



TNCC
CHILDREN'S
CHURCH

INCREDIBLE GOD; INCREDIBLE ME

HOOK

VIDEO

Incredibles trailer <https://www.youtube.com/watch?v=eZbzbC9285I>

Incredibles 2 trailer <https://www.youtube.com/watch?v=ElhyFbt1X7E>

Incredibles in 4 minutes https://www.youtube.com/watch?v=URm7uCe60_s

[choose whichever appropriate for your respective age group]



LESSON

Incredibles 2 is out in the cinemas. Who has watched it?

In the original movie, we are introduced to the Parr family — Bob and his wife Helen used to be among the world's greatest crime fighters, saving lives and battling evil on a daily basis as Mr Incredible and Elastigirl. Fifteen years later, they have been forced to adopt civilian identities and retreat to the suburbs where they live "normal" lives with their three kids — Dash, Violet and Jack Jack. Itching to get back into action, Bob gets his chance when a mysterious communication summons him to a remote island for a top-secret assignment. His new employer turns out to be none other than his former fan-club president Buddy, now operating under the name 'Syndrome', who wants nothing more than to destroy all the Supers, including the Incredibles.

Today we're just going to discuss some of the characters in the original movie (to avoid spoilers) and the giftings they had.

Mr. Incredible: He has a gift of strength. In Phil 4:13, Paul writes that we can do all things through Christ who strengthens us. So we have ultimate strength for anything that God sends our way. Each of us has the power of God available to us at all times that makes us incredible too. We are incredible!

Elasti-Girl: Her gift was the ability to stretch. Every day we are provided with the chance to stretch and grow. Sometimes we are stretched to be kind to kids who may be mean or unfriendly; or we are stretched to be nice to the kid whom nobody wants to be friends; or we are stretched to tackle challenges in our studies or homework or chores. God knows just how far we can stretch, and He will stretch us a little each day if we let him so we can grow stronger in different areas of our lives.

Dash: He had great speed. He wanted to use his gift of speed to race. At the end of the movie, his mom and dad only wanted Dash to finish the race, and it wasn't important that he win. All of us are in a race. We are trying to finish this life and bring glory to God in all we do. It doesn't matter if we finish first, because with God, no matter where you place, you are a winner. God just wants us to finish the race the best we can (Heb 12:1; 2 Tim 4:7). So we are always winners with God, and that makes us incredible too.

Violet: She had the ability to create a force field to protect herself and her family. God desires to protect us and our families. Jesus' blood covers us from all that Satan is trying to throw at them.

Frozone: This is Mr Incredibles' good friend. He could use the moisture in his body or in the air to produce ice that would help those in need. If Frozone was dry, he couldn't help those around him and produce ice. He had to be full of liquid or water. Just like him, we need to be full of the Holy Spirit so we can give to others what they need. We can allow God to fill us with His Holy Spirit so that we can touch those around us. He will guide us to do the right thing no matter what obstacles we face.



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In short, in Christ, we are truly incredible. No matter what anyone says to you, remember that our incredible Jesus has made all of us truly incredible!

[older kids]

There's one more person we can talk about.

Syndrome (Buddy): Growing up, Buddy wanted nothing more than the approval and love of his hero Mr Incredible. He believed, on some deep level, that in order to be of value he must be 'super'. When he didn't receive that approval – when he was rejected – he interpreted it as a sign that he is 'not good enough'. This insecurity pushed him to make bad decisions and choices, leading to a lonely and tortuous life of vindictive self-reliance and deluded works righteousness. "You can't rely on anyone!"

When we know who we are and whose we are, we do not need to be insecure and rely on our self. We can rest assured in Jesus' love for us and live the full and incredible life He has prepared for us.

SONG

Incredible <https://www.youtube.com/watch?v=QcxCDur76lc>

(Adapted from https://www.kidology.org/zones/zone_post.asp?post_id=2338)



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ACTIVITY SUGGESTIONS

HUDDLE TIME

Get into small groups. Get the children to share areas in their lives where they want to experience the incredible life of Jesus. Pray for each other.



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INCREDIBLE GOD & ARK MAN

LESSON OBJECTIVES

CHILDREN WILL LEARN ...

I can trust my Incredible God

SCRIPTURE REFERENCES

Genesis 7:6-18, 8:15-22, 9:8-17 (Noah's Ark)

CLASS PLAN

TIME: 50 mins	
10 mins	<ul style="list-style-type: none">• Welcome / Cheer• Attendance• Run through boundaries with kids• Commit class and kids to God in prayer
5 mins	<ul style="list-style-type: none">• Hero Auditions (optional – can paraphrase/summarise)
15 mins	<ul style="list-style-type: none">• Bible story/Lesson
5 mins	<ul style="list-style-type: none">• Memory Verse
5 mins	<ul style="list-style-type: none">• Review/Reinforcement: Bring it Home
10 mins	<ul style="list-style-type: none">• Huddle Time



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INCREDIBLE GOD & ARK MAN

HOOK

HERO AUDITIONS: ARK MAN

ITEMS NEEDED: A clipboard, super hero costume

CHARACTERS: Martin, a casting director; Arkman, a hero

Martin enters.

