



ROLLER COASTER LIFE

TRUSTING GOD
THROUGH LIFE'S
**UPS AND
DOWNS**



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“Roller Coaster Life” - LESSON 1

“The Roller Coaster Life”

Main Focus:

Life isn't easy, but God is faithful!



Power Verse:

“...Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” - John 16:33



Watt's Up:

“I Know God Is Faithful To Me!”

LEADER'S INFO

In John 16:33, we learn that life is full of troubles and difficulties. Trouble is something that we will all find ourselves in. Life is like a Roller Coaster - full of ups and down, twists and turns.

In this lesson, the children will learn from the life of Elijah. They will see how God was faithful to Elijah through the ups and downs he experienced during the first moments of his calling as a prophet.

Through the example of Elijah, the children will learn that they can trust God to be faithful to them during each of life's ups and downs. There is no need to panic. If we trust God, He will always come through just in time!



“The Spark” Intro Video

Brian introduces the series



“Watt's Up?” Teaching Video

Skittles teaches “Watt's Up?”



Character Skit

“Rush Rapido”



Offering Time



Game On!

“Kleenex Kleenout”



Bible Story

“Elijah Is Called & Fed By Ravens”



Power Verse Video

“...Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” - John 6:35



Call To Action

“The Roller Coaster Life”



Brain Drain

PowerPoint Review Game



Small Group Experience

Main Focus:

Life isn't easy, but God is faithful!



Power Verse:

“...Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” - John 16:33



Watt's Up:

“I Know God Is Faithful To Me!”

ORDER OF SERVICE

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Power Verse Video

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Call To Action

“The Roller Coaster Life”

Brain Drain

PowerPoint Review Game

Small Group Experience



CHARACTER SKIT

Character: **“Rush Rapido”** (an adrenaline junkie that is loud, hyper, and is always looking for what will give him the next big RUSH in life.)

(Play “Rush’s Video Intro” off the DVD as he enters)

(Rush runs out yelling excitedly)

RUSH: ZOOMITY-ZOOM-ZOOOOOOOM!

Leader: AGH!! *(jumps, startled)*

RUSH: Woo! Are we doin’ high jumps?! LET’S GO! *(starts bouncing up and down)*

Leader: What is going on?

RUSH: *(continues to bounce)* I thought we were high jumpin! C’MON! Check out how high I can jump!
(starts bouncing higher)

Leader: Wow, that’s...um..really high.

RUSH: *(stops bouncing)* Yeah, but now it’s getting’ all boring. I’LL JUMP LOWER! *(squats down and starts barely hopping up and down)* WOO!! LOW JUMPIN’! LET’S DO THIS!

Leader: Who ARE you??

RUSH: *(hops back up and grabs the leaders hand, shaking it violently)* The name’s Rush Rapido – expert adrenaline guru!

Leader: What’s a “guru”?

RUSH: I’m not sure but it sounds EXCITING! I’m alllllll about EXCITEMENT! Roller coasters, jet skis, moose jumping, jumping over moose in a roller coaster jet ski -

Leader: Whoah! Does that last one even exist??

RUSH: If it doesn’t it SHOULD!!! *(runs around the stage making jet ski noises, mimes jumping over a moose)*

Leader: WHOAH – Rush, could you chill for a minute?

RUSH: Chill? CHILL? Man I haven’t CHILLED since I wrestled a Polar Bear wearing nothing but a diaper!

Leader: You wore a DIAPER?

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CHARACTER SKIT

(continued)

RUSH: No of COURSE not! The Polar bear was. Safety first!

Leader: Rush, it sounds like you live a wild life!

RUSH: That’s right I do! It’s full of UPS and DOWNS, but that’s how I LIKE IT!!

Leader: Well, aren’t you afraid of the bad stuff that could happen?

RUSH: No way! Life is like a Roller Coaster, and God’s leading the way!

Leader: Hey, that’s what we’re talking about today! We’re talking about how life can be like a Roller Coaster, and today’s lesson is about how God can use ANYBODY to do great things for him!

RUSH: That’s true! I’m not perfect, never have been, but God uses me to do AWESOME STUFF every day! It doesn’t matter if you’re short, tall, big, little, rich, poor, round, square, pickle-shaped--

Leader: Hold up, you know people that are pickle shaped?

RUSH: SURE DO! The point is, it doesn’t matter where you from or who you are, God can use YOU to do AMAZING stuff for him! You just gotta trust Him through life’s ups and downs, because GOD IS FAITHFUL!

Leader: That’s awesome Rush! I’m glad you could come out here!

RUSH: Me too, but I gotta go!

Leader: Why’s that?

RUSH: It’s time for life’s next big RUSH! I got a piranha-boxing tournament with MY NAME ON IT! I’m RUSH RAPIDO! ZOOMITY-ZOOMY-ZOOOOOOOOOOOMMM!!!!

