



# WEEK 2

## ELEMENTARY LESSON OUTLINE



### BIG IDEA

God helps us become heroes.

### THE BIBLE

**Joseph and the Colorful Coat:** Genesis 37:2-11 (Ephesians 6:13-17; Psalm 18:2; Ephesians 6:10-12)

### THIS WEEK AT A GLANCE

## LARGE GROUP TIME

- **ACTIVITY** | Superhero Shields
- **ACTIVITY** | Superhero Costumes
- **POLL** | Which superpower would you want?
- **STORY** | Family Feud
- **THE BIG IDEA** | God helps us become heroes.
- **BIBLE STORY** | Genesis 37:2-11
- **ACTIVITY** | Ball Pass
- **ACTIVITY** | Superhero Suit
- **RESPONSE** | Action Plan
- **ACTIVITY** | Colorful Coat Relay
- **SCRIPTURE** | Ephesians 6:13-17
- **ACTIVITY** | Bologna Shield
- **SCRIPTURE** | Psalm 18:2
- **ACTIVITY** | Build-a-Hero
- **MEMORY VERSES** | Hebrews 11:1; Isaiah 40:31

## SMALL GROUP TIME

- **DISCUSSION**
  - Why were Joseph's brothers jealous?
  - Do you think Joseph was bragging about his dreams when he told his family about them?
  - Have you ever been jealous of your siblings or a friend because they got something you wanted?
  - How can God use you to help people?
- **SCRIPTURE** | Ephesians 6:10-12
- **ACTIVITY** | Hero Shield Toss
- **MEMORY VERSES** | Hebrews 11:1; Isaiah 40:31



# WEEK 2

## ELEMENTARY LESSON GUIDE



### BIG IDEA

God helps us become heroes.

### THE BIBLE

**Joseph and the Colorful Coat:** Genesis 37:2-11 (Ephesians 6:13-17; Psalm 18:2; Ephesians 6:10-12)

## LARGE GROUP TIME

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

### ACTIVITY | Superhero Shields

- Welcome back! We're on week two of our series, Heart of a Hero! Today, we're going to learn about an ordinary person who became a hero with God's help!
- **INSTRUCTIONS:** *Gather some non-scalloped paper plates, like [these](#), crayons, markers, and paint (optional). Have kids design their own superhero shield, like Captain America's. They can sketch out the design first, then color it in. Have half the kids line up on one side of the room and the other half line up on the other side with paper wads. Tell the paper wad side to throw the wads and try and hit the other kids, while they use their shields to protect themselves. Then, switch and let the other group throw the paper wads. You could also have a shield throwing contest and see who can throw their shield the farthest like a frisbee.*
- **FOR KIDS WITH SPECIAL NEEDS:** *Prepare some pre-cut shields for them to color on glue to the plate.*
- Captain America's shield is made of Vibranium, the strongest substance in the Marvel universe. He not only shields himself with it, he can throw the shield to knock out villains.
- When we follow Jesus, we have shields, too, but ours aren't made of Vibranium. Our shields are shields of faith, which the Bible says we can use to "extinguish all the flaming arrows of the evil one" (Ephesians 6:16). How cool is that?

### ACTIVITY | Superhero Costumes

- Every superhero has their own logo and name that makes them different from the others.

- Superman can fly and has a big “S” on his suit, Batman also flies and wears a yellow bat on his chest. Wonder Woman has a W on her costume. Jesus is the Good Shepherd and has a staff!
- **INSTRUCTIONS:** Give each kid a piece of paper, craft supplies, and markers. Have the kids create their own superhero logo and name. They can tape them to their shirts. You can also give them [super hero masks and capes](#) to decorate. You could use plastic tablecloth covers and markers as capes. Tell them to try to remember to call each other by their superhero names for the rest of the service.
- **FOR KIDS WITH SPECIAL NEEDS:** Write a super hero name on a name tag and let them wear it the rest of the service. Help kids who need suggestions with a name and logo using their first initial of their name. (Example: Ava= Super A; Fly faster than the speed of light.)
- **What made you think of the superhero name you chose?**
- **Would you like to be a real superhero? Why or why not?**
- **What kinds of things do superheroes have to do?**
- Being a superhero might be really hard with everything else we have going on in our lives. I’m glad Jesus came to be our ultimate superhero!

