



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 8: Move-Up Celebration

Lesson Segment	Total Running Time
Opening Song and Welcome (1:00)	
Team Time (14:00)	0:00 – 15:00
Group Time 1 (7:00)	
Bible Story (5:00)	
Group Time 2 (8:00)	15:00 – 35:00
Activity 2 (8:00)	
Worship (8:00)	
Summer Media Intro (3:00)	
Wrap-Up (1:00)	35:00 - 55:00



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

The series we've been in is called "Hero Training." We've been learning how every one of us can do heroic things. Today, though, we're doing something a little different. Next week, we're officially starting our summer series! Next week is also move-up week, which means we're saying goodbye to some amazing people, our fifth graders, who are moving up to Ground Zero, our middle school student ministry. If you are going into sixth grade next year, we are super excited for you!

Let's get started with a game called World's Weirdest: Stuff that Happened Last Year.



Game Title Slide: "World's Weirdest: Stuff that Happened Last Year"

In this game, I'm going to tell you about something strange that happened in the last year, but I won't tell you all of it. You'll have to guess what is missing by running to the signs with "A, B, C," or "D" on them around the room.

Let's get started!



In October 2020, a court in Ireland declared that... (and fun game music!)

- A. McDonald's hamburgers are not actually beef.
- B. Subway's bread isn't actually bread.
- C. Dairy Queen's ice cream isn't actually ice cream.
- D. Kentucky Fried Chicken's chicken isn't actually chicken.

Do This: Read the statement and options from the screen.

Show me which answer you think is correct!

Do This: Give kids time to choose their answers.

Let's find out if you're right!



In October 2020, a court in Ireland declared that... (and fun game music!)

- A. McDonald's hamburgers are not actually beef.
- B. Subway's bread isn't actually bread.**
- C. Dairy Queen's ice cream isn't actually ice cream.
- D. Kentucky Fried Chicken's chicken isn't actually chicken.

They declared that Subway's bread has too much sugar to be called "bread." Instead, they think it's more like "cake." Let's try another one!



In May 2020, the Polish army accidentally...

- A. Sent birthday cards to all of their soldiers on the same day.
- B. Lost a castle.
- C. Sent their soldiers only desserts for food rations.
- D. Invaded the Czech Republic.

Do This: Read the statement and options from the screen.

Show me which answer you think is correct!

Do This: Give kids time to choose their answers.

Let's find out if you're right!



In May 2020, the Polish army accidentally...

- A. Sent birthday cards to all of their soldiers on the same day.
- B. Lost a castle.
- C. Sent their soldiers only desserts for food rations.
- D. Invaded the Czech Republic.**

They accidentally invaded the Czech Republic, a nearby country. Apparently, they took a wrong turn, and ended up going to a different country. They quickly returned to Poland, without any problems.

Let's look at another strange event!



In Italy, in October 2020, a puppy...

- A. Was born with green fur.
- B. Learned to drive.
- C. Became mayor of a town.
- D. Painted a picture of himself.

Do This: Read the statement and options from the screen.

Show me which answer you think is correct!

Do This: Give kids time to choose their answers.

Let's find out if you're right!



In Italy, in October 2020, a puppy...

- A. Was born with green fur.**
- B. Learned to drive.
- C. Became mayor of a town.
- D. Painted a picture of himself.

The puppy was born with green fur! It was named "Pistachio," appropriately. Let's look at another unusual event.



In August 2020, a waterfall in Australia...

- A. Disappeared.
- B. Started flowing backwards.
- C. Moved 10 miles west suddenly.
- D. Looked like the painting of the Mona Lisa.

Do This: Read the statement and options from the screen.

Show me which answer you think is correct!

Do This: Give kids time to choose their answers.

Let's find out if you're right!



In August 2020, a waterfall in Australia...

- A. Disappeared.
- B. Started flowing backwards.**
- C. Moved 10 miles west suddenly.
- D. Looked like the painting of the Mona Lisa.

It started flowing backwards! There were super strong winds that actually pushed the water upward, making the waterfall go backwards.

