



GEAR UP!

Gear Up!

Series at a Glance for Elevate

ABOUT THIS SERIES

God wants us to follow Him every day, but there are a lot of things in our world that try to pull us away from Him and His best for us. So how can we protect ourselves and keep God as our focus? We can put on the full Armor of God! God gives all believers special armor to wear that will help us live our lives for Him, but we have to make the choice to put the armor on. During this series, we are going to learn about the Armor of God and hear how we can use the Armor in our lives every single day. We hope you will join us!

MEMORY VERSE

Ephesians 6:13 - So put on all of God's armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing.

WEEKLY OVERVIEW

Lesson	Topic	Big Idea
Lesson 1 May 21/22	Belt of Truth 1 Kings 3:9	We can learn right from wrong by reading the Bible.
Lesson 2 May 28/29	Breastplate of Righteousness Matthew 4	We can make wise choices by spending time with God.
Lesson 3 June 4/5	Shoes of Peace Acts 8	We can help others know peace.
Lesson 4 June 11/12	Shield of Faith Judges 7:2	We can have faith in God no matter what.
Lesson 5 June 18/19	Helmet of Salvation John 21:15-17	We can know Jesus as our Savior.
Lesson 6 June 25/26	Sword of the Spirit 1 Kings 18	We can trust the Bible to guide our lives.

Gear Up!

Series at a Glance for Elevate (cont.)

May 21/22 – Belt of Truth

To kick off this series, we are learning about the Belt of Truth. The Belt of Truth can help you learn right from wrong and know the difference between truth and lies. We are lost without God's truth, so put on the Belt of Truth today!

May 28/29 – Breastplate of Righteousness

This weekend, we're learning about the Breastplate of Righteousness. On our own, we are not able to stand firm against the many temptations that come our way, but when we wear the Breastplate of Righteousness that Jesus gives us, we can make the wise choice when things don't go our way because we have spent time learning how God wants us to live.

June 4/5 – Shoes of Peace

God gives His followers special coverings which we call the Shoes of Peace. They provide calm when times get tough, but these special shoes are also for holding our ground by telling people about Jesus as well as inviting others to church. We will learn this four-word question: "Wanna come to church?"

June 11/12 – Shield of Faith

An important piece of armor to defend against an enemy is a shield. As believers, God gives us the Shield of Faith to use each and every day. Trusting in God and believing in His Son, Jesus, can give us strength no matter what is thrown our way!

June 18/19 – Helmet of Salvation

All of us have an opportunity to wear the Helmet of Salvation because of what Jesus did on the cross. With the Helmet of Salvation secured tightly on our heads, we can know our identity is found in Jesus. So put on your Helmet today!

June 24/26 – Sword of the Spirit

As we close this series, we'll learn about the importance of using the Sword of the Spirit. The Sword of the Spirit is God's book for us—the Bible. We can trust that the words and stories we read in the Bible are true, so use this Sword to guide your way!

What You Need to DO and KNOW Each Week

Opening

Do This: Encourage everyone to gather near the stage, and have FUN! Give high-fives, welcome the kids by name, dance to the music, and let kids know we're going to have fun today! Interact with the crowd! Create a buzz about what is going to happen.

Know This: This is intended to be a fun time! You as the leader need to set that standard so kids can feel comfortable. If you're not willing to open up and be silly, they won't either. It's ok if some kids are shy or stand-offish, but YOU should model what we'd like to see!

Welcome

Do This: Greet the kids with enthusiasm without being overwhelming.

Know This: During this time you are working to gain the kids' trust. Something as simple as telling them what is going to happen during the hour can help relieve some anxiety that they may have. We will also gain their trust by showing them that this is a place that is not weird or different from what they see in other places.

Worship

Do This: Perform the provided actions to the songs and demonstrate enthusiastic worship for kids. Encourage kids to join in, but don't force them to participate. Read aloud any verses that are on the screen (unless the song features a voice over). Direct the kids' attention towards God. Call out upcoming lyrics when appropriate and help the kids engage in singing.

Know This: It's okay if some kids don't sing or do actions to the songs. They may worship by just reflecting on the lyrics and listening. Our music set is generally made of high-energy songs to help kids get engaged in worship.

