



WEEK 1

PRESCHOOL LESSON OUTLINE



BIG IDEA

Jesus is our hero.

THE BIBLE

Jesus is the Good Shepherd:

John 3:16-17; 10:1-18

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Super Strength Training
- **ACTIVITY** | Save Your Friend

TEACHING TIME

- **MUSIC** | Worship Time
- **THE BIG IDEA** | Jesus is our hero.
- **OBJECT LESSON** | Superman Picture
- **BIBLE STORY** | John 3:16-17; 10:1-18
- **ACTIVITY** | Herd the Sheep
- **PRAYER**

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Shepherd's Staff
- **MEMORY VERSE** | Isaiah 40:31

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Superhero Flying Races.
- **ACTIVITY** | Sheep Herding



WEEK 1

PRESCHOOL LESSON GUIDE



BIG IDEA

Jesus is our hero.

THE BIBLE

Jesus is the Good Shepherd:

John 3:16-17; 10:1-18

WELCOME TIME

WHAT? *What are we talking about today?*

ACTIVITY | Super Strength Training

- Welcome, everyone! Today, we begin a new series called, Heart of a Hero, where we'll learn about being a hero! A well-known superhero is Superman, and he has super strength. Let's start with some superhero training and see how strong we all are!
- **INSTRUCTIONS:** *Have the kids stand at least an arm's length away from anyone else. When you say, "Go," have everyone put their arms straight out to the sides and hold them out for as long as they can without dropping them. Then, have them do a jumping contest to see how high they can jump. You can also have a contest to see how far they can jump across the room. If you have the space, you can have a contest to see how fast they can run.*
- Having physical strength is good, but having strength from God is even better! We're going to learn about how we can get God's strength and power.

ACTIVITY | Save Your Friend

- In superhero stories, the superheroes save their friends when they're in trouble. Let's play a game where we will save our friends.
- **INSTRUCTIONS:** *Choose one kid to stand in a designated spot with another kid, the hero, standing in front of them, while other kids stand about five feet away with soft foam balls. Their feet are all frozen on the floor, except the hero's. The kids with the balls will try to toss them and hit the kid as the hero tries to protect them and keep the balls away.*

- A hero protects others from danger and saves them. Sometimes, heroes have to work hard to save others.

TEACHING TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can sing any songs you'd like, but for this lesson we like, "Superhero" by Hillsong Kids and "My God Is So Big" by LifeKids.

THE BIG IDEA | Jesus is our hero.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:
 - Ask the kids to give you a drumroll by stomping their feet or patting their laps.
 - Shout the Big Idea, then point to the kids and have them shout it back (Change it up by using funny voices, different volumes, or inflections).
 - Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
 - Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, read it to the kids.
- This week's Big Idea: **Jesus is our hero.**

OBJECT LESSON | Superman Picture

- **INSTRUCTIONS:** Show the kids a picture or figurine of Superman.
- **Did you know Superman came from another world, lived among normal people, and became a superhero on Earth?** That kind of reminds me of the true story of how Jesus came to us. He came to earth to be born in a manger, lived among us as a person, and came to do something amazing to help us. Let's read from the Bible to find out more.

BIBLE STORY | John 3:16-17; 10:1-18

- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- **Who sent Jesus to Earth?** God sent Jesus to Earth.
- **Why did God send Jesus to Earth?** God sent Jesus to Earth to save us from our sin, which is anything we do that God doesn't want us to do.
- We read from the Bible about shepherds and sheep. **Do you know what a shepherd is?** It's a person who takes care of a big group of sheep. **How is Jesus like a shepherd?** He takes care of His people – that's us! He leads us, guides us, and He protects us.
- Every good superhero story has a villain. There's one in this story, too. **Who do you think the "thieves and robbers" are that we heard about? What does it say the thief has come to do?** The thief is Satan, and he wants to keep us from having a relationship with Jesus. We don't need to be afraid though. Jesus came to earth to die on the cross so we can have a relationship with Him. He gave up His life for us. Now that is a real hero!
- **What else does Jesus do for us?** He gives us His strength, helps us, leads us, and protects us, like a shepherd protects and leads a flock of sheep. Jesus is the ultimate superhero! And He came to Earth because He loves us and wants to help us.

