series today called "Hero Training." In this series, we're talking about how every one of us can be a hero, even without superpowers. We can be heroes because God gives every one of us the chance to do heroic things when we follow Him.

Let's get started with a game called "World's Greatest."



Game Title Slide: "World's Greatest"

In this game, I'm going to give a couple of you a challenge, right out of the world record books. You'll compete to see who can complete the challenge the fastest. Then, I'll tell you what the world record is, and we'll see if you broke it or not!

**Do This:** Choose six kids, two for each competition. Have them come up on stage, have three stand on one side and three on the other. Have two of them step to tables with a disassembled Mr. Potato Head on it.

The first challenge is to put together a Mr. Potato Head the fastest while blindfolded. Now, for this challenge you have to keep your eyes closed, and don't worry about putting the pieces in the right places, just get them all into the potato.

Ready? Set? Go!



Timer (counting up) and fun game music!

**Do This:** When one kid finishes, check the time on the screen and call it out, and move on to the following lines.



Game Title Slide: "World's Greatest"

Great job! That was fast, but let's find out what the world record is.



Fastest time to put together a Mr. Potato Head blindfolded: 14 seconds.

14 seconds! That is super-fast. You can both find your spots and sit again.



Game Title Slide: "World's Greatest"

Let's try to break another record. This next one is a record about stacking coins. How many coins can you stack in 30 seconds?

**Do This:** Lead the next pair of kids to the tables, setting a box of coins on each one.

Ready? Set? Go!



30 Second Timer and fun game music!

Stop! Great job! It looks like you got the most with \_\_\_\_ coins. You did great, but let's find out what the world record is.



Most coins stacked in 30 seconds: 51

51! That might take some practice. You can both find your spots and sit again.



Game Title Slide: "World's Greatest"

Let's try one more. This world record is "sticking the most sticky notes on your face in one minute. They have to be touching your face, and stay stuck to your face for a few seconds at the end, too.

**Do This:** Bring each of the last kids up and give them a stack of sticky notes.

Ready? Set? Go!



60 Second Timer and fun game music!

Stop! Great job! It looks like you got the most with \_\_\_\_ sticky notes. You did great, but let's find out what the world record is.



Most sticky notes stuck to your face in one minute: 60

60! Fun fact, that record is held by someone from Iowa. You can both find your spots and sit again.



Game Title Slide: "World's Greatest"

Good job everyone! Let's get ready to answer our question of the day.



Question of the Day Video



*(Auto Advance)* QOTD Slide: What's something you like to do where you have to wear special gear?

Our question today is: What's something you like to do where you have to wear special gear? This could be a sports or band uniform, a helmet, or any kind of special gear you have to wear. Turn to someone near you and tell them about it! Make sure to listen to their idea, too.

**Do This:** Allow kids to talk for about 30 seconds.

**Know This:** You could share a very brief story about something you like to do that you have to dress differently for.



Series Title Slide: Hero Training

Sometimes the “gear” we wear can be really helpful. We wear cleats for some sports because they keep us from slipping on the ground. We wear helmets when we ride bikes so our heads don't get hurt if we crash. Today, we're going to learn about some amazing “gear” God gives us.

## Media Part 1: Big Problem

5:00

Next up, we're going to check in with Josh and Beka. Let's find out what they're up to today.



Media: Part 1 (5:00)



*(Auto advance)* Group Time Slide

What a great question from Josh and Beka! Next, we get to meet up with our groups to talk about that. Look for your group's flag and meet up with them there.

## Group Time 1

7:00



7:00 Group Time Countdown





*(Auto advance)* Series Title Slide: Hero Training

**Do This:** Make sure each kid finds their group. Help group leaders if there is a need. Encourage kids as they work to discuss the question.

**Know This:** During this time, groups are expected to look in the Bible to see if they can solve the big question presented in the media. They'll spend time reading the Bible and discussing the problem. Help group leaders engage kids and facilitate discussion as much as possible.

## Media Part 2- Bible Story

5:00

You can come back to the middle and find a spot to sit. I hope you had a great time talking with your group! Next up, Josh and Beka have a Bible story for us that might help us think of an answer to the questions we've been talking about.



Media: Part 2 (Bible Story) (4:00)



*(Auto advance)* Series Title Slide: Hero Training

What a great story! Next, your group leaders have an activity for you, so meet them in your group's spot.

## Group Time 2

8:00



8:00 Group Time Countdown



*(Auto advance)* Series Title Slide: Hero Training

**Do This:** Make sure each kid finds their group. Help group leaders if there is a need. Encourage kids as they work to discuss the question.

**Know This:** During this time, groups are expected to complete an activity or object lesson around the lesson we're learning. Make sure group leaders have all the supplies that they need and that they understand what they're doing in this section ahead of time.

## Media Part 3: Application

5:00

I wonder what Josh and Beka have learned from all they've been doing today. Let's find out!



Media: Part 3 (Application) (5:00)



*(Auto advance)* Worship Slide

God is training each of us to do heroic things. For this whole series, we're going to be talking about what those things are and learning how God says each of us can be heroic.

## Worship

8:00

I love just knowing that God has a plan and purpose for me and for every one of us. He loves us and wants us to live for Him every day. That's one thing we remember when we sing and worship God. Let's stand up and get ready to do that now!



Song #1: Remind Me



*(Auto-Advance)* Worship Slide

Let's keep on singing and moving with another amazing song.



Song #2: Rock This Planet



*(Auto advance)* Series Title Slide: Hero Training

Singing with all of you is awesome. You can sit, and let's take a moment to talk to God.

God, we love you. Thank you for training us and helping us every day. Help us do courageous and heroic things this week. Amen.

## Media Part 4: Game

6:00

You can come back to the middle and find a spot to sit. Next up, let's see how Josh and Beka's adventure wraps up.



Media: Part 4 (Game) (4:00)



*(Auto advance)* Series Title Slide: Hero Training

## Wrap-Up

1:00

I'm so glad you were here today, and I hope you all come back next week as we continue our hero training!



Elevate Slide



Start free time music videos