Media

Do This: Sit or stand to the side of the screen (s). Watch the media and appear engaged with appropriate non-verbals.

Know This: Although this is a good time to catch your breath and gather your thoughts, you are still technically "on." Kids may be looking at you to see if you are watching the videos, and if you don't look engaged, they may not choose to engage either.

Prayer

Do This: Ask the kids to be respectful and quiet; you will pray out loud, while they pray quietly in their hearts and heads. Sit or crouch down and engage the kids as you pray.

Know This: We want the kids to learn how to pray by seeing you model this. Feel free to say your own prayer – this one is simply a suggestion.

Bible Verses & Memory Verse

Do This: Read any verses from the side screen aloud. Make the memory verse fun! After you've read it, do something silly like challenge the boys to be louder than the girls, jump up and down, add actions, or have the kids recite the verse using different voices.

GEAR UP!

Lesson Outline for Elevate

Lesson 5: June 18/19

Lesson Segment	Total Running Time
Opening Song (2:00)	
Welcome (3:00)	
Worship (11:00)	0:00 - 16:00
Bumper Video (1:00)	
Lesson Intro (6:00)	
Booger Remix: Part 1 (3:00)	
Share Your Story (3:00)	
Memory Verse (4:00)	
Booger Remix: Part 2 (4:00)	
Message (11:00)	
Wrap Up (2:00)	16:00 - 49:00
Game Time (11:00)	49:00 - 60:00



Video Cue



Slide Cue



Audio Cue



Tech Notes

Gear Up!
Lesson 5
June 18/19

Opening Song

2:00



(Roll when directed) Elevate Opener

Hey everybody! It's time to get started, so please clean up your areas, turn off the games, and if you have popcorn, throw it away. Then come on over and join me by the stage! We're going to have a bunch of fun today, so make sure and give your neighbor's knuckles on the way over here!

Do This: Go into the audience and give knuckles to a bunch of kids.



(Auto advance) Elevate Slide and Underscore

Welcome

3:00

Welcome to Elevate everyone! My name is _____ and thanks so much for being here! We have a great time planned. If you didn't already know this, we will sing some songs, which is a part of what we call worship, then we will all learn some things together. It really is going to be a great day!

We have a friend that we connect with each week that has a question for us, so let's catch up with our buddy, Booger.



"Would You Rather?"



(Auto advance) Booger Question Slide

Do This: Emcee as the kids are sharing their answers. If time allows, you can ask a couple of kids to share their examples with the larger group.

Do This: If the worship team did not do the welcome, the teacher should invite them to the stage at this time.



Worship Slide

That was a lot of fun. Now, we are going to spend some time worshipping God. Worshipping God is a way we can connect with Him and show how much we love him. We worship God in a lot of different ways and one of them is through singing. Did you know that when you serve other people, you are also worshipping God? You don't have to always do big things to serve. Serving is as simple as seeing some popcorn laying around in the game room and picking it up. Or maybe someone washed their hands in the bathroom and there is water over the sink and mirror. You can serve by wiping that up. We have a great big God that loves us so much and we can show Him how much we love him by serving him.

Let's continue with worship by using our voices and singing out. This song talks about really making it clear who we want to be. In fact, that is the title of the song. Please stand up with me and sing it out if you know the words!



Song 1: "Who I Wanna Be"



(Auto advance) Worship Slide

That was great singing everyone! That is a great song too. I like that the song says, "Listen up we got a reason that we're singing!" It says that we want to follow Jesus and that we are proud of being with Jesus. We're going to learn more about that today in our lesson, but for now, let's continue singing and join me in this next song.



Song 2: "Boom"



(Auto advance) Worship Slide

You guys sing that song so great! I love seeing you jump up like the songs says. Great job! Let's talk to God right now..

Dear God, thank you for today. Thank you for the fact we get to be here today and learn more about you and have a great time doing that! We love you. Amen.

Lesson Intro

2:00

Do This: During the bumper video, the teacher comes on stage as the worship team leaves.



Bumper Video



(Auto advance) "GEAR UP!"

Hey everybody! My name is _____ and I am so excited you are here today! We are in our fifth week of a series called "Gear Up!" and we are taking about how we all need to Gear Up with the Armor of God!