#### POLL | Which superpower would you want?

- **INSTRUCTION:** Ask the kids to choose which superpower they would want.
- Fly, but only for ten feet at a time
- Shoot laser beams out of your nostrils
- Have super stretching ability for your legs
- Be able to read minds (but everyone can read yours, too)
- Be able to make any food you want appear, but that’s all you can eat for three days
- **FOR PRETEENS:** Let them make up their own super powers, and see who can make up the craziest ones. Then read all the options and let them act out the superpowers they would choose.
- **Would you rather have weird powers or no powers at all?**
- Think of superhero teams such as The Incredibles, The Avengers, or the Justice League. Every member of these teams has a special ability, and they are all a little different, but when they work together, they’re unstoppable!
- **Did you know God wants to share His power with us?** It’s not power that makes us fly or become invisible, but it’s pretty amazing! We’ll learn more about it today!

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

#### STORY | Family Feud

- **Do you have any siblings? How about another family member or close friend? Do you always get along perfectly with them?**
- **INSTRUCTIONS:** Share a story about a time when you didn’t get along with your siblings or family members as a child because of jealousy or sibling rivalry. Ask the kids to share about a time they didn’t get along with their siblings, family member, or friend.
- **Isn’t it interesting how we can be so different from our brothers, sisters, family members, or friends, even though we either come from the same family or like each other a lot?**
- Today, we’re learning about a guy named Joseph who had a special ability that made his brothers so jealous, and they got Joseph into trouble.

**THE BIG IDEA | God helps us become heroes.**

- **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, ask someone to come up and read it.*
- This week’s Big Idea: **God helps us become heroes.**

**BIBLE STORY | Genesis 37:2-11**

- **Have you ever been jealous of a brother, sister, or friend?** Maybe they got something you wanted, like a really fun toy, or a chance to do something cool. We’ve all probably felt like that at some point. We’re going to read a story from the Bible about some brothers who got jealous when one brother got a special gift from their dad. Let’s read from the Bible and see what happened.
- **INSTRUCTIONS:** *Look up the story in your Bible and encourage the kids to do the same. Read it!*
- **Why were Joseph’s brothers jealous of him?** They were jealous of him because he was their father’s favorite and he was given a colorful coat Joseph’s coat. The coat was ornate, which means it was kind of fancy. It was special—one-of-a-kind—and Joseph’s father, Jacob, gave it to him. Jacob probably gave gifts to all of his sons, but they were only focused on Joseph’s.
- **How would you have felt if you were one of his brothers?**
- Joseph was set apart from his brothers by their father and also by God.
- **Do you know what it means to be set apart?** It means he was special.
- God gave Joseph the ability to interpret dreams, a spiritual gift that would be used to help people.
- In this story, Joseph had two dreams that he would rule over his brothers, and that they would all bow to him someday. Joseph’s dreams were hints of God’s plan, but this plan would take years to come true.
- **Did you ever have to wait a long time for something? Not just minutes or hours, but days? Weeks? Months? Did you have the patience to wait?**
- You know how Iron Man had to learn how to use his suit to fly? Or Spider-Man had to take time to learn how to sling webs? Waiting and learning are important parts of how we grow.
- God has a plan for your life. It could take a while for the entire plan to unfold, but God’s plan is unfolding every day, even when we don’t see what’s going on.
- Even though Joseph struggled and didn’t do everything perfectly, God gave him strength and power to become a leader and a hero who eventually saved a lot of people. God can give us power and strength and make us heroes who help others, too!

