

Amazing  
Old Testament  
**Heroes!**

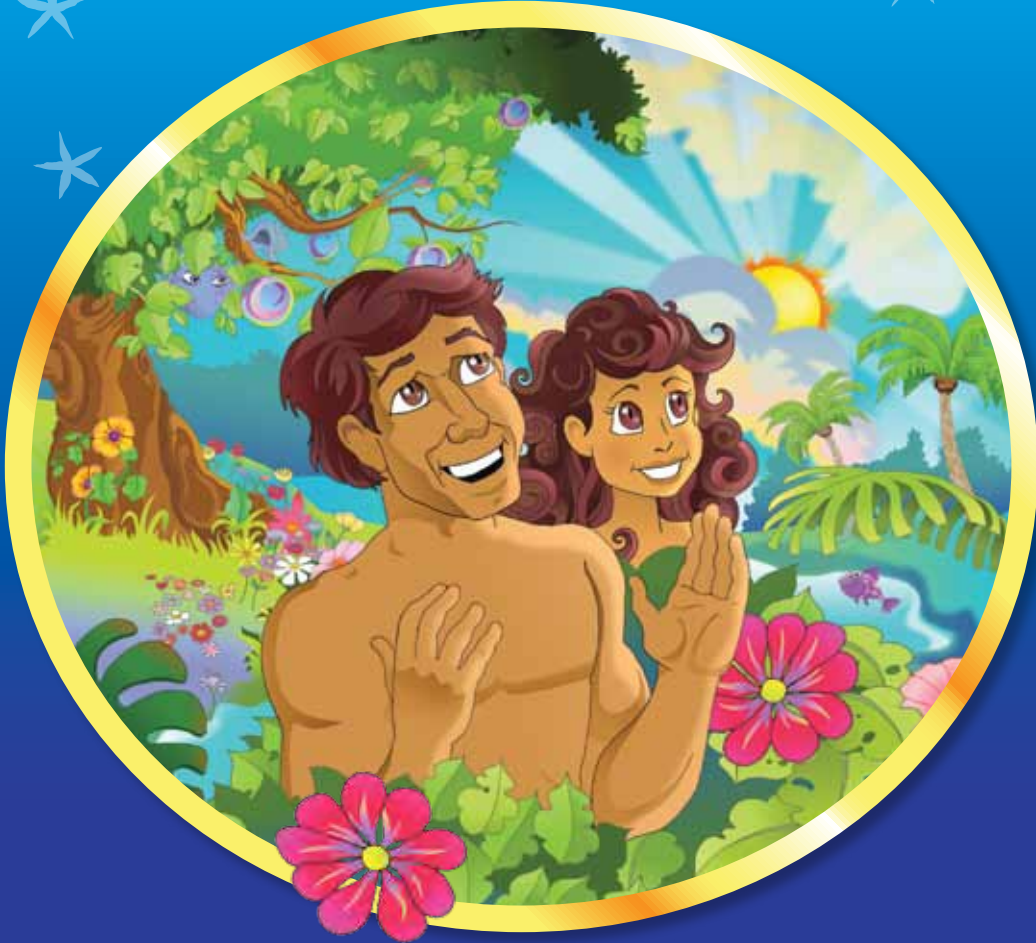
*Kindergarten, Quarter A*  
*Disciple Guide Sample (Lesson 1)*



