

# HOW TO BE A SUPERHERO

## LESSON SNAPSHOT

**BOTTOM LINE:**

God can see us through even the darkest of days.

**OBJECTIVE:**

Kids will decide how they can call on God the next time they have a “dark” day.

**KEY PASSAGE:**

Acts 16:16-40, Paul and Silas in Prison

**MEMORY VERSE:**

*“Whatever you do, do it all for the glory of God.” 1 Corinthians 10:31b (NIV)*

**SUMMARY:**

Green Lanterns are sworn to fight evil in the darkest of times. God can give us the strength to persevere when times are tough.

**SIMPLE PRAYER:**

*Dear God,*

*Be our light in the darkness.*

*In Jesus’ name,  
Amen*

# HOW TO BE A SUPERHERO

## MEMORY VERSE

*“Whatever you do, do it all for the glory of God.” 1 Corinthians 10:31b (NIV)*

*“Do everything else for the glory of God.” 1 Corinthians 10:31b (NirV)*

### **LARGE GROUP:**

Pick out some kids at random from the crowd and see who can recite the memory verse. Then repeat it all together.

### **SMALL GROUP:**

Without putting the verse on display or looking it up, see how many kids can recite the memory verse.

# HOW TO BE A SUPERHERO

## SKIT

### DARK DAY

#### ITEMS NEEDED:

A lab coat for Dr. Insidious

#### CHARACTER BREAKDOWN: 2M

#### CHARACTERS:

Dr. Insidious - Victorious bad guy

Jack - His henchman

*Dr. Insidious and Jack enter.*

DR. I: I can't believe it, Jack! At long last, we've reach the end of this series, and after eleven weeks of losing out to that do-gooder teenager and that grouchy man in black, Morbidman, I actually won!

JACK: Congratulations, boss! You are now the proud ruler of this city! By the way, what city is it we rule now?

DR. I: That was never specified.

JACK: Eh, who cares? You can call it Dr. Insidious City now? Or just Insidious City! Or In-city-us! Get it? In-city-us?

DR. I: I get it, Jack!

JACK: Gee, Doc, take it easy. This should be a happy day. You won! Game over! The heroes have been kicked out, and now you're in charge.

DR. I: That's right. Now I'm in charge. Now I'm responsible for everything. The city budget. Improving the roads. Fixing up the schools. I've never been so happy and so... miserable in all my life!

JACK: Miserable?

DR. I: This is a dark day for me, Jack! A super-villain loves trying to take over the world, but he doesn't really want to rule the world! Now instead of building doomsday devices, I have to build playgrounds. Now I have to be responsible.

# SKIT

DR {*cont.*}: I tell you, Jack, it's a dark day!

JACK: Sorry to hear that boss. Hey, you know what? Maybe you oughta pray!

DR. I: Pray?

JACK: Yeah, pray! Or better yet, sing a worship song.

DR. I: Are you suggesting that I, Dr. Insidious, committed bad guy, conqueror of the city, pray and worship God?

JACK: Yep.

DR. I: Why?

JACK: Because when I'm having a dark day, God is there for me. God can bring light into the darkest of times, and He will lead you out of that darkness by His light.

DR. I: He will?

JACK: Sure He will.

DR. I: Why?

JACK: Because He loves you!

DR. I: God loves me? Dr. Insidious?

JACK: He loves all of us, boss.

DR. I: Well, Jack, I don't know what to say. If you say God can lead me into the light, maybe I will pray. I could certainly use Him later. I have a really big night ahead.

JACK: Another evil plan?

DR. I: No, Jack, something far worse. A school board meeting.

JACK: Wow, if I was you, I'd start praying now!

DR. I: Pray with me, Jack! I need all the help I can get in this darkest of nights!

*Dr. Insidious and Jack walk off stage.*

## OBJECT LESSON OR KIDS SERMON

### ITEMS NEEDED:

A highlighter

Does anyone know what this is?

This is a highlighter. It looks like a marker, but when you use a highlighter on paper, it doesn't color as dark as a marker. Highlighters aren't used for coloring. They are used to make important words stand out on a page. If you use a highlighter over a passage of words, it'll make that passage stand out from the other words. It's a great tool for studying when you get a little older.

Highlighters can also be used in our Bibles. We can highlight favorite Bible verses so they are easier to find later which can be really helpful when you're having a bad day. You look for the fluorescent colors in the paper, and you can re-read a passage that reminds you of God's love.

Highlighted Bible verses can light the way on a dark day. When things seem black and miserable, we can look for the light in the pages of our Bible. God can use His words to speak to us so we can persevere through tough times.

God is with us in good times and bad. When times get dark, look to the light. God will lead you through the darkness.