MARTIN: Okay, ladies and gentlemen, please be quiet. Everyone, I need your attention please. As you all know, we are staffing up a new super hero team to help save the world. We already have the Justice League, the Avengers, and of course, the Incredibles, but with super-villains on the rise, the world needs a fourth super hero team. Everyone's going to have a chance to audition. What we want you to do when we call your number is come on stage, give us your name, tell us your power, and tell us how you've used that power. Okay, number one, you're up.

Arkman enters.

ARKMAN: That's me. I'm number one. Well, I'm not number one. I mean, I don't mean to brag on myself, because that's not my style, but I'm—

MARTIN: Name, please?

ARKMAN: Arkman.

MARTIN: Arkman? That's an odd name for a super hero.

ARKMAN: So is Plastic Man.

MARTIN: So Arkman, how many times have you saved the world?

ARKMAN: Well, I guess I did save it one time. Part of it, anyway.

MARTIN: What about the other part?

ARKMAN: You mean the evil part? Long gone.

MARTIN: Nice!

ARKMAN: But that wasn't my doing. That was all God.

MARTIN: Is he a superhero?

ARKMAN: No, God is better than a superhero.

MARTIN: Well who is he?

ARKMAN: God? Why he's God! He's my Creator. My Saviour.

MARTIN: So God gave you super powers?



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INCREDIBLE GOD & ARK MAN

ARKMAN: Super powers? Goodness no. God gave me the plan.

MARTIN: The plan?

ARKMAN: And blueprints!

MARTIN: Blueprints for what?

ARKMAN: An ark, of course. A big giant boat large enough to save me and my family from a great flood that purged the Earth of evil.

MARTIN: So what you're telling me is you have no powers of your own, and you did nothing to fight evil?

ARKMAN: Well, yes.

MARTIN: Then what did you do?

ARKMAN: I trusted God's plan. I had the faith to follow God when no one else would. That's why God saved my family.

MARTIN: You know, call me crazy, but that sounds like a good quality for a hero. If you don't trust your leader enough to follow his plan, what kind of hero are you?

ARKMAN: Say, I think that was a compliment.

MARTIN: I think it was.

ARKMAN: So am I on the team?

MARTIN: I don't know, Arkman. You're number one, and we've got a lot of numbers to go through. But anyone who wants to be on this team must have your kind of faith.

ARKMAN: Thanks, man. Good luck finding your heroes.

MARTIN: I'd say we're off to a good start!



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LESSON

We seem to be living in a golden age of super hero movies. We've seen Batman, Superman, Spider-Man, Iron Man, Captain America, Wonder Woman, Thor, and Ant-Man. We've seen super hero teams like X-Men, the Avengers, Guardians of the Galaxy, the Justice League, and even a family of super heroes you might know as the Incredibles.

There are many things we love and admire about these heroes. We love the cool costumes. We love the gadgets. Admit it, we even love the villains sometimes. But I think what we love most is when we see ourselves in these super heroes. Most super heroes aren't perfect people. Far from it. They can be broken, flawed, confused, immature, and even a little bit crazy. But when they work together and put their mind to it, they can accomplish great things.

As ordinary "citizens" we don't have access to super powers, but we do have access to a power source greater than any super hero. We have God, our creator and our Saviour. We have a God who made the whole world, who made us, and who can do miracles.

We may not be able to leap tall buildings in a single bound or fight off hordes of alien invaders, but if we trust in Jesus, we can grow an incredible faith that will allow us to live a life of adventure.

Faith is believing in what we cannot see. It means trusting God to do the things we cannot, and trusting him to do great things in us and for us. We're going to grow our faith by looking at some of the heroes of the Bible over the next few weeks.

Today's hero is Ark Man.

ARK MAN

Ark Man, if you can't guess, is Noah, a man who was told to build a giant boat. Noah was asked to make a huge leap of faith, building a boat to house all the animals of the world so he could save them and his family from a flood. Noah trusted God, and he was not afraid to follow God's plan.

God told Noah to build a boat, a giant boat called an ark large enough to house at least two of every kind of animal. He asked Noah to trust him so that God could save him and his family from the great flood God said was going to come on the earth. The problem was, no one had ever seen or heard of a flood like this before.

But Noah had great faith. He trusted God's plan, as crazy as it sounded, and God used him and his family to start over. Noah shows us that having great faith means trusting that God has a plan even when we can't see it.



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INCREDIBLE GOD & ARK MAN

I want you to put yourselves in Noah's shoes for a moment. You're in a time when no one except you and your family believes in God. One day, God comes to you. He tells you that you and your sons are to build a giant boat because it's going to rain and flood. No one has ever seen a flood anywhere close to what God is talking about. It sounds absolutely crazy. So does this idea about building a boat to hold all these animals. You know everyone will think you are crazy. Yet you still choose to obey God. You trust God completely and believe that he has a plan you can't see, and so you start building the ark.

Then things really get bad. It takes a long time to finish this ark, and everyone starts to notice the big ship in your front yard. There's no way to hide it. Your neighbours ask what's with the giant boat. You tell them that God is going to flood the Earth. They look at the sunny sky and laugh at you! They don't believe in God, and they don't believe a word you tell them. Yet you still have faith enough to keep on building, and keep believing that God has a plan even when no one else believes.

It isn't always easy to have faith in God. Sometimes his plans can seem strange. Sometimes we can get picked on and made fun of for doing things God's way instead of the way everyone else does. Faith means we trust that God's way is the best way. If we stick with his plan, God will not only do great things for us, he will do great things through us.