**ACTIVITY | Ball Pass**

- Tough things happened to Joseph, but he didn’t let them keep him down. He let God give him strength. Let’s play a game where we try to pass God’s strength on to others.
- **INSTRUCTIONS:** *Get an oversized bouncy ball or an inflatable beach ball and write “God’s strength” on it with a permanent marker. Have your kids lay on the floor in a line, shoulder to shoulder, with their feet sticking up. Tell them to pass the ball down the line using only their feet. If you have a large*

group, use multiple balls and lines and make it a race.

- **FOR KIDS WITH SPECIAL NEEDS:** *If they aren't able to or choose not to participate, they can grab the ball when it drops, or they can line up side by side and pass the big ball with one hand.*
- **FOR PRETEENS:** *Have them lay in a circle and pass the ball using their feet, but make it hot potato. When you call out "Stop," whoever has the ball in their feet is out.*
- **Did anyone drop the ball?** Sometimes, things happen we can't control, like what happened to Joseph. But even when we can't control the unfair things that happen to us, we can choose how we react. We can choose to let God give us strength. When you do that, God makes you a hero!

### ACTIVITY | Superhero Suit

- God gave Joseph a special gift that was kind of like a superpower. God gives people unique abilities we can use to help other people. They aren't superpowers, though. They're talents and spiritual gifts. **What talents do you think you are growing? What special qualities do you notice about yourself? What kind of things do you think you could do because you have these qualities?**
- A spiritual gift is like a talent, but it's not something we choose, it's something God gives us. He wants us to use these gifts to help other people.
- Joseph had the spiritual gift of explaining people's dreams. God used this gift to allow Joseph to help people and show them His plan.
- **INSTRUCTIONS:** *Give each kid a piece of paper and crayons or colored pencils. Have them create their own superhero costume, like Joseph's robe, to set them apart. Ask them to be thoughtful about design elements: older kids can incorporate symbols of gifts or abilities they have or are aware of. For example, if a child is a swimmer, their costume could have fins; if they play music, there could be musical symbols on the costume. Let them cut pieces out of different colors of construction paper and paste them together to form capes, gauntlets, logos, and other superhero suit accessories.*

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

### RESPONSE | Action Plan

- **INSTRUCTIONS:** *Give the kids sticky notes and pens.*
- **FOR PRETEENS:** *Read about Spiritual gifts from 1 Corinthians 12 and discuss them with the students. Help them identify their gifts, then look for a way they can use their gifts to serve in the church.*
- Now that you have designs for your superhero suit, it's time to create an action plan! **How can you use your gifts and abilities to serve God this week?**
- Maybe you can play music or sing and dance to help others worship. Maybe you can help a friend with homework or a neighbor with yard work. Maybe you can encourage someone who is sad or pray for someone who is sick.
- Let's pray together and ask God to help us know what we can do to be a hero and help others this week. Then, we can write it down on our sticky notes and take it home.

### ACTIVITY | Colorful Coat Relay

- **INSTRUCTIONS:** *Split your kids into two or three teams and give a jacket or robe to each team. Line them up in their teams on one side of the room, and put cones or floor tape on the other side of the*

room. When you say, "Go," one kid from each team will put the coat on and run to the cones on the other side of the room. When they get there, the relay will start: each kid in line will take turns running down, one at a time, with a colored sticky note or piece of colored paper with tape, and stick it to the robe, then run back and tag the next person in line. Let them play for two minutes, then count to see which team's coat has the most sticky notes.

