RAINBOW EXPRESS

May/June 2019 Curriculum and Planning Packet

We are so grateful that the Lord is sending your group to Mission Arlington / Mission Metroplex for a 2019 May/June Rainbow Express Mission Trip! Our team is praying faithfully for you as you prepare spiritually and logistically to serve with us here.

If there is anything at all that we can do to help you prepare, please do not hesitate to let us know.

Mission Arlington Contact Information:

You can reach us by phone at 817-277-6620 or by e-mail at the addresses listed below.

Heather Young, and Jim Burgin are our groups scheduling coordinators. You can reach them via e-mail at hyoung@missionarlington.org jim@missionarlington.org

Tillie Burgin is our founder and Executive Director and always happy to answer questions. Her e-mail is tillie@missionarlington.org.

Steven Burgin is our Rainbow Express coordinator and will be one of your primary contacts while you are on your trip. You can reach him at: sburgin@missionarlington.org

Matt Hart is one of the pastors at Mission Arlington / Mission Metroplex and will be leading the devotional services for groups during your trip. You can reach him at matt@missionarlington.org.

This Planning Packet is set up in the following sections:

- **Trip leader planning material:** information for the student minister or other overall trip leader about accommodations, responsibilities, expectations, and preparation. These pages have a blue border.

This section begins on page 4.

- **Student planning material:** some of the same information, but formatted specifically so you can hand it out to your students. Includes things like dress codes, packing lists, schedule information, etc. These pages have a orange border.

This section begins on page 20

- **Rainbow Express material:** the curriculum and schedule for each day's Rainbow Express programs (which your group will be leading). These pages have a red border.

This section begins on page 25

Group Leader's Preparation Materials

Contains:

- Trip terms defined
- Schedules
- How do I prepare?
  - FAQs: accommodations, dress code, rules, etc.
  - Rainbow Express: how to train your students to lead a Rainbow Express program
- Logistics Questionnaire (to be filled out and sent to Mission Arlington before your trip)
- T-Shirt Orders

Overview: So what are we doing on this trip anyway?

A visitor to Mission Arlington/Mission Metroplex once told us that we sometimes speak in code. We readily admit that so many different things are happening here that it can become a little confusing. This is an explanation of some of our key terms:

- **Mission Arlington / Mission Metroplex:** We are an evangelical ministry functioning in partnership with most of the local churches in Arlington from across all denominations. Essentially, we do two basic things (which are closely intertwined): 1) we begin Bible Studies which over time grow into churches in neighborhoods (mostly low-income apartment communities) all over this city and 2) we meet a variety of physical needs through free "benevolent" programs like medical clinics, food pantries, afterschool tutoring, and more. You will be partnering with us by leading evangelistic programs in the apartment communities and other neighborhoods where we have ministries and by supporting our benevolent programs.
- **Apartment Churches:** Mission Arlington began in 1986 with a very simple philosophy: take church to people who, for whatever reason, were not coming to a church building anywhere. On the first Sunday of August of that year, a Bible Study met in the living room of a woman who lived in a local apartment community. That first morning, seventeen people found that they could meet Christ in a church that met right where they lived. Today, we have teams ministering in different ways in more than 300 apartments, mobile homes, community centers, playgrounds, laundry rooms, and wherever people will gather. Any given Sunday, more than 5,000 people attend a Mission Arlington congregation in their own neighborhood.
- **Rainbow Express**: Rainbow Express is the name of the Backyard Bible Clubs you will be leading while you are here. Mission Arlington has been leading outdoor Vacation Bible Schools for our many apartment churches since the beginning. When these programs first began the volunteers that were leading them had a large portable stage built on a trailer that they pulled from site to site for puppet shows. This trailer, which was decorated with a rainbow, came to be known to the children as the Rainbow Express. Rainbow Express then became the name for all of the Vacation Bible Schools.
- **Work Projects:** Mission Arlington follows Jesus' model of ministry: meet both physical and spiritual needs to provide a tangible expression of the Father's love and people will be drawn to Him. Part of each day you are here will be spent leading Rainbow Express programs. With the remainder of each day you will participate in some of Mission Arlington's many other ministries. This might include picking up donations, delivering furniture to families, working in the clothing room or the food warehouse, passing out flyers to invite people to an event, holding field days or other fun events in one of the apartment communities, or any number of other opportunities. Any special materials or training that you may need will be provided while you are here.

Every group's situation is different. If you need to adjust this schedule for whatever reason let us know. We can work together to help create a week that works well for everybody.

