

I Can Be a HERO

Preparing Your Heart to Teach Session 1

God placed a conscience inside each person. The primary function of the conscience is to point people to a personal knowledge of God. Romans 2:15 describes the conscience as an internal witness inside non-believers that acknowledges God's existence.

The conscience has other tasks as well. When the apostle Paul stood before Felix, the governor, he defended his ministry by saying, "I strive always to keep my conscience clear before God and man" (Acts 24:16). Paul relied on his conscience for more than salvation. He used it in his daily life. He made another defense before the Sanhedrin in Acts 23:1 when he said, "I have fulfilled my duty to God in all good conscience to this day."

Paul considered the conscience so important that he mentions it 20 times in his epistles. Five of those times he tells Timothy, a young pastor, about the importance of a conscience and the danger of abandoning it. In 1 Timothy 1:18-19 he says, "fight the good fight, holding on to faith and a good conscience."

The apostle Peter also showed high regard for the conscience by mentioning it three times in his first epistle (2:19, 3:16, and 3:21). In 1 Peter 3:15-16 he says, "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander."

Many other passages in the New Testament and the Old Testament allude to the work of the conscience in a person's life. It's clearly an important internal motivator that points people to do right and deal with wrongs.

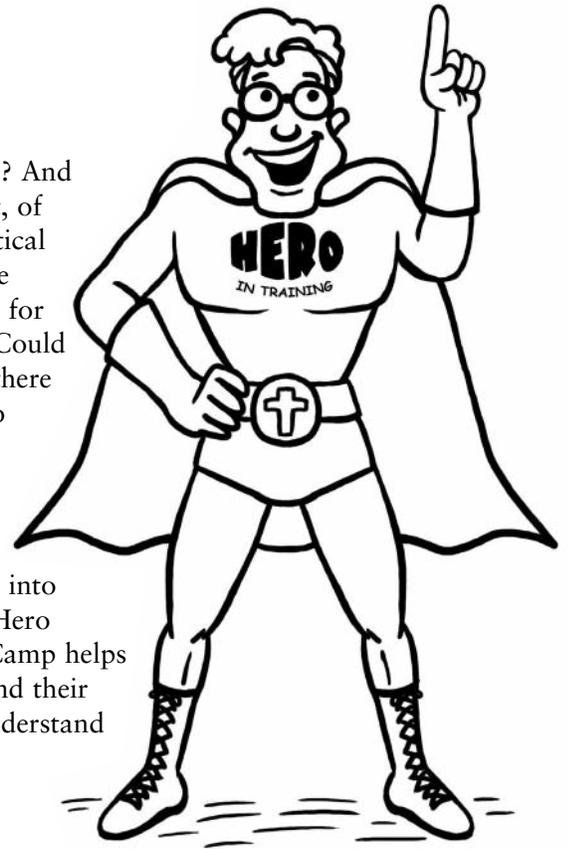
But how do you help a five-year-old or a ten-year-old catch a vision for the importance of the

conscience? And greater yet, of what practical value is the conscience for children? Could it be that there is a way to work with children that takes the conscience into account? Hero Training Camp helps children and their parents understand how to practically apply the biblical concept

of the conscience. In fact, tremendous benefits come to children who understand and take advantage of the blessing it provides. In particular, those children become internally motivated instead of always relying on parental promptings.

There's much more to learn about the conscience and much of it is revealed throughout this children's program. It is our goal to help teachers and parents also learn about their own consciences, so please take time to read the extra teaching notes that will help you understand the value of the conscience for you as well as the kids you're teaching.

For preschoolers: Neither the concept of the Holy Spirit nor the conscience are easily understood by young children. So to help preschoolers through this lesson you'll want to focus on words like "the heart," "God," and "doing what's right."



Session 1 ★ I Can Be a Hero

Supplies Needed for this Lesson

Hero Shield

Supplies needed: Photocopy the Hero Shield on page 25. Also provide crayons or markers.

Hero Training Creed

Supplies needed: Photocopy the Hero Training Creed from page 26 and mount it nicely on construction paper.

Floating Paper Clip

Supplies needed: Small paper clip, a bowl of water, and a paper towel

5 Cups – Which Voice?

Supplies needed: 5 cups, a few pieces of nice candy, slips of paper, your Bible, and a pen or pencil

Hero Skill Building Activity

Pass the Ball

Supplies needed: Three bath or beach towels and a ball. This ball could be a football or may need to be a softer ball if played indoors.

WHAT'S WRONG? Game

Supplies needed: One copy of each of the ten pictures at the end of this lesson and one copy of the Hero Search Sheet for each child. Mount the ten pictures around the room at eye level so that children can see them easily. Distribute the Hero Search Sheets so that each child has one. Provide a pen or pencil for each child.

Hero Field Guide

Supplies needed: Photocopy, fold, and staple (like a book) the pages at the end of this manual for the Hero Field Guide. If possible, duplicate the cover on construction paper or card stock. Also photocopy the verse for today on page 39, plus glue, and crayons or markers.

Hero Trophy

Supplies needed: Photocopy onto card stock the Hero Trophy page at the end of this lesson. One toilet paper roll per child, scissors, glue, and markers

Fruit Burrito

Supplies needed: Fresh small flour tortillas, cream cheese, cinnamon, raisins, apple, knife, paper plates, and plastic spoons or knives for spreading

Other suggested items:

- Photocopy the Parent Letter for each student.
- If you have the Hero Training Camp Music CD, be prepared to play the Hero Song in this lesson. You may purchase the Hero Training Camp Music CD at biblicalparenting.org.
- A camera to take pictures of the kids.



Theme

God has placed inside of you the ability to see problems and take action. Your job is to develop this awareness so that you can use it to be a hero.

Power Words

I am eager to do what's right.

Theological Truth

I have a conscience and God wants to use it to help me develop into a hero.



Welcome Activity Hero Shield

Supplies needed: Photocopy the Hero Shield on page 25. Also provide crayons or markers.



Greet children with delight as they come to Hero Training Camp. Have them sit down and, using markers or crayons, decorate the four parts of the hero shield and write their name on the banner. This piece will later be used in the Hero Field Guide.



Together Time

Gather children together for some teaching. Start by introducing the Hero Training Creed. (Use the poster on page 26.) Repeat it as often as necessary in the classroom so that the children understand it.

Refer to it when correcting children or guiding them to the next activity. In particular, explain listening with my eyes, since that's a play on words and may be confusing at first.

Hero Training Creed

I will listen with my eyes, keep my mouth under control, do what the teacher says, knowing that becoming a hero for God is my goal.



Introduction

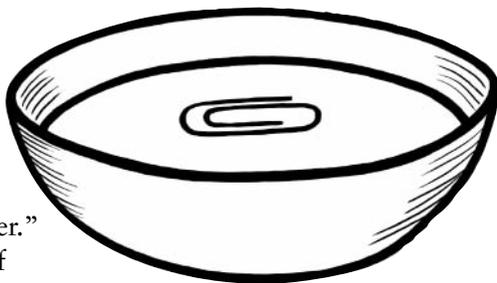
Floating Paper Clip

Supplies needed: Small paper clip, a bowl of water, and a paper towel

Instructions: “When I drop this paper clip into the bowl do you think it will sink or float?” Go ahead and drop the paper clip into the bowl to demonstrate that it

sinks. “Today I’m going to show you how you can make a paper clip float on top of the water.”

Take a piece of paper towel about one inch square and lay it gently on top of the water. Place the paper clip on top of the paper towel so that it rests carefully on top of the water. Then using another tool push the paper towel down so that it drops to the bottom leaving the paper clip floating on the water. It takes a bit of skill to



gently place the paper clip on the paper towel, so take your time and be ready to try it a few times before you’re successful.

How it works: “Isn’t that amazing that the paper clip is floating on top of the water? Let me tell you why that works. Water has a skin. We don’t usually think about it that way but the edges of water create a boundary for it. You can also see this when I put several drops of water on the table. The water stays together instead of spreading out on the table because the “skin” of the water keeps it together. So when you put the paper clip on top of the water the skin of the water keeps the paper clip afloat.

Discussion points: Most people don’t realize this about water even though water is around them every day. If you understand how it works, you can float a paper clip. You’re going to learn some more things about life here in our Hero Training Camp. One of the most important things you’re going to learn is that you have some things inside of you that maybe you never realized before. In fact, those are the things that help you to be a hero. You have them. We all do. But you must know what they are and how to use them. You need to know some important secrets. In this first lesson you will learn to pay attention to something inside you. It’s already there. You just need to know what to do with it. Heroes do. They are aware of things going on right around them. We’re going to teach you all about it while you’re here with us in Hero Training Camp.



Bible Story

A Hero in the Making

This Bible story is taken from 1 Samuel 16. Use the Bible and the following thoughts to teach the story and the lesson to the children. You may have to change the wording to match the developmental level of the children you’re working with.

David was the youngest boy in his family. He had seven older brothers. His job was to take care of the sheep. He also loved music. He played an instrument called a lyre. That’s like a harp or even

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like a guitar. He loved to write songs while he was out in the fields watching his sheep. A lot of his songs were about God and about his relationship with him. One song imagined God being a shepherd just like him. David thought, “If God were a shepherd then I’d like to be one of his sheep.” Maybe some of you know this psalm. It’s Psalm 23 and reads this way:

The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

David had a special relationship with God. David also had some important things going on in his heart. He wanted to do what’s right. He only had a small job to do now and that was to take care of sheep. But he did that job well. And people were already beginning to notice – and God was watching.

Now it just so happened that about that time, God was looking for someone to help him solve a problem. The present king of Israel wasn’t obeying him. God needed a new king and his servant, the prophet Samuel, would be used to find him. God sent Samuel to Bethlehem, David’s hometown. The people all wondered why this great man was coming to their small town. In fact, they were afraid and wondered if they had done something wrong. No, Samuel’s visit wasn’t because the

people had done anything wrong. It was because God wanted to choose a new king and that new king would come from Bethlehem and from the home of Jesse.

“Jesse! Wow, that’s my dad,” David thought. “What a privilege. To have the king from my own family.”

A servant from the house came running out to find David in the field. “Samuel is in the house and he’s looked at all of your brothers to see which one will be the next king. But Samuel didn’t see the one God wanted. So they sent me out to get you and bring you back to the house.”