(Rush exits as his theme music plays)



GAME ON!

“Kleenex Kleenout”

Items Needed For Game:

two boxes of Kleenex

.....

Preparation:

Choose two boys and two girls to play in this game; choose one contestant on each team to hold the Kleenex box and another to be the “Kleener”

.....

How To Play:

When you say, “Go!”, the “Kleeners” open the Kleenex box and begin pulling the Kleenexes out of the box (while they go flying everywhere). First one to “kleenout” their Kleenex box completely - their entire team wins!



Bible Story

“Elijah Is Fed By Ravens”

Materials Needed:

The Data Disc; the PowerPoint presentation for Lesson 1; begin with the slide that says “Bible Story”; follow the instructions below, changing the slides to follow along with the story (as shown)

Preparation:

Familiarize yourself with the story in 1 Kings 17:1-6; have your open Bible in your hands as you tell the story

The Story:

In the book of 1 Kings chapter 17, we find a man named Elijah (*show pic*). He was a poor man from a poor town. There was nothing special about him, but that was about to change. God spoke to Elijah and told him that he was going to become God’s prophet. His first assignment was to go before King Ahab with a very important message from God.

King Ahab was an evil man. He had allowed the nation of Israel to stray away from God and begin to worship the idol, Baal. Baal was known as the “god of the weather.” The people began worshipping Baal instead of God.

Elijah went from being a nobody in a small town to standing before the King with a message (*show pic*). “God says there will be neither dew nor rain in the next few years.” God wanted to show the people of Israel that HE was the God that controlled the weather, not Baal.

King Ahab was not happy with Elijah’s message. Immediately after Elijah delivered the message to King Ahab, he found himself running for his life. He went from a high point of standing before the King to a very low point of running for his life. (*show pic*) He made his temporary home by a brook (or river). Elijah had nothing to eat. He was starving. It looked like he would starve, but God did something amazing.

God sent a whole flock of ravens to bring bread to Elijah every day (*show pic*). When Elijah would get hungry, God would send the ravens to bring him bread to eat. He also had all the water he needed because of the flowing brook. Elijah knew that God had been faithful to him. (*show pic*) He gave thanks to God for His faithfulness. In the midst of the ups and downs of his life, God remained faithful to him.

Today, you will learn how God will do the same for you. When life’s ups and downs cause things to feel like a “Roller Coaster”, God will be faithful. All we have to do is trust Him. He will take care of the rest.





Call To Action

“The Roller Coaster Life”

Materials Needed:

The Data Disc; a small piece of paper with the PowerVerse (John 16:33) written on it; a large, dark colored balloon (needs to NOT be see-through as much as possible); a white “paint pen” (found at the local craft store)

Preparation:

Open the PowerPoint presentation on the Data Disc titled “Lesson One,” begin with the slide titled “The Roller Coaster Life.” Stuff the small piece of paper with the PowerVerse written on it into the large balloon. Inflate the balloon either with helium or “regular” air.

The Message: *(title slide)*



Today, we learned about Elijah. He was a nobody, a poor man from a poor town. But, God called him out of the small town in order to make him a prophet. He sent Elijah to stand before the King and deliver a message. Isn't that amazing? Elijah went from being a nobody to a very important somebody. God trusted him to deliver His message to the King. I think we can learn an important lesson from this...

God Can Use ANYONE To Do Great Things For Him *(slide)*



If God can use Elijah, a man with no special knowledge or training, a poor man from a poor town, then God can certainly use anyone. So often, people say things like, “I could never do anything big for God. After all, I am a nobody. I don't have any special talents. I don't have a lot of money or importance.” Good news - neither did Elijah!

We must make a decision that we will never disqualify ourselves from being used by God. God loves to use people that may seem unimportant and use them to change the world. He did it for Elijah, for others in the Bible, and He will do it for you!

Elijah went from the lowest of lows, being a poor man from a poor town, to one of the highest of highs. He stood before King Ahab and delivered God's message. Pretty cool, huh? But, then what happened? Suddenly, trouble comes. The King is angry, and Elijah is running for his life. Elijah went from the highest high to the lowest low again in no time flat. That teaches us a very important lesson...

Life Is Full Of UPS And DOWNS *(slide)*



In life, often trouble will come from out of nowhere. Just like our PowerVerse teaches us today, “Here on earth you will have many trials and sorrows...” Another translation of the Bible says, “In this world you will have trouble...” That sure is true, isn't it? What are some of the “troubles” that can come our way? Let's write
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Call To Action *(Continued)*

some of those troubles on this “trouble balloon.” *(Allow the children to name some of the troubles we face in life such as “disease”, “divorce”, “sadness”, “war”, “hunger”, and more. Use the paint pen to write these troubles on the “trouble balloon”).*

All of these troubles can come out of nowhere. Just like a big drop on a roller coaster, we can be riding along high as a kite, then suddenly trouble comes and it takes us low. That’s what happened to Elijah, and that often happens to us. But, there is good news...