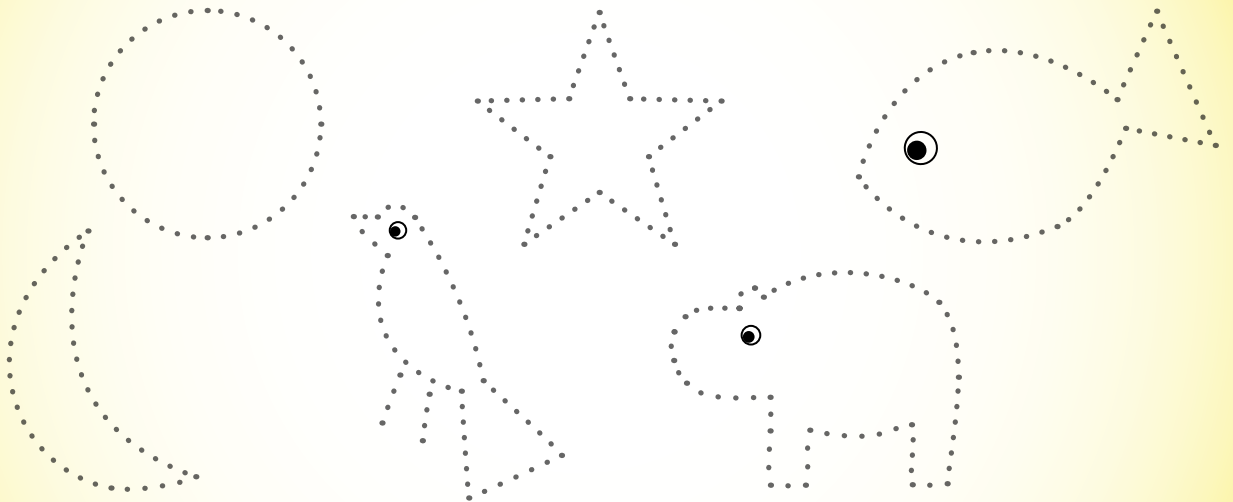
Kindergarten

# Calling All Heroes

## Genesis 1-3







Trace the dots to show what God created.








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# Adam and Eve

**GOD** made the , , , and .

**GOD** made . **GOD** told  not to eat the  of the **1** . But  ate the .

This made  . **GOD** was  too.



Happy Day



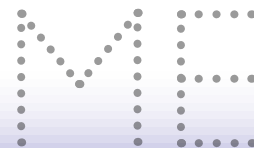
Sad Day



All people need a hero—someone to save them.  
 Cross ~~X~~ out everyone who cannot save the world.



Who else needs a HERO?



# Broken House Rules



- ★ Dee and Cy were excited to play their favorite game, "superheroes." (What games do you like to play?)
- ★ Dee and Cy ran inside the house and broke a houseplant. (What rules do you have in your house?)
- ★ Dee's father explained that breaking rules always hurts something else. (How can rules help you obey?)
- ★ The kids wanted to help fix the plant. (When did you feel sorry about doing something wrong?)

## PARENT PARTNERS

**BIG IDEA** People need a special Hero to save them from sin.

Ways to reinforce this truth with your child...

### ASK

- ★ Name some things God created.
- ★ What was the very best thing God created?
- ★ How did Adam and Eve disobey God?
- ★ Who came to fix Adam and Eve's sin?

### ACT

- ★ Read the Bible summary on page 2 together.
- ★ Help your child find Romans 3:23 and read it aloud. Recite it together several times.
- ★ On a drive, take turns pointing out things that God has made.

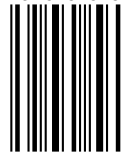


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Old Testament  
**Heroes!**

*Kindergarten, Quarter A*  
*Teacher Guide Sample (Lesson 1)*



Kindergarten

# Calling All Heroes

**Big Idea** People need a special Hero to save them from sin.

**Bible Passage** Genesis 1-3

## Lesson Summary

In this first lesson, the world falls into desperate straits. God created paradise, but Adam and Eve chose the tree of knowledge over the tree of life. As a result, humanity needed a Hero to save it from destruction. In each lesson, a new Bible hero rises. Children will explore his or her life-story in light of one heroic quality. But the Hero who will redeem the world from sin must have not one, but all of these qualities. Each lesson points to God's promised Hero, Jesus Christ.

Allow your kids to become excited about heroes, even if it means an occasional tangent. Their excitement will help them understand Israel's anticipation for God's promised Messiah. Continue to point children ahead to Jesus, the only Hero who could truly save the world.

## Bible Background

Genesis' first three chapters establish four principles: 1) God made the universe; 2) Adam and Eve began the human race; 3) Adam and Eve sinned, causing the fall of humanity; 4) Someone descended from Adam would pay sin's price for everyone, bringing salvation to all who believe in Him.

