



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:

Lesson:	Title:	Big Idea:
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 7: The Sword of the Spirit

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

We're going to get started with a game called World Quiz!



Game Title Slide: "World Quiz"

This extremely random quiz will test how much you know about our amazing world! We've put together some very random facts from around the world. You'll see a question and some options and have to move to one of the signs around the room to choose your answer. Let's try the first one!



If you could drive a car on a highway into space, how long would it take to get there? (And fun game music!)

- A. 2 days
- B. 1 week
- C. 1 hour
- D. 5 minutes

Do This: Read the question and answers from the screen. Allow the kids to move around the room.

Choose your answers!

Let's see if you're correct.



If you could drive a car on a highway into space, how long would it take to get there?

- A. 2 days
- B. 1 week
- C. 1 hour**
- D. 5 minutes

The answer is: one hour! If you could drive straight up, that is. Let's take a look at another question.



How many days did the longest traffic jam in the world last?

- A. 1 day
- B. 3 days
- C. 5 days
- D. 12 days

Do This: Read the question and answers from the screen. Allow the kids to move around the room.

Choose your answers!

Let's see if you're correct.



How many days did the longest traffic jam in the world last?

- A. 1 day
- B. 3 days
- C. 5 days
- D. 12 days**

The answer is 12 days! The cars only moved about half a mile each day. Time for another fact!



Who invented glitter?

- A. A scientist
- B. A rancher
- C. A librarian
- D. A rocket scientist

Do This: Read the question and answers from the screen. Allow the kids to move around the room.

Choose your answers!

Let's see if you're correct.



Who invented glitter?

- A. A scientist
- B. A rancher**
- C. A librarian
- D. A rocket scientist

The answer is: B. A rancher. The owner of a ranch in New Jersey in 1934 tried to grind up plastic as small as they could. Totally on accident, they discovered glitter! Let's take a look at another question.



What is a group of pugs called? (With pug image)

- A. A grumble
- B. A growl
- C. A gurgle
- D. A grouch

Do This: Read the question and answers from the screen. Allow the kids to move around the room.

Choose your answers!

Let's see if you're correct.



What is a group of pugs called? (With pug image)

- A. **A grumble**
- B. A growl
- C. A gurgle
- D. A grouch

The answer is A: A grumble! Let's try another one.



In old days, what did people say instead of "cheese" before taking a picture?

- A. Cheerio
- B. Prunes
- C. Gigglemug
- D. Mozzarella

Do This: Read the question and answers from the screen. Allow the kids to move around the room.

Choose your answers!

Let's see if you're correct.



In old days, what did people say instead of "cheese" before taking a picture?

- A. Cheerio
- B. **Prunes**
- C. Gigglemug
- D. Mozzarella

The answer is B. Prunes! In case you want to know, people actually said "prunes" to keep themselves from smiling.

Get ready for another question!



How much did the inventor of the microwave make from his invention?

- A. Two dollars
- B. Fifty dollars
- C. A thousand dollars
- D. One million, two hundred thousand dollars

Do This: Read the question and answers from the screen. Allow the kids to move around the room.

Choose your answers!

Let's see if you're correct.



How much did the inventor of the microwave make from his invention?

- A. **Two dollars**
- B. Fifty dollars
- C. A thousand dollars
- D. One million, two hundred thousand dollars

The answer is: A. Two dollars! The inventor worked for a company, who only gave them a two-dollar bonus when they invented the microwave.

We have one more question, so get ready!



What was the color of the first oranges?

- A. Uhh... orange?
- B. A yellowish orange
- C. A reddish orange
- D. **Green**

Do This: Read the question and answers from the screen. Allow the kids to move around the room.

Choose your answers!

Let's see if you're correct.



What was the color of the first oranges?

- A. Uhh... orange?
- B. A yellowish orange
- C. A reddish orange
- D. **Green**

The answer is: D. Green! Oranges are actually a cross between two other fruit, so the skins of the first oranges grown were actually green.



Game Title Slide: "World Quiz" (and clear audio)

Good job everyone! Come back to the middle and find a place to sit. Then get ready to answer our question of the day!



Question of the Day Video



(Auto Advance) QOTD Slide: If you could go anywhere in the world for one hour, right now, where would you go?

Our question today is: If you could go anywhere in the world for one hour, right now, where would you go? Think about it and if you want to share, 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 very briefly about a place you'd like to go.



Series Title Slide: Hero Training

God made our world to be an amazing place and he put every one of us in it, right where we are, for a reason.

Media Part 1: Big Problem

5:00

To learn more about what that means, we're going to check in with Josh and Beka. Let's find out what they're doing 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 answers 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 has chosen you to show other people who He is. Jesus showed us how to live the way God made us to, and Paul is a great example of someone who chose to follow Jesus no matter what. Every one of us can make a difference in our world when we do good for others.

Worship

8:00

God made us, loves us and chose us for an amazing purpose. Those are great reasons to worship God and sing about Him. Let's stand up and get ready to do that now!



Song #1: Rock This Planet



(Auto-Advance) Worship Slide

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



Song #2: Higher Than the Sky



(Auto advance) Series Title Slide: Hero Training

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

God, we love you. Thank you for leading us. Help us to follow your spirit 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 for a special start of summer celebration!



Elevate Slide



Start free time music videos