I Can Trust God, Because He Is Faithful *(slide)*

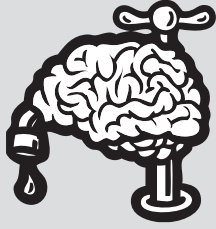


God proved Himself to be faithful to Elijah through his ups and downs. Even when it seemed like trouble was going to win, God provided food and water for Elijah. God was faithful to Elijah by sending ravens and a river. God will be faithful to us in many different ways. Even when it seems like we are at our lowest low, God is faithful. How do we know?

(Pop the “trouble balloon” and allow the piece of paper with the Power Verse written on it to fall to the ground. Pick it up and read it to the children.) Because John 16:33 clearly says, “...here on earth you will have many trials and sorrows, BUT take heart because I have overcome the world.” God is stronger than our troubles. God is more faithful to us than we can ever imagine. We must trust Him like Elijah trusted Him. God will always come through. He will defeat “trouble” in our lives and prove Himself to be faithful!

ALTAR RESPONSE: *(play soft music)*

Pray for every child to trust God and believe He will be faithful. Ask which children are facing “trouble” in their lives right now. Ask how many feel like they are at the “low point” of the “Roller Coaster Life.” Pray that God will strengthen them and help them trust in Him.



BRAIN DRAIN

Materials Needed:

The Data Disc; The DVD

Preparation:

Play the “Brain Drain” Video Intro off the DVD; Open the PowerPoint presentation on the Data Disc titled “Lesson One,” begin with the slide titled “Brain Drain”; there is a slide for each question

1. Watt’s Up today?

Answer: “I Know God Is Faithful To Me!”

2. Who rode the roller coaster in today’s video?

Answer: Brian

3. What was the name of the roller coaster?

Answer: Powder Keg

4. Who taught us today’s Power Verse?

Answer: Buster

5. What was the name of the man God called as a prophet?

Answer: Elijah

6. Elijah went before King _____ and gave him a message from God.

Answer: Ahab

7. According to our lesson today, “God Can Use _____ To Do Great Things For Him.”

Answer: Anyone

8. According to our lesson today, “Life Is Full Of _____ and _____.”

Answer: Ups and Downs

9. According to our lesson today, “I Can Trust God, Because He Is _____.”

Answer: Faithful

10. Where was our Power Verse found?

Answer: John 16:33

Small Group Experience

LESSON 1 - "The Roller Coaster Life"



Watt's Up:

"I Know God Is Faithful To Me!"



Power Verse:

"...Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." - **John 16:33**

Retelling The Bible Story

SUPPLY LIST:

- * "Up" Ticket print pieces (*printouts provided*)
- * "Down" Ticket print pieces (*printouts provided*)

TEACHER INSTRUCTIONS:

Before small group begins cut out enough of the "Up" and "Down" Ticket print pieces for every student to have one of each. When the kids arrive give them an Up ticket and a Down ticket. Tell them that they are officially in line to board the craziest ride ever, the ride of LIFE. The tickets that you gave them will be used as you read the story. If they think Elijah is feeling down in the story they should hold up the Down ticket. If they think Elijah is feeling up in the story they should hold up the Up ticket.

Say - "I hope you guys came to class ready for a ride! Today you will board the craziest ride ever, the ride of LIFE. Hold on because there will be lots of ups and downs! No need to worry though, you have a guide and his name is Elijah. He has been on the crazy ride before and he knows all the twists and turns. He will teach you how to survive and come out on the UP side of LIFE! I am about to read the first part of Elijah's story to you. You are holding an Up ticket and a Down ticket. During the story, if you think Elijah is feeling down, hold up the Down ticket. If you think he is feeling up, hold up the Up ticket. Are you ready? Let's start this ride! "

Read - "In the book of I Kings chapter 17, we find a man named Elijah. He was a poor man from a poor town. There was nothing special about him, but that was about to change. God spoke to Elijah and told him that he was going to become God's prophet. His first assignment was to go before the King, Ahab, with a very important message from God.

King Ahab was an evil man. He had allowed the nation of Israel to stray away from God and begin to worship the idol, Baal. Baal was known as the "god of the weather." The people began worshipping Baal instead of God. Elijah went from being a nobody in a small town to standing before the King with a message, 'God says there will be neither dew nor rain in the next few years.' God wanted to show the people of Israel that HE was the God that controlled the weather, not Baal.

