

# Lesson 7

## -Heroes-

## Heroes

### 2-5 Years:

**Opening Prayer:** To welcome the start of the class. For example:

"Dear God. As we once again come together, help us to learn more about your work and how we can be better Christians. Amen"

Today we are going to talk about "heroes". Describe an everyday hero in words that your class will understand.

### Bible Story:

Tell the story of David and Goliath in basic language that this age group can understand. If you can't find an illustrated copy of this in the library for use in your class, use the bible use simple language.

### Discuss:

Talk about how brave David was.

**Understanding:**

Give some understanding of a giant by placing a paper face on the wall at about the height of Goliath (around 9 feet - although for children of 2-5 having the face at 7 feet will be just as impressive!) - have the children stand in front of the face and look up so that they understand how David would have felt looking up at Goliath.

**Activity:**

Have the class stand in a line, and one at a time, let them throw a sponge ball at the image (make sure that whatever you give them to throw won't cause any damage to the children or property if it goes in the wrong direction, and that it is heavy enough to reach "Goliath's" face when thrown.

See how many of the children are able to actually throw straight enough to hit.

**Song:** (To the tune of Frere Jacques/Brother Jakob)

I'm a hero  
 I'm a hero  
 Fireman  
 Fireman  
 Help me put the fires out  
 Help me put the fires out  
 Saving folk  
 Saving folk

I'm a hero  
 I'm a hero  
 Policeman  
 Policeman  
 Help me catch the bad guys  
 Help me catch the bad guys  
 Saving folk  
 Saving folk

I'm a hero  
 I'm a hero  
 Son of God  
 Son of God  
 Born to save the people  
 Born to save the people  
 Saving folk  
 Saving folk



### Activity 2:

Find some pictures in magazines of different kinds of heroes and cut them out. Put them on the table and have the children glue them in a montage on a piece of construction paper. Make sure you have a picture of Jesus - or something symbolic of Jesus - to add to the picture.

**Closing Prayer:** Thanking God for the heroes in our world, and thanking Jesus for being a hero who is always with us. For example

"Dear God, Thank you for the many heroes in our world who keep us safe. Thank you also for your son, Jesus Christ, a hero who never leaves me. Amen."

## 6-8 Years:

**Opening prayer:** To welcome students to class and introduce the theme. Keep the prayer simple and easy for the children to learn so that it can be said as a group prayer rather than one that the leader says. For example:

"Dear God. We thank you for the chance to meet once again in your presence. Help us to learn more about your work and to understand how we can follow in your footsteps. Amen"

### **Bible Story:**

Tell the story of David and Goliath to the children in the class.

A picture book version isn't necessary but a simplified version of the story will put it into the understand level of the age group. If you have a children's bible that you use with your class, then this ought to be appropriate.

### **Drama:**

Recreate the story with the children in your class.

### **Discussion 1:**

What is a hero? What words describe a hero? Who are the children's heroes? Are they all superheroes? If they could be a NEW superhero - who would they be and who would they save?

### **Quiz:**

Copy and print the following quiz for each of your students. Either ask them to complete it individually, or in groups - depending on what time is available.

**Quiz:**

1. What was the boy hero's name:
  - a) Samuel
  - b) Saul
  - c) Daniel
  - d) David
  
2. What was Goliath?
  - a) A Hungry man
  - b) A bear
  - c) A giant of a man
  - d) A friend of God
  
3. What did David use to kill Goliath?
  - a) Candy
  - b) Tissues
  - c) Stones
  - d) Rocks
  
4. How many of these did David have with him?
  - a) 12
  - b) 3
  - c) 5
  - d) 9
  
5. Which book of the bible is the story in?
  - a) Genesis
  - b) Samuel 2
  - c) Proverbs
  - d) Samuel 1
  
6. Was Goliath
  - a) Philistine
  - b) American
  - c) Israelite
  - d) Martian

**Activity:**

Supply each child with a sheet of paper and something to write with. Have them write the name of their hero at the top of the page and the numbers 1 to 10 down the side. Now the children should write 10 reasons (1 against each number) why this person is their hero.

**Discussion 2:**

Ask if they can think of another superhero - one that they can't see, who didn't wear a fancy costume, or fought other people but who saves them just the same. Explain to them how Jesus was really the first superhero.

**Closing Prayer:** Thanking God for giving us Jesus to be our hero, and for helping the other heroes of the world go about their jobs saving other people. For example:

"Dear God, thank you for giving the world Jesus, a hero who saves me every day. Thank you also for all the other heroes around the world who are saving people. Amen."

