

HEART OF A HERO

WEEK 4

BIG IDEA

Heroes help others.

BIBLE

Joseph Saves his People: Genesis 41:14-41, 47-49, 57; 45:1-5 (Micah 6:8; Genesis 50:15-21)

LARGE GROUP TIME

WHAT?

ACTIVITY: Name That Super Secret Identity ▲

- Welcome to our third week of our series, *Heart of a Hero*! We've been talking about what makes someone a real hero. We're learning about what's inside the heart of a hero, and that's helping others! Let's think about some superheroes who've helped people!
- **INSTRUCTIONS:** Write the names of superheroes (*Batman, Superman, Wonder Woman, The Flash, Aquaman, and Spider-Man*) on strips of paper and fold them up and put them in a bowl. Divide the kids into two teams and have one kid from each team choose a paper from the bowl. When they open the paper, they have to act out the superhero from the paper, and the kids on their team have to guess not only the superhero they are acting out, but also the superhero's real name. The superhero real names are: Batman (Bruce Wayne); Superman (Clark Kent or Kal-EI); Wonder Woman (Diana or Diana Prince); Aquaman (Arthur Curry); Flash (Barry Allen); Spider-Man (Peter Parker).

ACTIVITY: Back to Back Ball ▲

- **INSTRUCTIONS:** Choose three pairs of kids to play the game. Give each pair a playground ball or a balloon and 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 still keeping the object between their backs. If they drop it, they have to start over. The first team back to the starting line with their balloon wins.

- **Have you ever heard the phrase, 'I've got your back?'** In this game, you had to help each other and literally have each other's backs. In real life, sometimes you have to help others get through a tough situation, or have their back, too.

STORY: How have you resolved a conflict? ▲

- **INSTRUCTIONS:** Share about a time when you had a big disagreement or fight with someone. How long did you stay angry? Did you work things out and make up at the end? How did it feel to end the conflict?

- God calls us to forgive others and reconcile, or make up, with them, not to take revenge on them or respond to them in an angry way.

- In last week's story, Joseph was left in jail for a crime he didn't commit. That wasn't fair. That was what we call an injustice.

- Injustice is when something isn't fair and hurts an innocent person. Heroes stand up for what is right, even if it costs them something.

SO WHAT?

QUESTION: Who is your favorite superhero? ▲

- **How does that hero help others? What do you like about that hero?**
- **Who's your favorite real-life hero? How does that person help others?**
- Superheroes are fun to talk about, but real-life heroes are even better because they are making a difference and helping people! We're going to learn today how we can be heroes, too.

THE BIG IDEA: Heroes help others. ▲

This week's Big Idea: **Heroes help others.**

BIBLE STORY: Genesis 41:14-41, 57; 45:1-5 ▲

- When we left off last week, Joseph had some bad things happen to him. He was treated unfairly 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 encourage the kids to do the same. Read it!*
- A lot happened to Joseph. He went from slavery to prison, and from prison to the palace, where he was second in command in all of Egypt. What did Joseph do to help the ruler of Egypt, the pharaoh? He interpreted his dream. Joseph used his gift of being able to explain dreams to warn the pharaoh about the famine — that means a time when there isn't enough food to feed everyone — and they prepared for that time by storing away food when there was a lot of it. And just like Joseph said, famine came to their land and crops didn't grow. They needed food! Thankfully, Joseph had some stored away that he gave people in Egypt. **But what about Joseph's father and brothers? What happened to them?** Well, eventually 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.
- When Joseph saw his brothers come to Egypt to buy food, he could have taken revenge on them and treated them in a really mean way. **What did he do instead?** He gave them the food they desperately needed for their families.
- Having the heart of a hero means doing what's right even when someone doesn't treat you the way you should be treated.
- For some, the idea of making things fair or right would involve Joseph getting revenge on the brothers who did him wrong. **Shouldn't they be punished for what they did?**
- God's view of right and wrong is not the same as ours. Romans 12:19–21 tells us: Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."

Do not be overcome by evil, but overcome evil with good. This is what Joseph did, isn't it?

- Joseph knew God's heart, and his actions reflected his faith. Joseph's trust in God gave him the courage to endure hardships and stand for justice. You can be a hero, too. You can help others and stand up for people.