Week Overview

The most common shape of a Rainbow Express week is this:

- **Saturday:** Most groups arrive Saturday afternoon to check in. We are open for check in until 8 pm. If there is a situation that prevents you from checking in by that time, please contact us before your trip and we will be happy to make arrangements to check in.
- **Sunday:** In the morning you will help us hold church services in the neighborhoods we work with. That afternoon you will join all the groups here for the week, plus our staff, for a worship time.
    - *Note—some groups (because they have responsibilities in their home church services on Sunday morning) do not participate in Sunday's activities because they travel and check in that day instead. As with Saturdays, we are available to check in until 7 pm. (If for some reason you cannot have at least one adult check in by 7 pm, contact us ahead of time and we will make arrangements.)*
- **Monday—Thursday:** You will lead Rainbow Express these days. All groups will meet together twice: in the morning for a devotional time and in the afternoon for a brief worship service.
- **Friday—Saturday:** Friday is an optional day. Some groups continue to serve with us. Some groups go home Friday morning. Others take Friday as a free day for Six Flags or other recreational activity. All groups check out by Saturday morning.

More detailed schedules for each day are below and on the following page.

Sunday Schedule

9:00 AM Meet at Mission Arlington with all groups for welcome, prayer, and orientation

10:00 AM Participate in Mission Arlington's apartment churches by helping invite, serve, and teach Sunday School in an apartment community or other Mission Arlington congregation.

12:30 PM Return from apartment churches, take lunch break

1:30 PM Pass out flyers in apartment communities where Rainbow Express will be taking place this week.

3:30 PM Return to Mission Arlington

3:45 PM Join Mission Arlington missionaries for weekly prayer, worship, and preparation time. (There will be a very brief leaders' meeting immediately after this worship time.)

5:15 PM Leave Mission Arlington, pray and make any last minute preparations for beginning Rainbow Express tomorrow

Schedule Information: Tentative Monday—Thursday

Schedule for all Groups arrive after June 9th

Monday—Thursday

8:30 Meet at Mission Arlington for morning devotional time

9:45 Morning Rainbow Express groups leave for their site

10:30 Morning Rainbow Express begins

NOON Morning Rainbow Express ends. Clean up, walk children home, etc., then take a lunch break.

1:30 Meet to worship and prepare for Rainbow Express

2:30 Depart for Rainbow Express

3:00 Rainbow Express begins

4:30 Rainbow Express ends. Clean up.

5:00 Turn in daily report to Mission Arlington. Options for projects in the evenings will be made available during the week.

**If you have evening Rainbow Express*

6:00 Evening Rainbow Express Starts

7:30 Evening Rainbow Express ends. Clean up , walk children home, etc. Return afternoon and evening Rainbow Express boxes next morning.

Schedule for all Groups that arrive before June 9th

Monday—Thursday

8:30 Meet for morning devotional time

9:30 Devotional time dismisses

9:45 Begin work projects assignment (work projects will last from 10:00-1:00)

1:00 Take a lunch break.

2:15 Meet to worship and prepare for Rainbow Express

3:15 Depart for Rainbow Express

4:00 Rainbow Express begins

5:30 Turn in daily report to Mission Arlington. Options for projects in the evenings will be made available during the week.

**with the option of evening Rainbow Express*

For more information about Evening Rainbow Express, check out the next page!

We are very excited about an **evening** Rainbow Express option.

We have begun to hold Rainbow Express in the evenings in some of our sites. These have been some of the best and most productive Rainbow Expresses we have ever had. We are able to connect with more people as we find more students at home from extracurricular activities or daycare, more parents at home after work, and more curious neighbors outside just to see what is going on. If you are interested in leading Rainbow Express in the evenings, let us know and we can work with you on schedule details that will work well for your group.

If you are doing Rainbow Express in the evening you might decide not to have either a morning or afternoon project to give your schedule more breathing room. We have also had some groups do the full day from morning until evening and find the extra effort to be spiritually fruitful and a strong bonding opportunity for their group. Let us know what will be best for your group and we will help make it work.

The Rules

We are praying that God will reveal Himself to your students during their time at Mission Arlington in ways that bring about permanent, life-changing discipleship. We believe these rules help us keep that focus.

DRESS CODE

Mission Arlington's dress code is very basic. We ask all participants to dress modestly, comfortably, and in something where they are ready to work. Casual dress is fine all week long, Sunday included. Here are a few specific requests we make of all groups:

- Shorts are fine all week long. Please no short shorts.
- Footwear is up to you, but because we do so much work and active play outside we recommend tennis shoes over flip-flops.
- T-shirts are great to wear, but please **no tank tops or any other kinds of sleeveless shirts**.
- Baseball caps are fine, but please wear forward at all times. Do not wear bandanas or any other type of head gear. (Winter headgear is okay if it's cold.)
- **Note—if a student chooses to dress in something that does not fit with our dress code, a Mission Arlington staff member *will* ask them to change before you begin your day's assignments. This only slows down your group and gives you less time to effectively minister during the day. So, please stick to the dress code.**

Please remember that there are certain things you might wear at home working outside in the heat but that may not be the right image for knocking on doors and asking parents to let their children go with you.