INCREDIBLE JESUS (for older kids)

After the flood, God gave Noah (aka Ark Man) and his family a promise (Gen 9:8-17). He promised never to flood the earth again, no matter how wicked man may be.

"I establish my covenant with you: Never again will all life be destroyed by the waters of a flood; never again will there be a flood to destroy the earth. ... Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth."

But God is a holy God. And sin and wickedness had to be judged. So God sent Jesus to take this judgment. When Jesus came to earth, everyone thought He would be the conquering hero. No one understood why He was arrested, whipped and crucified. It seemed like all was lost and hopeless.

But God's way is the best way. And through His death on the Cross, Jesus defeated sin, sickness and death once and for all. Isn't He incredible?

All we have to do is to have faith in this incredible Jesus!

Source: <https://www.childrens-ministry-deals.com/products/free-incredible-faith-childrens-ministry-lesson>



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INCREDIBLE GOD & ARK MAN

ACTIVITY SUGGESTIONS

THEME MEMORY VERSE (for the series)

Ephesians 1:19-20 *I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honour at God's right hand in the heavenly realms.*

(v19 for younger kids)

<i>I pray</i>	hands in prayer
<i>that you will understand</i>	fingers point to sides of head
<i>how <u>incredibly</u> great</i>	make big circle over head with arms
<i>God's power is</i>	show muscles
<i>for us who believe</i>	hands on heart
<i>in Him.</i>	point up to heaven

SONG

Incredible <https://www.youtube.com/watch?v=QcxCDur76lc>

BRING IT HOME

God has a plan for every one of us. It may be big. It may be small. Whatever it is, God created you to fulfil that plan. Ask God to show you the plans he has for you, and ask for the faith to obey him, whatever the plan may be. That's the first step to building an incredible faith!

HUDDLE TIME

Get into small groups. Share the points raised in "Bring it Home" and pray for each other.



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INCREDIBLE GOD & FATHER FAITH

LESSON OBJECTIVES

CHILDREN WILL LEARN ...

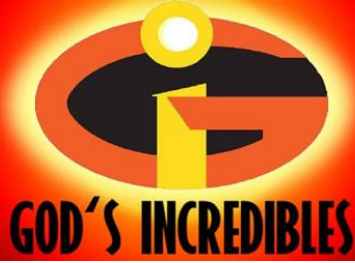
I can follow my Incredible God

SCRIPTURE REFERENCES

Genesis 12:1-9; Gen 22 (God, Abraham and Isaac)

CLASS PLAN

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INCREDIBLE GOD & FATHER FAITH

INTRO/HOOK

Incredible <https://www.youtube.com/watch?v=QcxCDur76lc>

Today, I brought a blindfold. What if I were to ask one of you to put on this blindfold and find your way to the back of the room and bring a book (or any other object) back to me? How do you think you might feel? Would you be worried that you might bump into something and hurt yourself? Would you be afraid that others might laugh at you when you went the wrong direction? What if I said that I would go with you and hold your hand? You trust me, don't you? I will be with you every step. How does that make you feel? Who would like to try it? (Choose a child.) OK, let's go.

LESSON

Today, we will meet a hero called Father Faith.

Father Faith was a good man who owned many sheep and cattle. He had a beautiful wife, but they did not have any children for a long, long time.

One day, God came to Father Faith and told him, "I want you to pack up all your things and leave your home!

"I want you to go to the land I will give you. I promise that I will bless you, and make your family great. I will be with you in all you do, and because of you all the families of the earth will be blessed."

Wow! That was quite a promise!

But a scary one too. It meant that our hero would have to leave the place he knew and go to a place he didn't know. He would have to trust God that everything would be okay.

But that's just what Father Faith did.

He took his wife and his nephew. They packed up everything they owned in the land of Haran and moved to Canaan, the land God promised to lead him to.

It couldn't have been an easy move to make. He was already 75 years old. And Canaan was a long, long way away from Haran!

But Father Faith knew that God was an incredible God. And he could follow this incredible God. So he did.



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FATHER FAITH

Father Faith, if you can't guess, is Abram (or Abraham as he was later known), a man who was described as a friend of God.

He had faith in this friend. He had faith in this incredible God. So he followed Him wherever he was called to.

Following God was not always easy.

Sometimes it was very inconvenient. Imagine packing your whole life up and going into the unknown.

Sometimes it took a long, long time to see the results. Just as God promised Abraham many descendants — as many as the stars in the skies and the sands on the earth — but he still had to wait many, many years to see the birth of his son, Isaac.

And sometimes it's just crazy difficult. Like the time God tested Abraham by asking him to sacrifice his beloved son, Isaac.

But God tested Abraham not because He was cruel. He wanted to show Abraham a glimpse, a picture, of the ultimate hero of all.

INCREDIBLE JESUS

God promised that one day, through Abraham, He will give the world a sacrifice to tell them how much He loves them.

One day, God took His son, His only son, Jesus, whom He loves, and sacrificed Him as a burnt offering.

He put the cross on His back and made Him walk up the hill. Like the ram caught in the thorny bush, Jesus had a crown of thorns pressed on His brow as He took the punishment for our sin.

God provided Jesus, the lamb of God. Jehovah Jireh!

And because of our incredible Jesus, we all have the same blessings as Abraham, and we can follow Him.