Jesus, who was to come and redeem the human race, was also there at the creation of the world (John 1:1-3). All things were created through Him and will eventually be restored by Him. God created a perfect world, but He allowed free choice—and Adam and Eve's failure to obey God brought consequences. They listened to Satan, who spoke through the serpent (2 Corinthians 11:3,14). Still, God gave hope. His promise of a Savior came also to Abraham, Jacob, and then to the prophets.

## Teacher Devotional

It took God six days to create the world and every living thing. It took seconds for Adam and Eve to toss His benevolence aside for a knowledge that included hard work and death. But God had a plan. He prepared a people to proclaim His name and to present His gift of salvation. We have become that people. As you prepare to take your kids through the Old Testament, fix your eyes on Jesus, the greatest gift of all!

*Dear God, open my eyes to see Your gifts. Guide me with Your love to do what is right before You. Thank You for the freedom to teach for You unashamed because of what Jesus Christ has done for me. In Jesus' most precious name, amen.*



## DISCIPLE TARGETS In this lesson, children will...

### KNOWLEDGE

- K** • God created everything for Adam and Eve to use and enjoy. (Genesis 1)
- N** • God made everything good. (Genesis 1)
- O** • Adam and Eve broke their covenant with God. (Hosea 6:7)
- W** • People needed a Hero to save them from destruction. (1 Corinthians 15:22)

### CHARACTER

- F** • Amazed at how much God loved Adam and Eve.
- E** • Sorry for Adam and Eve's wrong choice.
- E** • Hopeful for the Hero promised by God.

### CONDUCT

- D** • Identify things God has made.
- O** • Thank God for sending their Hero, Jesus.
- Choose to please God by making right choices.

# Make Disciples

**Teacher—Decide where to place these elements into this lesson.**

## Opening Prayer

Ask children to fold their hands and shut their eyes for prayer. Pray that your kids will understand how sins mess up good things in life. Thank God for sending Jesus to forgive their sins. Close by thanking God for each child by name and for the opportunity to learn His Word together.

## Memorize God's Word

**Topic:** Everyone Needs a Hero

**Reference:** *Romans 3:23*

**Memorization Activity:** Have the children form a circle and then squat down. They will repeat the Bible verse after you. The entire group should repeat the memory verse a second time, but this time, they should pop up with each word and then squat back down.

Go around the circle and ask each child to repeat one word of the memory verse after you. When a child says the word, he or she should pop up, say it, and then squat back down. Repeat several times.

## Dee-Cy-Paul "Bookends," Story, and Puppet Script

These special Dee-Cy-Paul application stories (found at the end of the lesson) reinforce the Bible lesson. Choose the "Bookends," or the Story, or the Puppet Script based on your time and preference.

## Bonus Resources

Access free downloads for lessons at [DiscipleLand.com/downloads](http://DiscipleLand.com/downloads) (enter the keyword "hero").

- More activity ideas
- Activity templates and resources

### DISCIPLESHIP TIP

One of the most important things for teachers to do during a quarter is to get to know their children. To begin this process, learn your kids' names. Consider playing a quick name game or use name tags so that each child will feel special and welcomed in your classroom.

# Spark Interest

**Teacher—Choose one activity that will involve students and grab their attention.**

## Special Fingers (10-15 minutes)

*This hands-on activity reveals how God made each person unique.* **Supplies:** yardstick, scale, markers, yarn

Have kids each trace one hand on a sheet of paper while you use a yardstick and scale to record everyone's height and weight. On each paper, write a child's height on the first finger and weight on the second. On the third finger, write his or her age. Then have children color the fourth fingers the same color as their eyes and the fifth the same color as their hair. Write their names in the palm of the hands. Let children know that God created them specially to serve Him. Finally, show them how to roll both ends so that they have a scroll to remind them how special they are to God. Tie the scroll with yarn.