When David walked into the house Samuel knew that he was the one. David would be the next king of Israel. Of course, it wouldn’t happen quite yet. After all, David was just a boy, but now David knew something very important. He would be the next king. Oh, David already knew that

he had an important relationship

with God. God had protected him when he was out at night with the sheep. God gave him several songs that reflected on God’s power and majesty. But this was different. God had chosen him for a special task. The job of being the king. The job of being a hero.

God likes to do that. He often uses someone who is

doing a good job with a little, and then gives that person a big job to do. David did a good job taking care of sheep and practicing his lyre and God could tell that he would make a good leader someday.

David had some good things going on in his heart already. You can also develop those things. Let’s talk about this awareness you must develop in order to be a hero.



I want you to imagine being a shepherd for a moment. Tell me some things that would make you feel uncomfortable if you were in charge of the sheep. When I say uncomfortable I mean that feeling inside that something is wrong or that you need to be thinking about something. Sometimes people call it being responsible. What are some things that David would have to be thinking about all the time and, at times, make him feel

uncomfortable? It's getting close to feeding time. I see a storm coming. That lamb is limping. Another lamb is wandering away. The sheep look thirsty. I wonder if there are any wolves around. All of those things would make David feel uncomfortable at times.

When do you think David could feel comfortable? Sure, when everything seems to be going well, the sheep are fed, watered, protected, and happy.

That feeling of being comfortable and uncomfortable was important to God. You see God can work more easily in a person's heart when that person is responsible and thoughtful about what's going on around him. In fact, God placed something inside all of our hearts called a conscience to help us feel comfortable or uncomfortable at times. We are going to learn more about the conscience in Hero Training Camp.

Of course, there was one problem. Israel already had a king. It would take many years before David would actually sit on the throne of Israel. That was okay though. He had plenty of work to do. David needed some training in his heart to do this great work. Eventually David would be one of the greatest heroes in Israel's history. But now, he needed some training, and life would provide that training. So back to the sheep for David. More songs. More listening to God. More being faithful

as a shepherd. More practice at doing what's right and learning to face challenges every day. David would learn to be a great hero in life by practicing on the small stuff every day.

God wants to do the same thing in your life. He has plans to make you a hero but it takes some work to get there. In fact, God uses the small things in your life right now to develop the hero inside of you.

One of the things God has done for you is that he gave you a conscience. The conscience is an important tool for becoming a hero. The first thing we have to do is become aware that it's there. We'll be practicing some skills today and working on some activities that will help you understand more about what your conscience is and how God wants to use it in your life in some exciting ways.

Take away: I have a conscience and God wants to use it to help me develop into a hero.

For preschoolers: Emphasize the importance of doing what's right every day, even when it seems small. God uses the small opportunities every day to prepare you for bigger things as you grow older.

Bible Verse

Romans 8:37

In all these things we are more than conquerors through him who loved us.



Game

5 Cups – Which Voice?

Supplies needed: 5 cups, a few pieces of nice candy, slips of paper, your Bible, and a pen or pencil

Before the activity begins, number each of the cups from one to five. Put one piece of candy under one of the cups. Prepare enough pieces of paper so that each child can have one. Put a number from one to five on each of the pieces of paper, except two or three pieces that should have something else written on them like "top desk drawer," or "in the tissue box."

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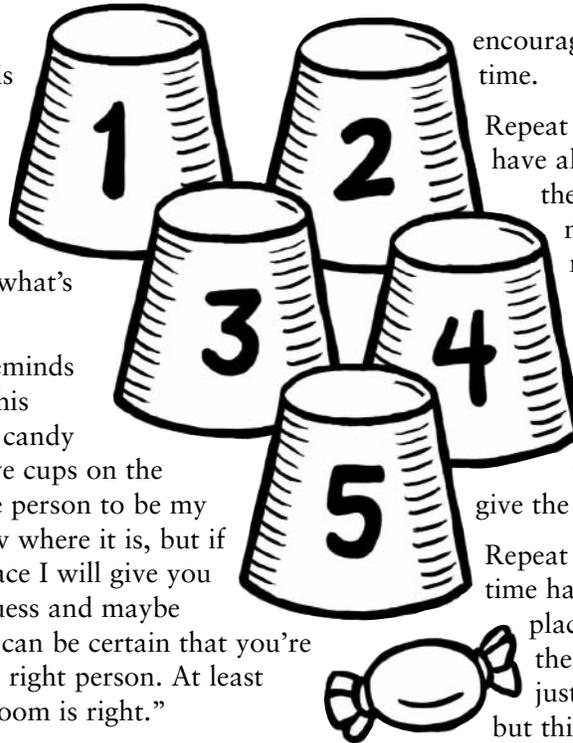
Explain the rules of the game to the children this way. “As we learn about the conscience we also learn that God speaks to us. Sometimes he speaks about what’s right and what’s wrong.

“Sometimes God just reminds us that he loves us. In this activity I have a special candy hidden. (Point to the five cups on the table.) I will choose one person to be my listener. You don’t know where it is, but if you choose the right place I will give you the candy. You could guess and maybe you’d be right, but you can be certain that you’re right if you listen to the right person. At least one of the kids in this room is right.”

Give slips of paper to each person in the room (except the listener) making sure that you know at least one child who has the right answer. “All of you with slips of paper may not know if you’re right or not but your job is to persuade our listener to choose the location on your piece of paper. Persuaders, yell out to the listener which choice he should make. Do your best at persuading our listener to make the choice that’s on your piece of paper.”

As the teacher, you know which persuader has the right answer. Write on a piece of paper the name of that person, for example, “Listen to Carla.” Place that piece of paper in your Bible.

Say “Go” and watch the persuaders try to convince the listener which cup to choose. After a few moments say, “Stop for a moment” and then say to the listener, “It sounds like you’re getting a lot of advice. I have a clue that can help you. It’s in my Bible.” Hand the listener the clue and then say, “OK persuaders, you’re going to have to work harder now since he has this clue. Ready, go.” This time, as the persuaders do their work, the listener will be trying to find out what one particular person is saying. Then he can guess. When he guesses right give him the candy. Affirm those active persuaders, even those who were wrong, to



encourage them to actively persuade the next time.

Repeat the same activity. To hide the candy have all children put their heads between their knees facing down on the floor and make a swishing sound with their mouths, giving you just a moment to hide the candy again. Then collect and redistribute the papers. Take note of at least one child who gets the right one and write the clue on a paper again and put it in your Bible. Have the persuaders do their work and then give the clue again.

Repeat the activity a few times but the last time have the candy placed in one of the odd places like the top drawer of the desk or the box of tissues. In the past these were just thought to be irrelevant distractions but this time that location is the correct one.

Discussion points: After you’ve played the game several times ask the children, “What do you think was written on the paper in my Bible?” Children often think you wrote the answer or the number of the right cup. “No, I wrote the name of a person to listen to. Why do you think I did that?”

There are two important things going on inside of you. One is the conscience and the other is God’s voice. Unfortunately there are other things speaking to us as well like friends and even our own desires and ideas. It’s important to learn to pay attention to the right things in order to get the right answers for decisions we make every day in life. Heroes know how to pay attention like that.

I put the clue in the Bible because I want to remind us that God has answers in his Word for us. In fact, here’s an interesting quote from Proverbs 4:1-4.

Listen, my sons, to a father’s instruction; pay attention and gain understanding. I give you sound learning, so do not forsake my teaching. For I too was a son to my father, still tender, and cherished by my mother. Then he taught me, and he said to me, “Take hold of my words with all your heart; keep my commands, and you will live.”

One of the ways God helps you to develop inside, both the ability to listen to him and to pay attention to your conscience, is to listen to parents. That sure is interesting, isn't it? We don't just listen to parents to get the room cleaned or the homework done. We listen to parents because they have the clues to life. If you practice listening to the right person and if you read the Bible and pay attention to your conscience, you will be strengthening your ability to know what's right.

For preschoolers: Simplify this game by first allowing a child to guess which cup has the candy. Allow different children to guess, some may be right, others will be wrong. Then call one child over to you and tell the child you have a secret. You want to give him a hint. Whisper to the child the right answer, then allow the child to guess.

The point is that when we listen to the right voice, then we know what the right thing is to do. Remind children that God often speaks to children today to help them know the right thing to do. Sometimes that happens in their hearts and sometimes it happens through their parents.

What are some examples of things that parents say to children so they can do the right thing in life?



Role Play

Note: Have someone take pictures of the kids doing the role play and use them later for review and to share with others.



For younger children:
Shepherd with His Sheep

Choose one child to be David the shepherd, another to be a bear, and have the rest of the children act like sheep. Guide children through the

following role play by reading the statements and then allowing them to act out each part.

David was a shepherd boy. His job was to take care of all the sheep. (Go ahead shepherd, take care of some sheep.)

The sheep loved David. (Show how you love David.) Sometimes they were hungry, or thirsty (what does that look like?) and sometimes they would stray away or even be afraid that a bear was coming.

David's job was to think about the sheep all the time, to encourage them, rescue, feed, provide water, and protect them.

David had a sling. When he swung the sling round and round he could let it go and it would be like a weapon.

One day a bear came nearby. (Listen to the bear growl.) All the sheep were afraid. David swung his sling and ran toward the bear and the bear ran away.

David was careful to do the right thing. Sheep need to do the right thing too so that they can be protected.

(If you have time, you might play the role play again allowing different children to be the bear and David.)



For older children:
A Hero in the Making

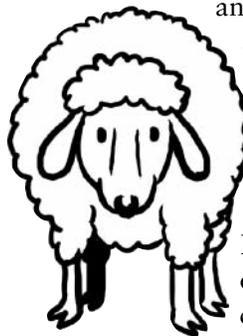
Since drama is moved by emotion, take some time and prepare children for the role play by asking these questions and exploring their answers:

How would you feel if you were David and were the one that was picked instead of your brothers?

How would you feel if you were the older brothers and young David was chosen?

How would you feel if you were Samuel, the one having to pick just one boy?

Choose someone to be Samuel, the servant, and then choose several children to be Jesse, Jesse's



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wife, and Jesse's boys. (Allow girls to play the boys too.) Encourage children to act out the story as you read the following:

Samuel was given an assignment to go and find a king in Bethlehem at the home of Jesse. But God hadn't yet told him which boy would be the new king.