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INCREDIBLE GOD & FATHER FAITH

ACTIVITY SUGGESTIONS

THEME MEMORY VERSE (for the series)

Ephesians 1:19-20 *I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honour at God's right hand in the heavenly realms.*

(v19 for younger kids)

<i>I pray</i>	hands in prayer
<i>that you will understand</i>	fingers point to sides of head
<i>how <u>incredibly</u> great</i>	make big circle over head with arms
<i>God's power is</i>	show muscles
<i>for us who believe</i>	hands on heart
<i>in Him.</i>	point up to heaven

SONG

Trust His Heart

<https://www.youtube.com/watch?v=eLn0cRI-0GE>

BRING IT HOME

There may be times when it's very difficult to follow God. But when we know what a good and incredible God we have, and that He is holding our hand, we can follow Him step by step. Ask God to show you the plans he has for you, and ask for the faith to obey Him, whatever the plan may be. That's the first step to building an incredible faith!

HUDDLE TIME

Get into small groups. Share the points raised in "Bring it Home" and pray for each other.



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INCREDIBLE GOD & PROFESSOR POSITIVE

LESSON OBJECTIVES

CHILDREN WILL LEARN ...

I have hope in my Incredible God

SCRIPTURE REFERENCES

Genesis 39, 40 (Joseph in Egypt)

CLASS PLAN

TIME: 50 mins	
10 mins	<ul style="list-style-type: none">• Welcome / Cheer• Attendance• Run through boundaries with kids• Commit class and kids to God in prayer
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INCREDIBLE GOD & PROFESSOR POSITIVE

INTRO/HOOK

Incredible <https://www.youtube.com/watch?v=QcxCDur76lc>

[illustration: Thai boys trapped in cave. Seemed hopeless and dark. But after 9 long days, suddenly help arrived. Even though boys were still trapped for a few more days, they had hope because the rescuers were with them.]

LESSON

We've been meeting quite a few incredible people over the past few weeks — Who remembers Ark Man? (Noah learned to trust God even when everyone around thought he was crazy) How about Father Faith? (Abraham followed God even when he didn't know where the road ahead led).

Today, we will meet another hero ... I call him Professor Positive!

It's easy to be positive when everything is going well, right? If the sun is shining, your parents get you the newest toy, your teachers give you good grades ... we can all be positive and happy. But what if it's dark and dreary? What if your parents seem to be taking your brothers' side? What if your teachers are punishing you for something you didn't do? Can you still have a positive outlook on life?

Well, Professor Positive did.

He seemed to have everything going against him. His own brothers faked his death to get rid of him. Then, even though he worked hard and made right decisions, he was unfairly framed for something he didn't do and severely punished. And when he helped someone who promised to get him out of his situation, the other person completely forgot about him ... for a whole two years!

How does someone stay hopeful and positive in this type of circumstance?

Well ... Professor Positive knew that he had an incredible God with him. And this incredible God gave him success in everything he did, wherever he was. So he continued to have hope in this incredible God.



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INCREDIBLE GOD & PROFESSOR POSITIVE

PROFESSOR POSITIVE

Who is Professor Positive? That's right. It's Joseph.

Joseph was sold by his own brothers to be a slave in Egypt.

He served faithfully in his master Potiphar's house. But was unfairly accused by Potiphar's wife and thrown into prison.

He was the head prisoner and interpreted dreams for the king's butler. But the butler forgot about him until much later.

But Joseph didn't lose hope. Through it all, the Bible records repeatedly, that "the Lord was with Joseph and gave him success in whatever he did" (39:3, 21, 23).

And in one day, God transported Joseph from prisoner to Prime Minister over Egypt. Everything he lost was restored to him many times over.

And knowing that God was the one who was with him every step of the way, Joseph could forgive his brothers and forgive them, saying, *"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."* (Gen 50:20)

Isn't that incredible?

INCREDIBLE JESUS

Jesus understood what Joseph was going through. He also went through it Himself.

He was rejected by His own brothers. He was betrayed by His friend. He was falsely accused, beaten and crucified for other people's sins.

And because of the sacrifice of our incredible Jesus, everything we have lost because of sin has been restored to us at the divine exchange on the cross. Whatever sin took away from us — love, joy, peace, patience, health, wealth etc — Jesus restored on the Cross in exchange for His blood.

So today, no matter what circumstances we are going through, we, too, can declare, "The Lord is with me and gives me success in whatever I do."



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ACTIVITY SUGGESTIONS

THEME MEMORY VERSE (for the series)

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<i>in Him.</i>	point up to heaven

SONG

My God is so big

<https://www.youtube.com/watch?v=yiWYtwFt9Jc>

BRING IT HOME

There may be times when we go through difficulties and challenges and there doesn't seem to be any light at the end of the tunnel. But when we know we a good and incredible God with us, we can have hope and trust in Him.

HUDDLE TIME

Get into small groups. Share any difficulties and challenges faced and pray for each other.



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INCREDIBLE GOD & AQUA MAN

LESSON OBJECTIVES

CHILDREN WILL LEARN ...

My incredible God always makes a way

SCRIPTURE REFERENCES

Exodus 14 (Moses and the Parting of the Red Sea)

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INTRO/HOOK

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DEMONSTRATION

Parting the Waters

<http://www.kidssundayschool.com/452/gradeschool/parting-the-waters.php>

or

Pepper and Water Trick

Prepare a small dish of plain water. Take a pepper shaker and shake pepper all over the water.

