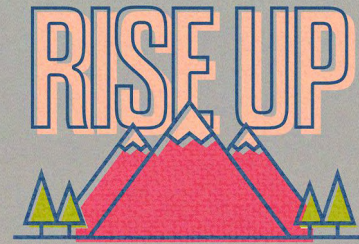




# WEEK 4

## ELEMENTARY LESSON OUTLINE



### THE BIG IDEA

We are stronger with Jesus.

### THE BIBLE

**Jesus Goes Up to Heaven:** Matthew 28:18-20; Acts 1:3-11; (Acts 4:5-12)

### THIS WEEK AT A GLANCE

## LARGE GROUP TIME

- MUSIC** | Summit Songs
- ACTIVITY** | Map to Strength
- OBJECT LESSON** | Strength for the Adventure
- QUESTION** | What is something you haven't been strong enough to do?
- SCRIPTURE** | Matthew 28:19-20; Acts 1:3-11
- THE BIG IDEA** | We are stronger with Jesus.
- VIDEO** | Rise Up, Episode 4
- STORY** | Everything Changed
- OBJECT LESSON** | Tale of Two Maps
- SCRIPTURE** | Acts 4:5-12
- REFLECTION** | Equipped for the Climb
- RESPONSE** | Source of Strength
- MEMORY VERSE** | Memory on Display
- PRAYER**

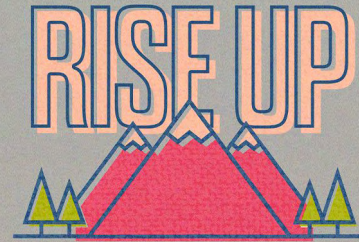
## SMALL GROUP TIME

- DISCUSSION**
  - Where was Jesus going? Why?
  - What did Jesus tell us to go and do?
  - Who did Jesus say he was going to send to help the disciples?
  - Read Acts 1:8. What was going to happen once people received the Holy Spirit?
  - What are some strengths Jesus has given you?
  - What is something you didn't think you could do before, but now you can trust Jesus to give you strength to do?
  - How can we go and make disciples like Jesus told us to do?
- ACTIVITY** | Spot the Strength
- MEMORY VERSE** | Romans 10:9 (NIV)



# WEEK 4

## HACKS FOR PRETEENS



**BY ANGIE DEWITT**

### HOW TO HACK THIS SERIES FOR PRETEENS

In children's ministry, you've got a wide range of ages you need to engage every week, but preteens tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your preteens more engaged.

#### **ACTIVITY | Map to Strength**

Give each preteen a small stack of sticky notes and have them come up with words on their own, and post up as many words as they come up with on the mountain. Stack duplicate words on top of each other and come up with words as a group for any missing letters.

#### **QUESTION | What is something you haven't been strong enough to do?**

Have preteens come up with a list of things that only a super strong person (without superpowers) could do. Then discuss. Are these things that HAVE to be done alone? Would it be easier or done faster if they had help?

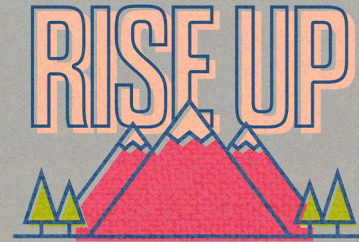
#### **REFLECTION | Equipped for the Climb**

Bring in some of the equipment mentioned in the video (e.g., snow jacket, carabiners, glacier glasses, sleeping bag, gloves, etc.) and have a preteen put these on for the group.



# WEEK 4

## HACKS FOR KIDS WITH SPECIAL NEEDS



### BY SUNNY BROWN

#### HOW TO HACK THIS SERIES FOR KIDS WITH SPECIAL NEEDS

In children's ministry, you've got a wide range of ages you need to engage every week, but kids with special needs tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your kids with special needs more engaged.

#### **QUESTION | What is something you haven't been strong enough to do?**

Be prepared for any kids with special needs who might respond by pointing out their very real physical limitations. Direct your response to acknowledge their thoughts and reiterate it may not be a weakness but a path chosen for them, and that they are surrounded by people who care for them.

#### **RESPONSE | Source of Strength**

If you dim the lights have a few flashlights shining toward the speakers so lips can be read or signs can be viewed clearly.

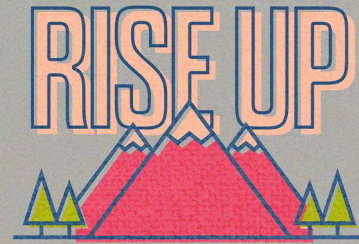
#### **ACTIVITY | Spot the Strength**

Have a few worked examples and fully assembled ones that just need to be decorated for those that don't have the dexterity to complete them within the time allotted for your group.



