



WEEK
FOUR
MAY 2022

SMALL GROUP
K-5
STARTER

TODAY'S SUGGESTED SCHEDULE

NOTE: This version of the curriculum is designed especially for churches with fewer leaders and kids. You may want to use it if you have just one or two leaders and if you combine all your kids in both Large and Small Group time.

TODAY'S BIBLE STORY

Glory Days
Heroes of the Faith
Hebrews 11

TODAY'S BOTTOM LINE

Trusting God can help
you get back up.

MONTHLY MEMORY VERSE

**"But those who trust in the LORD
will receive new strength. They
will fly as high as eagles. They will
run and not get tired. They will
walk and not grow weak."**
Isaiah 40:31, NIV

MONTHLY LIFE APP

**Resilience—Getting back up
when something gets you down**

BASIC TRUTH

I can trust God no matter what.

PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today.

In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

SMALL GROUP

15
MIN

SOCIAL: Providing time for fun interaction

Early Arriver
Opening Activity

LARGE GROUP

35
MIN

STORY: Communicating God's truth in engaging ways **WORSHIP: Inviting people to respond to God**

Welcome/Opener
Worship ("I Run to You" from *Make a Move* and "Your Way" from *Make a Move*)
Bible Story
Bottom Line
Prayer
Closer

SMALL GROUP

25
MIN

GROUPS: Creating a safe place to connect

Bible Story Review: Bounce Back Heroes
Application Activity: Bounce Back-O-Meter
Memory Verse Activity: Heroes Tag
Prayer Activity: Pray and Dismiss

HOME: Prompting action beyond the experience

Parent Cue Card (Print or Email)
Devotionals for Kids
Parent Cue App



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PRELUDE **SOCIAL** **STORY** **WORSHIP** **GROUPS** **HOME**

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and/or working as a group



Before kids arrive, pray for each regular attendee by name. Pray for those who might visit your group for the first time. Thank God for giving each of us what we need to bounce back and keep going. Pray that your few would recognize these areas of their lives and trust God to help and guide them. Thank God for stories of people who have shown resilience in the face of adversity, and pray that those stories would encourage your few.

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1. EARLY ARRIVER

WHAT YOU NEED: Offering container

WHAT YOU DO:

- Welcome kids as they arrive.
- Invite kids who brought an offering to put it in the offering container.
- Play a game of charades.
- Ask each kid to think of a superhero but not share out loud who they're thinking about.
- Let kids take turns miming the superpowers that their superhero has.
- Invite the rest of the kids to guess the superhero.
- The kid who guesses the superhero has the next turn.
- Say, "We see superheroes in movies, TV, and comics."
- Ask, "What other kinds of heroes have you heard of?"



PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO CREATE

an activity that explores ideas through the process of drawing, building, designing, and problem-solving



2. OPENING ACTIVITY

WHAT YOU NEED: "Mask and Cape Template" Activity Page sets, lollipops, construction paper, scissors, hole punch, tape, pencils

WHAT YOU DO:

- Set out the lollipops and invite the kids to choose two each.
- Set out the construction paper, scissors, hole punch, pencils, and tape.
- Demonstrate how to trace and cut out a mask and cape using the templates.
- Invite the kids to make two sets and decorate their lollipops—one to keep and one to give away.
- Set the lollipops aside until dismissal.

TODAY'S BIBLE STORY

Glory Days
Heroes of the Faith
Hebrews 11

WHAT YOU SAY:

"We tend to think of heroes with capes like these. What other kinds of heroes are there? *(Invite kids to talk about superheroes, community heroes, etc.)*

[Transition] Let's go hear about heroes without capes or superpowers but who discovered where real strength comes from."

Lead your group to the Large Group area.

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Resilience—Getting back up when something gets you down

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO IMAGINE

an activity that promotes empathy and facilitates concrete application through role-play and reenactment



* 1. BOUNCE BACK HEROES

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: "Bounce Back Hero Sheet" Activity Pages, coloring materials, Bibles, smartphone or reference/study Bibles

WHAT YOU DO:

- Divide kids into pairs, placing older kids with younger kids.
- Give each pair a "Bounce Back Hero Sheet."
- Make sure each pair has a Bible.
- Invite the kids to look up Hebrews 11 and choose a "hero" to learn more about.