We've got another strange event!



In September 2020 in Los Angeles, people on several airborne planes saw...

- A. A guy flying with a jetpack.
- B. A UFO.
- C. A hill that looked like it was moving.
- D. A bird that looked strangely like a hot dog.

Do This: Read the statement and options from the screen.

Show me which answer you think is correct!

Do This: Give kids time to choose their answers.

Let's find out if you're right!



In September 2020 in Los Angeles, people on several airborne planes saw...

- A. A guy flying with a jetpack.**
- B. A UFO.
- C. A hill that looked like it was moving.
- D. A bird that looked strangely like a hot dog.

It was a guy flying with a jetpack! They were about 6,000 feet high, but we're still not sure if it was a real person, or just a mannequin flying on a drone.

We've only got one fact left!



In July, astronomers found that a gigantic star...

- A. Had changed colors.
- B. Had bumped another star.
- C. Had disappeared.
- D. Had words written on it.

Do This: Read the statement and options from the screen.

Show me which answer you think is correct!

Do This: Give kids time to choose their answers.

Let's find out if you're right!



In July, astronomers found that a gigantic star...

- A. Had changed colors.
- B. Had bumped another star.
- C. Had disappeared.**
- D. Had words written on it.

It just disappeared! We're still not totally sure what happened to it, but it's also about 75 million light-years away, so it's nothing for us to worry too much about.



Game Title Slide: "World's Weirdest: Stuff that Happened Last Year" (and end audio).

Good job everyone! This has been an interesting year. Let's get ready to answer our question of the day.



Question of the Day Video



(Auto Advance) QOTD Slide: What's your favorite memory from this last year?

Our question today is: What's your favorite memory from last year? Turn to someone near you and tell them about it! Make sure to listen to what happened to them, too.

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

Know This: You could share a very brief story about a favorite memory you have from this last year.



Series Title Slide: Hero Training

In the Bible, there are stories where people learn things about God, there are stories where they have to choose to follow God, but there is one thing people in the Bible do that we want to really focus on today. People remember who God is, and all the things He has done. That's what we're going to be doing today. We'll start by going to group time! You can meet your leader by your group's flag.

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.

Bible Story

5:00

Do This: Make sure a large (prop) rock is set up on stage during group time. Begin by the stone.

Sometimes, if you were walking through the land of Israel long ago, you might see a large rock like this one. It's a big rock, a heavy rock. It couldn't have just gotten there accidentally. So, imagine you turn to someone and ask them "Why is that rock there?" "Who set it up?" They would tell you a story, like this one from 1 Samuel chapter 7. '

Do This: Walk across the stage from the rock. Pick up a statue.

Samuel was a prophet, and the leader of God's people. In Samuel's time, many people had stopped following God, and were bowing down to idols, which were fake gods like statues or animals. God told Samuel and all the people that they needed to stop worshipping those idols, and only follow God. They all listened and obeyed. They threw away all their fake gods.

Do This: Throw the statue in a trash can.

This got some attention from the people around them, though. Some people called the "Philistines" decided to attack God's people in Israel. They didn't think God could protect His people. But the Philistines would learn how powerful God is very quickly.

As the Philistines got closer, God made a sound like super-loud thunder!



Thunder Sound Effect

The Philistines were so afraid, that they panicked and started running away. God won the battle for His people!

Do This: Pick up the stone and set it toward the front of the stage.

To remember what God had done, Samuel set up a big stone where that battle had happened. That way, every time someone walked by the stone and asked: "why is that stone there?" they would be able to talk about all that God had done for them. He called the stone "Ebenezer," which means "Stone of help." Samuel said to everyone "God has helped us every step of the way."

Do This: Walk to another area of the stage.

God has done a lot for us today, too. He has brought every one of you here for a reason. God made you, He knows you, and He has given you a purpose. Maybe God has brought you through some tough things. Maybe He's bringing you through something tough right now. Maybe you're doing fantastic, and you have a lot to thank God for today. Wherever you are at, you can remember what God has done, and is doing for you right now. And I want to give you something that can help you do that.