When Samuel came to Bethlehem he met Jesse and his family. (Everybody greet Samuel.)

As Samuel waited for God to tell him which boy would be king, Samuel looked at how nice looking all the boys were. (Go ahead Samuel, tell us what you're thinking about how nice everyone looks.)

God told Samuel that the boy he wanted had the right heart, but he wasn't in the room. So they sent the servant to go get David.

When David came into the room this is what happened:

Allow the students to take it from here, Samuel is excited, pleased with David, and says, "Yes, this is the one." The brothers and parents then have to react. Encourage some kids to respond very well and for the parents to respond well. Some children may feel jealous too.

At the end of the dialogue have everyone sit down and ask, "Do you think that was how the whole thing went?" "How might it have been different?"

Discussion points: Why do you think God chose David to be the next king? We know that David was used to doing the right thing. He knew how to take care of sheep and God knew that he would be a good one to take care of the people of Israel.

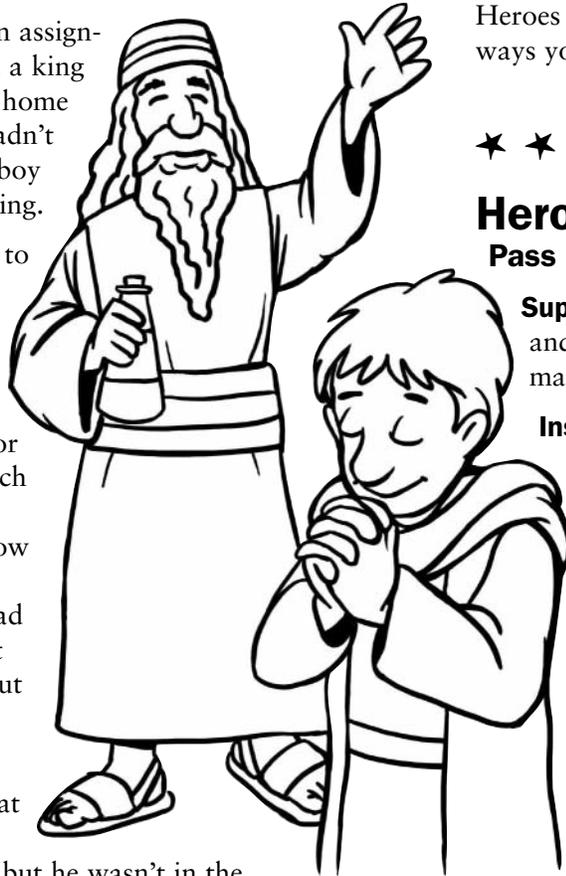
What kinds of things do you do well? At school? At home? With your parents? With your brothers and sisters? Around the house? In your bedroom? Heroes are made in the small stuff. So think about ways you can do what's right now.



Hero Skill Building Activity Pass the Ball

Supplies needed: Three bath or beach towels and a ball. This ball could be a football or may need to be a softer ball if played indoors.

Instructions: Choose six children and have them pair up. Each pair of children holds one towel between them, one child at each end of the towel. Have the three pairs form a triangle. Hold up the ball and tell the children that the ball is very important and that their goal is to protect the ball from touching the ground. Put the ball into one of the towels and have the pair toss the ball by pulling the towel tight. The goal is to get the ball to another pair safely. The second pair passes to the third pair who then pass back to the first pair and so on. After passing the ball around twice to all three pairs, have the pairs step back two steps and try again. After going around two more times, have those children sit down and choose three more pairs. You may want to vary the distance between the pairs based on the age of the children. Remember that the goal is not to get them to drop the ball, but simply to be challenged as they protect it.



Discussion points: The goal of this activity was to protect the ball from hitting the ground while it was being passed around. Each one of us has a conscience that needs to be protected. You can damage your conscience by doing the wrong thing and trying to hide it, or by developing a pattern of lying. Sometimes people do the wrong thing so many times that they don't even care about it anymore. That causes damage to their consciences. It's very sad. One of the ways you can protect your conscience is by doing what you know to be right and correct wrongs when you make a mistake.

The conscience is an important treasure in a person's life. Your job is to protect it. It's one of the skills that makes a hero.

For preschoolers: Talk to children about doing the right thing. How does it feel when you do the right thing? It feels good. What are some things you can do to help out at home? How do you feel when you are a helper?

Conscience Insight

The conscience and the Holy Spirit both provide inner prompting for a child. They are not the same thing. The conscience prompts a child to do right or avoid doing wrong. The Holy Spirit may do that too but the Holy Spirit also empowers a person to do what's right. The conscience communicates its promptings through feelings. The Holy Spirit actually speaks to a person's heart. The conscience is a piece of equipment in a person's heart. The Holy Spirit is a person who wants to have a personal relationship with your child.

Hebrews 9:9 and 14 point out that it's salvation that cleanses the conscience. Furthermore, when a child relies on the Holy Spirit for control, the conscience is greatly empowered.

Regularly take time to talk to your child about spiritual things. Without salvation, the Holy Spirit, and the scriptures, a conscience simply seeks the highest good

that it knows, often proving inadequate as a tool.

But you can't simply ignore the conscience until a child becomes a Spirit-controlled believer. Training takes place now that provides a structure that God will eventually breathe life into.

One of the greatest things you can do for a child is to help him strengthen the conscience. As you do, it will become more and more powerful as a pointer to God himself.

The Hero Song

If you have the Hero Training Camp Music CD this is a good place to introduce the Hero Song.

Supplies needed: Hero Training Camp Music CD

Instructions: Play the Hero Song and ask children "What is this song trying to teach us?"

Discussion points: The conscience and the Holy Spirit help you choose what's right and avoid wrong.



Game

The WHAT'S WRONG? Game

Supplies needed: One copy of each of the ten pictures at the end of this lesson and one copy of the Hero Search Sheet for each child. Mount the ten pictures around the room at eye level so that children can see them easily. Distribute the Hero Search Sheets so that each child has one. Provide a pen or pencil for each child.

Instructions: Give the children the following instructions. Heroes have the ability to see problems. They can tell when someone is hurt or something bad is happening. This next exercise is important for you in helping you to become a hero because it tests you to see if you can find out what's wrong. We have ten pictures hanging around the room. You have a Hero Search Sheet

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in your hand. Your goal is to find the picture that matches the statement on the search sheet. Write the picture's number on the line next to the hero solution. (Answers: 3, 10, 5, 1, 7, 4, 8, 6, 9, 2)

Discussion points: Was it hard or easy to find things that were wrong in the pictures? Is it easier to see the problem or is it easier to solve the problem? Heroes are on the lookout for problems to solve. They see things that are wrong and fix them. The fact that you can see problems in these pictures means that you have part of what it takes to be a hero.

For preschoolers: Because younger children can't read, you might hold the pictures up one at a time and ask the children, "What's wrong in this picture?" and "What might you do to make it right?"



Hero Field Guide

Supplies needed:

Photocopy, fold, and staple (like a book) the pages at the end of this manual for the Hero Field Guide. If possible, duplicate the cover on construction paper or card stock. Also photocopy the verse for today on page 39, plus glue, and crayons or markers.



Instructions: Give each child a copy of the Hero Field Guide booklet. Have the children glue onto the cover the hero shield that they worked on during the welcome time. The child's name should be neatly printed on the banner at the bottom of the hero shield. Have the children glue today's Bible verse onto the correct page, covering the words Session 1. Allow them time to color and decorate the page. Don't have the children take the booklets home but instead keep them until the end of Hero Training Camp so that each session children can add the new Bible verse.

Discussion points: On the front of the Hero Field Guide are four traffic signs. Use them to talk about the four parts of the conscience. Lead a discussion about the four parts: Do what's right (One way), deal with wrongs (Wrong way), be honest (street signs), care about others (Yield). Discuss with children why that road sign was chosen for that particular part of the conscience.

The verse for today is a quote from Paul the apostle. He knew that God helps people to overcome problems.

Before you leave this activity, read the whole page to the kids. Then collect the Field Guides and keep them for the next lesson.

For preschoolers: Although young children can't read, this guide contains scripture and power words that parents can use at home to reinforce the lessons. Or, you may want to use the Hero Color Sheet from page 38 instead.



The conscience provides internal prompts to children but many parents miss opportu-

nities to strengthen these prompts.

Instead, parents emphasize parental prompts. One of the ways to increase the strength of those internal prompts is to send children on missions where they have to rely on internal prompts and then take initiative themselves. Instead of saying, "Billy, go clean up the Legos in the playroom," you might say, "Billy, would you please go look in the playroom and see if you can see anything out of place in there?" Teaching children to see what needs to be done is the first step toward motivating them to make changes on their own. You might also say, "Oops, Billy, think for a minute," as he's about to leave the table without clearing his space. Or, "Jim, would you please think of a way you can help in these frustrating few minutes before

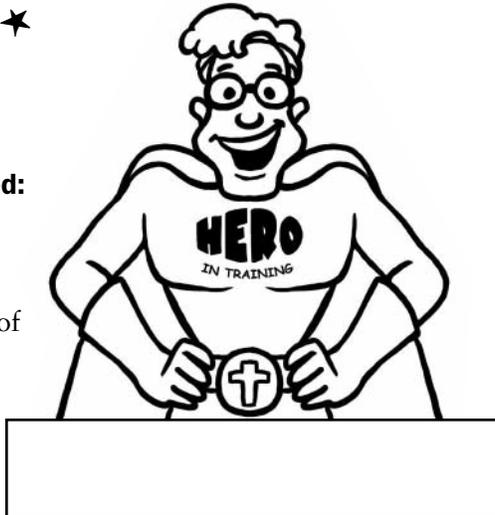
dinner?” Raising the awareness often requires that parents allow children to fill in some of the blanks by seeing what needs to be done for themselves and then taking initiative to do it.



Craft Hero Trophy

Supplies needed:

Photocopy onto card stock the Hero Trophy page at the end of this lesson. One toilet paper roll per child, scissors, glue, and markers



Instructions: Today we're going to create a hero trophy. Trophies remind us of winning and heroes like to win. You will be able to take this trophy home and put it somewhere to remind you that you are learning how to win at life. (Allow children to choose the male or female hero.)

Take a few minutes and nicely color the hero. Then, cut out the hero and glue it to the toilet paper roll.

