

EIGHT ELEMENTARY-AGE LESSONS



vineyardkids

**“With God’s help
we will fight like
heroes.”**

Psalm 60:12

Take kids on a heroic journey more epic than any adventure, real or imagined. As heroes for God, they’ll learn to fight evil in surprising ways: by experiencing God’s love, surrendering to his will, listening to the Holy Spirit, partnering with other heroes, discovering when to stop and when to advance, following Jesus each day, sharing their God stories, and being transformed by his love!

What kid isn’t fascinated by superheroes? Edgy, colorful, and complex, they make big contributions to kids’ ministry. Their stories are retellings of God’s redemptive plan!

With themes of *transformation, identity, and life-changing mission*, superhero stories illustrate truth—Jesus’ love and forgiveness restores kids’ true identities. They can be transformed by the Holy Spirit to join God’s mission!

The teachings in this series go deeper than typical Sunday School Bible stories. They challenge a kid’s “everyday” and use real-life stories, images, objects, interaction, and video clips to keep kids’ short attention “clocks” resetting back to zero.

You’ll capture kids’ imaginations and prepare them for worship and ministry activations that will help them discover the only superpower that can change them into the heroes God created them to be. So, pin on your cape. Ready? Run. Jump. FLY!

LESSON ONE ZACCHAEUS

Jesus’ love reveals the hero you and I were created to be.

THE VERSE “I pray that you . . . will have the power to understand the greatness of Christ’s love.”
Ephesians 3:18 (ICB)

THE POINT Jesus loves heroes and heroes love him.

THE APPLICATION How can I experience more of Jesus’ love today?

LESSON TWO MARY (Jesus’ mom)

Surrendering to God is a heroic choice we make over and over, because his way is best.

THE VERSE “Surrender to God.” *James 4:7 (TPT)*

THE POINT Heroes surrender to God.

THE APPLICATION What choice do I need to make to surrender to God’s way?

LESSON THREE WOMAN FROM SAMARIA

Heroic spiritual life comes from Jesus, who gives “living water,” Holy Spirit life!

THE VERSE “Yes, God is working in you to help you want to do what pleases him. Then he gives you the power to do it.” *Philippians 2:13 (ICB)*

THE POINT God gives heroes the “want to” and power to do heroic things.

THE APPLICATION Who can I tell my God story to?

LESSON FOUR TIMOTHY

Spiritual growth is a lifetime process empowered by the Holy Spirit.

THE VERSE “God began doing a good work in you. And he will continue it until it is finished.”
Philippians 1:6 (ICB)

THE POINT The Holy Spirit helps heroes grow more and more like Jesus.

THE APPLICATION What is the Holy Spirit saying to me today?

LESSON FIVE PAUL & SILAS

We need each other to help us grow as God’s heroes.

THE VERSE “Each part of the body does its own work. And this makes the whole body grow and be strong with love.” *Ephesians 4:16 (ICB)*

THE POINT Heroes help each other.

THE APPLICATION How can I spend more time with other followers of Jesus?

LESSON SIX MARY (Martha’s sister)

We follow by understanding what Jesus is doing and joining him.

THE VERSE “Love the Lord your God with all your heart, soul and mind. . . . Love your neighbor as you love yourself.” *Matthew 22:37, 39 (ICB)*

THE POINT Heroes learn when to stop and when to go.

THE APPLICATION What do I see God doing today?

LESSON SEVEN PHILIP

We learn to be led by the Spirit.

THE VERSE “I will follow you any place you go.”
Luke 9:57 (ICB)

THE POINT Heroes follow Jesus.

THE APPLICATION Will I choose each day to follow Jesus?

LESSON EIGHT PETER

The Holy Spirit works in us to transform us into people who are more like Jesus.

THE VERSE “We are being changed to be like him . . . and it comes from the Lord, who is the Spirit.”
2 Corinthians 3:18 (ICB)

THE POINT Heroes let God change them.

THE APPLICATION What is one thing the Holy Spirit wants to change in me?

Are you tired of trying to adapt curriculum that doesn't fit your kids' ministry format or service length, or doesn't reinforce your Vineyard values?

Here's good news: a new series for first through fifth graders, **Run. Jump. FLY!** from Vineyard Kids USA, (creators of *Inside and Out*), is what you've been looking for!

You get to design your own customized lesson map for each of the series' eight weeks from our kingdom-focused, ready-to-go activities.

Choose from **10 different components** for each lesson. Choose just a few activities, or choose them all! Create a hero training adventure as unique as your ministry.



5 min  **WELCOME**

A fun, relational activity to help “break the ice” and build “team” before your lesson begins.

15 min  **CRAFT ACTIVITY**

Clear directions for eye-popping crafts and concept-related discussion that help kids remember the lessons long after they go home.

20 min  **LARGE GROUP LESSON**

This is the main Bible teaching time. You will always want to choose this! (There are slides, videos or other new illustration ideas to support each lesson.)

5 min  **MINISTRY TIME**

Set aside for kids to listen to God. Directions for creative activations help even “newbie” small or large group leaders guide kids to experience the life-changing presence of the Holy Spirit in fresh ways.

10 min  **LOW ENERGY GAME**

Simple fun boost giggles and keep kids focused during transitions, while waiting for parents, or while waiting for your program to begin.

15 min  **HIGH ENERGY GAME**

These games provide epic indoor fun for a group of kids! With only minimal supplies, you can build community and create momentum.

10 min  **WORSHIP**

We've curated a mix of current worship music for each lesson that captures kids' imaginations and inspires heroic passion for God. (Links to lyric videos are provided.)

0 min  **SUPERHERO TRADING CARDS**

Each week's superhero card is based on our Bible character to get the lesson and point home with kids.

15 min  **SMALL GROUP LESSON**

Activities and discussion questions let your small group leaders guide kids to apply the concept to their own lives.

5 min  **SKIT**

Dramas that illustrate the life point. A cast of two or three, with simple costumes and props, are all that's needed.



BUILD YOUR PERFECT LESSON:

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| 5 min  WELCOME | 5 min  SKIT |
| 10 min  LOW ENERGY GAME | 20 min  LARGE GROUP LESSON |
| 15 min  SMALL GROUP LESSON | 10 min  WORSHIP |
| 15 min  CRAFT ACTIVITY | 5 min  MINISTRY TIME |
| 15 min  HIGH ENERGY GAME | 0 min  SUPERHERO TRADING CARDS |

Examples of possible configurations:

LARGE GROUP - 25 minutes  	SMALL GROUP - 30 minutes  
LARGE GROUP - 50 minutes    	SMALL GROUP - 25 minutes   
ONE GROUP - 60 minutes       	

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