Can you see the pepper floating on top of the water? Now, I want to watch what happens when I put my finger into the water and touch the bottom of the dish. Did you see that? What happened?

You are right — nothing happened!

Next I am going to take just a drop or two of this dishwashing detergent and put it on the tip of my finger. Now I will once again put my finger into the water and touch the bottom of the dish. Now, watch carefully. Wow! Did you see what happened? The pepper all separated and moved to the sides of the dish! That is pretty amazing, isn't it?

Today, we learn about an event that is far more amazing than the little trick I just showed you. In fact, it may be one of the most spectacular events in history.



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INCREDIBLE GOD & AQUA MAN

LESSON

Our hero today is Aqua Man!

Aqua Man was not always a hero. He had power and wealth. But he was a coward ... afraid and always running away from trouble. He couldn't speak well. So he hid for many years in a desert among goats and sheep.

But one day, God gave Aqua Man a special mission — to bring about 1 million people out of the clutches of the evil Egyptian king.

After a series of other incredible miracles, the evil king finally allowed the people of Israel to go with Aqua Man.

But the adventure didn't end there. Because the evil king changed his mind and decided to get them back! So the entire army of the Egyptian king chased after Aqua Man and his motley bunch, with old, old people and babies.

And up ahead, there was a big sea. Oh no! Aqua Man and crew were trapped!

"We are going to die!!!" they all cried.

But Aqua Man was not a coward anymore. He knew God had sent him on his mission. He knew God was with him. And he had seen God's incredible miracles.

"Don't be afraid. Just stand still and watch the Lord save you today. The Egyptians you see today will never be seen again. The Lord himself will fight for you. Just stay calm."

Then Aqua Man raised his hand over the sea, and the Lord opened up a path through the water with a strong east wind.

So the people of Israel walked through the middle of the sea on dry ground, with walls of water on each side!

The Egyptians, with their horses and chariots, chased after the Israelites through the sea, but God twisted their chariot wheels, making them difficult to drive.

When the Israelites reached the other side, the Lord said to Aqua Man, "Raise your hand over the sea again." When he did, the waters returned and all of the chariots and horses -- the entire army of the Pharaoh who chased the Israelites into the sea were drowned. Not a single one survived.

When the people of Israel saw the mighty power that the Lord had unleashed against the Egyptians, they were filled with awe before him. They put their faith in the Lord.



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INCREDIBLE GOD & AQUA MAN

AQUA MAN

Who can tell me who Aqua Man is? That's right. Moses.

Moses was a coward who ran away and hid in the desert for many years. But God called him to be a deliverer for the people of Israel, who were slaves in Egypt.

Moses gave all sorts of excuses. But God reminded him that He was with him always.

Even when Moses led the Israelites out of Egypt, they didn't have any GPS or Waze to tell them where to go. But the Lord went before them and led the way as a pillar of cloud by day, and a pillar of cloud by night.

Aqua Man knew that he just needed to *"stand still and watch the Lord save you today"*, because he had an incredible God.

INCREDIBLE JESUS

The Egyptians pursued the Israelites. They thought they had trapped them ... out in the desert with the Red Sea blocking their way. The Israelites thought they were goners. But God opened a way through their biggest obstacle (the Red Sea) for them to pass through safely. And God also used that same obstacle to destroy their enemies (the Egyptians)!

When Jesus was on earth, the devil thought he could destroy him by getting him killed. What he didn't expect was that God used the devil's weapon — death (after all, the devil's job is to steal, kill and destroy) — to destroy the curse of sin completely.

It's like the devil threw a slingshot, but the stone came back and hit him in his head!

Jesus' death on the cross opened the way for us through the waters of sin and death and destroyed the power of Satan over us!

Jesus is our deliverer! We are free! Jesus set us free! We don't have to do anything except walk in the way He has opened for us!

Side note: God told Moses to "lift up your rod, and stretch out your hand over the sea and divide it." (Exodus 14:16)

This is also a clue that God gave us back in the Old Testament — a picture of Jesus on the cross!



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INCREDIBLE GOD & AQUA MAN

ACTIVITY SUGGESTIONS

THEME MEMORY VERSE (for the series)

Ephesians 1:19-20 *I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honour at God's right hand in the heavenly realms.*

(v19 for younger kids)

<i>I pray</i>	hands in prayer
<i>that you will understand</i>	fingers point to sides of head
<i>how <u>incredibly great</u></i>	make big circle over head with arms
<i>God's power is</i>	show muscles
<i>for us who believe</i>	hands on heart
<i>in Him.</i>	point up to heaven

SONG

How did Moses cross the Red Sea?

<https://www.youtube.com/watch?v=O7THqnY-uL0> (actions)

<https://www.youtube.com/watch?v=HboALKQxbNY>

I will sing unto the Lord

<https://www.youtube.com/watch?v=59QeKBAvbDc>

<https://www.youtube.com/watch?v=mx0JJOBMlp8>

BRING IT HOME

Whatever challenges we may face, know that our incredible God will bring us through. We just have to rest in Him.

HUDDLE TIME

Get into small groups. Share any difficulties and challenges faced and pray for each other.