CONDUCT GUIDELINES

- **Be focused on the most important thing:** Mission work is full of surprises. God has a specific plan for you, and for the many lives He will use you to touch. The best preparation for this experience is spiritual. Keep reading your Bible daily, both before you come, and while you are here. Make sure you keep your quiet time with the Lord as a firm commitment. Don't miss your moments with Him.
- **Let's be good stewards together:** All of Mission Arlington's facilities are donated to us. Any money that goes into repairs and maintenance is less money we can use in our assistance programs. So, let's be good stewards of what the Lord has given us:
    - Don't adjust thermostats
    - There is no housekeeping staff. So, help clean up spills, take out trash, and generally be clean and neat. Don't do things that will create clean up jobs for other people (for example, don't use sidewalk chalk at Rainbow Express. It leaves work for apartment staff to wash it off.)
    - Don't do anything silly. We don't want to be unable to buy prescriptions for our medical clinic because we had to patch sheetrock or replace windows. (This includes in the apartment communities.) Don't roughhouse. Don't use any balls anywhere that aren't foam.
- **Help us present a good image to *everyone.*** We need to maintain a good relationship and a positive witness with everyone around your activities or facilities.
    - Make sure that your noise level is under control. Do not play loud music, stay up too late at your accommodations, etc. Help us be a good picture of Christ to those around you.
    - Be sensitive to other people's needs. Be courteous and grateful everywhere you go. It is especially *crucial* that you control the noise level where you are staying. We cannot have loud music, parties, outside games, etc. We want *everywhere* to be our mission field, and that includes where you sleep at night.

Accommodations: Where are we staying?

Some of you, we know, will be spending the nights in a hotel or other location that you have set up. This page answers common questions for the rest of you who have chosen to stay in the accommodations that we provide.

- **Where will we be staying?** Mission Arlington uses several different types of facilities to house guests. All of them boil down to the same basic concept: a safe, clean floor to sleep on, showers, and a kitchen. Smaller groups (anything up to about twenty people) generally stay in one apartment in an apartment community where we minister. Larger groups generally stay in one of our community centers or in a local traditional church that partners with Mission Arlington. Because group sizes have a tendency to fluctuate so much at the last minute, we do not make final assignments of who will stay where until the week before your arrival.
- **How much does it cost?** We do not charge anything to stay in any of our accommodations. There are costs involved for items such as utilities, rent, maintenance, etc. Voluntary donations are very welcome, but not necessary. We believe God always provides.
- **What do I need to bring?** It is a good idea to plan as if you were coming into a completely empty facility. Often our supplies get accidentally packed up by groups when they are leaving and they don't realize it is not a part of what they brought. So, to be on the safe side it is wise to bring or buy here everything you might need: toiletries, kitchen supplies, air mattresses, and more.

Here are some other tips to prepare for a successful experience in our accommodations:

- **Be flexible and unpack only what you need each day:** Mission Arlington/Mission Metroplex is a very busy place. All of our facilities are constantly being used to reach people for the Lord. When you check in for your trip, you will be given a schedule of any activities that might be happening in the location where you are staying. In other words, while your group is out leading Rainbow Express there may be activities happening in the rooms where you are staying.
- **View your accommodations location as another ministry opportunity:** Every place where you will be staying, whether in an apartment or at one of our gyms, is surrounded by other apartments or neighborhoods where the people might know nothing of church except what they see in you. When you park your church van and climb out, the people around you know that you represent Mission Arlington, and much more importantly, our Savior. They may come over to ask you questions. The neighborhood children might want to play tag. Represent Christ in all that you do while you are there, from your behavior in the parking lot, to noise level inside, to how clean you keep the place. Let people see Him in you, and you will find that your "mission trip day" will not end when you return to your home away from home in the evenings.

- Be realistic. That means be prepared for all the adventure that comes from people sharing small spaces.
- Plan on minimizing what you bring. Twin sized (as opposed to queen sized) air mattresses will take up less space.
- Expect a small, apartment sized kitchen when you are planning your meals.
- You will only have one shower for every ten to fifteen people on your group. Be as efficient as possible and leave yourself plenty of time to get everything done.

Packing Lists

Here are some items you will need for your trip. We want to minimize costs as much as possible. If there are some items you are not able to bring, check with us (our contact info is on page 2). We might be able to loan you some of the items you need.

If you are bringing a trailer for luggage, be sure to bring a hitch lock with you. We will have a place you can park your trailer during the week so you don't have to pull it around the city but you will want a hitch lock for added security.

For Rainbow Express, bring with you:

- Some of the memory verse activities require simple supplies like balloons or popsicle sticks.
- Tarp (at least 10' by 10'): excellent to use for the children to sit on during Rainbow Express
- Poster board: use it for memory verse posters, puzzles, etc.
- Puppets: Mission Arlington has some to loan if you don't have access to puppets
- Some kind of staging for the puppets. If you don't have a puppet stage the two easiest/cheapest options are 1) hang an extra tarp or blanket across a broom handle or PVC pipe and have 2 volunteers hold it up or 2) many appliance stores will give away free large cardboard boxes you can use as an impromptu stage (see the illustration.)
- Any music you might need for your puppet time at Rainbow Express.
- Water cooler and drinking cups.
- Snacks. Mission Arlington will have some things available, but it helps if your church can also bring cookies, candy, chips, crackers, etc.
- Craft supplies: Mission Arlington will provide some glue, scissors, crayons, etc. You may find it helps your group run smoother if you have some extras.
- Games equipment: cones, hula hoops, etc. will be very useful during your game time. *Note: Please do NOT bring balls or frisbees unless they are of the soft, "Nerf" foam variety.*

