



## HERO HUDDLE

### *Session 1*

### “You’re A Superhero”

#### **Leader**

(Read to group) Today we’re going to take a look at a few amazing things about our bodies.

**Eyes:** Did you know your eye is like a camera? The dark spot in front of your eye or the pupil allows light to enter into your eye. The colored ring that surrounds your eye is called the iris. By narrowing and widening the lens behind the pupil gathers in light to form a small picture. The picture is formed on the retina which is kind of like a screen with light sensitive nerve cells. The cells are sent to the brain and you are able to see things!

**Ears:** Your ears do more than just hear things; did you know they help you keep your balance too? The ear is made up of three different sections. The outer ear, the middle ear, and the inner ear. They all work together so you can process sounds.

The outer ear collects sound waves. Those waves travel to the middle ear which turns them into vibrations. These vibrations then travel to the inner ear is lined with tiny cells covered with tiny hairs. This creates nerve signals that your brain understands as sound.

**Tongue:** What is your favorite food? Did you know your tongue has approximately 10,000 taste buds? Each taste bud is made up of tiny taste cells. It allows your tongue to taste saltiness, sweetness, sour, and bitterness. Your tongue also helps fight germs as well.

What other things about your body are amazing?

**Read Psalm 139:13-14**

So you know that you were wonderfully made, but why do you think God made you?

**Read Ephesians 2:10**

Every superhero has special abilities. What are some of your favorite superhero's abilities? (Shooting webs, flying etc.)

If God has a plan for you to do his works, then He must equip you with special abilities.

Below is a list of abilities. Circle the ones you think you might have. You can add your own to the list.

- |         |                        |         |             |
|---------|------------------------|---------|-------------|
| Singing | Building               | Helping | Encouraging |
| Leading | Drawing                | Acting  | Teaching    |
| Sports  | Dancing                | Writing | Crafts      |
| Sharing | Working with computers |         |             |

How can you use your special abilities to help God?

This week we are going to learn about the awesome things we can do for God. We are going to learn that we can be superheroes for Jesus. We will learn how His power can help us to do super things.

**Memorize Ephesians 3:20**

“To Jesus who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us.”