# HOW TO BE A SUPERHERO

## LARGE GROUP GAME

### FLASHLIGHT LIMBO

#### ITEMS NEEDED:

A high beam flashlight  
Limbo Music

#### INSTRUCTIONS:

Choose 10 kids for this game. This is a limbo contest, only instead of using a limbo bar, you're going to use a flashlight. Have prizes for the kids who can go the lowest!

#### VARIATION:

A lightsaber would also work with this game and the week's theme.

#### WHAT'S THE POINT?

God is our light even in the darkest times.

## LARGE GROUP LESSON

### **BOTTOM LINE:**

God can see us through even the darkest of days.

### **OBJECTIVE:**

Kids will decide how they can call on God the next time they have a “dark” day.

### **KEY PASSAGE:**

Acts 16:16-40, Paul and Silas in Prison

### **INTRO:**

The Green Lanterns are superheroes who fight crime using their power rings. The rings of the Green Lanterns allow them to fly, to fight, and to stand up for truth and justice. Every Green Lantern has an oath they take, and the oath reminds them they are to be a force for good in the darkest of times.

The original Green Lantern, Alan Scott, used this oath in the first Green Lantern stories:

“...and I shall shed my light over dark evil.  
For the dark things cannot stand the light,  
The light of the Green Lantern!”

The most famous Green Lantern was Hal Jordan. This is the oath he and most Green Lanterns have used:

“In brightest day, in blackest night,  
No evil shall escape my sight.  
Let those who worship evil’s might,  
Beware my power, Green Lantern’s light!!!”

Notice how both of these oaths refer to light? Light and darkness are a regular theme in the stories of the Green Lanterns. The Green Lanterns fight the forces of darkness. It’s no coincidence they are called Green Lanterns because lanterns give off light. Darkness is defeated by light, and the forces of evil are always conquered by the courage of the Green Lanterns.

The Green Lanterns and their battle against the darkness is a good reminder of how God can help us through the darkness.

# LARGE GROUP LESSON

We all have bad days and dark times, but even in the blackest night, God is still there for us!

## **READ ACTS 16:16-40**

### **MAIN POINT:**

Paul and Silas were in a black night if ever there was one. They were in jail because of their faith in Jesus. They used the power of the Holy Spirit to cast demons out of a young woman, and instead of being hailed as heroes they were tossed in jail. Despite their misfortunes, Paul and Silas refused to give up. Instead of grumbling and complaining, they praised God. They sang songs of worship to Him while they sat in chains. They brought light into the darkness.

God heard the praises of Paul and Silas, and He shook the walls of the prison. But instead of running away, Paul and Silas and the other prisoners stayed. They didn't need to run because they knew the light of Jesus was with them. They shared that light with the jailer, and that black night turned into a bright, beautiful morning.

Paul and Silas' faith helped them persevere through a tough time. God led them through the darkness and even led the jailer to Jesus. God can help us persevere in tough times too if we trust Him to be our light.

### **DRIVE IT HOME:**

Everyone has a bad day, even superheroes. Sometimes the villains win. Sometimes the hero takes a really bad defeat. Batman had his back broken. Superman died - for a short time. And not to spoil things, but Spider-Man's first girlfriend Gwen came to a very bad end.

We all have bad days. We all have times when we feel like the darkness will never end. When those dark moments come, it's important that we remember God is still with us. As soon as we pray or sing a song of praise, God will hear us. He will comfort us. He will heal our wounds. He will give us the strength to carry on in the darkness.

God can help our friends through dark times as well. When a friend is having a bad time, we can pray with them and ask God to be their light. Just like the Green Lanterns, we can share our light with others so that they can overcome the darkness.

We've learned a lot about heroes over the last several weeks. We've learned how we can be heroes to others, how to tap into the power of God, and how to use our gifts for God. Today, we end with a reminder that in the blackest of times, God is our hero. He will always be there for us, and He never fails to save the day. In the darkest day, in the blackest night, Jesus will be there. He will be our light.

# LARGE GROUP LESSON

## **CLOSE WITH A SIMPLE PRAYER:**

*Dear God,*

*Be our light in the darkness.*

*In Jesus' name,*

*Amen*

# HOW TO BE A SUPERHERO

## SMALL GROUP DISCUSSION (K-2ND)

### ICEBREAKER:

If you were in trouble, what hero would you want to save you?

### MEMORY VERSE ACTIVITY:

1 Corinthians 10:31b

Without putting the verse on display or looking it up, see how many kids can recite the memory verse.

### SMALL GROUP GAME/ACTIVITY:

Play I Spy with a flashlight. Have one person “Spy” something, and have the other kids shine a light around the room to find what’s been spied.

### DISCUSSION QUESTIONS:

**Read Acts 16:16-40**

Why were Paul and Silas in jail?

What did Paul and Silas do during their night in jail?

What miracle did God do during their dark night?

What happened to the jailer after God shook the walls?

The next time you have a dark day, what will you do to look for God’s light?