Discussion points: As children are working, talk about heroes with these kinds of questions:

Heroes look for problems. What kinds of problems can they see?

Sometimes heroes have special powers. Can you think of a special power that a hero might have?

Some heroes turn bad. They use their powers for evil. Why do you think that is?

Why do you think some kids try to be like the villain instead of a hero?

Why is it important to do what's right?

When heroes do the right thing, how do you think they usually feel?

The point of the discussion is that some kids don't want to be heroes. They try to use their powers to be mean or disrespectful or defiant. That person feels sad on the inside. Only when someone responds to the conscience and to God can they enjoy the benefits of being a hero.

What are some ways that you can practice being a hero in your home?

Take pictures of children with their trophies.



Snack Fruit Burrito

Supplies needed: Fresh small flour tortillas, cream cheese, cinnamon, raisins, apple, knife, paper plates, and plastic spoons or knives for spreading

Instructions: Give each child a paper plate and a tortilla. Have children spread some cream cheese over the tortilla and then add pieces of cut apple and raisins. Sprinkle on a little cinnamon if desired. Roll it up and eat it.

Discussion points: How many of you like Mexican food? Sometimes it's spicy but not always. Today we're going to make a fun fruity burrito. You've probably never had something like this. It tastes delicious and it's fun to make.

In fact, a fruit burrito is a new idea. Heroes are creative and often think of new ways to approach common problems in life.



HERO Exercise

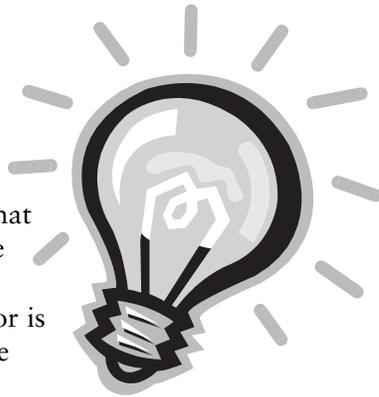
As you practice at home, be on the lookout for things that are wrong and see what you can do to fix them. Be ready to report back the next time we meet. Always remember to be careful who you listen to.

Session 1 ★ I Can Be a Hero

★ ★ ★ ★ ★

Conclusion

Who can identify something in this room that has a purpose and tell me what it is used for. Like the door knob on the door is used to open it. What else can you see? light on the ceiling, trash can, etc. Today we began to talk about something that is useful called the conscience.



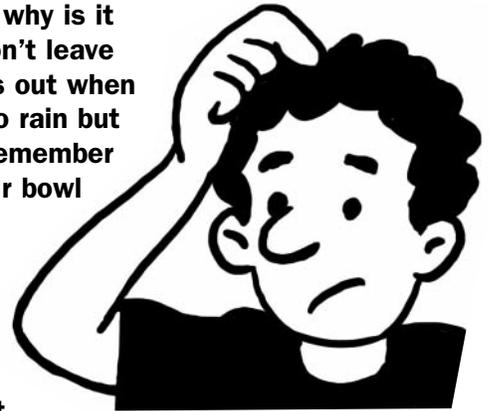
Of course, the conscience isn't very useful until it is trained. God placed a conscience inside of you to help you sense what needs to be done. Just like a hero you have that ability on the inside. We did some activities today that illustrated important points about the conscience. We learned to see things that are wrong and talked about what we can do to fix problems we see. God has given you a conscience and the Holy Spirit to help you be aware of what needs to be done in life.

We learned about David who was just a shepherd boy when he was called to be a king, but God chose him to do great things.

God trains heroes in the small stuff. Today I'm going to give you a mission. This mission is to start practicing hero-like things. That means you look for problems in your family and you solve them. Maybe like some of the pictures we looked at in the game we played. You're a hero in training. You're looking to solve problems, not because you're going to get a reward, but because you like that good feeling inside when you do what's right and help others.

SEEING IT THROUGH THE EYES OF A CHILD

Mom: Bob, why is it that you don't leave your skates out when it's going to rain but you can't remember to take your bowl out of the living room and put it in the kitchen?



Bob: I don't know. I never thought about it. I guess... maybe... it's because I don't want to see my skates get damaged. They're valuable.

Mom: That's interesting. A clean house is valuable to me. But when you don't help me keep things clean, it makes me feel like you don't value me and what I want.

Bob: Oh Mom. I value you. I love you.

Mom: Do you think you could help me feel valued by cleaning up when you see something out of place?

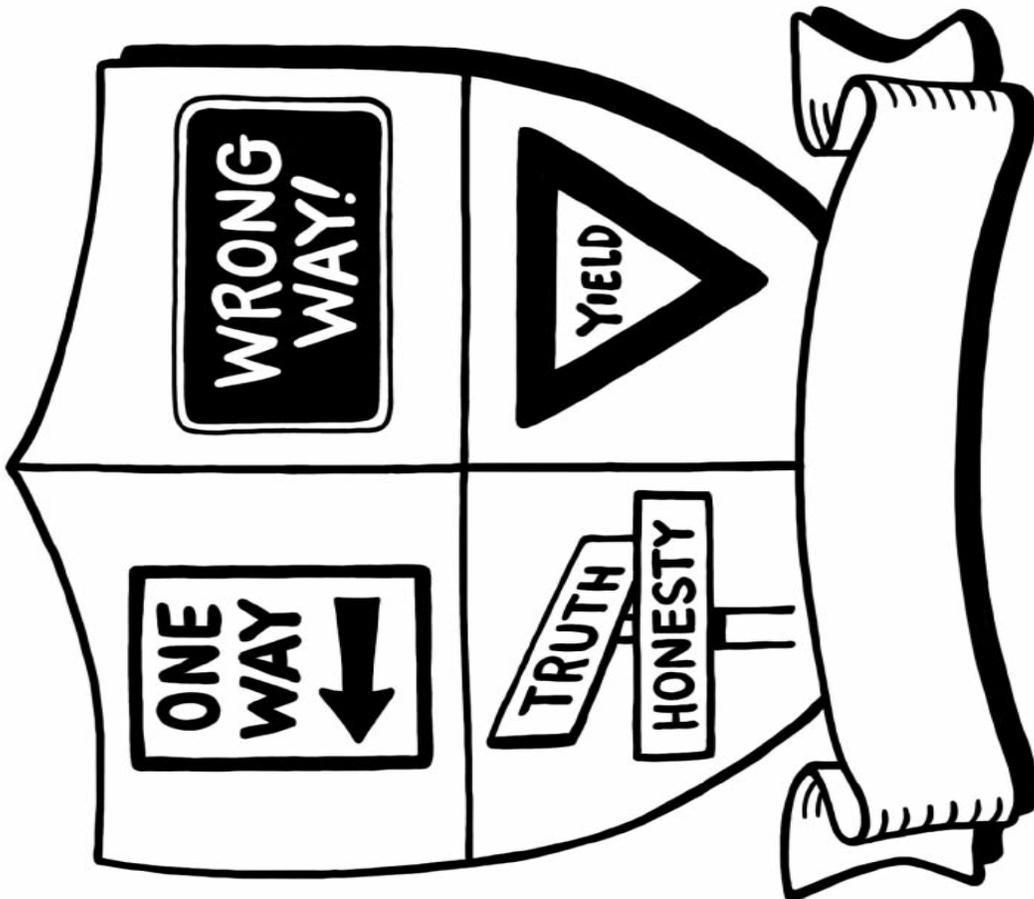
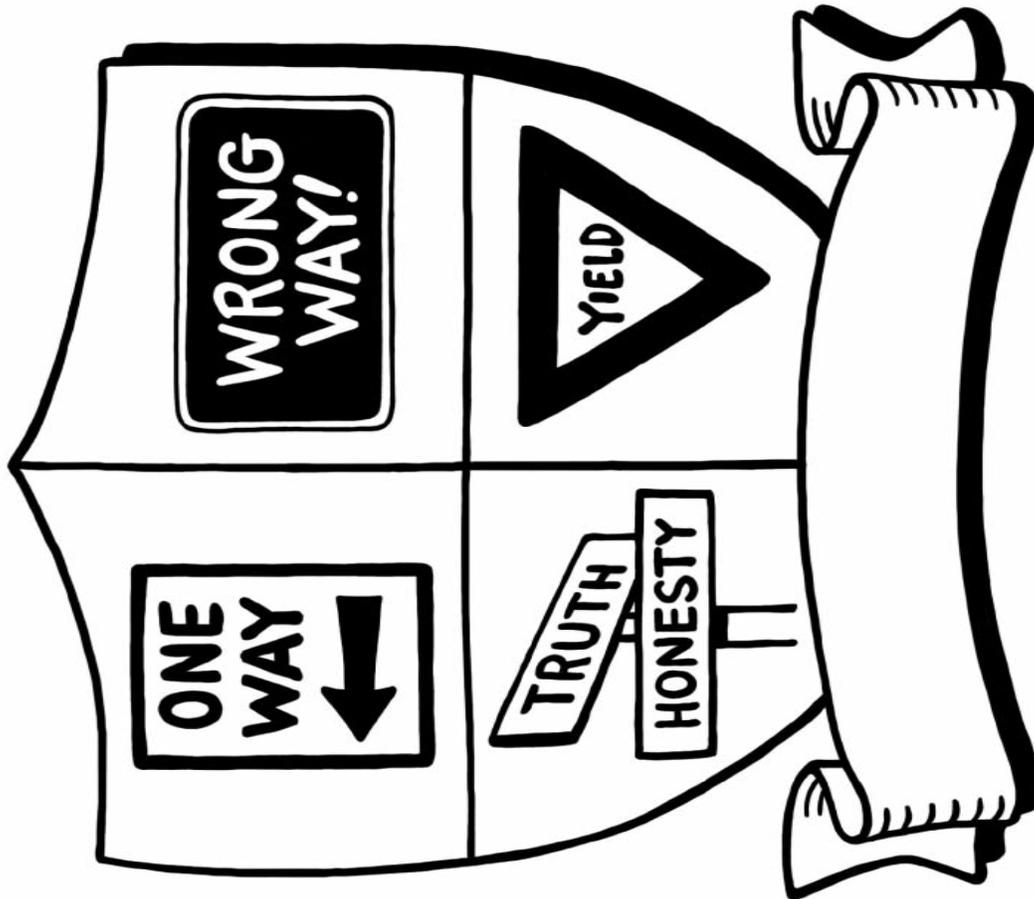
Bob: OK, I'll try.

