

## WEEK 1

### LESSON GUIDE

## ONE STEP

### BIG IDEA

Take the first step — believe in Jesus.

### BIBLE

**Jesus Goes Up to Heaven:** Acts 1:1–11

Heroes meet in the Youth Room for worship.

### WELCOME TIME

#### ACTIVITY | Astronaut Training Camp

- **INSTRUCTIONS:** Have children line up in rows. If it's a large group, consider splitting it into two groups. One group can train while the other group cheers them on. Lead the children in these exercises:
  - Gravity Jumps (high jumps)
  - Star Jumps (jumping jacks)
  - Space Walk (bear crawl)
  - Asteroid Dash (short sprints)
  - First Step Lunges (lunges)
  - Orbits (arm swings)
  - Lift Off (squats)
- **Are you ready to go to space?** Before we blast off, we need to train.
- Did you know that it can take ten years before someone can become an astronaut? They need to go to school, study hard, and train their bodies.
- Even when something seems like a lot of work, we can start by taking the first step. That's what we do when we follow Jesus, too.

### STORY TIME

#### SCRIPTURE | Acts 1:1–11 (Jesus Goes Up to Heaven)

- **INSTRUCTIONS:** Gather the children into a circle. You can dim the lights and turn on a galaxy projector or consider dressing up as an astronaut to be a storyteller in space.
- Hi, space explorers! **Who wants to hear a Bible story?** Float on over and sit by me.
- In today's story, we find out what Jesus did on his last day on Earth. He gave his friends, the disciples, two very important missions. **Can you repeat after me?**
  - (Hold up one finger and say "one.") To wait for the Holy Spirit, and
  - (Hold up two fingers and say "two.") To tell everyone all over the world about Jesus.

- The Holy Spirit would help the disciples do this mission. They would go all over the world to tell people about how Jesus healed people, did miracles, taught people about God, and how he died and rose again.
- After this, Jesus floated up into the sky. The disciples were amazed.
  - **Show me your "amazed" face.**
- Suddenly, two angels appeared and told them that Jesus would come back.
- The disciples probably felt very confused and not sure what to do, but they did what Jesus told them. They waited for the promised Holy Spirit, and then they went everywhere to spread the good news about Jesus.
- Even though they didn't know everything . . . they started by taking the first step . . . believing in Jesus.

**BIG IDEA** | Take the first step — believe in Jesus.

- **INSTRUCTIONS:** Write each word of the Big Idea on a piece of black poster board in glow-in-the-dark paint. Hide them around the room and turn off the lights. Let the kids search for the words. Once all of the words are found, lay the words out in a row on the ground. Have the kids step word to word while saying them aloud with you. Then have them all say it again with these hand motions:
  - **Take the** (Raise up one foot.)
  - **First step** (Step down with the same foot.)
  - **Believe in** ([This sign](#) for "believe.")
  - **Jesus** ([This sign](#) for "Jesus.")

**VIDEO** | One Small Step, Episode 1

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).

**ACTIVITY** | Space Walk

- **INSTRUCTIONS:** Create a balance beam that stretches from one side of the room to the other (or across the rug) out of painter's tape. The children need to cross from one side to the other as they walk across the balance beam without losing their balance.
- This space walk may have seemed hard and tricky at first. The disciples probably felt that way when they received their directions from Jesus. But when you take the first step, it becomes easier to take the next step and the next step after that.
- We can learn from the disciples and **take the first step — believe in Jesus.**

**PRAYER**

- Dear God, thank you for giving us Jesus. Help us to take the first step and believe in Jesus. Amen.

**SHARING TIME**

**ACTIVITY** | Circle Time

- **INSTRUCTIONS:** Invite the children to sit in a circle. Allow them to toss a "[rocket ship](#)" (Nerf football) or roll a planet (jelly ball) to one another. The person who catches it can answer the question.
- **Where did Jesus go in today's Bible story?** To heaven.
- **Who did Jesus tell the disciples to wait for?** The Holy Spirit.
- **Jesus wanted his disciples to tell people what?** About Jesus.
- **Is Jesus coming back one day?** Yes.
- **What is the first step that we can take?** Believe in Jesus.

**MEMORY VERSE** | Psalm 19:1 (NIV)

- "The heavens declare the glory of God; the skies proclaim the work of his hands."
- **INSTRUCTIONS:** Say the memory verse aloud for the kids as you do the hand motions. Have the children repeat after you (in chunks).
  - **The heavens** (Sweep your arms over your head to the right.)
  - **Declare** (Cup hands to mouth.)
  - **The glory of God** (Hands spread out and gesture up into the sky.)
  - **The skies** (Sweep your arms over your head to the left.)
  - **Proclaim** (Cup hands to mouth.)
  - **The work of his hands** (Hold up both hands and wave them.)

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**PLAY TIME**

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**ACTIVITY** | Coloring Page

- **INSTRUCTIONS:** Print and distribute the [coloring page](#) along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.