OR

## Medals (10 minutes)

*This game reinforces that only Jesus can be the Hero people need.* **Supplies:** 5" x 7" pieces of aluminum foil

Have each child fold a 5" x 7" piece of aluminum foil into a hero's medal. Then have children spread out around the room and strike action hero poses while holding their medals in their hands. Take one child's medal from his or her hand and try to stick it to his or her shoulder. Once

### SUPPLIES

#### General Supplies

Bibles, Disciple Guides (pages 1-4)  
Pencils, markers, crayons  
Paper, scissors, tape, glue

#### Make Disciples

None

#### Spark Interest

- SPECIAL FINGERS: yardstick, scale, yarn
- MEDALS: aluminum foil

#### Explore Scripture

Teaching Picture KA.1—Adam and Eve  
Teaching Picture KA.2—Adam and Eve cast out

#### Inspire Action

- DOING THE IMPOSSIBLE: none
- RIPPED APART: butcher paper, clear packing tape



it falls to the floor, have that child yell, **I'm not the hero!** Then have all the children yell, **We need a hero!** Have the rest of the children strike another pose. Together with the first child, take medals from other kids and try to stick them on their shoulders. Again when the medals fall, have them yell, **I'm not the hero!** and have the group say, **We need a hero!** All those who had medals fall to the floor should try to stick medals on other children. Repeat until everyone's medal has fallen to the floor. Tell your kids that Jesus is the only One whose medal would have "stuck." He is the only One who can save people.

### Disciple Guide—page 1

As kids trace, reinforce the truth that God created everything.

## Explore Scripture

**Teacher—Teach the Bible lesson. Include Teaching Pictures and exercises from the student Disciple Guides.**

### Genesis 1-3

Open your Bible to Genesis 1. **The Bible tells us there is a bad guy who fell from heaven. He used to be an angel. God is stronger than he is. God is smarter. The bad guy, Lucifer, wanted to be like God. When God said, "No," Lucifer tried to fight Him. So God threw him out of heaven. We call Lucifer the devil now. Remember—the devil is not as big or as strong as God.** Have kids repeat after you, "God is stronger."

**God is so strong that He made light and darkness from nothing. He made the sky and the oceans. He made dry land with trees and flowers to decorate it. He made the sun to shine during the day, and the moon and stars to twinkle at night. He made fish, birds, and animals. Then God made Adam, the first man. He made everything.** Have children repeat after you, "God made everything good."

**God took only six days to make the world. When God made Adam, He scooped up the ground and breathed life into it. God told Adam to take care of everything He had made in the garden.** Have kids repeat after you, "God placed Adam in charge of the garden."

**Adam realized that there was no one like him, and he was lonely. So God put Adam to sleep and created Eve. He took a rib from Adam's side and made her. This made Adam happy. This made Eve happy. Most important, it made God happy.** Have children repeat



after you, "God made Adam and Eve happy." Show the Teaching Picture KA.1 of Adam and Eve in the garden.

**God had one rule. He told Adam and Eve that they could not eat the fruit from the tree of knowledge. Adam and Eve did not obey God. One day, when they were near the tree, the devil—disguised as a snake—said, "If you eat this fruit, you will know what God knows. You will know about right and wrong."** Have kids repeat, "God had one rule."

**The fruit looked tasty to Eve. She listened to the snake and ate it. Then she gave the fruit to Adam and he ate it, too. The snake was right. They knew what was right and what was wrong. They knew they had disobeyed God.** Have children repeat, "Adam and Eve disobeyed God."

**They tried to hide from God—but no one can do that! God found them and asked, "What have you done?" Adam blamed Eve. Eve blamed the snake. This did not make God happy. That's when the world changed. Adam and Eve had to leave the garden. Bad things could now happen, and the devil could try to hurt them. From then on, women would feel pain when they had babies. From then on, men would have to work hard to grow**



**food to eat. They could never return to the garden.** Show the Teaching Picture KA.2 of Adam and Eve leaving the garden. Have kids repeat, "Adam and Eve needed a Hero to save them."

**God loved Adam and Eve so much that He forgave them. He promised that He would one day send a Hero to save them and their children. We'll learn more about that Hero later, but His name is Jesus.** Have children repeat, "Help us God. We need a Hero."

