

Heroes of Faith

Brave and Strong

Chapter 1: Me, A Hero?

Introduction of "Anatomy of a Hero"
and Hero Theme Song

Memory Verses for this week

Day 1: God Saw David's Heart

Day 2: God Knows My Heart

Day 3: Guard Your Heart

Day 4: Chosen by God

Day 5: I Can Be a Hero of Faith

Day 6: Family Worship



(A six-week Bible study for parents and children to do together)

Remember that I commanded you to be strong and brave. Don't be afraid, because the Lord your God will be with you everywhere you go. (Joshua 1:9 NCV)

Supply List for Week 1

General supplies:

- Bibles
- Whiteboard
- Whiteboard markers
- CD player
- Music

Print/Copy:

- Copy of lesson for parents/leaders
- Memory Verse posters
- Songbooks
- "What's Inside You"
- Maze
- Poster with two faces
- "God Made Me" poster
- Samuel Anoints David coloring page
- Word Scramble
- Day 5 forms
- Family Prayer Poster

Recipe:

- Yeast
- Sugar
- Salt
- Vegetable oil
- Flour
- Zucchini
- Pepperoni
- Pizza sauce
- Mushrooms

- Cheese
- Ham
- Pineapple
- Tomato
- Blanched vegetables
- Artichoke hearts
- (Whatever toppings your family likes on pizza)

Crafts:

- Fabric for capes
- T-shirts
- Fabric for emblems
- Scissors
- Iron-on fusible material
- Fabric paints/glitter

Worship:

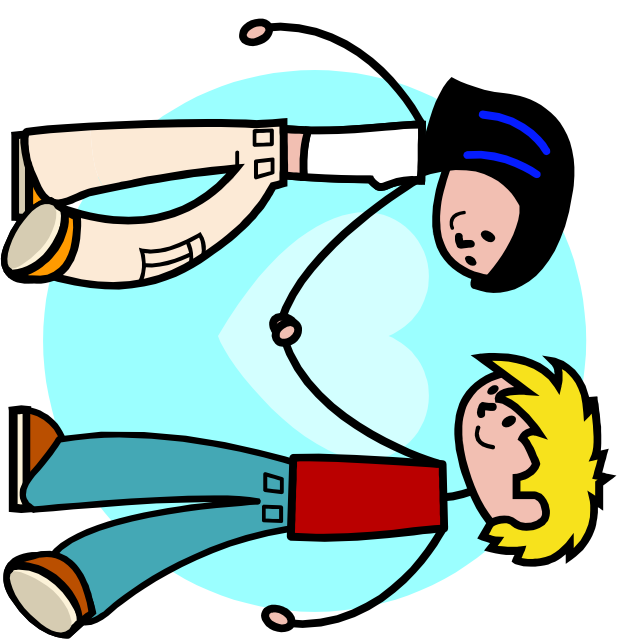
- Candles and holders
- Bible
- Grape juice
- Crackers/Pita bread or other unleavened bread
- CD player/music
- Table runner (optional)

Active Fun:

- 2 plastic bowls or buckets
- Water balloons
- Marbles or "gems"

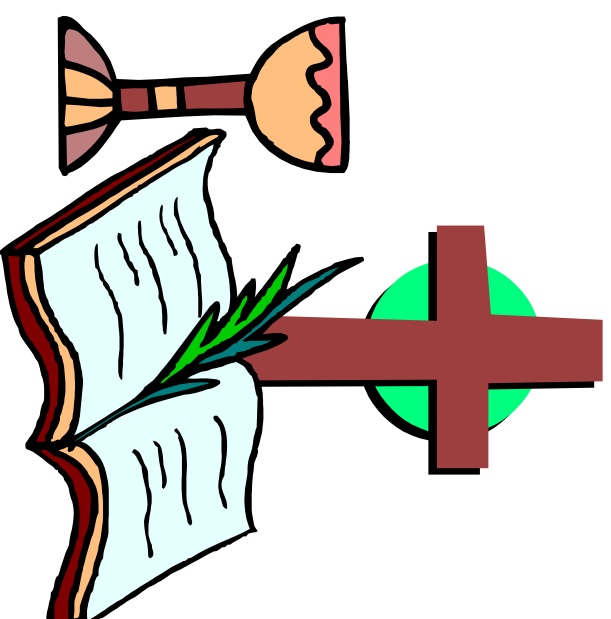


JEREMIAH 17:10 (NLT)
BUT I KNOW! I, THE LORD, SEARCH
ALL HEARTS AND EXAMINE SECRET
MOTIVES. I GIVE ALL PEOPLE THEIR
DUE REWARDS,
ACCORDING TO WHAT
THEIR ACTIONS
DESERVE."



