

# City SG—May 22nd, 2022

**Today's Bible Story:** Glory Days (Heroes of the Faith) • Hebrews 11

**Today's Bottom Line:** Trusting God can help you get back up.

**Monthly Memory Verse:** *But those who trust in the LORD will receive new strength. will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.*  
Isaiah 40:31 (NIRV)

## 1. Isaiah 40:31 Bookmark

**What You Need:** "Isaiah 40:31 Bookmarks" Page (1 per kid), markers, fun stamps or stickers

### What You Do:

- Pass out a bookmark to each kid and "read" the verse aloud together.
- Set the markers or crayons in the center of your Small Group space so the kids can color their bookmarks any way they want.
- If providing stamps or stickers, let the kids decorate their bookmarks with those as well, while being mindful of the supply needed for other groups/services.

### What You Say:

"I love this verse! It is such a good one to put to memory and say out loud when you feel like giving up. No matter what happens, God can give you the strength you need to bounce back and keep going. Just like God gave new strength to Moses and Abraham and Joseph, God can do the same for you. Take this home and put it in your Bible or use it in a book at school to mark your spot and remember that **[Bottom Line] trusting God can help you get back up.**"

## 2. Faith Heroes Trading Cards

**What You Need:** "Faith Heroes Trading Cards" (1 full sheet per kid), "Blank Trading Cards" (1 card per kid), scissors, markers, plastic bags (1 per kid)

### What You Do:

- Give each kid a set of "Faith Heroes Trading Cards."
- Talk about each "hero" as you review the Bible story.
- Let the kids cut the cards apart and color them if time allows.
- **NOTE:** *As the kids work, review the stories of David, Gideon, and Rahab which weren't covered in the Large Group Bible Story.*
  - Abraham— trusted God when he was told to pack up and leave his hometown and head to a land God would show him
  - Moses— trusted God to help him lead the Israelites out of slavery in Egypt and toward the Promised Land
  - Joseph— trusted God and did the right thing, even in a foreign place
  - David— trusted God to face Goliath
  - Gideon— trusted God when he led a small army into battle carrying horns and jars
  - Rahab— trusted God by hiding the spies in the city and was saved for her bravery
- As the kids work, cut apart the "Blank Trading Cards" Activity Pages.
- Pass out one blank trading card to each kid.
- Instruct them to draw a self-portrait on the front of the card to add to their other trading cards.

- Remind kids that all of these people mentioned in Hebrews 11 were regular people, just like us, who chose to trust God.
- Have the kids place their trading cards in a plastic bag and set aside for pick-up.

**What You Say:**

“We can look back at history, at all these ‘heroes’ who trusted God in the middle of some pretty difficult situations, and we can learn from their faith! They got back up, over and over again, even when things seemed impossible. It’s important to remember that Abraham, Moses, Rahab, and David were regular men and women. They didn’t have any superpowers. What they DID have was faith—they put their trust in God.

“We can be heroes, too. We can keep going because God is in control and knows how everything will turn out. He knows the end of the story! When we put our faith and trust in God, we can bounce back and face whatever comes our way! Because **[Bottom Line] trusting God can help you get back up.**”

***[Make it Personal] (Tell the kids about a time you trusted God. Maybe someone in your family had a serious illness, but your family came together and was stronger at the end of the illness. Maybe you had to move as a kid and once you got there, even though you missed your old school and neighborhood, God gave you new friends at your new school.)***

**3. Lead the Way**

**What You Need:** Blindfolds (2 per Group)

**What You Do:**

- Invite all kids in your group, except for two of them, to form a wide circle.
- Give each kid in the circle a tennis ball.
- Blindfold both of the kids who aren’t in the circle and randomly place them somewhere in the circle.
- Instruct the rest of the kids to create a noise distraction. (The kids in the circle can clap, stomp their feet, or make sounds with their voices.)
- Direct the blindfolded kids to call out, “Trust God!” until they find each other by listening for the other person.
- After the kids find each other, choose two different kids to be blindfolded.
- Continue playing until everyone has had a chance to be blindfolded.

**What You Say:**

“That was fun! In each round, the blindfolded kids had to trust the other’s voice to lead them as they searched for each other. God has given us the stories of people who have gone before, to help lead the way. God knows what you’re going through and what you will go through. God knows your whole story. One way God helps us through hard times is by giving us people like our parents, grandparents, teachers, and other grown-ups. When something gets us down, we can look to these people who have trusted God in the past and can help US trust God, too, so we can get back up and move forward. **[Bottom Line] Trusting God can help you get back up.**”

***[Make It Personal] (Share about someone who leads and encourages you when you go through a hard time and you’re tempted to give up.***

***Maybe it's a friend who helps you tackle tough projects one step at a time, a trainer who cheers you on to do just one more lap around the block, or a mentor at church who encourages you to memorize Scripture.)***

#### **4. Pray and Dismiss**

**What You Need:** No supplies needed

**What You Do:**

- Lead the group in the following call and respond prayer.
- Explain that they may keep their eyes open as you pray and follow you as you crouch down and jump back up during the prayer.

**What You Say:**

"We can talk to God anytime, anywhere, about anything! And we don't have to close our eyes. Closing our eyes can help us focus and not be distracted for sure. But today, I want you to follow what I do as we pray, so keep your eyes open and watch me. Ready? I'll say a sentence, and I want you to repeat after me. Let's pray.

*(Lead kids to repeat each of the following lines after you and crouch down and jump back up as indicated below.)*

"Dear God . . .

You are the BEST!

When life gets us down *(Crouch down in a ball.)*

Help us remember that trusting You

Will help us get back up *(Jump up.)*

Every time!

Thanks for helping us bounce back.

In Jesus' name, amen."