



HEROES OF THE FAITH

INTERMEDIATE
Small Group

LESSON 3: INTERMEDIATE SMALL GROUP

My Heroes

MAIN IDEA:

Outward appearances do not reflect a person's character; it's a pure heart that truly defines a hero.

BIBLE PASSAGES:

- 1 Samuel 16:7
- Luke 16:15
- 1 Samuel 16:7
- 1 Timothy 4:12
- Philippians 2:3-4
- 2 Peter 1:3-8

MEMORY VERSE:

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us."

Hebrews 12:1, NLT



Prepare your heart to teach.
Plan for the lesson.



Connect with the kids and make them feel heard and cared for. (15 minutes)



Facilitate activity and study to help kids know and love Jesus. (20-25 minutes)



Lead kids to live out the mission of the Gospel. (5-10 minutes)

Prepare



Prepare your heart to teach.
Plan for the lesson.

QUESTIONS:

- How can you be praying for the students this week?
- Are there any specific students or requests you can pray for?
- Are there any adaptations that you can make to the lesson this week to better serve the kids in your small group or make your small group more effective?
- How can you connect with the students outside of the club over the next few weeks?
- Is there a sporting event or performance you can go to? Can you plan a casual park or fast-food meet-up with them and their families (as a group or individually)?

MATERIALS NEEDED:

- Bible
- Name tags
- Snacks, 1 per child
- Cupcakes with a prune inside the middle of each, 1 per child
- Plastic Easter eggs (some of which you will deform and make ugly), 1 per child
- Pennies, 1 per child
- 1 one-dollar coin
- Printout 1, 1 per child
- Pens/pencils, 1 per child
- Bag of candy, 1 per small group
- Device to play music in each small group

Connect



Connect with the kids and make them feel heard and cared for.
(15 minutes)

Small Group Session 1

ICE BREAKER:

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while children eat their snack:

Have the students sit in a circle. Distribute to the students the cupcakes that have prunes in the middle.

Say: **I brought a special treat today.**

When they discover that each cupcake has a prune in the middle of it, they will probably complain and whine. Act confused and minimize the prune issue. Then move on to the usual “highs and lows” time.

Say: **We will all be sharing our high point and our low point from the previous week (i.e., the best and worst thing to happen from the previous week). You should share your high and low points first, and then invite a student next to you to continue with this. Go around the circle to give each student a chance to speak.**

PRAY TOGETHER:

Collect prayer requests from the students. The leader or a student can pray for the entire group or a leader can pair up students and invite them to pray for one another.

INTRODUCTION:

Show the students several plastic Easter eggs.

Say: **Each one has a prize inside, which you may keep. One of the eggs has a nicer prize than the others.** (Make sure that each egg has a penny inside and that one has a golden dollar coin inside. Be sure that the dollar coin is in the nastiest looking egg.)

After all the students have selected their egg, ask them to open the eggs at the same time to see what each received.

Say: **The nastiest looking egg was the one with something better inside.**

A hero is not really a hero unless they have a noble character—a pure heart.

Read 1 Samuel 16:7 together, and explain the meaning of this verse:

God cares most about what is inside a person, not how the person looks on the outside.

Remember the cupcakes. They looked really nice, but they were nasty inside. There are people like this, too. People who do not have a noble character can't be true heroes.

The egg that looked so bad on the outside had something valuable on the inside.

Dismiss to Large Group.

Heart



Facilitate activity and study to help kids know and love Jesus.
(20-25 minutes)

Small Group Session 2

Pass out Printout 1 to each student. As everyone completes the activities, discuss the questions below as a group.

HELPFUL HINT

Consider going around the small group and asking specific students questions. This will help each one stay engaged with the conversation. Handing out tickets when students respond with answers will also help keep their attention.

- **Would God call these people heroes? Why or why not?**
- **Who is one person you know that God might call a hero?**
- **Why can there be a difference between who we sometimes would call a hero and who God would call a hero?**

We like to call people a hero because of something brave or incredible they do. Although that is a great thing, God looks at the character of someone, not just the outward things someone can accomplish.

Read the 1 Samuel 16:7 outline (consider asking a student to read).

- **Is it easy to judge people on how they look?**
- **What does it say about how God looks at someone?**

Read Philippians 2:3-4 out loud.

- **Is it easier to be selfish or think of others more than yourself?**

It is easier to think about what you want than the needs of others. God values humility and selflessness, but most people desire attention and fame and grow in pride. It's easy to be selfish.

Heroes in God's eyes are people who have a strong character, people who are humble and selfless rather than prideful and selfish.

ACTIVITY: PASS THE PARCEL

Take a bag of candy and instruct students to pass it around until you say “stop”. The student holding the bag of candy when you say stop is allowed to grab one piece of candy from the bag (you could consider keeping a tally instead to keep the bag of candy closed until the end of the activity).

Start playing music and have the children pass the parcel (bag of candy) around the circle. When the music stops, the child holding the parcel gets to pick one piece of candy (or you can keep a tally as mentioned previously).

Repeat the process, starting the music again and stopping it at intervals for several minutes. Encourage the children to pass the parcel quickly and not hold onto it for too long. Praise the kids for taking turns and being patient.

Alternative: As the parcel is passed around, stop the music for the same one or two students. Give the students the opportunity to keep the candy for themselves or share the candy with the whole group.

Consider passing out candy to all the students after the game.

Say: **This activity shows how it can be tempting and easier to keep the candy for yourself than share with others. Good character is not something that you can choose to have, it's something that needs to be developed over time.**

ILLUSTRATION: PRACTICE

Does anyone play an instrument or a sport? Can you immediately know how to play the drums or guitar?

Say: **If you could play an instrument just by choosing one, then everyone could play instruments.**

You need to practice and practice consistently over a long period of time. The same goes for playing a sport. Some people can pick up a sport easier than others, but to be really good at a sport, it takes time to practice to get better.

To be a hero of good and noble character, you can't just choose to be one. You need to spend time working on building a godly character over time.

- **How can someone build a godly character?** (By reading their Bible and praying)
- **Can you build a godly character by yourself?**

To have a good, noble character, we need God's help. We need to spend time with God and learn from him what it means to have a good, noble, and godly character. Just like someone taking lessons to learn an instrument or someone playing sports learning from a coach, we need to learn from God by listening to him.

Read 2 Peter 1:3-8 out loud.

- **Who gives us what is needed for living a godly life?**
- **What are some of the promises God has given us?** (He will always be with us, he will forgive us if we confess our sins, he will give us what we need if we ask.)
- **How do you think God's promises can help us escape corruption?**
- **What are some of the things listed that help us respond to God's promises?**
- **What is the result of growing in these characteristics?** (You will be more productive and useful in your knowledge/relationship with Jesus.)

Hands



Lead kids to live out the mission of the Gospel.
(5-10 minutes)

Small Group Session 2

WRAP IT UP:

Tell the students: **I am glad you are here, and you are important, both to me and to God.**

Read 1 Timothy 4:12 aloud.

Say: **Even though you are young, you can still be an example to others. It's so important to love God and grow in a close relationship with him.**

RESPONSE & REFLECTION:

- **Do you have a Bible at home?**
- **Are there 5 minutes that you can find to spend time reading your Bible this week?**
- **What time is best for you?** (help students pick a specific time during the week.)

I want to encourage you to spend this time reading your Bible. If you are not sure where to read, start in the Gospel of Mark, and just take 5 minutes to read and a few minutes to pray with God.

Print out the memory verse. Practice the memory verse for this unit (Hebrews 12:1).

Pray with the students and dismiss them.



Bible Memory Verse
Games