Finding verses with a multi-age group: Guide all kids to open their Bibles to the front and find the table of contents. Hold up a Bible opened to the table of contents to show the kids what the page looks like. When kids find the table of contents, ask a middle elementary kid (2nd–3rd grade) to find Hebrews in the list under "New Testament." When the kid finds Hebrews, lead them to look at the page number beside the word and say it. Explain that the number tells them on what page they can find Hebrews. Ask older elementary kids (4th–5th grade) to help younger ones find the correct page in their Bibles. If using reference or study Bibles, show kids the features they can use to help with the activity below.

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Resilience—Getting back up when something gets you down

BASIC TRUTH

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- Encourage the kids to read the story of their hero and use it to fill out the "Bounce Back Hero Sheet" to make a poster for that hero.
 - You can use a Bible app on your smartphone to search the name of the person listed in Hebrews 11.
 - If you have reference or study Bibles, let older kids use those to find their hero's story in Scripture.
 - Make sure older kids know that they have the special task of helping their younger counterpart.
 - Remind kids that there are lots of types of superheroes. Even though none of the people they're learning about could fly or make themselves invisible, they each had "super" traits and God used those traits throughout biblical history.
- When kids are finished, invite each pair to share about their heroes with the rest of the group.

WHAT YOU SAY:

"These heroes went through all kinds of experiences on their journey of following God. They had great times when they felt on top of the world, and they had times when they felt knocked down flat. But they knew that **trusting God can help you get back up.**

"When is a time that you felt like life or a situation had 'knocked you down'?"



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PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

(* 1. BOUNCE BACK HEROES, CONTINUED)

(Invite kids to share, but be sensitive to kids who might be going through extraordinary circumstances.) How is that like something your Bible hero, or one of the others, went through? (Invite discussion about the stories that they knew before today and those they might have discovered while creating their posters.)

“They trusted God even when life was really, really difficult. They didn’t let anything get in the way of what God was doing through them.”

[Make It Personal] *(Share a time you felt knocked down by life or a circumstance. How did trusting God and believing that He knew the whole story give you hope so you could bounce back and get up from what had happened?)*



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PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO EXPLORE

an activity that extends learning through hands-on experimentation and discovery



2. BOUNCE BACK-O-METER [LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: "Bounce Back-O-Meter" Activity Page, several types of balls, a timer, pen or pencil

WHAT YOU DO:

- Divide kids into pairs.
- Give each pair one type of ball.
- Set the timer for a minute.
- Instruct one of the kids in the pair to bounce the ball against the ground for the whole minute while the other kid counts how many times it bounces.
- When the timer goes off, set it again and direct the kids to switch roles.
- Gather the data on the "Bounce Back-O-Meter" chart.
- If you have more kinds of balls to test, hand out new balls and repeat the experiment.
- Set the balls aside and compare all the information.

WHAT YOU SAY:

"The different types of balls all had different numbers of bounces in a minute. Why do you think that is? (*Invite responses—the materials they're made from, the purpose of the ball, etc.*)"

"There are a bunch of reasons why people can bounce back from a difficult experience, but one of the most powerful is knowing that one bad time doesn't have to wreck your whole story. God is telling a story through all of us. God wants to use each of us to show God's love to the whole world."

"God was telling that story through the heroes in our Bible story today, and that story continues through us. So no matter how knocked down or disappointed you feel, remember that **trusting God can help you get back up**. The story that God is telling through you can't be stopped by one bad day or month or year."

Optional Discussion Questions for Older Kids

If you lead 4th, 5th, or 6th graders, consider asking these discussion questions:

- Who can you talk to when you feel like you've been knocked down or you're going through a really hard time?
- How could you show a friend who's going through a hard time that **trusting God can help you get back up?**

TODAY'S BIBLE STORY

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TODAY'S BOTTOM LINE

Trusting God can help you get back up.