King Ahab was not happy with Elijah's message. Immediately after Elijah delivered the message to King Ahab, he found himself running for his life. He went from a high point of standing before the King to a very low point of running for his life. He made his temporary home by a brook (or river). Elijah had nothing to eat. He was starving. It looked like he would starve, but God did something amazing.

God sent a whole flock of ravens to bring bread to Elijah every day. When Elijah would get hungry, God would
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send the ravens to bring him bread to eat. He also had all the water he needed because of the flowing brook. Elijah knew that God had been faithful to him. He gave thanks to God for His faithfulness. In the midst of the ups and downs of his life, God remained faithful to him.

Ask - “Are you beginning to see how Elijah’s life was a lot like a rollercoaster ride?”

Say - “God called Elijah to do great things for him and almost immediately the ride started getting crazy.”

Ask - “How do you think Elijah felt when he found himself running for his life?”

Ask - “Do you think Elijah wondered if he had made a mistake when he said yes to God?”

Say - “Elijah said yes to following God and right away the ride got bumpy. I am sure he wondered if God had a plan. Following God is a journey in learning to trust Him.”

Ask - “Did God show Elijah that He could be trusted in our story? How?”

Game/Activity

SUPPLY LIST:

* “Roller Coaster Track” print pieces (*provided; print one set*)

TEACHER INSTRUCTIONS:

Group the kids together in teams. Tell the kids that they will have a chance to answer questions as a team and earn pieces to a track that will be put together at the end of the game. If a team thinks they know the answers to a question everyone on the team should raise both arms in the air like you would if you were going down a big drop off on a roller coaster.

Say - “Let’s keep this crazy ride going today with a fun game! Have you ever been on a roller coaster? Some people like to throw both arms in the air when they are about to go down a big drop off on the ride. That is exactly how you are going to answer my questions today! If your team thinks they know the answer, everyone should throw their arms in the air. I will award track pieces for each correct answer.”

Q. True or False, Elijah was a rich man from a rich town?

A. False

Q. What was Elijah’s first assignment from God?

A. To go before King Ahab and give him a message from God

Q. What idol had the Israelites begun to worship?

A. Baal

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- Q.** Baal was known as the, “god of the _____.”
A. *Weather*
- Q.** What did Rush Rapido say the polar bear he wrestled was wearing?
A. *A diaper*
- Q.** What was the message Elijah delivered to King Ahab?
A. *There would be no dew or rain for the next few years*
- Q.** How did King Ahab feel about Elijah’s message?
A. *He was not happy*
- Q.** True or False, King Ahab had Elijah thrown in prison?
A. *False*
- Q.** Where did Elijah make his temporary home?
A. *By a river or brook*
- Q.** How did God take care of Elijah’s needs while he was hiding by the river?
A. *He sent a flock of ravens to feed Elijah every day, and the river had fresh water to drink*

Group Sharing

SUPPLY LIST:

- * “Roller Coaster Track” print pieces (*the ones handed out during the game*)
- * Bibles (*one per person, or they can share*)

TEACHER INSTRUCTIONS:

Have the kids come together as a large group and combine their track pieces. The track pieces serve as a puzzle that will say the words of Proverbs 3:5-6 when put together correctly. Have the group put the track puzzle together. Once this is completed, begin group sharing time.

Say - “Combine the rollercoaster track pieces - that you won during game time. They are actually pieces to a puzzle. Work as a group to put the puzzle together. Ready? Go!

Ask - “Who would like to volunteer to read the verse that is printed on our rollercoaster track?”

Ask - “What does this verse mean to you?”

Say - “Today’s story was definitely full of ups and downs. Life tends to be that way. There will be days when things are great and there will be days when it seems like everything is headed downhill fast. Life is a roller coaster with

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or without God. The awesome part about having God with you during the ride is that He is the safety bar that holds you steady through all the ups and downs. You can totally trust God to lock you in place and keep you safe even when things are going downhill, upside down, or crazy wild!”

Prayer Time

Say - “Maybe your life has been a little crazy lately. Things have been up and down and you need to feel the safety that comes from trusting God. I want our group to pray for you today. If that is you, go ahead and raise your hand. If someone beside you has their hand raised I want you to pray with them. We will ask God to fill you with peace as you trust your life to Him. He will keep safe during the crazy ride of life.” *(PRAY)*

Closing

Say - “Elijah’s story is going to be an amazing guide to learning how to ride the roller coaster of life. The first lesson he teaches us is that we can TRUST God with our lives, no matter what happens! You boarded the roller coaster of life the day you were born, and the ride is unpredictable for sure! It’s great to know that God will come alongside you and lock you in place for a safe journey. In Proverbs 3:5-6, we learn that we cannot lean on our own understanding. We may not always understand why things are happening in our lives, but God does! He has a plan and will make your bumpy paths straight when you TRUST him.”

