



DAY 1 • I Can Be a Hero

Parents, You're in Charge

Overview

The Bible story comes from 1 Samuel 16 as David learns responsibility by caring for sheep. The theological truth taught in this lesson is “I have a conscience and God wants to use it to help me develop into a hero.” The Hero Power Words are, “I am eager to do what’s right.” The Bible verse is, “In all these things we are more than conquerors through him who loved us.” — Romans 8:37. The main idea of this lesson is that children learn to be heroes in the small stuff everyday by looking for things that need to be done and doing them. I’m sure you can think of many practical applications of this for family life.



Power Time

Activity – Why do you do what’s right?

Using the chart provided, brainstorm with children reasons why people do what’s right. Determine whether the answers show internal motivation or external motivation.

Read Romans 13:5 and identify one internal and one external motivation. It’s best to use your Bible but if you don’t have one, here’s the verse:

“It is necessary to submit to the authorities, not only because of possible punishment but also because of conscience.” — Romans 13:5

Gather some loose change from the group and hand out coins to each person. If you don’t have any coins, ask the Leader who may have some extra. Put the heart page on the floor. Form a circle around the heart, each person about three feet from the heart. Give each person (parents and children) the opportunity to try to toss the coins into the heart. Different coins are made out of different metals and are different sizes. Does one kind of coin work better than another?

Discussion points: Today you’re going to go to Hero Training Camp and talk about doing the right thing. Motivations come from the heart. And God placed a conscience inside of you to motivate you to do what’s right.

Tell children about the Bible story they will hear, say the Hero Power Words together, and tell them the theological truth and the Bible verse.

Bible Story: David learns responsibility by caring for sheep

Power Words: I am eager to do what’s right.

Theological Truth: I have a conscience and God wants to use it to help me develop into a hero.

Bible Verse: “In all these things we are more than conquerors through him who loved us.” — Romans 8:37

If you have time ask children to share the first hero they can remember ever hearing about. Talk about heroes and why we like them.

Blast Off

As children and parents return, ask everyone to go around and tell one thing that happened or that they learned. As children answer the question, be sure to ask them, “What was the lesson you learned from that?” in order to reinforce the idea. It might be helpful for children to think in terms of stations that they visited and what activities they did in each station.

Take a moment and review the Bible story idea, the Hero Power Words, the Bible verse and the Theological Truth for the day.

Talk about the Hero Exercise and brainstorm ways that you might practice it.

Hero Exercise

As you practice at home, be on the lookout for things that are wrong and see what you can do to fix them. Be ready to report back the next time we meet. Always remember to be careful who you listen to.

Read the following story out loud and then ask, “What did Bob learn?”

Mom: Bob, why is it that you don’t leave your skates out when it’s going to rain but you can’t remember to take your bowl out of the living room and put it in the kitchen?

Bob: I don’t know. I never thought about it. I guess... maybe... it’s because I don’t want to see my skates get damaged. They’re valuable.

Mom: That’s interesting. A clean house is valuable to me. But when you don’t help me keep things clean, it makes me feel like you don’t value me and what I want.

Bob: Oh Mom. I value you. I love you.

Mom: Do you think you could help me feel valued by cleaning up when you see something out of place?

Bob: OK, I’ll try.

Mom: Thanks.

Share prayer requests and pray. Prayer is a special way to connect people together in a family. Each day at Hero Training Camp Family VBS you are encouraged to pray together. Because this practice may be new to some families and some may find it even uncomfortable, use the one word prayer idea below.

One Word Prayers

We’re going to have a prayer time in a minute and we’re all going to share one word with God that describes one thing that we’re thankful for. Okay, some of you might use two words to describe whatever it is. Anyway, the idea is that we’re just going to go around and say a word and then I’ll say Amen. We’ll start with me and then go around the circle this way. Do you know what one word you’ll say to God? Make sure everyone has their word. Then proceed.

As the leader say, “Okay. Let’s bow our heads and pray. Lord, we want to thank you for some things.” And then say your one word. Allow the next person to share and continue around the group. If it’s quiet, gently say the name of the person who is next to prompt them. When all have shared, simply say, Amen.

Practice being a Hero in Training this week.