We have been talking about the idea that at some point, you may have seen a cartoon or movie that had a knight in shining armor with a castle in the background. Well, back in Bible times, they actually put on similar gear as a knight would. But instead of calling everyone a knight, they would most likely be called a soldier. These soldiers would wear protective covering so they wouldn't get hurt.



Picture of soldier

Check that out! These soldiers had some pretty sweet gear don't you think? They had a helmet to protect their head. That huge piece across their chest is called a breastplate. That must be heavy! And then they had shield and sword. If you look at their belt, it

actually held the sheath where the sword was placed. As you can see, they would wear boots or shoes that actually had spikes on them too. We don't wear this kind of gear anymore, but in Bible times, they would see this gear a lot. When the Bible tells us about the Armor of God, it made a lot of sense to the people reading about it.

Let's check out the gear we have learned about so far!

Do This: Have a skirted table with the construction belt, catchers chest protector, soccer cleats, and firefighter jacket on top. You may reference these as you do the recap.



Belt of Truth/Booger version

We started out learning about the Belt of Truth, which is actually how we can learn right and wrong and truth and lies by reading the Bible and applying truth to our lives.



Breastplate of Righteousness/Booger Version

Then we talked about the Breastplate of Righteousness. We learned that righteousness means "right living." We also learned that just like a catcher in baseball wears a chest protector, we are really learning that when we spend time getting to know God better, we can make the wise choice when things don't go our way.



Shoes of Peace/Booger Version

After that, we learned about the Shoes of Peace and how we can not only stand our ground for Jesus, but that we should be inviting people to church! For those of you that were in church last week, did anyone remember to use that four word sentence? Does anyone remember what it was?



"Wanna come to church?"

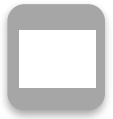
It was "Wanna come to church?" That's great! So once again welcome if this is your first time to Elevate, we really are excited you are here.



Shield of Faith/Booger Version

Last week, we talked about the Shield of Faith and how we can trust God no matter what. We learned that just like a firefighter uses a fire suit to protect them from a getting burned, the Shield of Faith is being used when we trust God even no matter what comes our way.

Throughout this series have been talking about armor and how we aren't actually putting on REAL armor through this series. We have been using these different ideas of sports figures and firefighters to help us understand the gear we are learning about. Remember that in Bible times, talking about a soldier would have made a ton of sense to the people that heard the message.



Football player

In a lot of ways a football player wears similar gear to that of a soldier. A football player wears cleats. They wear pants with pads on them and have to have a belt. All the players have shoulder pads which are like the breastplate of righteousness. The last piece of gear a football player wears is the same piece of protective gear a soldier would wear. They would wear a helmet!

Today we are talking about the Helmet of Salvation. Let's take a moment and make sure we understand what salvation means. Check out this definition:



Salvation: to be saved from harm or bad things.

Salvation means to be saved from harm or bad things. Imagine with me for a moment you are on a boat in the middle of the ocean and all of the sudden your motor goes out. You're stuck in the middle of the ocean. What's worse is that sharks start circling your boat. Now you are in real trouble. You need saving! Just then, a helicopter flies over and comes to rescue you. The helicopter drops down some ladders, you climb up and are brought safely back home. The helicopter saved you. The helicopter is your salvation. It saved you from harm or bad things.

When we talk about the Helmet of Salvation, we aren't talking about being saved from a boat in the middle of the ocean with sharks around us! We are talking about how Jesus saved us from our sins. Sin is all the bad and unwise choices that hurt ourselves and others. When we sin, we push ourselves away from God. Our salvation comes when we believe that Jesus came and lived a perfect life. He died on the cross and took all of our bad choices and hurt on himself, then came back to life three days later. When we talk about the Helmet of Salvation, we are talking about the fact that we can make Jesus the Savior of our lives or Leader of our lives and follow him.

Now, getting back to the helmet. The helmet works in a couple of ways. First, it protects from any unseen attacks. Helmets help when there is a collision. Imagine a football player with the ball about to bust through a pile of players to get a score. They would definitely need a helmet on to protect their head! What is also unique about a helmet is that it helps us feel like we are a team and knowing who we are!