If you are staying in our accommodations:

(Prepare as if your were coming to a completely empty facility)

- Materials for meals: remember that you are responsible for all your own food. Most groups do sack lunches or fast food for lunch. Breakfasts and dinners are up to you. If you plan to cook remember that you are only guaranteed access to a normal, residential apartment-sized kitchen and make sure to bring any pots or pans you might need.
- Paper products: paper towels, plates, cups, plasticware, etc.
- Cleaning supplies
- Each person will need their own sleeping bag, pillow, and air mattress. (Encourage everybody to bring twin-sized air mattresses. You probably won't have room for large air mattresses in the apartment.)

The Refrigerator Sheet for Parents

FOR ALL PARENTS OF STUDENTS ATTENDING MAY/JUNE MISSION TRIP

For our May/June Mission Trip this year we will be going to Mission Arlington / Mission Metroplex in Arlington, Texas. We will be serving with Mission Arlington through participating in apartment churches, leading Rainbow Express (Mission Arlington's version of a Vacation Bible School), and a variety of work projects.

- **Mailing Address:** 210 W. South Street, Arlington, TX, 76010. (Note—you are welcome to send students mail while they are at Mission Arlington. On the outside envelope indicate the name of the student *and the name of the church or school with whom they are on Mission Trip*. Please allow time for mail delivery and for the Mission Arlington staff to sort it and deliver it to our group. You will want to have mailed things by Monday for your students to receive them during their trip here. Any unclaimed mail at the end of the week will be returned to sender.)
- **Website:** www.missionarlington.org
- **Phone:** 817-277-6620
- **Fax:** 817-277-3388
- **E-mail:** mission@missionarlington.org

Preparing for Rainbow Express

For "Everyone who calls on the name of the LORD will be saved." But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them? Romans 10:13-14

Rainbow Express is Mission Arlington's version of a backyard Bible Club.

Your group will be leading one or more Rainbow Express program during the week you are here.

The following pages will help you prepare your team.

Step one: How many teams will we be?

- Rainbow Express is held in the apartment communities where Mission Arlington is holding, planting, or hoping to plant a church. The average daily attendance at any given Rainbow Express is 20-30 elementary aged children and a few youth. A team from your group of 8-10 college students, 10-15 high school students plus their sponsors, or 12-18 junior high students plus their sponsors is ideal for leading one Rainbow Express. Thus, a group bringing 15 people will be one team, a group with 20 is probably two teams, and a group of 45 could be anywhere from three to five teams, depending on the ages. *Note—decide how many teams you will be based on the size of your group, not on your transportation situation. We can make site assignments that will work with any transportation configuration: whether you are carpooling or renting charter buses.*

Don't form your teams much larger than recommended. There's a discipleship reason for this: teams of 10-15 size allow each of your students to have a specific, important role and gently pushes them to "step up to the plate." Forming teams too large leaves room for some students to not have to take ownership and initiative in leading a Rainbow Express. Let God have the opportunity to help your students rise to the occasion and use them in ways they won't expect.

Step two: Who's on each team?

- Each team will need at least one adult sponsor (not necessary if the team is college students). The 10 – 18 students will each need one or more of the team member assignments explained on the next page. Use the descriptions and the worksheet provided to make team assignments

Step three: Start practicing.

- Assign your students their roles, pass out the Rainbow Express materials (later in this packet) and then let them start learning their jobs. We recommend holding at least a couple of practice run-throughs if possible. One good option is let your team use their Rainbow Express material to lead children's Sunday School at your church for a couple of weeks.

Step four: Gather what you need.

- We try to make the cost for your trip as low as possible. You should not need to spend much (if any) money on Rainbow Express supplies. On page 11 you will find lists of what you need to provide for leading Rainbow Express. We will have everything else.

Each Rainbow Express Team will have the following functions. Assign each student and adult per team to at least one of these jobs. More detailed instructions for each job are in the red section.

- **Adult team leader/Sponsor:** You will need at least one adult per team. College students can fill this role as well.
- **Song leader**
- **Memory Verse teacher**
- **Large group leader**
- **Puppet wrangler**
- **Games leader**
- **Attendance taker:** this person's responsibility is to make sure we have good contact information for *everybody* you make contact with during your mission trip so that Mission Arlington / Mission Metroplex can provide follow-up discipleship after you are gone. If possible, this is a good job for an adult.
- **Youth leader:** this does not refer to the youth minister but to a member of your Rainbow Express team that will be in charge of working with any teenagers that attend your Rainbow Express
- **Small group teams:** much of the Rainbow Express program will take place in small groups. *All* team members will help during the small group time. Assign each team member a partner. That pair will lead a small group together.