VIDEO: A Four-Year-Old Hero ▲



- **INSTRUCTIONS:** Show [this](#) video clip of a little boy who is a special kind of superhero.
- **What makes someone a real hero? What does this little four-year-old boy do to help others? What did he say when he was asked why he does this?**
- **Does this video inspire you to help others?**
- Heroes are people who stand up for those who need help, who serve others and show kindness, and who do the right thing. This little boy is only four years old, but he's a hero. You can be a hero, too.

NOW WHAT?

ACTIVITY: Fight the Fire! ▲

- **INSTRUCTIONS:** Build a pyramid of ten red cups to represent a fire. Use four cups on the bottom, three on the row above, then two, and then one cup at the top. The kids can use straws to blow the fire out. Give the kids 15 seconds to knock down as many red cups as they can, using only air blown through the straw. They can't touch the cups or use their straws to knock them down.
- Firefighters are real-life heroes who courageously risk their lives every day to save others.

- They don't fight fire with fire; they fight fire with water. In the same way, God tells us not to fight evil with evil, but fight evil with good.
- Joseph honored God and stood for what's right by doing the right thing, even though he was wronged. You can do this, too!

OBJECT LESSON: Hot Water

- **How did Joseph react to the hard things he went through? How do you react to hard things you go through?**
- **INSTRUCTIONS:** *Hold up a cooked (or raw) potato, a hardboiled egg, and a tea bag. Fill a mug with hot water and let the tea bag soak in it (it's OK if the water is cool by the time you show it to the kids). Use a tea bag that will turn the water a different color (such as black tea).*
- We have three objects that all went into hot water, but all three reacted differently. The hot water represents the hard things that happen to us.
What are some hard things that might happen in our lives? We might react like this potato. When the potato is in hot water for awhile, it gets soft and weak. You can feel how mushy it is.
- We might react like this hardboiled egg. When the egg is in hot water, it gets hardened on the inside.
- **How did the tea bag react to the water?** Let's look inside the cup and see. It didn't get weak, and it didn't get hard . . . it changed the water! When you face hard things, you can change your attitude and use that situation to make a difference.

ACTIVITY: Everyday Heroes Actions

- Most of the time when we think of heroes, we think of imaginary superheroes, but there are people in real life whose lives are dedicated to serving others. They are ordinary people who are everyday superheroes.
- **INSTRUCTIONS:** *Print the Everyday Heroes printable and cut them apart. Put them in a bowl and mix them up. Choose a kid to come up and draw one out, then act out something that person could do to help others. Let the kids guess what action they are doing and what kind of person the everyday hero is.*
- These people spend their days serving others. They don't have special powers. They just have kindness and love. You can be an everyday

superhero, too, just by serving and helping people who need help.

PRAYER: Pray for People Who Need Help ▲

- In our story, Joseph helped people who couldn't help themselves. Heroes stand up for others. There are people in our community who need help and prayer. Let's make a list of them and ways we can pray for them.
- **INSTRUCTIONS:** *Ask the kids to help you name some people or groups who need help. Write down ways you can pray for them. Then pray together as a group for the people who need help.*
- **Is there anything you can do to support the people you thought of? What are some things you can do to help?** You can be a hero when you serve others.

SMALL GROUP TIME

DISCUSSION ▲

- **How did Joseph help Pharaoh?** *(He interpreted his dream and helped prepare for the famine.)*
- **What did Joseph say to his brothers about the bad thing they did to him?** *(They intended to hurt him, but God intended it for good.)*
- **How does this make you think about the unfair or bad things in your life?**
- **What are some situations in which you can stand for what is right and do what's right to help others?**

ACTIVITY: Saving to Save Lives ▲

- Some superheroes are born with super powers, like Wonder Woman and Superman, but others, like Batman and Iron Man, build hi-tech gadgets with the resources they have.
- Sometimes, you can be a hero by being wise with what you have.
- **INSTRUCTIONS:** *Give each student a small Ziploc bag. Place the red beans in one pile or bowl on the table and the green beans in another. Have*

the kids take four small handfuls of one color and one of the other. Then, place the beans in the cup or bag, then seal it and write their names (or their new superhero names) on it.

- For seven years, Joseph commanded the people of Egypt to set aside one-fifth of all the food they produced so that they could store it for the time of famine.
- When the seven years of famine did come, the people did not starve because Joseph wisely put enough food away for these difficult years.
- In your cup/bag, one-fifth of all the beans are a different color to remind you of what Joseph did. Take it home as a reminder that it would be wise to not spend all of your resources, such as your money, but to set some of it aside for when you really need it.