Isn't it awesome how we put on a baseball cap and we feel like we can hit a home run. Or when we slip on our stocking cap in the winter, we feel like we can ski or snowboard down any hill. Maybe you put on a mask of your favorite superhero and feel like you can fly or have special powers. The point is, when we put something on over our heads, it is like we are being that player or person. We feel like we have special skills. We don't just play baseball, we are the home run hitter. We aren't just out snowboarding, we can do tricks and flips.

Often times, when player slips on a football helmet, they feel like they are more than just a person playing a game, they feel special. They are part of something big. They feel like. Today, we are going to learn about a Helmet. It is the next piece of gear.

Have you ever felt like you were extra special by putting on a helmet or mask? Have you ever felt like you had super powers and that you could accomplish anything? Maybe you felt invincible or that you were the best at something because you had this extra feeling like a "Spidey-sense" like Spiderman. Today, we are going to learn more about this and how we can feel confident in who we are with Jesus!

Video One

4:00

Let's find out what Booger and Lindsey get into today!



Booger Video, Pt. 1

Share Your Story

2:00



(Auto advance) "GEAR UP!"

I wonder if Booger's computer will help he and Lindsey discover what the helmet of salvation does. We'll catch up with them in a little bit.

But first, have you ever felt like you let someone down? Have you ever had to ask for forgiveness and didn't know if they would still be your friend? Well, I remember when...

Do This: Share a 2-minute appropriate, relevant personal story about a time you hurt someone and needed to ask for forgiveness.

It was really tough to ask for forgiveness after I did that, but I am so glad that I did. Because they were able to forgive me, we went on to be great friends. It may not have turned out that way if I hadn't asked for forgiveness.

Memory Verse

4:00

Each series we learn a memory verse which we will get to in a moment. Last week we learned that the person that wrote the most books in the Old Testament was Moses. Does anyone want to guess who wrote the most books of the New Testament?

Do This: Ask the multiple choice question



Who wrote the most books of the New Testament?

- A) Paul
- B) Iron Man
- C) Booger

Great guesses everyone. I know you all wanted to PICK Booger, but it's SNOT him. (HA HA). Paul is known to have written about half of the books in the New Testament. In fact, Paul wrote the verse that we are learning through this series! Let's all stand up and read this verse out loud together:



(Memory Verse) Ephesians 6:13 "So put on all of God's armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing."

We are going to read that together one more time, but instead of reading it, let's say it together as a whisper. Be as quiet as you can while still speaking.

That was great everyone! What does this verse mean? We have already mentioned that we will not actually be putting on or wearing any physical armor. But when the Bible talks about the Armor of God, or God's Armor, we are talking about ways that we can learn from the Bible so that we know how to have the life the best way possible. This verse tells us that evil days will come. I bet every single one of us have probably had really bad days. Like the kind of day you don't want to think about and pray never happens again. Maybe you have felt so weak you did not have the energy to walk. But this verse gives us encouragement to be strong and stay standing when those really bad days come. Now, the Bible verse is not saying that we can stand up to anything like a bulldozer or something like that. But this verse is saying we can face anything that happens to us in life. It also tells us that we can really remember what the Bible has to say when we face those days.

Video 2

5:00

Let's catch up with Booger and Lindsey and see if they got that computer working and figured out about the Helmet of Salvation.



Booger Remix, Pt. 2



(Auto advance) "GEAR UP!"

Booger and Lindsey are great, and I'm really glad they figured out what the Helmet of Salvation is all about. Did you notice that Booger asked Lindsey, "Wanna come to church?" We learned that question a couple weeks ago when we were talking about the Shoes of Peace. I can't wait to see what Lindsey thinks of church.

Through this whole series we have been learning about the Armor of God, or God's armor, and that it isn't actually armor that we put on. When we have the Helmet of Salvation, we are talking about what happens when we make Jesus the Savior or Leader of our lives.

There is a great story about that is found in the Bible. Once upon a time there was a guy named Andrew. Andrew heard Jesus talking and teaching and wanted to bring his brother to hear about Jesus. Andrew invited his brother Simon to come and hear Jesus too. Simon said that he would go!