Mom: Thanks.

★ ★ ★ ★ ★

Prayer

Dear God, thank you for allowing us to learn to be heroes. Thank you for giving each of us a conscience and the Holy Spirit in our lives. Lord, would you please help us to see things that are out of place or missing or need to be done. Also, please give us the courage to do the right thing. Amen.



HERO Training Creed

I will **LISTEN**
with my ,

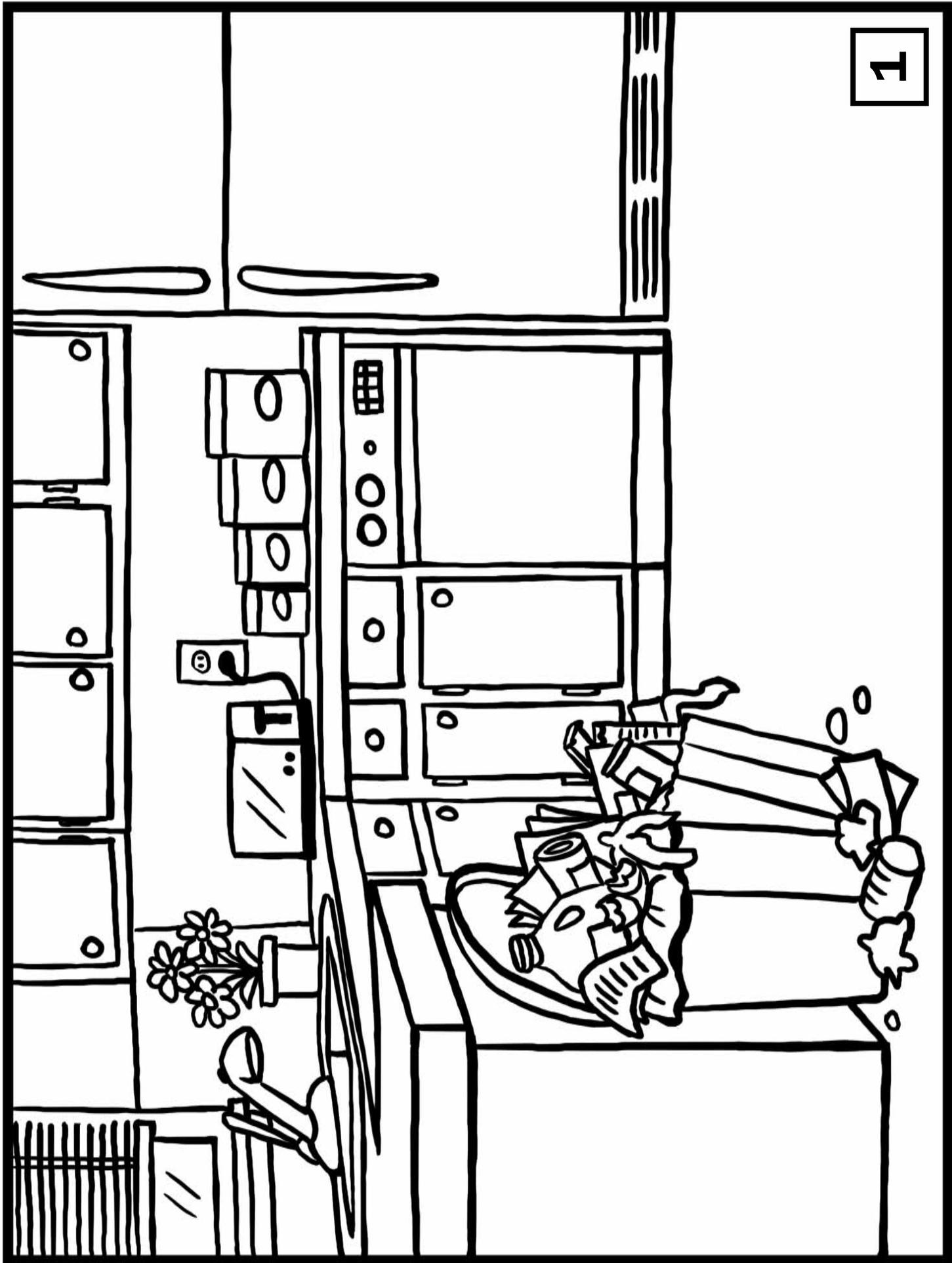
Keep my
 **UNDER**
CONTROL,

Do what the
 **SAYS,**
Knowing
that becoming a
HERO for God
is **MY GOAL.**

HERO Search Sheet

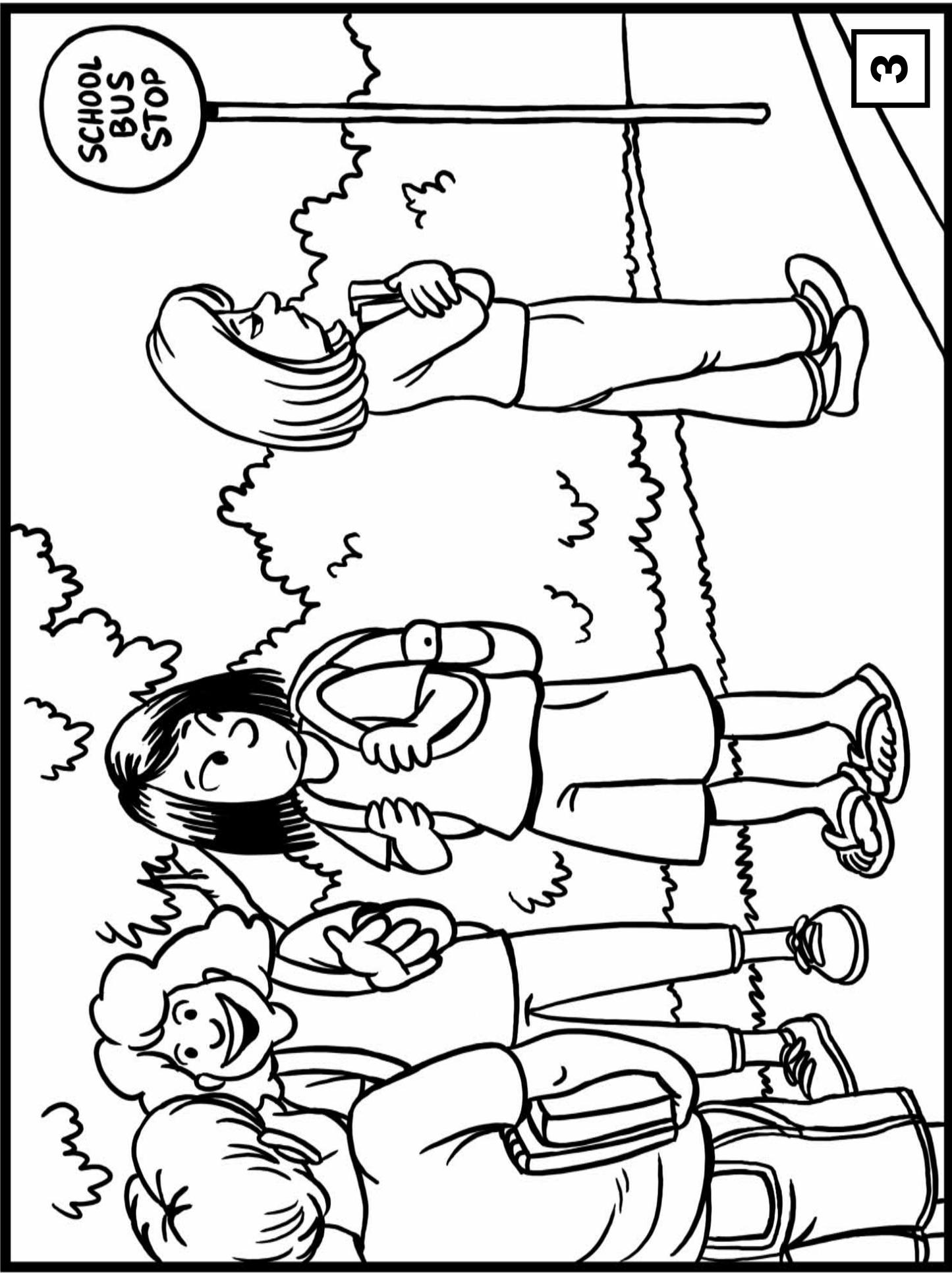
- ___ That girl is sad. Maybe I can invite her to join us.
- ___ That woman needs help with the door. I can help her.
- ___ I'll turn around at the bathroom door and see if I forgot anything.
- ___ I can help by taking out the trash.
- ___ Keeping myself under control is important for me and for others.
- ___ My mom has a lot to carry. Maybe I can help her.
- ___ I'll obey the signs. They are there to protect me.
- ___ When I come home I'll put my things away in the right places.
- ___ I can help clean up after dinner.
- ___ I could share with my friend.

