



**Series Overview:** Every kid wishes they had superpowers, but with Jesus we don't need x-ray vision or invisibility to be heroes! In this four-week series, kids will hear stories about the heroes of the early Church — the apostles and disciples who used their unique abilities to spread the good news of Jesus. Through their stories, we'll see that anyone can do great things for God because God gives everyone a mission, the Holy Spirit gives us power, and we're heroic when we work as a team!

**Bible Story:** Jesus Goes Up to Heaven: Acts 1:1–11

**Big Idea:** No one is powerless when we have the Holy Spirit.

**Series Memory Verse:** “For the Spirit God gave us...gives us power, love and self-discipline.” -2 Timothy 1:7

**Lesson Guide:**

1. Dance and sing with your family to these songs.

- [Jesus is My Superhero Hillsong Kids - YouTube](#)
- [MOTIONS \(Brave\) - YouTube](#)

2. Show this video to teach the Bible story.

- [Video3 Heroic GrowKids \(vimeo.com\)](#)

### 3. Review the Bible story like this:

#### **Supplies: Bible**

- Open the Bible to Acts 1 to show your family where today's story comes from.
- **Can anyone remind us who Jesus is?**
  - Great job everyone! Jesus is the Son of God and he was here on earth for a very special mission.
  - He taught everyone about God and God's great love for us. [*Place your hand over your heart.*]
- He also taught us how to love and be kind to one another.
  - **Who can tell me someone they can love and treat kindly?** You all came up with some great ideas! We can love and be kind to so many people.
- Jesus told his friends, the disciples, that it was time for him to leave. I think the disciples were sad that Jesus was leaving. Show me your sad faces. [*Make a sad face as well.*]
- But Jesus had some good news to share! **Can everyone clap with me for the good news?**
- Here is the good news: He told the disciples that God was going to send them some special power by giving them the Holy Spirit to live inside of them and be with them always. [*Flex your arms to emphasize power.*]
- With this special power, they would be able to share the love of Jesus in bigger ways!
- They would be able to complete the mission and share Jesus around the entire world! [*Draw a big imaginary circle with your finger to emphasize "entire world," and have the kids do it too!*]  
Wow! That's a BIG mission.
- After Jesus shared this message with the disciples, he went to heaven. Then the disciples waited for the power of the Holy Spirit.
- And that's the mission God gave each of us — to go out and tell everyone about Jesus and to show the love of Jesus to everyone! And we have the Holy Spirit to help us the whole time.
- BIG IDEA | No one is powerless when we have the Holy Spirit.

### 4. Practice the May Memory Verse like this:

#### **Supplies: Bible and household items**

- Look up 2 Timothy 1:7 in the Bible and read it with your family.
- Help your family learn the following shorter version of the verse with motions:  
<https://www.dropbox.com/s/uhwdapcoussc3uw/May2023MemVerseMotions.MOV?dl=0>
- Set up an obstacle course where your little one(s) crawl under the table, run around a chair or weave through some chairs, and jump over an area on the floor.
- As each kid goes through the course, have the other family members say the memory verse with you.
- When each kid completes the course, have everyone cheer for them.
- Congratulate the kids for not being timid or scared to do the course and mention how they showed power in completing the obstacles, love for each other by cheering each other on, and self-discipline by waiting their turn.
- Remind them that God gives His spirit to all who believe in Him!

### 5. PRAY WITH THE YOUR FAMILY!