As Simon was walking up to meet Jesus, something amazing happened. Jesus knew who he was and called him by name, but then Jesus did something that would completely change Simon's life forever. Here is what happened, Jesus said,



"You are Simon, son of John. You will be Cephas." Cephas means Peter (or rock). John 1: 42

Jesus changed Simon's name! Put this story on pause for just a moment and let's think about what just happened in that short verse. Simon had never met Jesus. Simon had never been introduced to Jesus. They were complete strangers. As soon as Simon walked up to Jesus, Jesus called him by his current name and said, "You are Simon...". Jesus knew who he was! Wouldn't that be a little weird if someone walked up to you and called you by your name but you had never met them?

Jesus not only called him by name, but in that instant, in that split second of a meeting, Jesus changed Simon's name! Jesus instantly re-named Simon to the name Peter. How would you feel if one day you woke up, sat down for breakfast, and your parent looked at you and said, "Good morning. From now on we will call you Peter, which means rock. Your new name will be Peter and you will be known as Peter." This is great news if your name was already Peter! This might be confusing if you have always had a different name. This is what Jesus just did! Simon would be Peter. He would forever be known as "the rock".

When we think of a rock, what comes to mind?

Do This: Let kids answer, affirm what they call out.

You're right! A rock is solid. A rock is stable and unmoving. Usually when we think of rocks, they are big and difficult to move. Jesus was letting this man know that he would be solid in his relationship with Jesus.

Simon's name changed to Peter. He may have looked the same on the outside, but there was a huge change on the inside once he met Jesus. I want to try a little experiment and I'm going to need all of your help. Would you be okay with that? Could you help me with something?

Do This: Get kids to answer or acknowledge yes.

On stage, I have 12 potatoes. I want to pass these out around the room. Find a potato that you are close to and I want you all to pass it around and study it. Please keep in mind, I don't want you to destroy it or mark it in any way. Just hold it and look at it and I have some more questions for you in a second.

Do This: Walk around the room and distribute the 12 potatoes throughout the room. Encourage kids to pass it around to the students near them.

I want to give you a few minutes to look at your potato. What kind of marks does it already have? How many dimples does it have? Does it have any blemishes or dark spots? How many odd bumps does it have? Pass it around and give the kids around you a chance to look at your potato.

Do This: Give the kids several minutes to explore and look at the potatoes in their group. After several minutes, have one kid bring the potato back to the stage. Place the potatoes in a container of some sort but leave them on stage.

We just spent the last couple minutes studying and learning about a potato. Now that you have looked at your potato, could you identify it?

Do This: Grab a random potato and hold it up and out for kids to see.

Who thinks this is their potato? Why do you think it is your potato? How do you know?

Do This: Let kids try to identify their potato. Repeat this one or two more times to allow different kids to have a chance to identify their potato.

Each of these potatoes look similar, but they are different. They may not appear to have huge differences but they are different. Simon was the name given at birth. Jesus came along and changed everything by calling him Peter. Simon didn't look any different on the outside. In fact, he may have looked the same as everyone else. But there was a huge difference on who Simon Peter was on the inside.

Do This: Put the potatoes in the basket or container.

Peter became a friend and follower of Jesus, which we call disciple. Peter never failed to follow Jesus, but he did make a lot of mistakes along the way. Peter was known as being loud and he acted quickly without thinking sometimes.

Before Jesus died on the cross, he was having a special meal with his friends and followers, again we call them disciples. As Jesus was eating, he told his friends that soon they would all run and hide because they were friends with and hung out with Jesus. Peter boldly said that he would never leave Jesus. Jesus responded that Peter would not only desert him, but that Peter would also say he didn't know Jesus three different times before a rooster crowed.

Jesus was arrested shortly after this dinner. Peter was outside a courtyard waiting to hear news of what was happening to Jesus when a little girl came over to him and said, "You were one of those people with Jesus." Peter said he didn't know who Jesus was. He lied to her! Later by a different gate, another little girl came to him and said the same thing, again Peter lied and said he didn't know who Jesus was.

A little later, some people came over to Peter and said that he must be one of the disciples and know Jesus, but again Peter almost yelled that he didn't know the man Jesus. As soon as he had said the words, a rooster crowed and he remembered what Jesus said! He knew he had messed up.

Peter lied about knowing Jesus three times. Peter, the man that Jesus had renamed to mean rock. Unshakeable. He just lied to two little girls and a couple of strangers about knowing who Jesus was. Although Peter previously claimed to be friends with Christ and had been telling people that Jesus was his Savior and Leader, he sure was not acting like that now.