Rainbow Express Team Roster:
Team _____

Contact Cell Phone Number:
AM Rainbow Express Site:
(to be filled in at Mission Arlington)
PM Rainbow Express Site:
(to be filled in at Mission Arlington)

Adult Sponsor(s):	
Team Leader:	
Large Group Leader:	
Song Leader:	
Memory Verse Teacher:	
Puppet Wrangler:	
Game Leader:	
Attendance Taker:	
Youth Leader:	
Small Group Partner pairs: *(This is all students in your group, matched in pairs to lead small groups)*	

Remember that one person can have more than one responsibility.

Logistics Questionnaire

After reading through the entire blue section of this packet, please answer the following questions. The sooner you can provide this information to Mission Arlington, the more successfully we will be able to prepare for your time here. You can turn this information in one of two ways: e-mail it to Steven Burgin at sburgin@missionarlington.org or fax it to us at 817-277-3388. **Please have this to us at least one month prior to your arrival.** Please answer all questions, even if you have already given us some of this information. It helps us double check our records. We know last-minute changes are common on youth trips. It is no problem for any of this information to change, just let us know as soon as possible.

1) **Confirm the correct wording of your group name (so we don't accidentally call you First Baptist instead of First Christian the whole week, etc.)**
2) **Who will be our primary contact while you are here?**
3) **Is there anything we can do to help you prepare for Rainbow Express?**
4) **How many students do you expect to bring? How many sponsors?**
5) **Confirm the <u>date</u> and <u>approximate time</u> of your arrival at the Mission? (We are in the office until 8 pm each evening. If extenuating circumstances require you arrive later than that please make sure we know so that we can work with you on a plan to check in, receive your keys, etc.)**
6) **Confirm the date and approximate time you will be leaving from Mission Arlington**
7) **If you are going to be helping us on Sunday mornings please send us a list of names with a "T" by those people who are comfortable teaching a Bible Study and an "H" by those who prefer to help.**
8) **What type of transportation are you bringing (vans, buses, etc.) and how many vehicles?**
9) **How many Rainbow Express teams will you have? How many will be on each team? (Our suggested team size is about 10 to 15 people.)**
10) **What is a cell phone number where we can reach you as you are traveling or when you arrive?**
11) **Are you planning to stay in accommodations arranged by Mission Arlington?**
12) **Is there anything else we need to know about your accommodations situation?**
13) **Many of our accommodations are upstairs in apartments, etc, so please make sure we know if your group requires handicapped access.**
14) **Some of the local churches that are housing groups have kitchenettes (refrigerator and microwave but no stove/oven—meaning only the ability to prepare sandwiches, cereal, etc.) as opposed to full kitchens. <u>We will make sure that every group that will be cooking has access to a full kitchen.</u> If you know your group does *not* need a full kitchen because you are eating out in the evenings, etc. it will help us to know that ahead of time so we can match you with one of those churches.**

Every year Mission Arlington/ Mission Metroplex makes mission trip t-shirts available for groups. *This is an optional expense—no one is required to buy shirts.* Shirts are available in sizes from Adult Small to XXX-Large for $10 each.

There are three ways to order shirts: 1) buy them while you are here. 2) pre-buy with check or credit card and pick them up during your trip and 3) order with check or credit card and have us mail them to you (there will be an extra charge for shipping that will depend on how many shirts you purchase).

If you need more information about shirts, or to place an order, call Steven Burgin or Debbie Musgrave at 817-277-6620 or e-mail sburgin@missionarlington.org.

T-Shirt Order Form

Please fill form out completely

Group: _____Date of order:_____

Contact name and phone #:_____ _____ Method of payment:_____

Address:_____

Attn:_____ City, St., ZIP:_____

Receipt needed?: ☐ Yes ☐ No

Small _____

Medium _____

Large _____

X-Large _____

XX-Large _____

XXX-Large _____

Total: _____

X $10.00= _____

For those paying with Credit Card:

Card type:

Name as it appears on card:

Billing address of credit card:

Credit Card Number:

Expiration date:

Total amount to be charged:

E-mail:

Contact # (in case of questions regarding credit card):

The 2019 Mission Arlington® / Mission Metroplex® shirt. Shirts are available for ten dollars in sizes from adult small - XXX-large. The order form is on the preceding page.