### Disciple Guide—page 2

Read the story with the children the first time through. The second time, pause for them to "read" the illustrations. Repeat until they can read the story on their own.

**God made the sun, earth, plants, and animals. God made Adam and Eve. God told Adam and Eve not to eat the fruit of the one tree. But Adam and Eve ate the fruit. This made Adam and Eve unhappy. God was unhappy, too.**

### Disciple Guide—page 3

Help your children understand that they also need a hero, just like Adam and Eve did.

## Inspire Action

**Teacher—Choose one activity that will encourage learners to apply the Bible truth to their lives.**

### **Doing the Impossible** (5 minutes)

*This movement-based activity shows the type of hero that God promised.*

Have your children take a superhero test. Line them all against the wall. Ask them first to act out and then to actually *do* each of the following things:

- Fly across the room.
- Shoot fire out of your hand.
- Jump up and touch the ceiling.
- Stand in place but stretch your body across the room.
- Throw icicles out your ears.
- Turn invisible.

Once the children have failed to really do these things, explain that they can *imagine* these things happening, but no one can do them for real. Only God can do the impossible. To forgive our sins, God sent a Hero who had godly characteristics but who was also human. Adam and Eve were human, but they could not do the impossible like God could. They were not the heroes that God had promised.

OR

### **Ripped Apart** (15-20 minutes)

*This group project illustrates sin's influence on our relationship with God.* **Supplies:** butcher paper, markers or crayons, clear packing tape

Lay a piece of butcher paper on the floor. On one half of the paper, have children draw stick figures of themselves, Adam and Eve, friends, and family. Leave the other half of the butcher paper white to represent God. Write "God" on the blank side and "People" on the side with the children's pictures.

When the kids have finished coloring, ask for four volunteers—two to hold up each end of the butcher paper and two to hold the paper along the top. You should hold the butcher paper in the center.

**God loved talking and being with people. But then Eve took the fruit from the only tree that God had forbidden.** Slowly begin to tear the center of the sheet. **She ate it and so did Adam.** Finish tearing the sheet of paper. **They could no longer be with God.** Draw attention to the rip in the paper between God and people. Have additional volunteers hold each of the torn ends.

**What did people need?** Encourage them to answer that people needed a hero. Get your tape. Have kids put the butcher paper on the floor so the torn sheets line up together. **God said that He would send a Hero.** Place tape across the tear. **This Hero had to mend the tear between people and God.** Have your volunteers hold up the butcher paper again. **Only a Hero could bring people back to God.**

### **Hero Song**

See page 8 and teach your children the first two stanzas of this song, sung to the tune of "The Farmer in the Dell."

### **Closing Prayer**

Have children each hold up a hand. They can point to their thumbs and say, "I will;" their second fingers and say, "Say thank you;" their third fingers, "Say I'm sorry;" their fourth fingers, "Ask for things;" and their fifth fingers to shout, "Praise God. Amen."

Point to your second finger for children to quietly thank God for something. **Thank You for this class.** Point to your third finger for children to quietly confess their sins. **Forgive us for doing the things we do wrong.** Point to your fourth finger for children to quietly ask God for help. **Please help us understand we need a Hero.** Point to your fifth finger for children to shout, "Praise God. Amen."

### **Closing Words**

As your children gather their belongings to leave, remind them to show their parents their papers from class. Tell them to keep their eyes out for Jesus, the Hero who can save the world from sin. **Next time, we'll meet a man who never died. We will learn about righteousness, a big word which just means doing what is right. See you then!**

### **Disciple Guide—page 4**

Encourage children to take this page home and work through it with their parents.

# Make Disciples

**Teacher**—These special Dee-Cy-Paul application stories reinforce the Bible lesson. Choose the “Bookends,” or the Story, or the Puppet Script based on your time and preference.

## Dee-Cy-Paul “Bookends”

### Introduction (5 minutes)

Use this “hook” to introduce the lesson.

Dee and Cy were so excited to play superheroes that they forgot the house rule: “No running in the living room.” Unfortunately, they only remembered it after they knocked over a big plant that crashed to the floor. Dee and Cy broke a house rule, and now something much bigger was destroyed.