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INCREDIBLE GOD & AQUA MAN

TIME FILLERS

Ten Commandments movie clip

<https://www.youtube.com/watch?v=Jo0JMs-evQU>

Prince of Egypt

<https://www.youtube.com/watch?v=mUjC5ahSMrM>



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INCREDIBLE GOD & MR 300

LESSON OBJECTIVES

CHILDREN WILL LEARN ...

My incredible God is more than enough

SCRIPTURE REFERENCES

Judges 6-7 (Gideon and the Midianites)

CLASS PLAN

TIME: 50 mins	
10 mins	<ul style="list-style-type: none">• Welcome / Cheer• Attendance• Run through boundaries with kids• Commit class and kids to God in prayer
2 mins	<ul style="list-style-type: none">• Incredible Song (theme song) https://www.youtube.com/watch?v=QcxCDur76lc
18 mins	<ul style="list-style-type: none">• Bible story/Lesson
5 mins	<ul style="list-style-type: none">• Memory Verse
5 mins	<ul style="list-style-type: none">• Review/Reinforcement: Bring it Home
10 mins	<ul style="list-style-type: none">• Huddle Time

INTRO/HOOK

Incredible <https://www.youtube.com/watch?v=QcxCDur76lc>



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INCREDIBLE GOD & MR 300

LESSON

[optional: prepare a few props to illustrate the story as you tell it]

Last lesson, we learnt about Aqua Man. Who remembers him? *Moses*

That's right. Moses was a coward who was afraid and not very heroic. But God still chose him and assured him that He was with him all the way.

Today's hero is also a bit of a coward. His name is Mr 300.

You see, Mr 300 was an Israelite. After Aqua Man brought the people of Israel out of slavery in Egypt, and even after they entered the Promised Land, they kept disobeying Him.

So God allowed the Midianites to attack them and destroy their crops for seven year. This made the Israelites very hungry and fearful, and drove them to hide in the mountains and caves.

And that's where our hero was first introduced ... threshing wheat secretly so the Midianites will not find him.

But God found him. He sent an angel to him with a message. God told Mr 300 that he will save Israel out of the hands of the Midianites.

"Hah?! Impossi-bru!" Mr 300 retorted. "I am from the smallest tribe, the weakest clan and the youngest in my family."

[prop #1: nesting dolls or stacking cups: open/lift to show the smallest of small]

But God told him, "'I will be with you, and you will strike down all the Midianites, leaving none alive."

Unconvinced, Mr 300 asked for sign after sign and gave Him two tests.

For example, he put some wool fleece on the floor. If the next morning, the wool was wet, but the ground was dry, then he would believe. And the wool was very wet. Second, he put the wool again and asked that the wool would be dry, but the ground wet. And that was exactly what happened.

[prop #2: wool and a spray can]

So finally, Mr 300 said, "Fine, I'll do it." He brought an army of 32,000 men to camp near the Midianites.

But God told him, "No, you have too many people ... you need a much smaller army so that everyone will know you won because of me, not your own strength."

So God told him to send back everyone who was afraid. 22,000 men left. How many were left? *10,000*



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INCREDIBLE GOD & MR 300

“Still too many,” God said.

God told him to bring his men to the water and let them drink. Those who bent down to drink on their knees (like a dog) were sent back. Only those who scooped up the water in their hands to drink were kept.

[prop #3: bowl of water to illustrate drinking styles]

Guess how many passed this test? *300!* (Now you know where Mr 300 got his name from)

But 300? Who fights a powerful enemy with only 300?

God does.

So Mr 300 separated his men into three groups. Each man had a trumpet and an empty jar. Inside each jar, there was a torch.

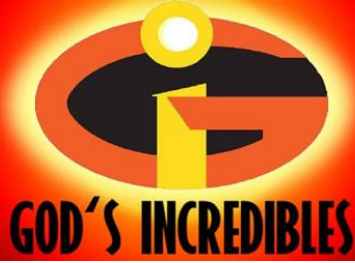
[prop #4: trumpet/torch/jar: can use picture cut-outs]

“Watch me,” Mr 300 told his men. “Do what I do. I’ll go to the edge of the enemy camp. Then do exactly as I do. I and everyone who is with me will blow our trumpets. Then blow your trumpets from your positions all around the camp. And shout the battle cry!”

Mr 300 and the 100 men who were with him reached the edge of the enemy camp. It was about 10pm, just after the guard had been changed.

The men blew their trumpets and broke their jars and held the torches in their left hands. The rest followed and shouted their battle cry.

Nobody moved or ran into the Midianites’ camps to attack. They just stood there. But the enemy got confused and ran away crying in fear and fighting each other. And the Midianites were defeated by Mr 300 and his 300 men.



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INCREDIBLE GOD & MR 300

MR 300

Who can tell me who Mr 300 is? That's right. Gideon.

Gideon was just a normal guy. There wasn't anything special about him. He wasn't a great warrior.

God made Gideon brave. God knew Gideon wouldn't want to lead the army. So, he sent an angel to tell him something he needed to hear (Judges 6:12).

Despite being the smallest of small, God still chose Gideon to defeat the enemy. Why?

So that His power may be revealed and no one can claim the victory from their own strength.

Though we may be few, small or inadequate, remember, God is more than enough for us.

God can make us brave. No matter what your challenge, you need to know that God is always there to cheer you on.

Next time you're afraid to do something, remember that God will be there to help you to be brave.

