



### Introduction Activity (5 Minutes)

#### Option 1: Who's Your Hero?

**What You'll Need:** Who's Your Hero? Handout, markers, pens or pencils

(Leader's Note: If you are not able to print the handout, you can use blank paper.)

**PREP:** Print out copies of the handout (make one for every two or three kids).

**STEP 1:** Have kids work in groups of two or three to create their ideal superhero. Distribute to each group a handout page, as well as markers, pens or pencils, and give groups one minute to describe or draw their superheroes.

**STEP 2:** After one minute, give each group 20 seconds to share about their superheroes. After each group has presented their heroes, ask, "Why are superheroes so popular?" Explain that people like the idea of a superhero who can dive in and save the day. But comic book superheroes make mistakes, and often they have their own weaknesses.

**STEP 3:** Transition to the main lesson by saying, "Today we're going to learn how God is all-powerful and what that means for you and me." Open in prayer, asking the Holy Spirit to guide you and the kids into God's truth through the lesson activities.

|        |                | THE STATE OF THE S |
|--------|----------------|--|
| Notes: | ty (5 Minutes) |  |
|        | Notes:         |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |
|        |                |  |

### Who's Your Hero? Handout



| MY IDEAL SUPERHERO |  |  |
|--------------------|--|--|
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |
|                    |  |  |





### **Introduction Activity (5 Minutes)**

### Option 2: Strongest Man

**What You'll Need:** Two balloons, a cardboard tube (either from a gift wrap roll or a paper towel roll), masking tape

**PREP:** Blow up both balloons, and tape one to each side of the cardboard tube. Practice using your creation like a weight set to lift up and down, pretending like it is really heavy.

**STEP 1:** Show kids your weight set that you prepared ahead of time, and talk to them about how there are contests where people see how much weight they can lift. They have an actual heavy weight, not a fake one like this one. Then if you have time, let them use your creation pretending it's heavy to lift, and see who is the best actor of the group.

**STEP 2:** Ask the following questions:

- How would you feel if you were the strongest person in the world?
- What would you do if you were the strongest person?

Remind the kids that there is someone much stronger than the strongest person in the world.

**STEP 3:** Transition to the main lesson by saying, "Today we are going to learn that God is all-powerful and that there is nothing He cannot do." Open in prayer, asking the Holy Spirit to guide you and the kids into God's truth through the lesson activities.

# Notes:





### Main Lesson Activity (10 Minutes)

#### Option 1: Power on Display

What You'll Need: Bible, three pieces of paper or poster board, (optional: toddler musical instruments)

(Leader's Note: If you don't use musical instruments, you can have each of the three kids pick a different sound to make to buzz in, like "ding" or "moo.")

**PREP:** Write Matthew 8:23-27, John 9:1-12, and Matthew 28:1-8 on the paper or poster board, one on each paper.

**STEP 1:** Welcome kids to your game show, Power on Display. Ask for three volunteers to come to the front. Announce the rules of the game: They will hear a passage of Scripture and try to be the first to signal using their musical instrument (or preassigned sound), and answer what Jesus demonstrated His power over.

**STEP 2:** Using the following passages, start your game. Remind the kids that their job is to determine what Jesus demonstrated power over. Allow kids to answer even while you are still reading.

Below are the passages and the answers:

- Matthew 8:23-27 (storm)
- John 9:1-12 (sickness and disease)
- Matthew 28:1-8 (death)

**STEP 3:** Congratulate your contestants and get applause from the other kids. Share that because Jesus is God's Son, He is omnipotent, or all-powerful, and there is nothing He cannot do. Jesus demonstrated His power when He calmed the storm, when He healed the sick or disabled, and when He arose from the dead. Then share the main points from the Main Lesson Teaching Outline in the Large Group Guide, and follow up with the Lesson Application questions and Sum It Up statements.

#### Notes:







### Main Lesson Activity (10 Minutes)

#### **Option 2: Power on Mount Carmel**

What You'll Need: Bible or children's story Bible, (optional: table or elevated surface capable of holding the weight of several kids)

**PREP:** Bookmark 1 Kings 18:17-39 in your Bible, or in a children's story Bible. (Optional: Move a table or elevated surface to the middle of the room.)

**STEP 1:** Assign the following characters to your kids:

Elijah

Ahab

Prophets of Baal (three kids)

The tribes of Israel (all the other kids)

**STEP 2:** Open your Bible to 1 Kings 18:17-39, and instruct the kids to act out the passage as you read it aloud. Explain that Elijah's showdown with the prophets happened on a mountain, where God's people gathered to watch. Have the kids playing Elijah, Ahab, and the prophets either stand up in the middle of the room, or get on the elevated surface, and imagine they are on a mountain. Have the other kids sitting down, gathered around the mountain to see what happens, just like the Israelites would have.

Pause as needed to give directions to the actors. (For example, ask the child playing Elijah to pretend to laugh at the prophets of Baal.)

**STEP 3:** After they have acted out the passage, have them sit down, and ask what they noticed as they acted out the story.

**STEP 4:** Share the concepts from the Main Lesson Teaching Outline in the Large Group Guide, and follow up with the Lesson Application questions and Sum It Up statements.

| • |
|---|
|   |