This may seem like a sad story. But this is not the ending! You see, after Jesus came back to life, he began to meet with his followers. Peter was one of them. What happened next shows how much Jesus loves us.

Jesus wanted to let Peter know that He loved him. I'm going to read some parts of the Bible and I want you to say what Peter said, "You know I love you." This is found in John 21:15 -17.

*After breakfast Jesus said to Simon Peter,
"Simon son of John, do you love me more than these?"
"Yes Lord," Peter replied, "You know I love you."*



You know I love you.

Do This: Have the kids say, "You know I love you."
"Then feed my lambs, " Jesus told him.

Jesus was asking Peter if he loved him more than others and was asking him to show it through his actions. Jesus continued.

*Jesus repeated the question, "Simon son of John, do you love me?"
"Yes, Lord," Peter said, "You know I love you."*



You know I love you.

Do This: Have the kids say, "You know I love you."

"Then take care of my sheep, " Jesus said.

Once again, Jesus was asking him to show love by loving and serving others and by doing that, he would be loving and serving Jesus.

*Once more he asked him, "Simon son of John, do you love me?
Peter was grieved that Jesus asked the question a third time.
He said, "Lord, you know everything. You know I love you."*



You know I love you.

Do This: Have the kids say, "You know I love you."

Jesus said, "Then feed my sheep."

Jesus was basically asking Peter if they were even friends! Peter really did love Jesus. He knew that Jesus forgave him and loved him. Peter would be one of the most influential men in the Bible. He was one of the people who started the Christian church and boldly told others about the fact that Jesus came back to life.

When we have the Helmet of Salvation, we are on the same team as Jesus. We know that we have Jesus in our lives. The best part about that? Jesus never leaves us. We can know that Jesus is our Leader and our Savior.

Let's thank Jesus for this truth by praying to God. God, thank you so much for the fact that you love us. Thank you for being our friend, our leader, and our Savior. We love you. Amen.

Wrap Up

2:00

If you remember anything as we leave today, I want you to remember that...



We can know Jesus as our Savior.

Let's pretend for a moment that you don't remember things well. Don't worry, we have you covered! Let me tell you about a few things that you will NOT want to forget on your way out.

Do This: Hold up the Armor Card and the Family Connection Card.

Sometimes your parents ask, "What did you learn today?" The Family Connection card can be used to see what we learned today in Elevate. You could read the Bible story together and practice the memory verse too! Grab this so you can see what we are learning next week too!

One of the reasons you will want the Family Connection Card is to know how to win the photo contest! As we are learning about the Armor of God, we want to see how YOU would gear up in the Armor of God. Use the Family Connection Card to learn or remember what the gear is, and then make up your own kind of Armor. Then, have your parents or guardian take a picture and put it on social media. If you don't know what that is, show them the back of this Card so they can read all about it and use the hashtag #ebcgearup. We will have prizes for the best Armor! Can't wait to see how creative you will be.

We have been giving away these Armor cards. Today, we will give you the Helmet card, but we have six total cards. Next week is our last card to give out, so do not miss out! Don't forget to grab your Armor card today!

Group Time

10:00

We talked about what we called the Helmet of Salvation. Wouldn't it be fun if we ended with some kind of awesome game? Today we are going to play a game called "Bobblehead!"



Bobblehead



Game Music

This game is pretty simple. You'll have to take the pedometer and hold it on your head. Whoever gets the most clicks on the pedometer in 30 seconds by bobbling their head wins!

Do This: Select 10 kids of your choice. Have each of them hold a pedometer on their forehead. Use the stopwatch to time kids. Call out time in ten second intervals so they know how much longer to go. Whoever has the most clicks on the pedometer wins. You may want to show them how to do it quickly before they go.

Know This: If you have extra time, you could play extra rounds.

Great job everyone! That was a lot of fun to watch and be part of. Let's close our time by talking to God.

Dear God, thank you for today. Thank you for sending your son Jesus. Thank you for the fact that we can have our identity in you. We love you. Amen.

Do This: Dismiss however you like.

Know This: If you get done a little early, you could dismiss to games



Elevate