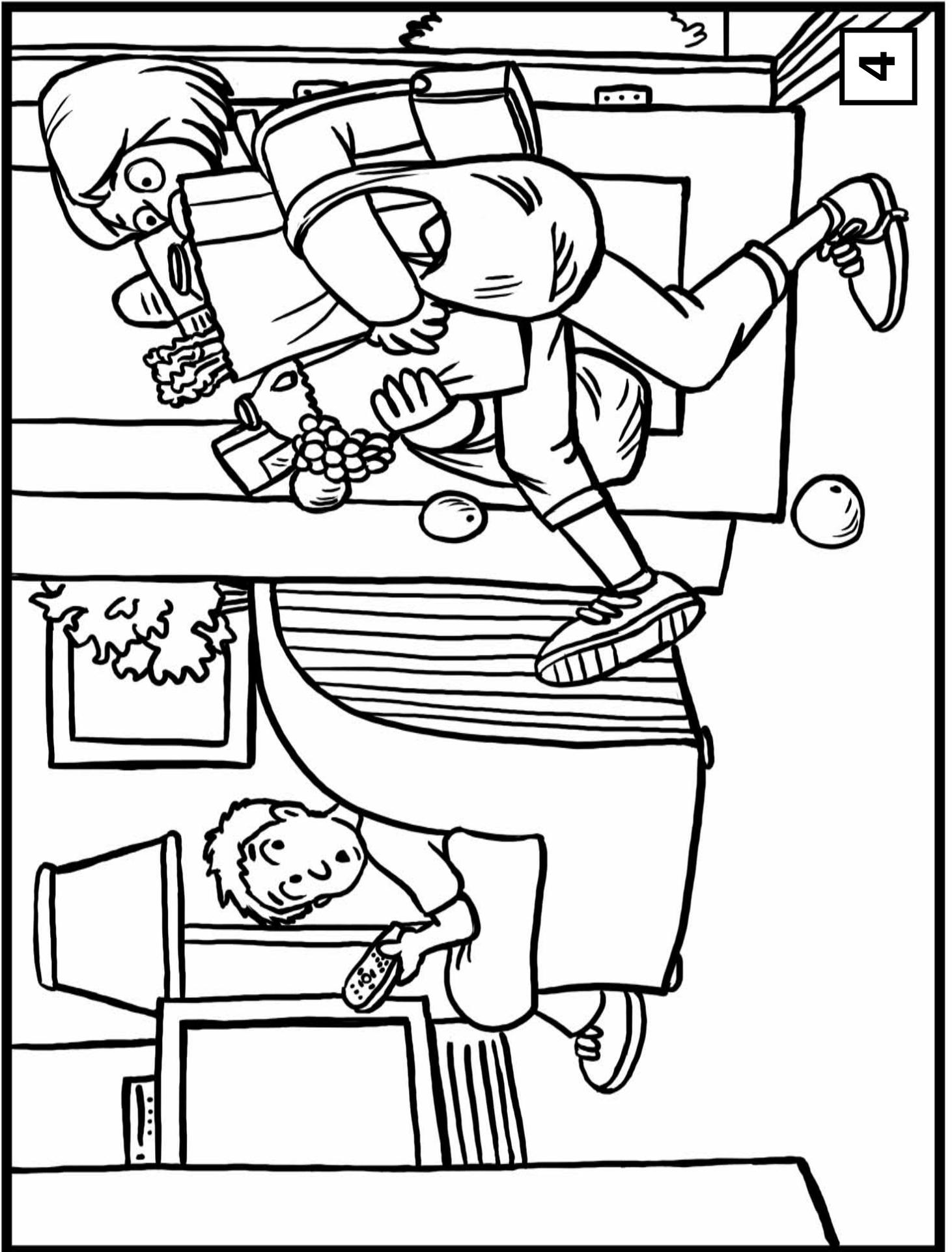


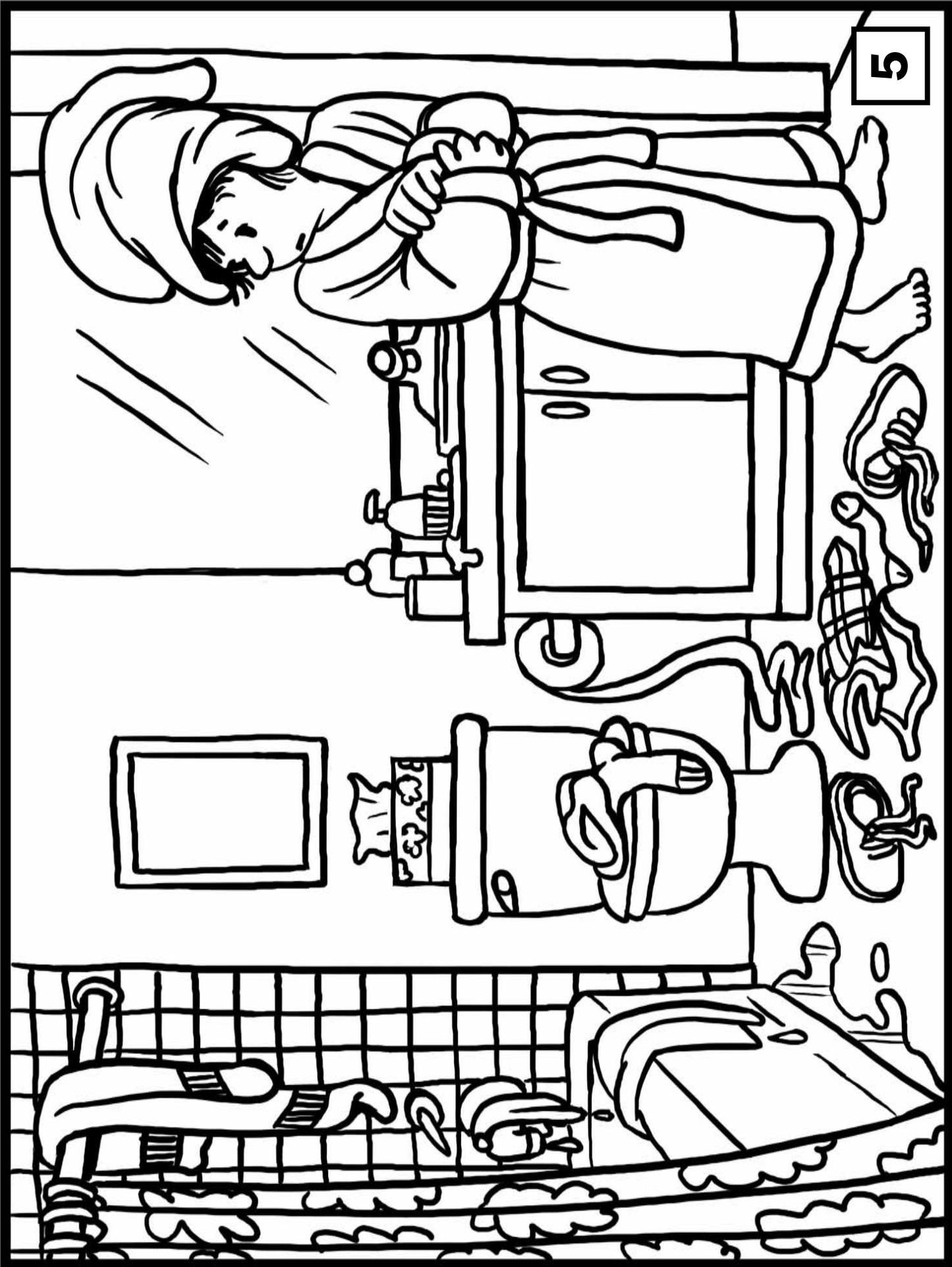


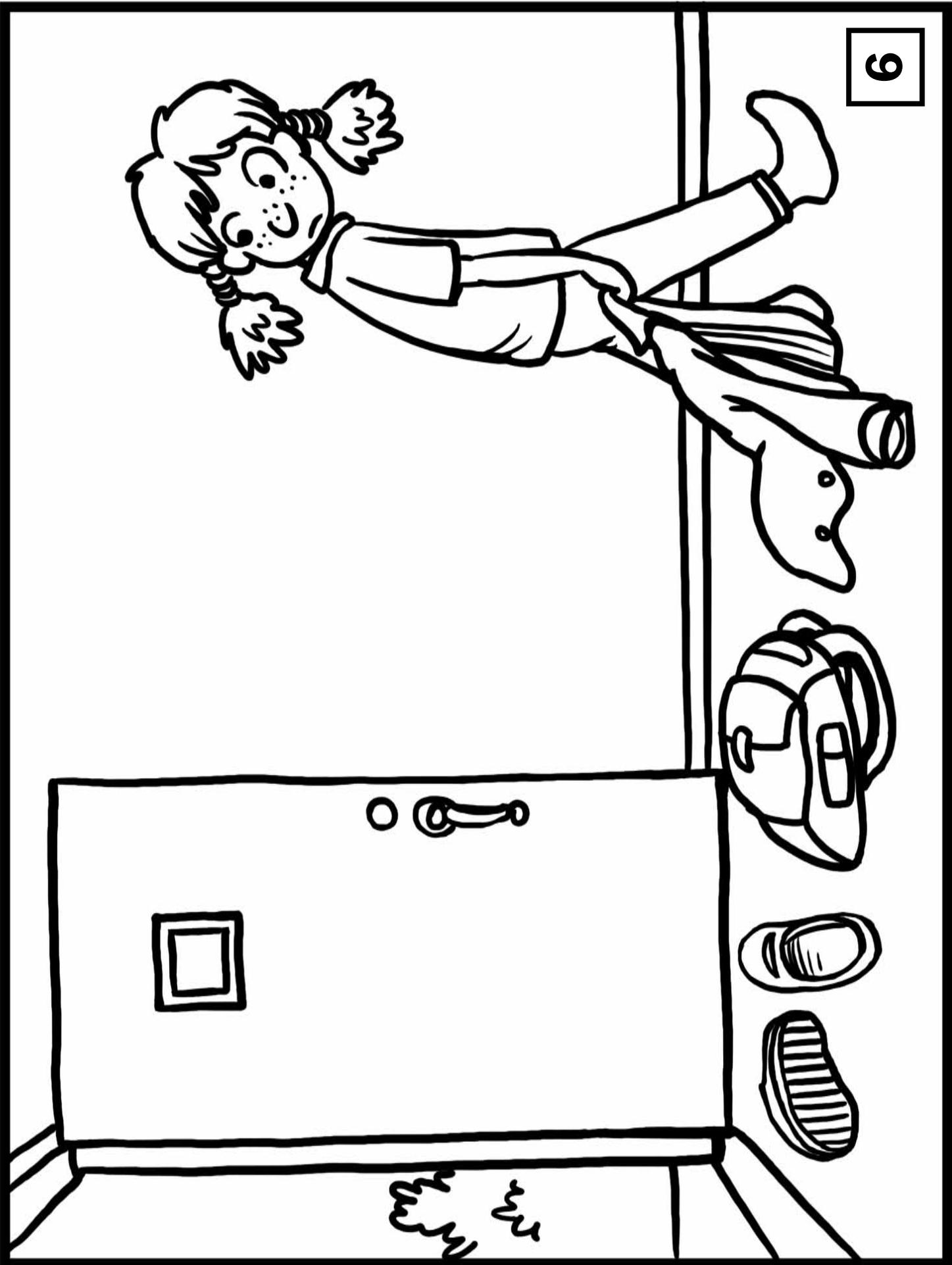


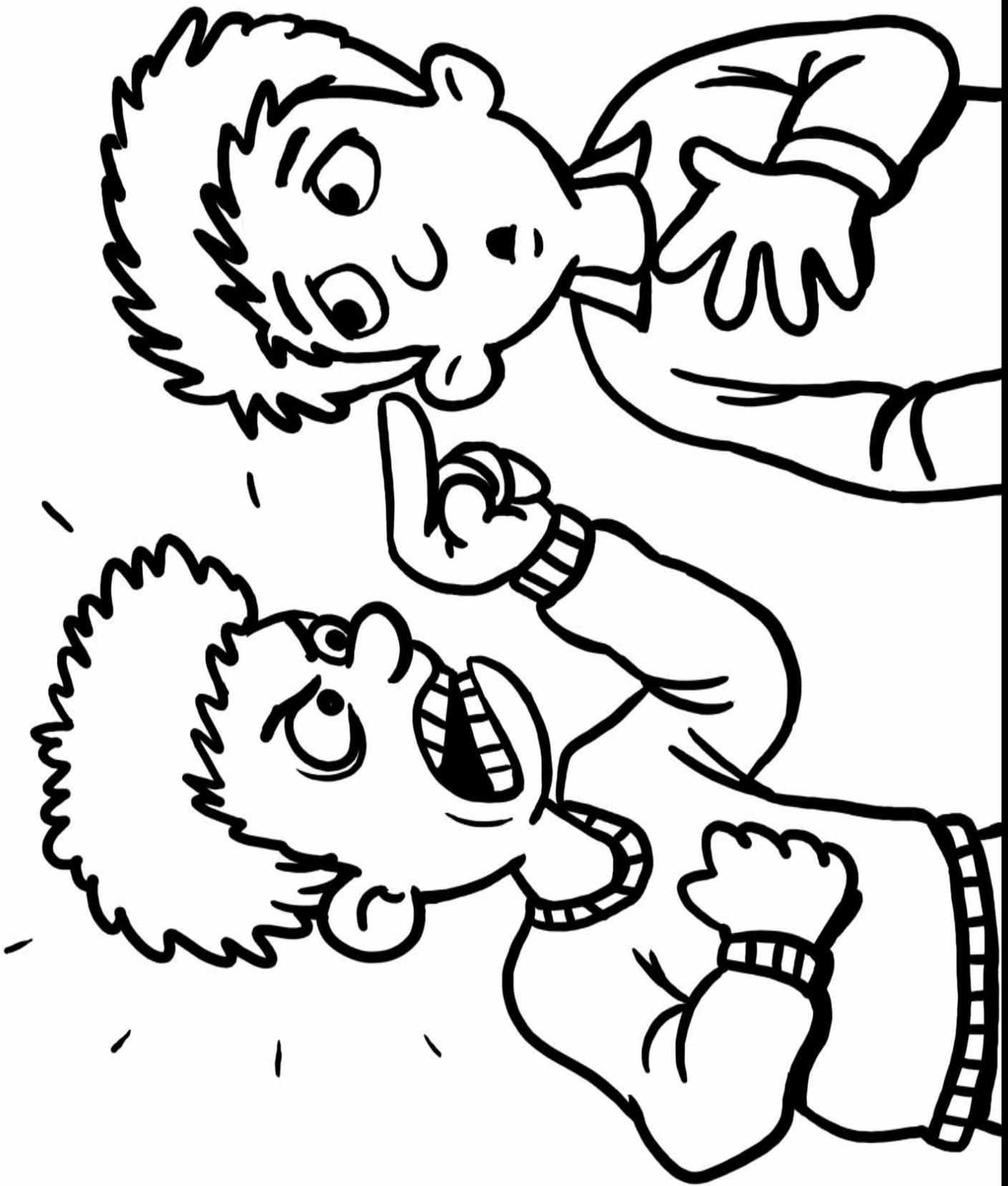
SCHOOL
BUS
STOP

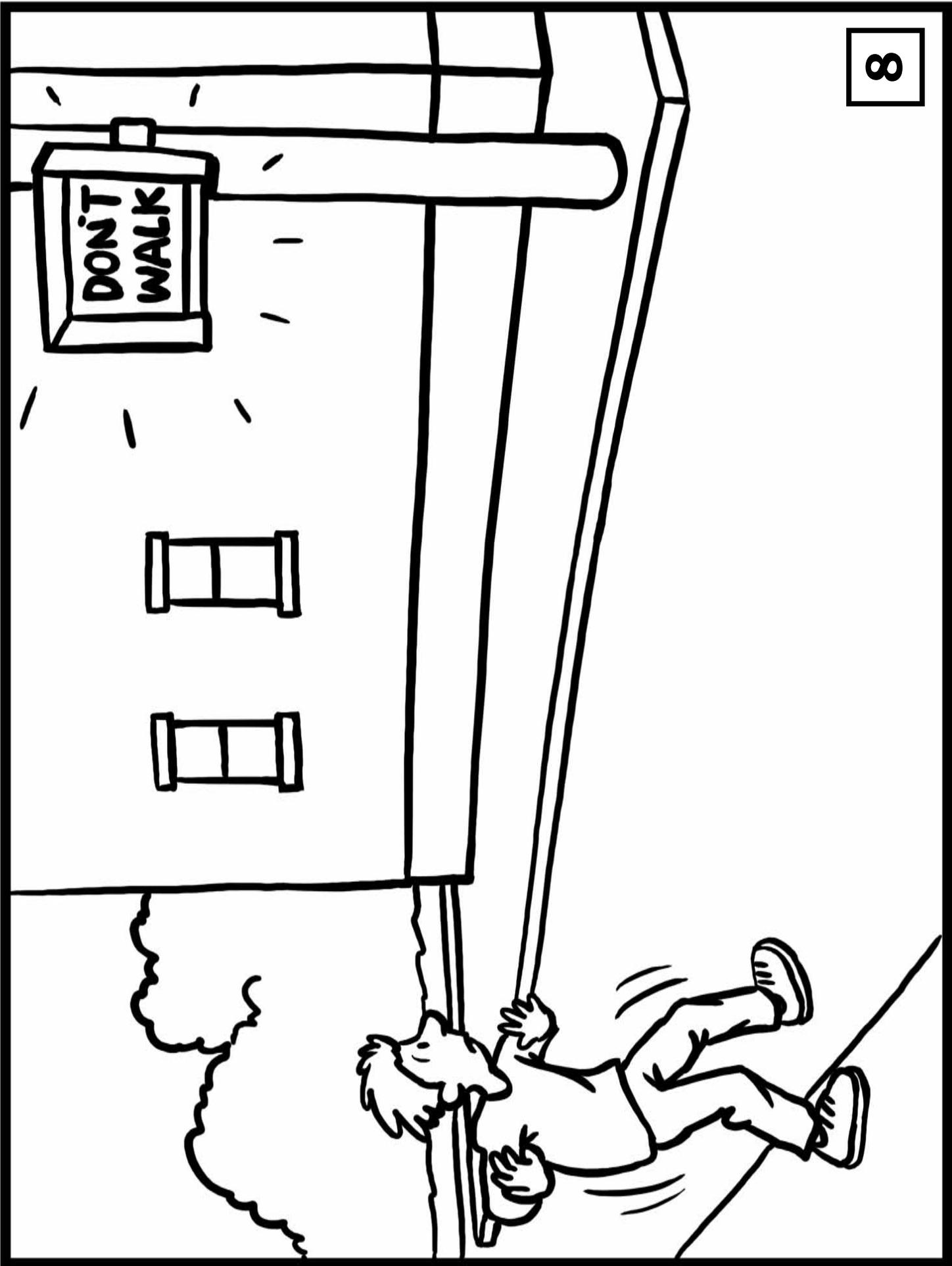


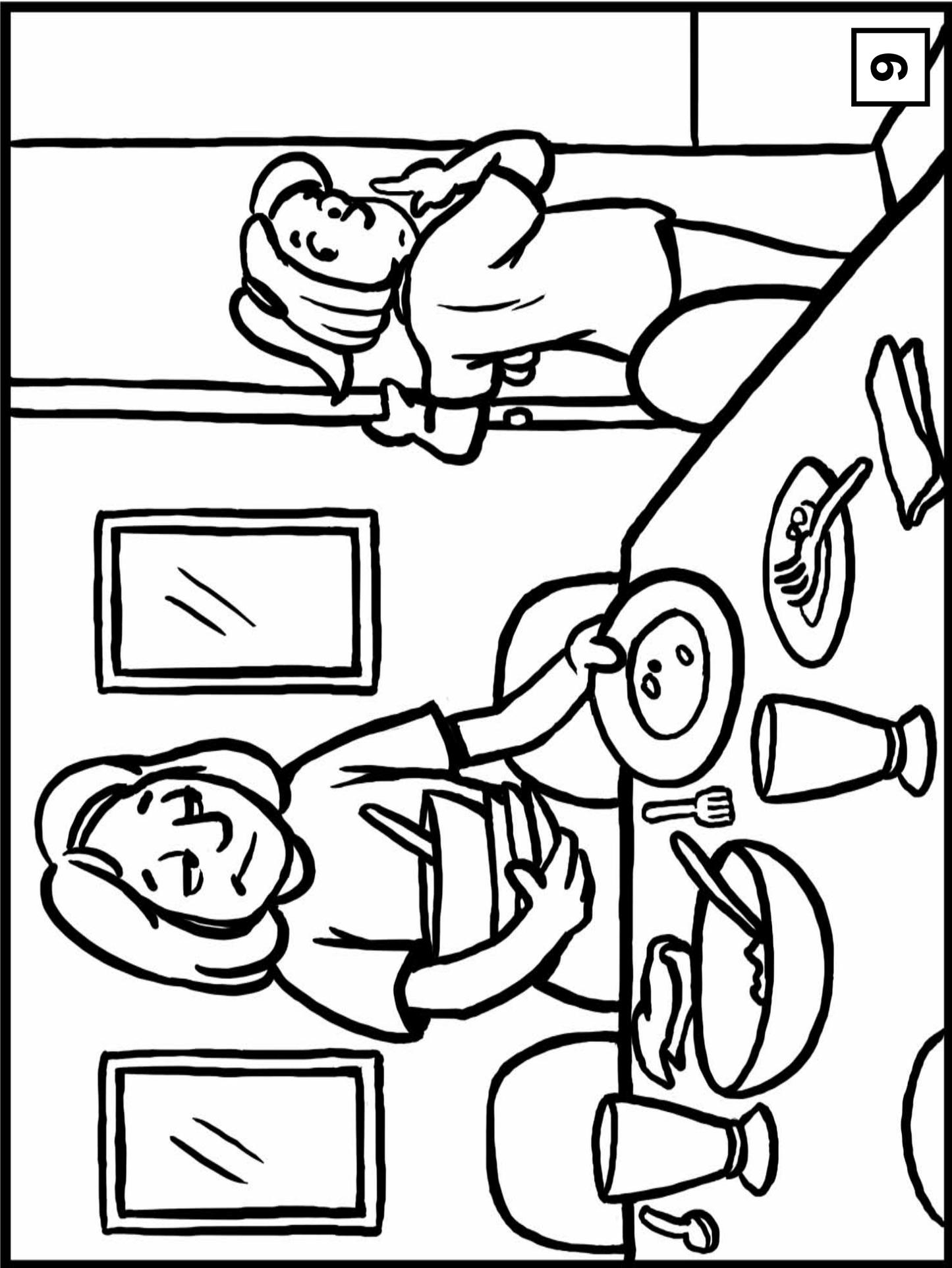


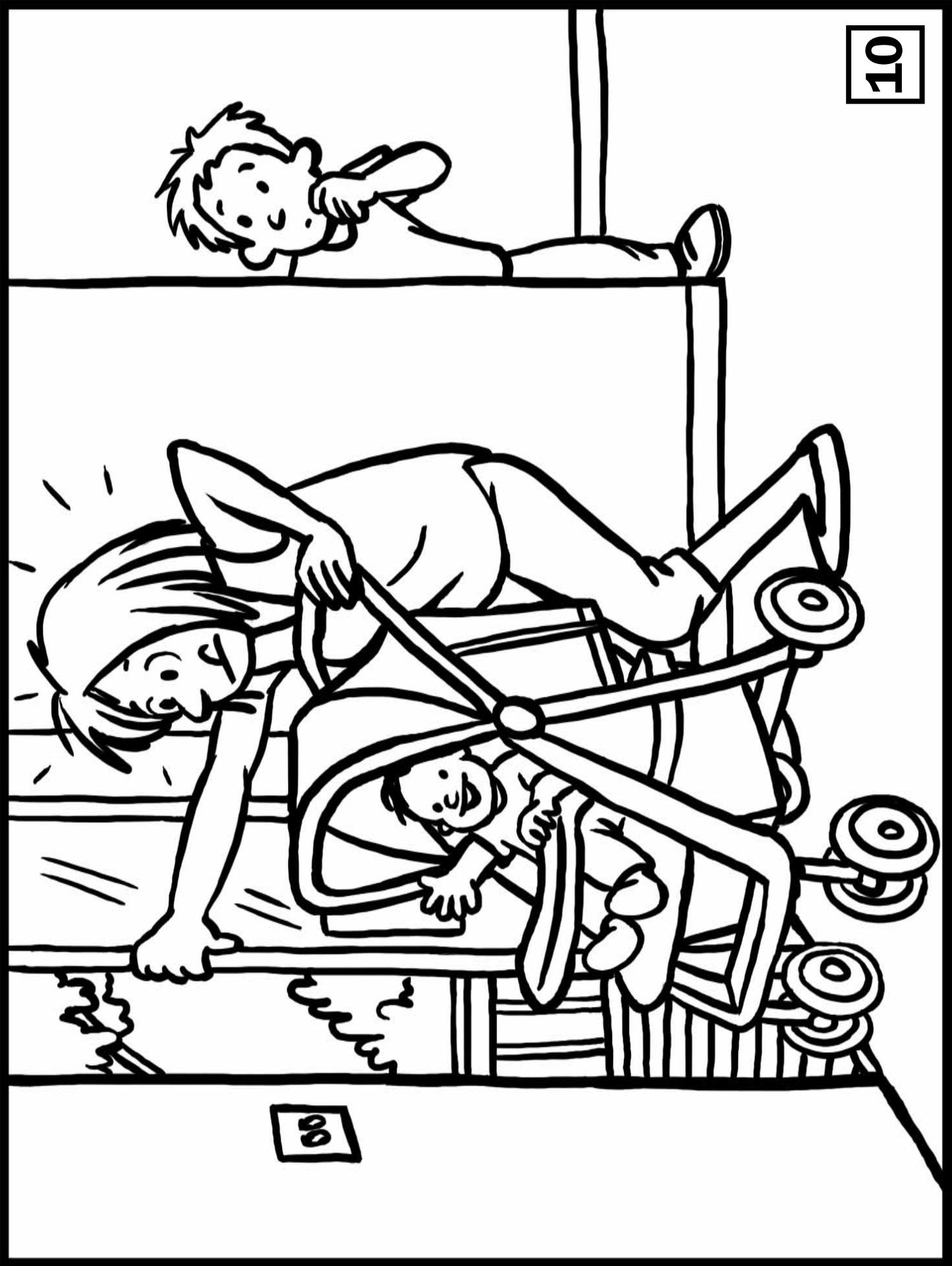














**HEROES
DO WHAT'S RIGHT**

**In all these
things we are
more than
conquerors
through him who
loved us.**

Romans 8:37

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through him who
loved us.**

Romans 8:37

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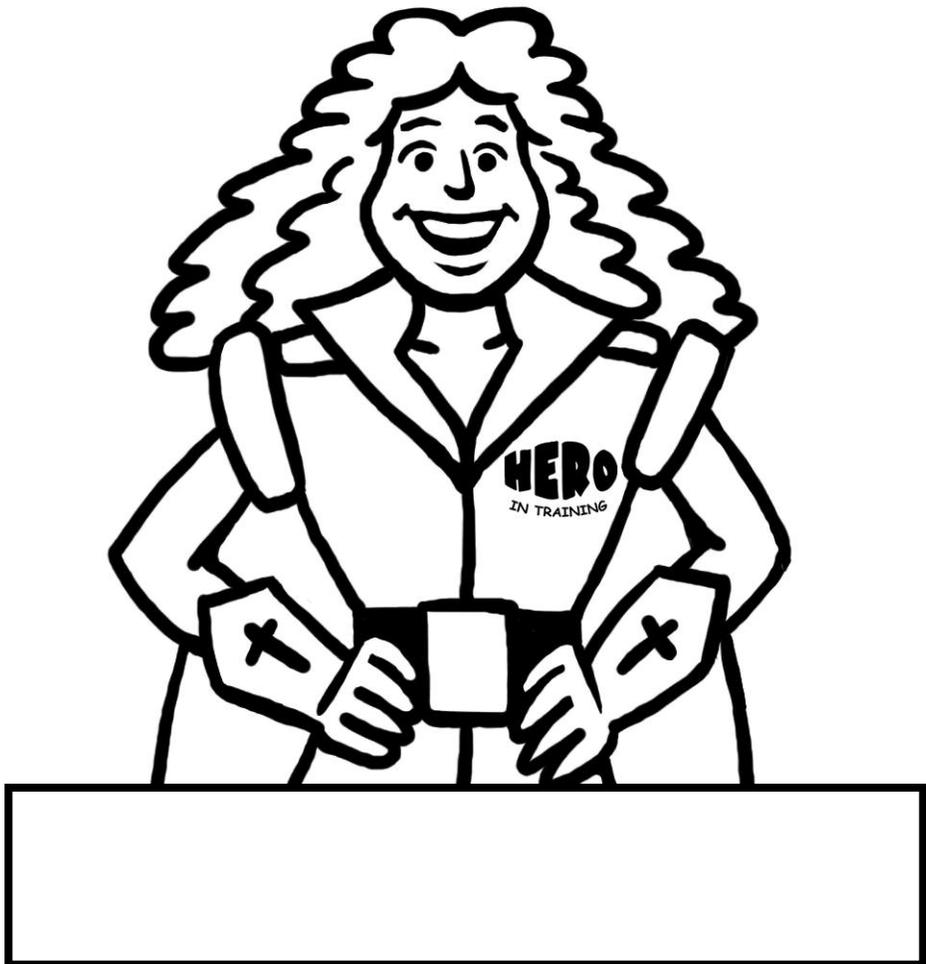
Romans 8:37

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Romans 8:37

HERO

Trophy





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Web: biblicalparenting.org



Welcome to Hero Training Camp

Dear Parent,

The **Hero Training Camp** is designed to help children learn to be inner motivated in four ways: 1) Do what's right, 2) Deal with wrongs, 3) Be honest, 4) Care about others. The lessons teach children about two entities described in the Bible that provide motivation on the inside, the conscience and the Holy Spirit. God uses both to prompt children to take action.