ACTIVITY | Herd the Sheep

- We learned that Jesus is our shepherd. Jesus protects us and leads us just like a shepherd does for the sheep. Let's play a game to help us remember how Jesus cares for us.
- **INSTRUCTIONS:** Give each kids a pipe cleaner and help them bend it over at one end to look like a shepherd's staff. Divide the kids into two teams and mark a safe place for each team's sheep using painter's tape. Sprinkle out 20-30 cotton balls (sheep) around the play area. Have the kids use their "staves" to guide the "sheep" into their team's safe place. Once all the sheep are safe, count to see which team has the most.
- **Who is our shepherd?** Jesus.
- **What does Jesus do for us?** Just like you worked to get the sheep to their safe place, Jesus protects us, leads us, and helps us. Jesus is our real superhero!

PRAYER

- Let's spend time talking with God in prayer.
- Dear God, thank You for sending Jesus to Earth to save us from our sins and protect us. We love You and pray this in Jesus' name. Amen.

DISCUSSION TIME

DISCUSSION | Snack and Discussion

- **INSTRUCTIONS:** Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!
- **Why did God send Jesus to Earth?** (To save us from our sins and help us.)
- **Who is the shepherd in our story from the Bible?** (Jesus.)
- **Who are the sheep in our story from the Bible?** (Us.)
- **Who is the "thief and robber" from our story from the Bible?** (Satan.)
- **What does Jesus do for us as our Shepherd?** (Jesus protects us, leads us, helps us, gives us strength.)

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have the kids join you in a circle on the floor. Read a list of super powers and tell them to act out each one as you say it. Then, have them help you make up some funny super powers.
- Shooting webs from your hands.
- Flying
- X-ray vision
- Super strength
- Super speed
- Mind reading
- Changing into another person
- Climbing walls
- Moving things with your mind
- Freezing time
- Becoming invisible

- Super stretching arms and legs
- Jesus didn't have super powers like these, but He has the power to do anything. He is super strong and very powerful. He uses His strength and power to help us.

ACTIVITY | Shepherd's Staff

- **INSTRUCTIONS:** *Have the kids use their pipe cleaner staffs from the Protect the Sheep game and give each kid a small handful of beads to put all the way down the staff. *Be aware of choking hazards with young kids. When they are done threading the beads on the staff, bend the ends slightly to keep the beads on. Then, help them tie a small rectangle of fabric to the curved part of the staff to look like a cape.*
- In our story from the Bible today, we learned Jesus is our shepherd and our hero. He guides us and protects us. These shepherd's staffs look like they are wearing superhero capes.

MEMORY VERSE | Isaiah 40:31

- **INSTRUCTIONS:** *Check out the Memory Verse Guide in your Programming Folder for ideas on how to help your preschoolers memorize Bible verses. Here are the hand motions for this month's memory verse . . .*

BUT THOSE WHO TRUST *(make a T with your arms)*

IN THE LORD *(point up)*

WILL RENEW THEIR STRENGTH *(flex both arms).*

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page of the Week

- **INSTRUCTIONS:** *Give every kid a coloring page, plus markers or crayons. As they color, remind them Jesus is our hero.*

ACTIVITY | Superhero Flying Races

- **INSTRUCTIONS:** *Have all the kids line up on one side of the room. Tell them there is hot lava on the floor, and they can only get to the other side by flying. Spread out colorful pom-poms (or any small toys) on the other side of the room. When you say, "Go," have all the kids hold their arms out and pretend to fly to the other side, save the pretend people (the pom-poms), and take them back to the other side, while flying the whole time they are going over the hot lava.*

ACTIVITY | Sheep Herding

- **INSTRUCTIONS:** *Give the kids inflated white balloons and pool noodles. Encourage them to work together to guide the "sheep" to a designated safe area in the room.*

Encourage your preschoolers to help clean up the room while they wait for their parents.