- **Would you ever wear a coat like this?**
- **Why was this coat so special to Joseph?**
- Sometimes, what God gives us doesn't make sense to us.
- **What are some hard to understand things that could be a part of God's plan?**

### SCRIPTURE | Ephesians 6:13-17

- **INSTRUCTIONS:** Look up the verses in your Bible and encourage the kids to do the same. Read them!
- All superheroes need their gear to protect them. **What pieces of armor can we put on?**
- **What does it mean to put on the armor of God?** When we receive God's strength, we're putting on our spiritual armor. He protects us from things like temptation and sin.
- **What does the shield of faith help us with?** It protects us from the flaming arrows of the enemy. Imagine a superhero movie where the villain throws fireballs and the hero needs a shield for protection. That's what it's like when sin and temptation come at us. God gives us protection and help by giving us the Spirit, which is like a shield. We don't have to be afraid!

### ACTIVITY | Bologna Shield

- **INSTRUCTIONS:** Give three kids a cookie sheet or metal baking pan. Have them each choose a partner, who will be the bologna tosser. The tossers will get a plate of bologna and stand ten feet away from their partners with the shield. When you say, "Go," they will have one minute to toss as much bologna as they can to their partner, who has to hold up the cookie sheet like a shield, and try to get it to stick. At the end of the time, the team with the most bologna stuck to their shield wins.
- **FOR KIDS WITH SPECIAL NEEDS:** Pair them with a buddy and let them play a modified version in another part of the room. See your weekly instructions for details.
- **Why does a superhero need a shield? What does a shield do?** It protects the hero from their enemy. Let's put on our shield of faith this week, so we can become strong heroes.

### SCRIPTURE | Psalm 18:2

- **INSTRUCTIONS:** Look up the verse in your Bible and encourage the kids to do the same. Read it!
- **How is God like a shield?** God will surround us and protect us. **Does that mean everything will always go perfectly in our lives and we won't ever face troubles?** No, but it does mean God will give us strength to face them. Being a hero doesn't mean everything will be great all the time, but we can have courage and strength from God.

### ACTIVITY | Build-a-Hero

- **INSTRUCTIONS:** Give the kids Wikki sticks or pipe cleaners to make their own superhero or superhero gear. For younger kids, help them make theirs into a simple stick figure. Older kids can use additional pipe cleaners to add details and colors to make a kid like themselves, a superhero character, or maybe even Joseph in his multi-colored coat.

- **FOR KIDS WITH SPECIAL NEEDS:** Wikki sticks can be great hands-on manipulatives and sensory items for kids with special needs. They can play with them and make their own creations during the service.
- These heroes came from ordinary objects. And just like these ordinary objects, Joseph was ordinary, too. But God gave him strength and power and to become a hero. God can give us strength and power to be heroes, too!

### MEMORY VERSES | Hebrews 11:1; Isaiah 40:31

- **INSTRUCTIONS:** Give every kid memory verse magnets or stickers. Then, work on the memory verse together. For ideas on how to do this well, check out the Memory Verse Guide in your Programming folder and give them to your small group leaders, if you'd like.

## SMALL GROUP TIME

### DISCUSSION

- **Why were Joseph's brothers jealous?** (Because they were focused on the wrong things.)
- **Do you think Joseph was bragging about his dreams when he told his family about them?**
- **How was Joseph set apart?**
- **Have you ever been jealous of your siblings or a friend because they got something you wanted?**
- **How can God use you to help people?**

### SCRIPTURE | Ephesians 6:10-12

- **INSTRUCTIONS:** Look up the verses in your Bible and encourage the kids to do the same. Read them!
- **What does this verse tell us we should do when we face opposition?**
- **What is our struggle against?**
- **What do you need God's power for this week?**

### ACTIVITY | Hero Shield Toss

- **INSTRUCTIONS:** Give the kids red, blue, and yellow paper plates, pens, and a basket. Have them write on the paper plates one way God can help them or protect them. Let one kid hold the basket and have the others line up a few feet away with their plates and take turns tossing them (like frisbees) into the basket. See how many they can get in the basket in two minutes.
- **Was it hard to think of ways God can help you or protect you?** We can be heroes when we let God give us strength to get through tough times.

### MEMORY VERSES | Hebrews 11:1; Isaiah 40:31

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