Student Preparation Materials

Contains:

- Packing List
- Spiritual Preparation Helps
- Dress Code and Rules

Packing List

Here are some items you will need for your trip:

1) Bible: keep it with you all the time. It will be your most important lifeline for the week.
2) Sleeping bag or other bedroll
3) Air mattress or other cot (nothing bigger than twin size)
4) Towels, washcloths, toiletries
5) Your Rainbow Express material: your copies of the lessons for small group, plus any materials you need for your specific assignment (memory verse posters for the memory verse teacher, puppet music for the puppet wrangler, etc.)
6) Clothing: **see dress code on the next page**. Bring plenty of comfortable clothing and be ready for Texas summer weather, which means temperatures of 95 degrees or above. **Note—if you choose to dress in something that does not fit with our dress code, a Mission Arlington staff member *will* ask you to change before you begin your day's assignments. This only slows down your group and gives you less time to effectively minister during the day. So, please stick to the dress code.**
7) **A daily backpack: (**This optional suggestion is borrowed from some of our groups, and it has worked great for them.) Bring a backpack with any or all of the following items:
    8) Extra Bibles to give away
    9) Small, basic first aid kit
    10) Trash bags for cleaning up while you are at Rainbow Express
    11) Water bottle (*very* good idea)
    12) Candy or small prizes to give away
    13) Extra activities to do with the children and youth at your Rainbow Express that match up with your skills. Whether it's a hacky sack or extra coloring utensils, what hobby or talent do you have that you can share with the children you are ministering to on mission trip?

The Rules

DRESS CODE

Mission Arlington's dress code is very basic. We ask all participants to dress modestly, comfortably, and in something where they are ready to work. Casual dress is fine all week long, Sunday included. Here are a few specific requests we make of all groups:

- Shorts are fine all week long. Please no short shorts.
- Footwear is up to you, but because we do so much work and active play outside we recommend tennis shoes over flip-flops.

Please remember that there are certain things you might wear at home working outside in the heat but that may not be the right image for knocking on doors and asking parents to let their children go with you. Because of this, please follow these additional guidelines all week long:

- T-shirts are great to wear, but please no tank tops or any other kinds of sleeveless shirts.
- Baseball caps are fine, but please wear forward at all times. Do not wear bandanas or any other type of head gear. (Winter headgear is okay if it's cold.)

CONDUCT GUIDELINES

- **Be focused on the most important thing:** Mission work is full of surprises. God has a specific plan for you, and for the many lives He will use you to touch. The best preparation for this experience is spiritual. Keep reading your Bible daily, both before you come, and while you are here. Make sure you keep your quiet time with the Lord as a firm commitment. Don't miss your moments with Him.

- **Let's be good stewards together:** All of Mission Arlington's facilities are donated to us. Any money that goes into repairs and maintenance is less money we can use in our assistance programs. So, let's be good stewards of what the Lord has given us. There is no housekeeping staff. So, help clean up spills, take out trash, and generally be clean and neat. (For example, don't use sidewalk chalk at Rainbow Express. It leaves work for apartment staff to wash it off.)

- **Help us present a good image to *everyone*** that may come through your activities or facilities and maintain a good relationship and a positive witness with the neighbors around your activities or facilities.
    - Make sure that your noise level is under control. Do not play loud music, stay up too late at your accommodations, etc. Help us be a good picture of Christ to those around you.
    - Be sensitive to other people's needs. Be courteous and grateful everywhere you go. It is especially *crucial* that you control the noise level where you are staying. We cannot have loud music, parties, outside games, etc. We want *everywhere* to be our mission field, and that includes where you sleep at night.

Telling Your Story

But in your hearts revere Christ as Lord. 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 . . .
1 Peter 3:15

In Acts chapter 4 Peter, when threatened if he ever spoke in the name of Jesus again, responded "we cannot help speaking about what we have seen and heard." Do you feel that way about your salvation? Are you so thrilled by the fact that God would save a sinner like you that you cannot help but talk about it. Unfortunately, sometimes we convince our selves it is hard to talk about our faith. When we share our testimony, we are being witnesses, reporting the Good News of the everything-changing difference Christ has made in our lives. Here are some tips to help you share your testimony at Rainbow Express this week.

- ***Be Brief***—Remember the age of the children you are working with. They have short attention spans. You want them to understand and remember your point. The longer you talk, the less they may walk away with. Your goal should be not more than five minutes each for two testimonies, six to seven minutes for one, tops.
- ***Be Simple***—Your children will not understand the phrase "I used to really struggle with trying to keep the reprobate, carnal impulses of my fleshly nature under control until I accepted the sanctifying work of the Lamb on the cross". They will understand "When I pray and ask Jesus for help, He helps me do what God wants me to do". Avoid the temptation to speak *churchese* while you share. Talk like you really talk.
- ***Be Animated***—Let your love for Jesus show in your words, face, gestures, and tone of voice. If you share your testimony like you would share a school report on 18th century garbanzo bean farming techniques, the children will not care. If you are excited about what Christ has done in your life, the children will be too.
- ***Be Excited***—Sometimes there is a temptation to think that your personal testimony may not be as interesting as somebody else's. Remember that we never need to compare our relationship with Christ to another. It took just as much of Jesus' sacrifice to save us as it did any other human being on the planet. Be excited and grateful for what God did in your life, whether it happened as an adult in prison or a five-year-old in Sunday School.
- ***Be Prayerful***—Like everything else you do this week, sharing your testimony must be bathed in prayer. Ask God to give you the right words and demeanor. Ask Him to prepare the hearts of the people that will be hearing.
- ***Give God the Glory***—This may sound obvious: but remember to make your testimony about God. Your testimony is not about the bad things you used to do. It's not about the good things you do now. It is about the change that Jesus brought in your life. It is about His sacrifice and His forgiveness. Make sure people walk away from your testimony impressed by Jesus, not by you.