Do This: Show kids a flat painting stone.

Today, every one of us is going to get a stone to take home. I want you to think about something God has done in this last year. How has He helped you? How has He given you strength, or been there for you? In a moment, you'll have the chance to write about what God has done on your own stone, because God is with us today. He is

helping us today. When we have hope even in tough times, that is God helping us. When life is going great, we have God to thank for those good things. Most of all, God sent His Son Jesus for every one of us, and we can know that He loves us no matter what.

Next up, you're going to meet with your groups and get your own stone to color. You can decorate it how you want. It would be great to put something on there that reminds you of what Samuel said to the people of Israel. "God has helped us every step of the way."

So, look for your group flag, and head over there now!

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.

Activity 2

8:00

If you need some more time to finish up coloring your stone, you can do that, but if you're finished let's have some fun with a game!



Game Title Slide: Nailed It or Failed It: Cat Edition

We've got some videos of cats up here, and they're all trying to make jumps. Some of them nail it, and some of them fail it. When we pause each video, you'll have to stand if you think the cat "nails" the jump and makes it and sit down if you think the cat "fails" the jump. Ready to give it a try?



Cat Video 1

Stand if you think the cat makes it, sit if you think they miss that jump!

Ready? Let's find out if you're right.



Cat Answer Video 1

Let's look at another one!



Cat Video 2

Stand if you think the cat makes it, sit if you think they miss that jump!

Ready? Let's find out if you're right.



Cat Answer Video 2

Let's check out another one!



Cat Video 3

Stand if you think the cat makes it, sit if you think they miss that jump!

Ready? Let's find out if you're right.



Cat Answer Video 3

Let's try another one!



Cat Video 4

Stand if you think the cat makes it, sit if you think they miss that jump!

Ready? Let's find out if you're right.



Cat Answer Video 4

Let's look at another one!



Cat Video 5

Stand if you think the cat makes it, sit if you think they miss that jump!

Ready? Let's find out if you're right.



Cat Answer Video 5

Let's take a look at another one!



Cat Video 6

Stand if you think the cat makes it, sit if you think they miss that jump!

Ready? Let's find out if you're right.



Cat Answer Video 6

Let's try another one!



Cat Video 7

Stand if you think the cat makes it, sit if you think they miss that jump!

Ready? Let's find out if you're right.



Cat Answer Video 7

We've only got one left, let's take a look at it!



Cat Video 8

Stand if you think the cat makes it, sit if you think they miss that jump!

Ready? Let's find out if you're right.



Cat Answer Video 8

Great job everyone! You can all sit down for a moment.



Worship Slide

Next up, we're going to spend some time worshipping God! We worship God because He is with us, and He will always love us.

Worship

8:00

Let's stand up and get ready to move, dance, and sing about our amazing God.



Song #1: Higher Than The Sky



(Auto-Advance) Worship Slide

Let's keep on singing and moving with another amazing song about God's mission for us!



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 every person you've brought here. Thank you for helping us every step of the way. Help us to see how you're working all around us every day. Amen.

Media Intro

3:00

You can come back to the middle and find a spot to sit. You may have noticed, Josh and Beka's show wrapped up last week. Next week, we are starting a brand-new show, and it's going to be incredible. Next we've got a preview of our summer show for you to check out!



Summer Media Intro Video (3:00)



(Auto advance) Series Title Slide: Hero Training

Wrap-Up

1:00

I hope you can join us next week for the opening of our new show, and the first week of summer! If you are going into sixth grade, though, I want to say I am so glad you've been here in Elevate, it has been awesome to have all of you here. Now that you're in middle school, there are a lot of fun things you can do this summer with our student ministry, Ground Zero, so make sure to find out about those events. Another super fun thing you could do this summer is serve right here in Elevate! You can ask me or any of the leaders in here to find out how you can do that.

No matter what, though, I'm glad you're all here, and I hope you're excited for summer! We'll see you again next week with a brand-new series!



Elevate Slide



Start free time music videos