## 9-11 Years:

**Opening prayer:** To welcome students to class and introduce the theme. Keep the prayer simple and easy for the children to learn so that it can be said as a group prayer rather than one that the leader says. For example:

"Dear God. We thank you for the chance to meet once again in your presence. Help us to learn more about your work and to understand how we can follow in your footsteps. Amen"

### Bible Story:

Today's bible reading is the story of David and Goliath. In the bible this is found in 1 Samuel, 17. This is rather a long passage for a Sunday school class so either use a non-bible version of the story, or choose specific sections.

Suggested sections: 1 Samuel 17: 4-11  
 1 Samuel 17: 32-40  
 1 Samuel 17: 45-50



1 Samuel  
 17: 4-11  
 17: 32-40  
 17: 45-50

### Discussion 1:

What is a hero? (be sure to include that a hero will risk their own life to save another) Have the class name some heroes. Can animals be heroes - what about dogs who are trained to find people after earthquakes and other jobs where they save lives? What about Jesus - Jesus died on the cross in order to save us - that makes Jesus a hero.

### Activity 1:

Write a short essay entitled: My Hero. Describe who your hero is and why. If there is time at the end of the class, have all or some of the students read their essay.

### Discussion 2:

David was an unlikely hero. He was smaller than his opponent, he was less skilled in battle, he did not have as much armor or as many weapons.

What was it that helped David achieve what was thought impossible? (faith that the Lord would protect him).

### Activity:

Photocopy the word search puzzle below and give one copy to each student in your class.

## Word Search: Heroes

N	U	C	O	U	R	A	G	E	S
O	N	K	T	P	V	S	S	Y	C
I	S	P	R	O	T	E	C	T	I
S	E	R	G	L	P	I	D	H	D
S	L	O	S	I	S	E	O	E	E
A	F	O	U	C	A	V	O	L	M
P	I	M	S	E	V	A	G	P	A
M	S	N	E	M	E	R	I	F	R
O	H	E	J	E	S	B	J	U	A
C	L	N	W	N	A	C	D	L	P

What words would you use to describe a hero? Find some of these words in the word search puzzle above.

Brave

Compassion

Courage

Firemen

Good

Helpful

Jesus

Paramedics

Policemen

Protect

Saves

Unselfish

**Closing Prayer:** Thanking God for Jesus our hero, and for the everyday heroes who make our world a safer place. For example:

"Dear God, thank you for your son Jesus Christ, a hero who died to save us. Thank you also for the everyday heroes, the policemen, the firemen, our military personnel, and other people who risk their lives every day to make our world a better place. Amen."

## 12-14 Years:

**Opening prayer:** To welcome students to class and introduce the theme. Keep the prayer simple and easy for the students to learn so that it can be said as a group prayer rather than one that the leader says. For example:

"Dear God, We thank you for the chance to meet once again in your presence. Help us to learn more about your work and to understand how we can follow in your footsteps. Amen"

### Bible Reading:

Today's bible reading is the story of David and Goliath. In the bible this is found in 1 Samuel, 17. This is rather a long passage for a Sunday school class so either use a non-bible version of the story, or choose specific sections.

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1 Samuel  
 17: 4-11  
 17: 32-40  
 17: 45-50

### Discussion 1:

Faith in God gave David the confidence to know that he could kill Goliath. How can our faith help us to cope with situations that seem impossible or scary?

### Activity 1:

You are standing next to David when he talks to Saul. Write down what you see and hear.

### Discussion 2:

David was an unlikely hero, but what is a hero? Who is their hero - go around the class and ask each child to name their hero. Some people become heroes because of the job they do - such as those in the emergency services, or the military. Does the class think that say, firemen, consider themselves heroes? A hero will put others above himself, even the life of another before his own - Jesus died on the cross to save us, does that make him a hero?

### Activity 2:

Have each student decide what kind of superhero they would want to be - this is not an existing superhero but one they invent. Although there can be discussion about how they would dress etc, the main object is to find out what their mission would be - who would they save, and why.

**Closing Prayer:** Thanking God for Jesus our hero, and for the everyday heroes who make our world a safer place. For example:

"Dear God, thank you for your son Jesus Christ, a hero who died to save us. Thank you also for the everyday heroes, the policemen, the firemen, our military personnel, and other people who risk their lives every day to make our world a better place. Amen."