Prayer Guide

We will be serving with Mission Arlington this July - August because we believe that our Father, the Lord of the Harvest, is sending us into His harvest fields. With that in mind, we need to spend time each day as we prepare for this trip asking the Lord to make it exactly what He wants it to be. Here are some thoughts to help you in your prayer times for this mission trip.

- Pray for our team as we prepare to go. Help us to be ready logistically and, most importantly, spiritually. We can't be effective sharing the gospel until we ourselves are above all else in love with the Father.
- Pray for the Mission Arlington missionaries who will be "preparing the soil" before we arrive and following up with discipleship after we leave.
- Pray for each neighborhood where we will be ministering. Pray that God will draw *exactly* the people He wants to hear the message.
- Pray that the gospel will be presented clearly in all that we do.
- Pray that God will draw people to Himself and that they will respond to our message by putting their faith in Him.
- Pray for more year round missionaries for Mission Arlington who will continue to plant churches in these neighborhoods.

Some Scripture to Help You Pray

- As for me, far be it from me that I should sin against the Lord by failing to pray for you. And I will teach you the way that is good and right. 1 Samuel 12:23 ***We don't want to sin by not praying for the people God is sending us to teach.***
- Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, [21] to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. Ephesians 3:20-21 ***We want this week to be according to God's plan, not ours. His perfect plan will be above and beyond anything we could plan.***
- Declare his glory among the nations, his marvelous works among all the peoples! 1 Chronicles 16:24. ***We go on mission because God is worthy of being shared about. Let's help Arlington see His marvelous works!***

Rainbow Express Preparation Materials

- **Outline for each day's Rainbow Express**
- **Instructions for each team member**
- **Supplemental materials for each activity: memory verse, games, songs, etc.**

Rainbow Express Overview

When you arrive at your site, have one adult leader check in with the office of the apartment community each day to let them know you are there. Always offer to help with anything the office staff might need.

A crucial part of our witness to the character of God that we honor our commitments to the neighborhoods where we are holding Rainbow Express. That means don't arrive late to Rainbow Express and don't leave early.

- Begin by gathering the children and teenagers that will be attending. This will involve knocking on all the doors of the apartment community to invite people. The games leader and attendance taker will wait for the children at the site. All other team members need to **knock on doors**.
- As the children arrive, begin playing games. **Write down each child's name and apartment number** on the attendance sheet.
- After finishing the games, begin singing **songs** as you gather the children into a large group to begin. You may want to sing a couple of songs, then do a puppet song, then sing another song, then a puppet song. This will give the puppet team a chance to rest their arms in between songs.
    - The Song Leader will come to the front of the group to lead songs. One or two others may also want to come to the front to help show motions. Be sure to have several songs ready to sing and that everyone in the group knows the songs.
- Each day the Large Group Leader will welcome the children and provide an introduction to the day's themes and activities. The more creative and engaging the Large Group Leader acts, the more interested and involved the children will be during the large group.
- A couple of students share their **testimony**. (There are tips on preparing your testimony on the student preparation packet.)
- Ask for prayer requests and pray.
- The Memory Verse leader will lead the children in learning the memory verse during the first **memory verse activity**. (There are suggested memory verse activities for each day in the memory verse teacher instructions portion of this section. Remember that you need to provide whatever materials you need for the memory verse activities.)
- Divide up into **small groups**, as small as you can depending on the number of children and people in your group. Plan on dividing your small groups based on age and gender (for example: 1) preschool, 2) younger elementary boys, 2) younger elementary girls, 3) older elementary boys, 4) older elementary girls, and so on. Depending on who actually attends your Rainbow Express site be prepared to flex if need be in the way you divide.)
- Each small group team will share the day's Bible Story while in their small group.
- Take this time after the story to pray with the children in your small group. Ask them for things they would like to pray about. Tell God how awesome He is. Ask Him to help you and the children in your small group to listen to God and obey Him. Pray that the children in your group will get to know God and feel the love He has for them.

- Hands on activity: you will have an activity for the children in your small group to do during this time. Days 1, 2, and 4 you will have activity packets with coloring sheets, word searches, mazes, and memory-verse related word games. Day 3 you will make salvation bead bracelets. All of these materials will be provided by Mission Arlington while you are here.
- While still in small groups, review the week's memory verse. You can do a small group version of the same memory verse activity you used in large group time, or choose from one of the other suggested activities in the memory verse teacher material. (Remember that you need to provide whatever materials you need for the memory verse activities.)
- Reassemble for a large group **closing time**. The Large Group Leader will lead a short review time to help wrap up the day's activities.
- Play **games** until it is time for Rainbow Express to end.
- Pass out **snacks** to each child. Have the children eat snacks there so you can make sure all trash is cleaned up.
- It is mandatory that you walk each child home after Rainbow Express.
- After everything is cleaned up and all children are walked home, come back to Mission Arlington to turn in your reports for the day.