### SIMPLE PRAYER:

*Dear God,*

*Be with us in the bad times when we need You most.*

*In Jesus’ name,*

*Amen*

# HOW TO BE A SUPERHERO

## SMALL GROUP DISCUSSION (3-5TH)

### ICEBREAKER:

If you were in trouble, what hero would you want to save you?

### MEMORY VERSE ACTIVITY:

1 Corinthians 10:31b

Without putting the verse on display or looking it up, see how many kids can recite the memory verse.

### SMALL GROUP GAME/ACTIVITY:

Play I Spy with a flashlight. Have one person “Spy” something, and have the other kids shine a light around the room to find what’s been spied.

### DISCUSSION QUESTIONS:

**Read Acts 16:16-40**

Why were Paul and Silas having a dark night?

What did Paul and Silas do to bring light into the darkness?

How did God bring light into the darkness?

Why did the jailer come to believe in Jesus?

The next time you have a dark day, what will you do to look for God’s light?

### SIMPLE PRAYER:

*Dear God,*

*Be with us in the bad times when we need You most.*

*In Jesus’ name,*

*Amen*

# HOW TO BE A SUPERHERO

## POWERPOINT REVIEW GAME

### MULTIPLE CHOICE

1. Paul and Silas were rewarded for their good deed with \_\_\_\_\_.  
A. money  
B. a fancy dinner  
C. a trip to jail\*
2. While in jail, Paul and Silas \_\_\_\_\_.  
A. gave up on God  
B. sang songs of praise\*  
C. tried to tunnel out
3. God heard Paul and Silas and He \_\_\_\_\_.  
A. made the jailer release them  
B. shook the walls of the prison\*  
C. sent angels to free them
4. The jailer believed in Jesus because he \_\_\_\_\_.  
A. saw that no one left after the prison walls fell\*  
B. saw Jesus  
C. liked Paul's singing
5. When we are having a black day, we need to \_\_\_\_\_ to find God's light.  
A. pray  
B. sing praises to God  
C. both A and B

# MAKE IT STICK

## 5 Simple Ways You Can Make This Lesson Stick With Your Kids

### THIS WEEK'S LESSON: DARKEST NIGHT



#### IN THE CAR:

Ask your child what they learned about this week on the drive home:

Green Lanterns are sworn to fight evil in the darkest of times. God can give us the strength to persevere when times are tough. Acts 16:16-40, Paul and Silas in Prison



#### HANGING OUT:

Make this week's lesson real:

Take a late night walk with the kids. Bring along a few flashlights. Ask the kids how the lights help you to find your way. Then ask them how God is our light in dark times.



#### AT DINNER:

Here are some great discussion starters:

- Why did Paul and Silas have a dark night?
- How did God help Paul and Silas to get through that dark night?
- When you're having a bad day, what can you do to remind yourself that God is there?



#### AT BEDTIME:

Quiz your child on this week's memory verse:

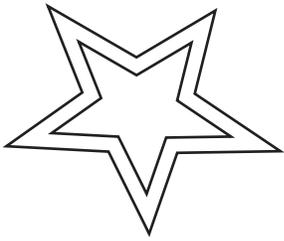
*"Whatever you do, do it all for the glory of God." 1 Corinthians 10:31b (NIV)*



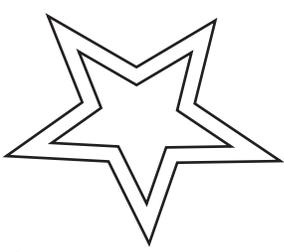
#### PARENT TIME:

What you need to know:

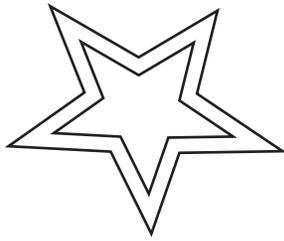
Dark times are never fun, but the more we rely on God in dark days, the greater our faith will become. Pray for your kids to develop a habit of seeking God when times get tough so that God will help them persevere through the darkness.



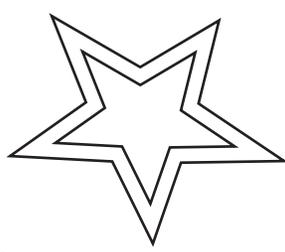
“Whatever you do, do it all for the glory of God.”  
- 1 Corinthians 10:31b (NIV)



“Whatever you do, do it all for the glory of God.”  
- 1 Corinthians 10:31b (NIV)



“Whatever you do, do it all for the glory of God.”  
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“Whatever you do, do it all for the glory of God.”  
- 1 Corinthians 10:31b (NIV)

# HOW TO BE A SUPERHERO

## CRAFT ACTIVITY

Have the kids color the included torch coloring page so they can take it home to remember that God is their light and strength in bad times.



God is my light when things seem dark.