# WEEK 4

## ELEMENTARY LESSON GUIDE



### THE BIG IDEA

We are stronger with Jesus.

### THE BIBLE

**Jesus Goes Up to Heaven:** Matthew 28:18-20; Acts 1:3-11; (Acts 4:5-12)

## LARGE GROUP TIME

**WHAT?** *What are we talking about today?*

#### MUSIC | Summit Songs

- **INSTRUCTIONS:** Invite kids to sing and dance along to fun worship songs to celebrate Jesus, such as "[Undefeated](#)."

#### ACTIVITY | Map to Strength

- **INSTRUCTIONS:** Cut a poster board into the shape of a mountain or draw a mountain on the board. Write the word, "STRENGTH" vertically on the left side of the board. Instruct the kids to work together to think of what words come to mind when they think of strength. Make sure they come up with words or phrases that start with letters in the word, "strength" (e.g., Superman, trustworthy, robot, energy, never tired, great, gravity, etc.)
  - ✂ **PRETEEN HACK:** Give each preteen a small stack of sticky notes and have them come up with words on their own, and post up as many words as they come up with on the mountain. Stack duplicate words on top of each other and come up with words as a group for any missing letters.
- There are many things we think of when we think of strength. That's because strength can mean many different things.
- **Did any of the words mentioned surprise you?**

**OBJECT LESSON | Strength for the Adventure**

- **INSTRUCTIONS:** Ask four volunteers to come up to the front. Give two volunteers a pair of two-pound weights or another object that weighs about the same. Have them hold the weights in each hand with their arms held straight out to their side for as long as they can. Have the remaining two volunteers stand on each side of only one of the kids, and when their arms start getting tired, have them help by holding up their arms for them. Continue until the kid holding the weights with no help reaches their limit.
- Notice how both of our volunteers were each doing the same activity. But one person lasted longer than the other person. **Why was that?**
- With help, they were able to do much more than they could on their own.
- Today we are going to talk about how Jesus is always there to make us stronger when our load becomes heavy. Jesus is our strength when we are weary and tired!

**QUESTION | What is something you haven't been strong enough to do?**

- **INSTRUCTIONS:** Ask the question and ask the kids to respond. Ask for some goofy responses as well as some serious ones.
  - ✂ **PRETEEN HACK:** Have preteens come up with a list of things that only a super strong person (without superpowers) could do. Then discuss. Are these things that *HAVE* to be done alone? Would it be easier or done faster if they had help?
  - ✂ **SPECIAL NEEDS HACK:** Encourage any kid who responds by naming their physical limitations by reminding them that it may not be a weakness but a path chosen for them, and that they are surrounded by people who care for them.

**SO WHAT?** Why does it matter to God and to us?

**SCRIPTURE | Matthew 28:19-20; Acts 1:3-11**

- **Who can tell me our Big Ideas from the last three weeks of Rise Up?**
- We have learned that **Jesus overcame death, Jesus connects us to each other, and Jesus gives encouragement.**
- Today, we are going to talk about the thing God gives us to help us with what's next! You might say, "What does that mean?" Let's find out together!
- **INSTRUCTIONS:** Read Matthew 28:19-20 and Acts 1:3-11. Go over what these passages mean with the kids.
- **What tells us to go and do what?** That's right! Make disciples!
- **What is a disciple?** A disciple is a follower or a student. In this case, we're talking about a follower and student of Jesus!
- **So, how do you make a disciple?** The passage tells us first to baptize them.
  - **What does it mean to baptize someone?** Baptism is something people do to show what they believe about Jesus. It's a sign of a new life through Jesus!
  - That means a disciple isn't afraid to let everyone know that they are choosing to follow Jesus in their life.

- That's not all that goes into disciple making, though. The passage also tells us to teach.
  - **What does it mean to teach something?** To teach means you tell someone something they don't already know.
- **Do any of you feel like you're ready to go make disciples out of other people?**
- In today's Bible passage, Jesus says that we will get the power to do that. **Do you remember what (or who) will help us make disciples?**
  - Even though Jesus went back up to heaven, he promised to send a Helper who will be with us to do what God wants us to do. That Helper is the Holy Spirit. The Holy Spirit gives us the power and strength to tell others about Jesus.
- We might not be able to see Jesus right now, but Jesus promised us that he would always be with us wherever we go.

#### THE BIG IDEA | We are stronger with Jesus.

- **INSTRUCTIONS:** Use the mountain you've used in previous weeks. Add the new Big Idea to the mountain by attaching it to the rope or carabiners.
- I need one brave mountain climber to add the last Big Idea!
- This week's Big Idea is: **We are stronger with Jesus.**

#### VIDEO | Rise Up, Episode 4

- **INSTRUCTIONS:** Play this week's [teaching video](#).