INCREDIBLE JESUS

Satan, the enemy, may seem big and powerful. His weapons are sin, sickness, and death.

Jesus could have come as a big conquering hero to show His power once and for all.

But He chose to come as a small, helpless baby, growing up as a little boy.

Why? Because He wanted to show us His real strength and power ... to live a holy, blameless life as a man and to take the sins of the world on Himself.

We, like Gideon and his men, can just stand and watch Him win the victory for us. We can just declare His praise and let His light shine in our lives to all around us.



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INCREDIBLE GOD & MR 300

ACTIVITY SUGGESTIONS

THEME MEMORY VERSE (for the series)

Ephesians 1:19-20 *I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honour at God's right hand in the heavenly realms.*

(v19 for younger kids)

<i>I pray</i>	hands in prayer
<i>that you will understand</i>	fingers point to sides of head
<i>how <u>incredibly</u> great</i>	make big circle over head with arms
<i>God's power is</i>	show muscles
<i>for us who believe</i>	hands on heart
<i>in Him.</i>	point up to heaven

BRING IT HOME

When we ever face challenges we may face, know that our incredible God will bring us through. We just have to rest in Him.

HUDDLE TIME

Get into small groups. Share any difficulties and challenges faced and pray for each other.

TIME FILLERS

Outrageous Bravery of Gideon

<https://www.youtube.com/watch?v=GWF19SMMQII>

SONG: You make me brave

<https://www.youtube.com/watch?v=KhsKKlgx7c>

God can do the impossible

<https://betterbibleteachers.com/2018/01/sunday-school-object-lesson-on-gods-power-from-the-story-of-gideon/>



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INCREDIBLE GOD & LION MAN

LESSON OBJECTIVES

CHILDREN WILL LEARN ...

My incredible God saves

SCRIPTURE REFERENCES

Daniel 6 (Daniel in the Lion's Den)

CLASS PLAN

TIME: 50 mins	
10 mins	<ul style="list-style-type: none">• Welcome / Cheer• Attendance• Run through boundaries with kids• Commit class and kids to God in prayer
5 mins	<ul style="list-style-type: none">• Every praise https://www.youtube.com/watch?v=OITDmrDqoTg
15 mins	<ul style="list-style-type: none">• Bible story/Lesson
5 mins	<ul style="list-style-type: none">• Memory Verse
5 mins	<ul style="list-style-type: none">• Review/Reinforcement: Bring it Home
10 mins	<ul style="list-style-type: none">• Huddle Time

INTRO

Every praise <https://www.youtube.com/watch?v=OITDmrDqoTg>

(this is to intro kids to a song we will singing during Family Camp)



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INCREDIBLE GOD & LION MAN

LESSON

This is a story about Lion Man.

He was actually a slave and brought into a faraway country. But because he was honest and hard-working, he was given the most jobs in the country.

The foreign king liked Lion Man a lot and gave him a lot of power. The other servants of the king were very jealous of Lion Man and tried to find something to get him into trouble. But because Lion Man obeyed God, they couldn't find anything wrong with him.

Finally, these men said to each other, "We can't find any reason for the king to fire Lion Man. The only way we could get him to disobey the king is if we made a law against his god." So they went to king Darius and said, "O great king, you are so wonderful that no one should pray to anyone but you."

The king said, "That sounds like a great idea!" Then the men continued, "All of your workers have agreed that this should be done and that anyone that prays to any other god should be thrown into the lions den."

The workers lied and said that everyone who worked for the king agreed, but of course they never talked to Lion Man because they knew he wouldn't agree. The king didn't know this, so he made the law and it couldn't be changed.

When Lion Man heard about the new law, he did what he always did. He went home to a room upstairs and opened the windows that looked out over the city. Three times that day, he went down on his knees and prayed to God, just like he always had.

These men saw him praying, so they ran straight to the king and told him, "Lion Man is ignoring your command. We have seen him praying to his God three times today."

When the king heard this, he was very sad. He knew he had been tricked to get rid of Lion Man. He tried everything to get the law changed, but couldn't.

So at the end of the day the king gave the order, and they brought Lion Man and threw him into the lions' den. The king said to Lion Man, "I hope your God who you serve and pray to will rescue you!"

A large, heavy stone was rolled in front of the den and the king went back to his palace with tears in his eyes. That night King Darius couldn't eat or sleep he was so worried for Lion Man.

The next day, as soon as the sun came up the king got up and ran to the lions' den. As he got closer he shouted, "Lion Man, has your God who you serve and pray to rescued you from the lions?" The king waited quietly for a response.

Then all of a sudden, Lion Man said, "O king, live forever! My God sent an angel, and he shut the mouths of the lions. They have not hurt me because I have done nothing wrong."



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INCREDIBLE GOD & LION MAN

The king jumped with joy and immediately ordered that Lion Man be removed from the den. And when Lion Man was lifted from the den, there wasn't even a scratch on him because he trusted in God.

The king knew that the men had tricked him into punishing Lion Man so he punished them.

After that the king made a new law and he said, "Lion Man's God is great, and I order that everyone in my kingdom must respect the Lord God, who rescued Lion Man from the hungry lions."

LION MAN

Who can tell me who Lion Man is? That's right. Daniel.

Daniel knew God. He was honest and hardworking. He had an excellent spirit. And the kings of Babylon and Persia (which conquered Israel) had favour on him.