### Conclusion (5 minutes)

If you used the introduction to begin your lesson, use this to conclude.

When Mr. Morgan came to the living room, Dee blamed the mess on Cy, and Cy blamed it on Dee. After Dee’s father explained how much Adam and Eve lost when they broke God’s rule and wouldn’t tell the truth, the children admitted what they did wrong. Although it took Jesus, the eternal Hero, to fix Adam and Eve’s problem, Mr. Morgan put the two superheroes to work to clean the mess and save the plant. The next time you think about breaking a rule, consider what else could be broken and might need a superhero to fix.

## Dee-Cy-Paul Story “Broken House Rules”

Dee tied a cape around her neck. “Daring Dee to the rescue!” She took off running around the living room. This was fun.

Cy put on his invisible flying sneakers and ran in the opposite direction yelling, “Super Cy is here!”

Daring Dee stopped beside a plant. “The Bible says God created all the plants. I’ll use my light power to help this one grow!” She held her hand out to the plant. “Daring Dee to the rescue!” She did a high kick in the air. No one could stop her.

Cy paused at the television set. “Your mom and dad don’t want us watching TV today. I’ll zap it with my lightning breath so it won’t come on!” Cy opened his mouth and made blowing sounds. With a quick jump to his left, he ran past Dee saying, “Super Cy is here!”

Dee sped after Super Cy. “Let’s go outside and play superheroes in the back.”

Cy tried to run backwards but bumped into Dee as he said, “What did you say?” They fell to the wood floor, and Dee’s cape became tangled in Cy’s arms.

“I said we should go outside.” Dee pulled her cape loose and stood up.

“No, it’s too hot.” Cy rubbed his arm. “I’m having fun here.”

Dee shook her head and held out a hand to him. “It’s my house, and I say we go outside, Silly Cy.” When Cy glared at her, Dee yanked him to his feet so fast that they both stepped backwards and hit the big plant. The pot fell over and broke. The plant flew out. Dirt was all over the rug.

“Oh, no!” Dee cried, putting a hand over her mouth.

Dee’s father entered the room. “What’s going on in here?” The children hurried to their feet.

“I was Daring Dee,” began Dee.

“And I was Super Cy,” added Cy, looking at Dee “but Dee yanked my arm.”

“Because Cy ran backwards and made me bump into him.” Dee put her hands on her hips.

“Were you running in the house?” asked her father.

Dee and Cy lowered their eyes. “Yes,” they said together.

Mr. Morgan shook his head. “You disobeyed our house rule, just like Adam and Eve disobeyed God’s garden rule. Instead of admitting they were wrong, though, Adam blamed Eve, and Eve blamed a serpent. When they disobeyed and shifted the blame, something much bigger than a pot was broken.” Mr. Morgan continued, “When you disobey, things get hurt, like this plant did. Now, what happened?”

Dee took a step forward. “I pulled Cy too hard, and we knocked the plant over. Will it die?” She felt awful.

“It was my fault too, Mr. Morgan. I’m sorry.” Cy moved to Dee’s side. “God fixed Adam and Eve’s problem with Jesus. Can we fix this one with anything? Will the plant die?”

“It will be fine, if you two superheroes help,” said Mr. Morgan. “Dee, why don’t you get the vacuum while I pick up and get a new pot. Cy, go ask your mother if we can borrow some of her potting soil.”

“This is a job for a superhero.” Cy took a quick step to start running and then stopped, not wanting to break the house rule again. He walked to the front door. Dee looked out the window and saw him run only after closing the door behind him.

Through the open window, Dee yelled, “Vacuum Girl to the rescue!”

## Dee-Cy-Paul Puppet Script "Broken House Rules"

### DIRECTOR'S NOTES

The words in italics are notes for you and your puppeteers; they are not to be read aloud.

You will need capes for Dee and Cy and a baseball cap for Paul. A potted house-plant should sit at one side of the stage and a picture of a television set should sit at the other side of the stage.