MONTHLY MEMORY VERSE

"But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."

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MONTHLY LIFE APP

Resilience—Getting back up when something gets you down

BASIC TRUTH

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PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



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BASIC TRUTH

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3. HEROES TAG

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles

WHAT YOU DO:

- Look up Hebrews 11 and refresh the kids' memories on the heroes from the passage by reading it out loud to them.
- Direct the kids to play a game of tag.
- Invite a volunteer to be "It."
- Instruct the volunteer to chase the rest of the kids, but if a kid sits down and says a name of one of the heroes listed in Hebrews 11, the volunteer has to run away.
- Change who is "It" if necessary, but allow kids play as long as possible.
- Gather the group and look up Isaiah 40:31 together then read it out loud.

Finding verses with a multi-age group: Guide all kids to open their Bibles to the front and find the table of contents. Hold up a Bible opened to the table of contents to show the kids what the page looks like. When kids find the table of contents, ask a middle elementary kid (2nd–3rd grade) to find Isaiah in the list under "Old Testament." When the kid finds Isaiah, lead them to look at the page number beside the word and say it. Explain that the number tells them on what page they can find Isaiah. Ask older elementary kids (4th–5th grade) to help younger ones find the correct page in their Bibles. When they all find Isaiah, explain that the big numbers on the page are the chapter numbers. Ask a kindergartner or 1st grader to find chapter 40. Give time for all kids to turn the pages to find it. Explain that the small numbers are verse numbers and ask a middle elementary kid to find verse 31 in chapter 40. Then, read the verse aloud slowly, especially for your pre-readers; or ask older elementary kids to read it to the group.

- Invite anyone who is ready to say the memory verse by on their own to do so in front of the group.

WHAT YOU SAY:

"When you feel stressed or pressured by circumstances in your life, remember that these heroes went through difficult times, too. But they knew that **trusting God can help you get back up**. Our verse promises us that God will give us new strength for each day, for each struggle we face. We will be able to get back up in the middle of hardship because God gives us what we need.

"God gave Joseph courage and Moses strength. God gave Abraham faith. What do you need to bounce back from a hard time you're going through, or what has God given you when you needed to bounce back in the past? (Invite kids to share, and affirm that God is with them and helping them in the middle of difficulties.)

"God will give you what you need to bounce back and face your struggles. When life knocks you down, **trusting God can help you get back up.**"



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PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal processing and application

TODAY'S BIBLE STORY

Glory Days
Heroes of the Faith
Hebrews 11

TODAY'S BOTTOM LINE

Trusting God can help you get back up.

MONTHLY MEMORY VERSE

"But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."
Isaiah 40:31, NIV

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Resilience—Getting back up when something gets you down

BASIC TRUTH

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4. PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: Lollipops from "Opening Activity"

WHAT YOU DO:

- Give the kids the lollipops they decorated in "Opening Activity."
- As you give each kid their treat, say, "[Kid's name], remember that **trusting God can help you get back up.**"
- Remind kids to give one superhero lollipop away.
- Close your group time in prayer.

WHAT YOU SAY:

"Thank You, God, for being with us, no matter what we go through. Please help us trust in You when we feel knocked down. We trust the story that You're telling about Your love for all people. We're happy we can be a part of that. We love You, and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, make sure to send lollipops home with the kids and remind them to give one away (maybe to a sibling)!



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PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

SOCIAL: PROVIDING TIME FOR FUN INTERACTION (15 MINUTES)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story.

(Choose one or both of these activities.)

1. EARLY ARRIVER

Made to Play: an activity that encourages learning through following guidelines and/or working as a group

WHAT YOU NEED:

- Offering container

2. OPENING ACTIVITY

Made to Create: an activity that explores ideas through the process of drawing, building, designing, and problem-solving

WHAT YOU NEED:

- Print the "Mask and Cape Template" Activity Page on cardstock and cut out; several sets for each small group
- Lollipops; two for each kid (bigger ones work better like those with gum or chocolate centers)
- Construction paper
- Scissors
- Pencils
- Hole punch
- Tape

GROUPS: CREATING A SAFE PLACE TO CONNECT (25 MINUTES)

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

(Choose as many of these activities as you like.)