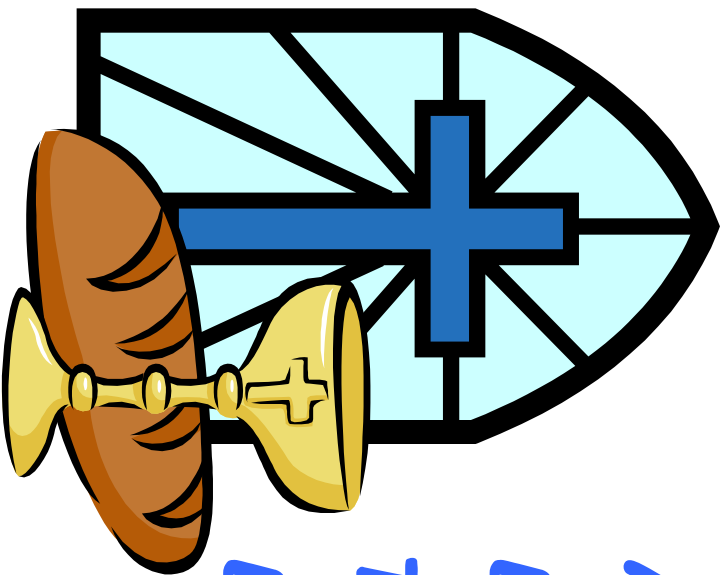
1 CHRONICLES 28:9 (NLT)

**"AND SOLOMON, MY SON,
GET TO KNOW THE GOD
OF YOUR ANCESTORS.
WORSHIP AND SERVE HIM
WITH YOUR WHOLE HEART
AND WITH A WILLING MIND. FOR THE LORD
SEES EVERY HEART AND UNDERSTANDS AND
KNOWS EVERY PLAN AND THOUGHT. IF YOU
SEEK HIM, YOU WILL FIND HIM. BUT IF YOU
FORSAKE HIM, HE WILL REJECT YOU FOREVER.**



1 CORINTHIANS 10:16 (NCV)

**WE GIVE THANKS FOR THE CUP
OF BLESSING, WHICH IS
A SHARING IN THE
BLOOD OF CHRIST. AND
THE BREAD THAT WE
BREAK IS A SHARING IN
THE BODY OF CHRIST.**



Chapter 1: Me, a Hero?

(This week you will be creating your own hero uniforms. You can choose to make capes or t-shirts. After that, you will want to wear your capes or t-shirts for your meetings...at least on Mondays and Saturdays. You may also want to develop a routine of starting out with the Hero Chant or reading through the Anatomy of a Hero to keep that theme going throughout the study).

Day 1: God Saw David's Heart

Scripture Reading: (Read the story from the Bible or tell it in your own words for younger children. Older children can help read the story from the Bible. Do this for each lesson. I've included the scriptures in the lesson so you can read through it while planning, but it is important that children see you reading from the Bible when you actually share the lesson.)

1 Samuel 16:1-13

(Discuss the story; ask questions about the story to be sure your children understand it).

Memorize it!

Jeremiah 17:10

1 Chron. 28:9

1 Cor. 10:16

Story - "What's Inside?"

Jeremy was visiting Kenny. They played for awhile, everything from spies to Batman and Robin. They climbed trees, found a new hideout, and built some Bionicles. Now, they were hungry, and they smelled something great coming from the kitchen.

"Mom, what are you fixing? It smells great! Is it for our lunch?" Kenny asked.

"Yes, it is our lunch. I made pocket pizzas," Mom answered.

"YUM!" Kenny cheered.

Jeremy just looked cautiously at the baking sheet Kenny's mom had just pulled out of the oven. "What's inside?" Jeremy asked quietly.

"It's a secret!" Kenny's mom said smiling.

"But what if I don't like it?" Jeremy asked.

"Well, I know what's inside, even if you can't see it. And you can trust me, it is very good," Mom answered.

Kenny nodded in agreement. "Mom makes the best pocket pizzas ever! Here, try one!"

Jeremy took one and cautiously took a bite. Kenny hungrily bit into his too.

"This reminds me of a Bible story," Mom said. "Do you know who David is in the Bible?"

"He killed Goliath," Jeremy answered.

"That's right, but did you know that David was a young boy when God called him? He was the smallest and youngest in his whole family, but God chose him. Do you know why?" Mom asked.

"Ummm....because he loved God?" Kenny guessed.

