



WEEK 4

PRESCHOOL LESSON OUTLINE



BIG IDEA

Heroes help others.

THE BIBLE

Joseph Saves his People: Genesis 41:14-41, 47-49, 57; 45:1-5

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Name That Super Secret Hero
- **ACTIVITY** | Back to Back Ball

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Store Up Grain
- **MEMORY VERSE** | Isaiah 40:31

TEACHING TIME

- **MUSIC** | Worship Time
- **THE BIG IDEA** | Heroes help others.
- **BIBLE STORY** | Genesis 41:14-41, 57; 45:1-5
- **ACTIVITY** | Pharaoh's Dream
- **PRAYER**

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Knocked Down
- **ACTIVITY** | Grain Sensory Bin



WEEK 4

PRESCHOOL LESSON GUIDE



BIG IDEA

Heroes help others.

THE BIBLE

Joseph Saves his People: Genesis 41:14-41, 47-49, 57; 45:1-5

WELCOME TIME

WHAT? What are we talking about today?

ACTIVITY | Name That Super Secret Hero

- Welcome to our fourth week in our series, Heart of a Hero! Today, we're learning about the real heart of a hero, and that's having a heart to help others. Let's think of some superheroes who helped people.
- **INSTRUCTIONS:** *Print the Name That Super Secret Hero printable (in your Week 4 folder). Lay the cards on the floor and let the kids match the normal person with the superhero person.*
- The superheroes look different when they aren't in their costumes. They kind of look like regular people! God can turn an ordinary person into a hero.

ACTIVITY | Back to Back Ball

- Have you ever heard someone say, "I've got your back?" It means someone is there for you and they're willing to help you. We're going to play a game where you really have to have each other's back.
- **INSTRUCTIONS:** *Have each kid choose a partner and give each pair a playground ball or balloon, then have them line up at one side of the room with their ball or balloon between their backs. They have to race to the other side of the room and back while keeping the object between their backs. If they drop it, you can help them put it back between them and keep going. The first team back to the starting line with their ball or balloon wins.*
- **Was it hard to work together and keep the ball in place and run at the same time?**

- In real life, sometimes it's hard to help others, too. But helping others is what superheroes do, no matter what! Let's get ready for worship and get ready to hear about a real superhero from the Bible.

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 | Heroes help others.

- **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: **Heroes help others.**

BIBLE STORY | Genesis 41:14-41, 47-49, 57; 45:1-5

- When we left off last week, Joseph had some bad things happen to him. He was treated badly and ended up being thrown in prison. God was with him through all those bad things, and Joseph became a hero because he made wise choices. Today, we'll hear more of Joseph's story and hear how God used him to save people.
- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- A lot happened to Joseph. He went from slavery to prison, and from prison to the palace, where he was the second person in charge over all of Egypt. He had a very important job!
- **What did Joseph do to help the Egyptian ruler, Pharaoh?** Joseph told Pharaoh what his dream meant. He warned Pharaoh about when there would be very little food in their land.
- **What did Joseph tell Pharaoh to do to prepare for the famine?** He said they needed to store some of their food when they had a lot of food. Pharaoh put Joseph in charge of storing up the food. And just like Joseph said, there came a time when food and crops didn't grow and they needed food! Thankfully, Joseph had food stored away and gave it to the people of Egypt.
- **How did Joseph help his father and brothers?** They needed food, too! The brothers came to visit Egypt to get food. Remember, they didn't know their brother Joseph was in charge in the palace in Egypt.
- **What did Joseph do when he saw his brothers come for food?** He gave them food and hugged and forgave them.
- Having the heart of a hero means doing what's right, even when someone has done something wrong to you. Joseph stood up for what was right. Joseph's brothers had done some really mean things to him and some people would say that they didn't deserve to get any food, but a hero makes wise choices and does what is right.

- Joseph did what God wanted him to do. God gave him the courage to be tough in hard times and to stand up for what's right. You can be a hero, too! You can help others and stand up for other people and for what's right.

ACTIVITY | Pharaoh's Dream

- God gave Joseph the gift of understanding dreams. This helped him get out of prison and also let him help a lot of people by storing food. Let's work together and remember Pharaoh's dream.
- **INSTRUCTIONS:** Give the kids cotton balls. If you have enough, count out seven cotton balls for each kid, which will be pretend cows. Then, help them glue several cotton balls together to make seven "fat" cotton balls for each kid. Let them use the cotton balls to pretend the skinny cows are eating the fat cows.
- **What did Pharaoh dream about?** Seven healthy cows being eaten by seven skinny, sickly cows and seven full, healthy heads of grain being swallowed up by seven weak, thin heads of grain.
- **What did Joseph say this dream meant?** It meant Egypt would have seven years with plenty of food and then seven years when there wouldn't be enough food.
- God used Joseph to save many lives. Joseph helped all of Egypt and his brothers who treated him so badly. Joseph was a superhero!

PRAYER

- Let's spend time talking with God in prayer.
- Dear God, thank You for this incredible story from the Bible. Help us to be like Joseph and stand for what is right. Help us to have hearts like a superhero and to help others! 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!
- **How did Joseph help Pharaoh?** (Joseph told Pharaoh what his dream meant.)
- **What did Pharaoh's dream mean?** (There would be seven years of lots of food and seven years of not enough food.)
- **What did Joseph tell Pharaoh to do?** (Store up the extra food during the seven years of lots of food.)
- **What job did Pharaoh give Joseph?** (He put Joseph in charge of Egypt.)
- **Who came to Egypt in need of food?** (Joseph's brothers.)
- **What did Joseph do?** (He gave them food.)

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have the kids join you in a circle on the floor. Tell them to sit close together and pass a ball around the circle to each other with each person using only one hand. For older kids, have them pass the ball behind their backs. The kids have to help each other get the ball around the circle as fast as they can without dropping it. When you say, "Stop," whoever is holding the ball will answer a question.

- Can you share one way someone has helped you?
- Who is your favorite superhero?
- What super power would you want and why?
- How can you help someone else?
- How does Jesus help us?

ACTIVITY | Store Up Grain

- **INSTRUCTIONS:** Give the kids small drawstring craft bags. Before service, write on each bag: *Heroes help others.* Set out a bowl of grain (rice, oats, wheat, flour) with scoops and let the kids scoop some grains into their bag. Then, tie it so they can take it home.
- This bag you filled with grain is to help you remember how Joseph helped others. He stored some grain so when there was no food, he could help people and give them food.
- Take your bag home to remind you of our story from the Bible today.

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 Joseph was a superhero because he helped others.

ACTIVITY | Knocked Down

- **INSTRUCTIONS:** Set up a kids bowling set (or ten empty water bottles) with balls, and designate a line a few feet away. Let the kids take turns knocking the pins down, and choose a kid to be the "helper" to help set them back up each time.
- Joseph got knocked down over and over, like these pins, but he kept getting up and doing the right thing. God finally raised him up to the highest place, where he was in charge of Egypt and got to help lots of people!
- Even when you feel like you're getting knocked down or unfair things are happening to you, you can stand up and do the right thing and help others.

ACTIVITY | Grain Sensory Bin

- **INSTRUCTIONS:** *Fill a plastic box with grain, such as rice, oats, or wheat. Set out scoops, cups, and bowls for them to play and explore with. Make sure to have an adult volunteer watching closely so the kids don't eat it or make big messes.*

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