* If you don't have time to do all these activities, be sure to do activity #1.

* 1. BOUNCE BACK HEROES [TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Imagine: an activity that promotes empathy and facilitates concrete application through role-play and reenactment

WHAT YOU NEED:

- Print the "Bounce Back Hero Sheet" Activity Page; one for every two kids
- Coloring materials
- Bibles
- Smartphone (unless Bibles are reference or study Bibles)

2. BOUNCE BACK-O-METER [LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Explore: an activity that extends learning through hands-on experimentation and discovery

WHAT YOU NEED:

- Print the "Bounce Back-O-Meter" Activity Page; one for each small group
- Several types of balls: playground, basketball, ping-pong, bouncy balls, beach balls, etc.
- Timer or timer app
- Pen or pencil

3. HEROES TAG [HEAR FROM GOD | MEMORY VERSE ACTIVITY]

Made to Create: an activity that explores ideas through the process of drawing, building, designing, and problem-solving

WHAT YOU NEED:

- Bibles

4. PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

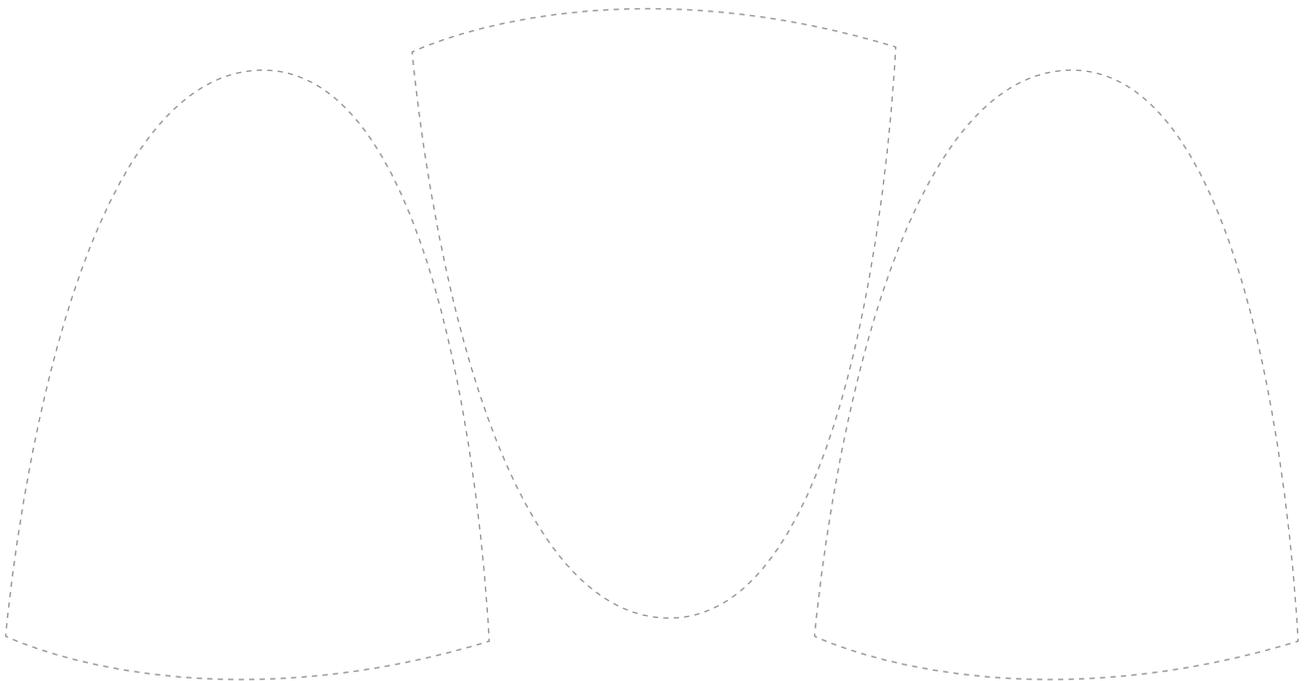
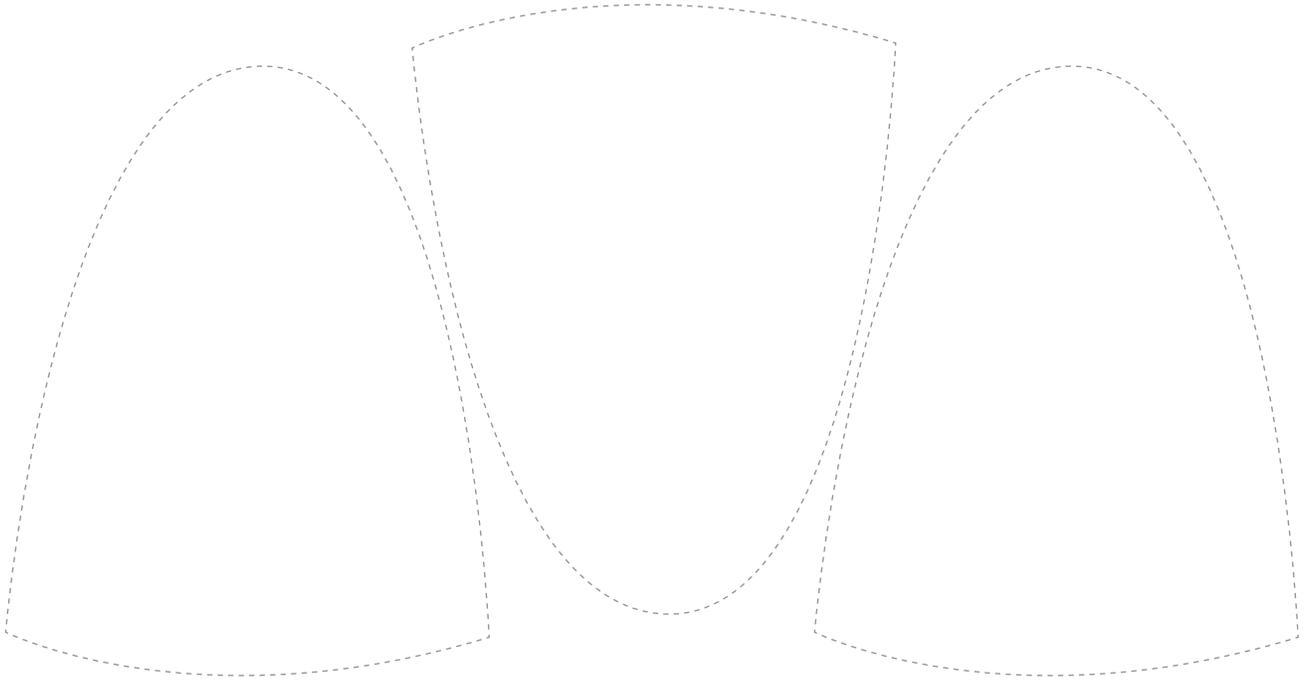
Made to Reflect: an activity that creates space for personal processing and application

WHAT YOU NEED:

- Lollipops from "Opening Activity"

HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

- Print on cardstock or email this week's devotionals and Parent Cue cards.
- Tell parents about our additional family resource: **Parent Cue app.**



What to Do:
Print on white cardstock and cut out. Provide several sets for each small group.

BOUNCE BACK HERO SHEET

CHARACTER NAME

WHAT KNOCKED THEM DOWN:

HOW THEY BOUNCED BACK:

SUPERPOWERS:

What to Do:
Print one for every two kids.

BOUNCE BACK-O-METER

TYPE OF BALL	ROUND 1 BOUNCES IN A MINUTE:	ROUND 2 BOUNCES IN A MINUTE:	AVERAGE BOUNCES IN A MINUTE:

What to Do:
Print one for each small group.