

HEART OF A HERO

WEEK 5

BIG IDEA

Heroes need help too.

BIBLE

The Israelites Become Slaves in Egypt:
Exodus 1:6-14 (Ephesians 6:17;
Hebrews 4:12, John 8:34–36)

LARGE GROUP TIME

WHAT

ACTIVITY: Superhero Parade

- Welcome to our last week of our hero series. We've been talking about the life of Joseph, and how we can be heroes like he was. Let's make some superhero costumes!
- Every superhero needs a great costume! But even with a great costume and super powers, heroes need help.

STORY: Share a time when you were rescued.

- **INSTRUCTIONS:** Ask a leader to share a time they needed to be rescued (*something that relates to kids, if possible*). It could be a time they were lost, got left behind somewhere, crashed their bike into a ditch, or got locked in a room by accident. Share how it felt to be vulnerable. Did you freak out? Did you hide? Did you lose your ability to chill? How did you feel when someone came to your rescue?

SO WHAT?

VIDEO: Lego Batman Clip



- In the *Lego Batman* movie, we can see what happened when the people of Gotham needed to be saved, and Batman came up with an unusual way to save them!
- **INSTRUCTIONS:** Show [*this*](#) clip from the *Lego Batman* movie. **Note: at 1:53-1:59, Batman talks about giving up a "life spent with Russian ballerinas and lady activewear models." You can mute this part in the clip if you don't want your kids to hear that phrase.**
- **How did Batman save the people of Gotham?** They all had to work together. Batman needed help from someone he didn't expect! There will be times when you might need help, but that doesn't mean you aren't strong. Heroes need help, too!

THE BIG IDEA: Heroes need help too.

This week's Big Idea: **Heroes need help too.**

SCRIPTURE: Exodus 1:6-1

- After Joseph and his brothers made up, they returned to their father to tell him the good news that Joseph was alive and in charge over Egypt. Joseph's father was so happy! Their whole family moved to Egypt and settled in under the care of Joseph. It was a happy time for them, but it didn't last forever. Today, we'll learn what happened a little while after Joseph saved his people in Egypt.
- **INSTRUCTIONS:** Look up the story in your Bible and encourage the kids to do the same. Read it!
- After years of prospering in Egypt with God's favor, the people of Israel entered a dark time. A new king, who did not know Joseph or see for

himself how God was with Joseph, felt threatened by the Israelites.

- This new king forced the Israelites into slavery, just like their relative, Joseph, had once been a slave in Egypt.
- They had no freedom and they were forced to work really hard for no pay. They were being held captive by the Egyptians. For many years, the Israelites were trapped there, but God had a rescue plan.
- One of the reasons we love superhero stories is because of the cool ways the superheroes help the victims find freedom. They might swoop in from the sky, sneak up behind the villains, or use their powers to rescue the people who are in trouble. **Can you think of a rescue scene from your favorite superhero story?**
- God had a really cool rescue plan to help his people who were slaves in Egypt, and we'll learn more about it in our next series, *The Great Escape*.
- **Did you know we need to be saved, too?** We don't need Superman or Spider-Man to save us. We aren't trapped as slaves or held captive by villains. We have something keeping us captive from the life God hoped we would have. God imagined we'd always be connected to good things, but we are separated from Him because of sin. We needed Jesus to come and make up for everything we're missing.
- But the cool thing is God sent Jesus to save us and forgive our sins! Jesus is our rescuer and our protector! And no matter how strong we are, God will always be able to help us.

ACTIVITY: Penny Jail

- The Israelites couldn't save themselves. They needed God's help. We're going to play a game where you have to depend on someone else to save you.
- **INSTRUCTIONS:** Give every kid a coin and show them how to flip the coin and tell if it's heads or tails. Designate a space to be the "jail." When you say, "Go," they will all flip their coins. If it lands on heads, they're safe. If it lands on tails, they have to go stand in the jail area. The only way they can escape is if a friend comes over to them and flips three heads in a row. They can't save themselves from jail. The people who are still in the game have to keep flipping continuously. At the end of two minutes, call, "Stop," and whoever is in the game at that time wins.
- **What was it like to have to depend on someone else to rescue you?** We can trust God to help us when we need help.

NOW WHAT?

ACTIVITY: Ankle Weight Races

- **INSTRUCTIONS:** Get two volunteers who consider themselves fast walkers. Set cones or floor tape at one side of the room for a starting line and the other side of the room for a finish line. Have the kids stand at the starting line and race by hopping across the room as fast as they can without running (unless you're outdoors or have the space for it). Whoever wins the first race will be "shackled" in the next round. Shackle the winning racer by loosely tying his or her ankles together with the Velcro straps. Now, have them race again and see if the shackled racer is hindered by the ankle weights or Velcro straps.
- The Bible says to throw off the weights that hinder us—the sin that entangles us—so that we can run the race that God has for us. That race is the life that God has planned for us. Jesus came to help us so we don't have to let sin hold us back.

TALK: RECAP OF THE MONTH

- We've had a super awesome month learning about how God can help us be heroes! Let's recap everything we've learned this month!
 - The first week, we heard the story of Joseph and the coat of many colors, and we learned that **God can help us become heroes.**
 - The second week, we learned about Joseph being captive as a slave in Potiphar's house and then in prison, and we learned that **heroes make wise choices.**
 - Last week, we learned that **heroes help others** when we heard about how Joseph saved his people by saving food.
 - And today, we learned about the Israelites becoming slaves in Egypt, and that **heroes need help too.**
 - We learned so much this month! Now go into the world and be brave, because with God on our side, we can be heroes!

SMALL GROUP TIME

DISCUSSION

- **Why did the Egyptians treat the Israelites so harshly?** (*The king was worried about them growing in number. The king never knew Joseph or saw how God worked through Joseph to save Egypt.*)
- **What do you think it would take to rescue the Israelites?**
- **Was God with the Israelites during this tough time?**
- **Why do all of us need rescuing?**
- **How has God helped you or given you power during a hard time?**

ACTIVITY: Handcuffed by Sin

- Elastigirl from *The Incredibles* movie may have super stretchiness as her super power, but even she could get captured and would need to be rescued.
- **INSTRUCTIONS:** Give each child two plastic or latex gloves and inflate the gloves by blowing into them. ***Be aware of Latex allergies.** You could also cut out paper hands. The gloves represent hands that perform heroic deeds, like Elastigirl, but those hands can be bound by sin. Give the kids a piece of masking tape and put it on the floor or a table. Have them write on the tape something that can trap them or hold them back, and wrap the tape around the bottom of the hands or gloves.
- Sin can be like shackles or handcuffs that hold you back from living out God's plan for you. **What choices are holding you back? How can God help you overcome them?**