#### STORY | Everything Changed

- **INSTRUCTIONS:** Ask a leader to share a story about a time when they trusted Jesus to help them and give them strength to do something really difficult.

#### OBJECT LESSON | Tale of Two Maps

- **INSTRUCTIONS:** Print out two copies of the maps printable (or print out maps of a local hiking trail). Laminate one of them or put it in a sheet protector.
- When hiking, camping, or on an adventure, it is so important to have a map. If your map isn't stored properly, it can get destroyed by the elements. (Tear the paper without the lamination in half. Then, pour some water on it, destroying it and making it unreadable.)
- But if you protect your map and make it strong, it doesn't get destroyed (Attempt to tear the laminated paper and pour water on it).
- Just like these maps, without the proper strength in our lives, you and I will not be able to do what Jesus told us to do! **We are stronger with Jesus!**

#### SCRIPTURE | Acts 4:5-12

- **INSTRUCTIONS:** Read Acts 4:5-12 or ask for a kid volunteer to read the passage out loud.
- Peter and John healed someone and the religious rulers didn't like that very much.
- The rulers accused Peter and John of wrongdoing and asked them how they healed the man since they didn't have any special power on their own.

- **Where did their power and strength come from?**
- They made it clear to everyone that their strength came from Jesus!

**NOW WHAT?** *What does God want us to do about it?*

**REFLECTION | Equipped for the Climb**

- **INSTRUCTIONS:** Show this [video](#) from 2:56-3:35.
  - ✂ **PRETEEN HACKS:** *Bring in some of the equipment mentioned here (e.g., snow jacket, carabiners, glacier glasses, sleeping bag, gloves, etc.) and have a preteen put these on for the group.*
- It seems impossible to me that it would actually be possible to climb Mount Everest! It's almost 30,000 feet tall!
- But having the right equipment and being with the right people make it possible.
- Sometimes, the things Jesus asks us to do in our lives seem impossible, but when we have Jesus, Jesus gives us the strength we need to get the job done! **We are stronger with Jesus.**

**RESPONSE | Source of Strength**

- **INSTRUCTIONS:** Use the fake campfire from last week. Dim the lights. Ask these questions to get the kids thinking about how they can apply the Big Idea to their life this week.
  - ✂ **SPECIAL NEEDS HACK:** *If you dim the lights have a few flashlights shining toward the speakers so lips can be read or signs can be viewed clearly.*
- Jesus is the source of our strength in everything we do!
- **What do you need Jesus to give you strength to do this week?**
- **What is something you didn't think you could do before, but now you can trust Jesus to give you strength to do?**

**MEMORY VERSE | Memory on Display**

- **INSTRUCTIONS:** Tell the groups to practice a few times the motions and tune they came up with from the previous weeks. Then, bring everyone together to perform their song and hand motions!

**PRAYER**

- Dear Jesus, give us strength to do what you have asked us to do in our lives, especially when things are difficult. Remind us that you are always with us and we are stronger that we know because of that. We love you! Amen.

**SMALL GROUP TIME**

**DISCUSSION**

- **Where was Jesus going? Why?**
- **What did Jesus tell us to go and do?**

- Who did Jesus say he was going to send to help the disciples?
- Read Acts 1:8. What was going to happen once people received the Holy Spirit?
- What are some strengths Jesus has given you?
- What is something you didn't think you could do before, but now you can trust Jesus to give you strength to do?
- How can we go and make disciples like Jesus told us to do?

#### ACTIVITY | Spot the Strength

- **INSTRUCTIONS:** Give each kid a piece of construction paper and encourage them to decorate it with markers, crayons, or colored pencils. Give each kid a paper or styrofoam cup with the bottom cut out of it. Roll the construction paper up to fit inside the bottom of the cup. Attach the construction paper to the cup with masking tape. Give each kid a piece of clear cellophane wrap. With a permanent marker, write "JESUS" on the wrap. Place the wrap over the end of the cup with "JESUS" facing in. Put a rubber band around the end of the cup to hold the cellophane in place. When you look through the telescope, you will see "JESUS."
  - ✂ **SPECIAL NEEDS HACKS:** Have a few worked examples and fully assembled ones that just need to be decorated for those that don't have the dexterity to complete them within the time allotted for your group.
- Notice how when you look through the telescope, Jesus is everywhere you look! Jesus is always with us. When you don't feel like you have the strength, remember you can always look to Jesus to give you strength! **We are stronger with Jesus.**

#### MEMORY VERSE | Romans 10:9 (NIV)

- **INSTRUCTIONS:** Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.