### INTRODUCTION

**Dee:** Hey kids, have any of you ever broken a rule?

*[Allow time for audience response.]*

**Cy:** I did, and I blamed it on Dee.

**Paul:** You didn't.

**Dee:** He did, but I broke it, too, and blamed it on Cy.

**Paul:** You didn't.

**Cy:** She did.

**Paul:** I've got to see this.

**Cy:** Paul, if you'll play Dee's father, we'll show the kids exactly what happened.

**Paul:** Just call me Mr. Morgan.

*[Exit Dee, Cy, and Paul.]*

### SCRIPT

*[Enter Dee and Cy with capes tied around their necks.]*

**Dee:** Daring Dee to the rescue! *[Runs back and forth across the stage.]*

**Cy:** Super Cy is here! *[Runs back and forth in the opposite direction so he keeps passing Dee.]*

**Dee:** *[Stops at the plant.]* The Bible says God created all the plants. I'll use my light power to help this one grow. *[Holds out her hand to the plant.]* Daring Dee to the rescue!

**Cy:** *[Stops next to the TV.]* Your mom and dad don't want us watching TV today. I'll zap it with my lightning breath so it won't come on! *[Jumps to his left and then runs past Dee.]* Super Cy is here!

**Dee:** *[Follows Cy.]* Let's go outside and play superheroes in the back.

*[Cy stops and Dee bumps into him.]*

**Cy:** What?

*[Dee and Cy fall down.]*

**Dee:** We should go outside. *[Standing up.]*

**Cy:** No, it's too hot. Let's stay in.

**Dee:** Well, it's my house and I say we go outside, *Silly Cy.*

*[Dee yanks Cy to his feet, but she is off-balance. Dee and Cy fall against the plant, which crashes to the ground offstage. Paul enters as Mr. Morgan.]*

**Paul:** What's going on in here?

*[Dee and Cy quickly stand up.]*

**Dee:** I was Daring Dee—

**Cy:** *[Looks at Dee.]* I was *Super Cy*, and Dee yanked my arm.

**Dee:** Well, Cy ran backwards and made me bump into him.

**Paul:** *[Holds up his hands.]* Were you both running in the house?

*[Dee and Cy look at each other and then look down.]*

**Dee and Cy:** Yes.

**Paul:** This reminds me of Adam and Eve. They disobeyed God's rules in the garden just like you disobeyed our rules.

**Dee:** I'll bet they were allowed to run in the garden.

**Paul:** Instead of admitting they were wrong, Adam blamed Eve, and Eve blamed a serpent. *[Cy and Dee look at each other again.]* When they disobeyed and shifted the blame, something much bigger than a pot was broken.

**Cy:** They were told to leave the garden.

**Paul:** When you disobey, things get hurt, like this plant did. Now which of you is going to tell me what happened?"

**Dee:** *[Steps forward.]* I pulled Cy and we knocked the plant over.

**Cy:** *[Moves to Dee's side.]* It was my fault too, Mr. Morgan. I'm sorry.

**Paul:** What do you think we should do about this?

**Cy:** God fixed Adam and Eve's problem with Jesus. Can we fix this with anything?

**Paul:** We can if you two superheroes are ready to help.

**Dee and Cy:** We are.

**Paul:** Dee, why don't you get the vacuum while I pick up and get a new pot.

**Dee:** *[Exits.]* Vacuum Girl to the rescue!

**Paul:** Cy, go ask your mother if I can borrow some of her potting soil.

**Cy:** This is a job for a superhero. *[Taking a step as if to run and then stops.]* I'll wait to run until I'm outside. *[Exits. The sound of a door shutting.]* Soil Cy is here!

*[Curtain.]*

### APPLICATION

*[Enter Dee, Cy, and Paul.]*

**Dee:** Cy and I hurt the plant when we disobeyed my family's house rules.

**Cy:** Adam and Eve had to leave their garden when they disobeyed God's rules.

**Paul:** I think the moral is obvious.

**Dee:** Obey the rules.

**Paul:** God's rules and your parents' rules.

**Cy:** Or you're going to need a superhero to fix the problem!

*[Exit Dee, Cy, and Paul. Curtain.]*