The word "conscience" is used 30 times in the New Testament and is also alluded to both in the New and Old Testaments many other times. The Apostle Paul wrote in 1 Timothy 1:18-19, "fight the good fight, holding on to faith and a good conscience." Over and over again the conscience is mentioned as an important consideration.

The reason we call it **Hero Training Camp** is because heroes are characterized by the same four things. They do what's right, deal with wrongs, are honest, and care about others. At least, that's what a hero is supposed to do. Today sometimes the "good guy" is glorified even though he lacks one or more of those qualities. Furthermore, some children want to be like the bad guy instead of the good guy. **Hero Training Camp** provides opportunities to discuss these and many more issues.

The **Bible verse** for this lesson comes from Romans 8:37 and says, "In all these things we are more than conquerors through him who loved us." Look for opportunities to talk about what a clear conscience is and why it is so valuable.

The **Power Words** for this lesson are, "I am eager to do what's right." Children were given a **Hero Exercise** for this lesson to be on the lookout for things that are wrong and see what they can do to fix them. These might be common things around the house such as clothes on the floor, trash that needs to be emptied, a sad sibling, or someone who needs help. As you have opportunity, talk about things you see that need to change and encourage your child to do the same.

As you work with your child this week have some talks about heroes, how they see things that are out of place and take initiative to make things right. Talk about wanting to be like a hero and how some heroes are flawed.

The goal of this lesson is to raise the awareness level of three things. First, that the child has a conscience that points out problems and prompts action. Second, that God desires that your child learn to respond to the conscience and the Holy Spirit. And third, that when a child learns to respond well, hero opportunities arise. Your child can become a hero. Your home is the training ground. You are the coach. Welcome to **Hero Training Camp**.

Blessings,

Scott Turansky

Joanne Miller