Through it all, Daniel knew he could trust God, and even when he was thrown into a pit of hungry lions, *"no injury whatever was found on him because he believed in his God."* (Daniel 6:23)

Even the king prayed, *"I hope your God who you serve and pray to will rescue you!"*

And the king believed in God, declaring, *"For he is the living God and he endures forever; his kingdom will not be destroyed, his dominion will never end. He rescues and he saves; he performs signs and wonders in the heavens and on the earth. He has rescued Daniel from the power of the lions."* (Daniel 6:26-27)

INCREDIBLE JESUS

The story of Daniel and the lions was a prophetic picture of Jesus.

Like Daniel, Jesus was hated without cause. He was hated simply because He was light, and the darkness hates exposure.

Like Daniel, Jesus was attacked by leaders and people in power.

Like Daniel, Jesus was condemned by law in a miscarriage of justice.

Like Daniel, Jesus did not protest and accuse his accusers in any way.

Like Daniel, Jesus was found innocent and had not done anything wrong.

Like Daniel, Jesus' enemies thought that that would be the last they would ever have to see of him.

They were wrong!

Like the stone rolled away from the pit where Daniel was, the stone over Jesus' grave was rolled away and He came forth!

Jesus rescued us from the jaws of sin and death. What an incredible Jesus!



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INCREDIBLE GOD & LION MAN

ACTIVITY SUGGESTIONS

THEME MEMORY VERSE (for the series)

Ephesians 1:19-20 *I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honour at God's right hand in the heavenly realms.*

(v19 for younger kids)

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<i>how <u>incredibly</u> great</i>	make big circle over head with arms
<i>God's power is</i>	show muscles
<i>for us who believe</i>	hands on heart
<i>in Him.</i>	point up to heaven

BRING IT HOME

Even when faced with lion-like challenges, we can continue to trust and obey our incredible Jesus.

HUDDLE TIME

Get into small groups. Share how trusting Jesus has helped you through difficult challenges. Pray for each other.

TIME FILLERS

Daniel and the Scary Sleepover

<https://www.youtube.com/watch?v=N-OSyAEgKqQ>

SONG: You make me brave

<https://www.youtube.com/watch?v=KhsKKlgIx7c>



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INCREDIBLE JESUS

LESSON OBJECTIVES

CHILDREN WILL LEARN ...

My Jesus is Incredible

SCRIPTURE REFERENCES

Review

CLASS PLAN

TIME: 50 mins	
10 mins	<ul style="list-style-type: none">• Welcome / Cheer• Attendance• Run through boundaries with kids• Commit class and kids to God in prayer
10 mins	<ul style="list-style-type: none">• Every praise https://www.youtube.com/watch?v=OITDmrDqoTg• Review: Guess the Incredibles
15 mins	<ul style="list-style-type: none">• Bible story/Lesson
5 mins	<ul style="list-style-type: none">• Memory Verse
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INCREDIBLE JESUS

INTRO / REVIEW

Every praise <https://www.youtube.com/watch?v=tGFVGwtSfgI>

Guess the Incredibles

Over the past few weeks, we've been studying about:

Ark Man: Noah

Father Faith: Abraham

Professor Positive: Joseph

Aqua Man: Noah

Mr 300: Gideon

Lion Man: Daniel

Use an age-appropriate way to do a quick review of these characters with the kids.

E.g. Charades; Pictionary; Clues etc



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INCREDIBLE JESUS

LESSON

In all these lessons, we looked at how these incredible heroes in the Bible had an incredible God, and shows us how incredible Jesus is.

Ark Man (Noah) reminds us of how **Incredible Jesus took all our sin and judgment on the Cross** on our behalf so that the world will no longer be destroyed with flood again as judgment for sin.

Father Faith (Abraham) gives us a picture of **Incredible Jesus, the Lamb of God**, who was the burnt offering sacrifice.

Professor Positive (Joseph) reminds us of how **Incredible Jesus was rejected** by His own brothers, betrayed, falsely accused, and punished for other people's wrongdoings.

Aqua Man (Noah) shows us how **Incredible Jesus used the enemy's own weapon—death—to deliver us** and destroy the curse of sin completely.

Mr 300 (Gideon) shows us how we can **stand and watch Incredible Jesus win the victory** for us.

Lion Man (Daniel) was a picture of Incredible Jesus—hated without cause, attacked and condemned, did not protest, found innocent, returned from death, and rescued us the jaws of sin and death.

What an incredible Jesus!



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INCREDIBLE JESUS

ACTIVITY SUGGESTIONS

HUDDLE TIME

In the next few weeks, we'll go through the book of Mark and learn more about Jesus and the difference He made in the lives of people who encountered Him.

But for today, let's share about who this Jesus is to you. Do you know Jesus? Do you talk to Him? Do you believe in Him? What has He done for you? What can you thank Him for? If you could ask Him a question, what would you ask?

[Use this time to get kids to give their personal testimonies about their faith in Jesus. If a kid would like to accept Jesus, lead them to pray to accept Jesus]

THEME MEMORY VERSE (for the series)

Ephesians 1:19-20 *I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honour at God's right hand in the heavenly realms.*

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<i>for us who believe</i>	hands on heart
<i>in Him.</i>	point up to heaven

BRING IT HOME

We are incredible because we have Incredible Jesus in our hearts.