"Well, yes, he grew to love God with all his heart. But God said that we look at the outside of a person and say one person is better than another because they are more handsome or prettier or stronger than another. We don't know what is inside, just like Jeremy wasn't too sure what was inside the pocket pizza." Mom explained.

“God knows what’s inside because He made us, like you made the pocket pizzas,” Jeremy said.

“That’s true. God knows us better than our own parents know us. He can see inside our hearts and knows what we are thinking. God knows everything about us. It’s wonderful to know that He knows everything, He loves us and has a plan for us, isn’t it?” Mom asked.

“Yes!” both boys answered as they reached for a second pocket.

“So, Jeremy, do you like the pocket pizza?” Mom asked laughing.

“Yes! Kenny was right. They’re yummy!” Jeremy answered.

“Why, thank you,” Mom said.

This is a good reminder of what God said in 1 Samuel 16:7. God knows what’s inside of you—not just what’s inside your body, but what’s inside your mind and heart as well. Just like Mom knew what was inside the pizza pockets, God knows what’s inside your mind and heart. He knows what you think and feel. He knows everything about you. When we ask Jesus to live in our hearts and make our hearts full of His love, we can be heroes by helping others know about Jesus, by living the way He wants us to, and by showing others the love we have inside.

What's inside you?

Body	Mind	Heart
Draw a picture of what you ate today	Draw pictures of what you think about: friends, TV, books, games, sports, etc.	Draw your heart. Is it clean or dirty from the bad choices you've made, the things you've said or done that were sins against God and others? If it is dirty, stop now and ask God's forgiveness. Then, draw a nice clean heart.

Prayer for today:

Dear Lord,

We know that you see beyond what's on the outside into our hearts. You know our thoughts, our dreams, who we truly are and who we are meant to be. Help us become the person you want us to be. Help us to have hearts that seek after you. We pray that we would be people after God's own heart just like David was.

Songs:

Sing "After Your Own Heart" and say the "Hero Chant" and the "Hero Theme Song" and "I'll Be a Hero"

Additional songs:

Mary Rice Hopkins' songs "Superman," "Little Is Much," and "Walk like Jesus" from her "15 Singable Songs" CD. Order online at

<http://www.maryricehopkins.com/songs/songs.htm>

Recipe for pizza pockets

You can use pre-made pizza dough, canned biscuits, or even pita bread for your version of pizza pockets. Really, no time? Pick up potstickers (gwo tieh, dumplings) from a local Chinese restaurant or calzones from the local Italian restaurant!

But to make them from scratch, use your favorite dough recipe or the one that follows.

This recipe will make about 5 pizza pockets.

Pizza dough:

1 pkg. of rapid rise yeast

1 c. warm water (70-80 degrees)

1/2 tsp. sugar

1/4 tsp. salt

1 tbsp. vegetable oil

2 c. flour

Pinch of corn meal for cookie sheet

Add yeast to the warm water and let it dissolve. Add the sugar and salt and stir. Set it aside and measure flour into a mixing bowl. Add the yeast mixture to the flour along with the vegetable oil. Mix until it forms sticky dough, then roll out onto floured board and knead for 5 minutes. Let dough rest for 15 minutes, then roll dough to about 1/8" thick and cut circles about 6-8" round (about the size of a flour tortilla). Put a small amount of corn meal on the cookie sheet and place the dough circles on top of it. Add pizza sauce, vegetables such as zucchini, peppers, artichoke hearts, and fresh tomatoes, and your meat of choice, such as pepperoni, cooked ground sausage, or cooked ground beef. You don't need a lot of filling, just a little of each ingredient and top with cheese (we like a mixture of cheddar and mozzarella). Then, fold in half and seal the edges with water or egg. Poke a small hole in the top of the dough. Bake at 425 degrees for about 7 to 10 minutes (light brown).

Let pockets cool for a few minutes before eating. For dessert, make fruit turnovers to continue the fun. Kids will love helping make this fun meal.

Active Fun:

Water Balloon Relay

Supplies: Water balloons

“Gems” or marbles

Two buckets or big plastic bowls

Fill water balloons with water and add “gems” or marbles to some of them before you fill them with water. Put balloons into two buckets making sure you have equal numbers of balloons with gems/marbles for each team. Divide your family/group into two teams.

The first person runs up to the bucket and breaks each balloon until they find a gem/marble. Then, they pick up the marble and run back to the team. The next member runs to the bucket and does the same thing. Balloons can be broken on the ground or on themselves as long as the gem/marble doesn't hurt anyone. The team whose members each find a gem/marble first are the winners.