Tips for a Successful Rainbow Express

- PRAY! This is what will make or break your week. Everything you do must be bathed in prayer.
- When you first get out to the apartment community, most of the team needs to go door to door and round up the children. Some children will come early, so one or two people need to be ready to stay at the site to play games with the children (rather than knock on doors).
- Parents and older youth will probably stand around the perimeter. Get to know them, talk with them, and invite them to the Bible study at that particular apartment complex. You will receive the information about these Bible Studies when you are here.
- The opening and closing Large Group Times can be a difficult time to keep the children's attention. The more energy, preparation, and creativity you put in, the more interested and involved the children will become.
- Be sure you are always with the children. You can make a difference in their lives this week. They want and need your undivided attention. Don't just carry your comfort zone around with you. When you're on mission, stow the electronics. Be 100% present with the kids so they know God is 100% with them.
- Love all the children. Try to get to know each of them.
- Remember that you have important jobs to be done. Don't forget your responsibilities.
- If you are not leading the singing or telling the story, sit among the children.
- Have fun! If you are having fun, the children will have fun. Likewise, if your attitude isn't the best, they will imitate your attitude.
- Everyone needs to make sure that every child and his/her apartment number are on the attendance list.
- Everyone work together and help each other.
- PRAY! Remember to **pray without ceasing** the whole week.

Adult Team Leader / Sponsor

- Be the prayer leader for your group. ***Pray*** for your team, the people you will encounter in Arlington, and for the Mission Arlington workers that are preparing the way and will be doing follow up.
- ***Communicate with Mission Arlington*** staff with any questions or problems during Rainbow Express: if you get lost, if you're not sure where to set up, if you need extra supplies, etc.
- Mission Arlington will give you directions and instructions for every neighborhood where we send you. Please compare your GPS to these instructions. If they disagree, check with us before you go. We once had two groups miss the entire first day of Rainbow Express because they trusted their GPS and ended up *miles* from where the kids were waiting for them.
- Make sure your team is getting ***good contact info for everybody that attends*** so that Mission Arlington missionaries can follow up.
- Make sure that ***each day during the trip your report is turned in to Mission Arlington*** at the end of the day (this will involve the day's Rainbow Express attendance and information on any special follow-up needs you encounter.)
- Each night during your trip: oversee the preparation of all other team members for tomorrow's Rainbow Express. Ensure that any advance preparation needed for crafts, memory verse activities, or closing activities has been done.
- Be very familiar with the lessons and activities for each day. ***Make sure EVERY child gets walked home*** at the end of EVERY Rainbow Express.
- The first day of Rainbow Express, be sure to ***connect with the apartment manager*** and any other office personnel in the neighborhood where you are leading Rainbow Express.

Small Group Teams

- You will be telling the stories to your small group. Pray that God will prepare the hearts of the kids you will be sharing with to hear His message.
- All the Bible stories this week are intended to help the children see that they can trust God's way for life and salvation.
- Before you come, read all of the stories in the Bible and as they are retold for children in the following pages. Know each story well. As you tell the story have your Bible open to the story. **Never read to the kids word for word from the packet!**

- Help your children or youth to understand that the story they are learning comes from the Bible. Be very familiar with the scripture and then use the retelling as a guide to communicate the themes to the children you are working with.
- Be excited about the story you are teaching. Have fun as you share the love of Christ. The kids need to know that you believe what you are saying and really want them to understand. Make eye contact with the kids and give them 100% of your attention and energy.
- Take the time to get to know the children in your small group. They need to know you care about them.
- Watch the kids as you teach. If you are losing their attention, try to involve them more. Make sure the kids hear the message.
- Review the story at the end by asking questions.
- Always have your Bible with you while you are leading your small group. Help the children understand that the stories you are teaching this week are true stories from the Bible that help us know how to follow Jesus.

Song Leader

- You will be leading songs with your Rainbow Express group. Pray that God will help the kids to learn the songs so they can carry the message of Christ's love with them.
- The following pages contain some suggested "Sunday School songs" to get you thinking about songs to use.
- You are not limited to doing only the songs in the list. Feel free to do any other children's songs that your group knows. If you see songs you don't know in the packet, you can find lots of them on youtube.
- Have songs chosen ahead of time that you will sing each day. You can take requests, but have a list of songs ready.
- Sing "stand up" songs with lots of motions first, then sing "sit down" songs to prepare the children for the puppet show or Bible story.
- Be sure all of the team members know the songs you are going to sing. All team members should sing with enthusiasm.

1. Bubbling
It's bubbling, it's bubbling,
it's bubbling in my soul
There's singing and laughter
since Jesus made me whole
Folks don't understand it,
I cannot keep it quiet!!
It's bubbling, bubbling, bubbling,
bubbling, bubbling day and night

2. Come and Go with Me
Come and go with me to my Father's house
Come and go with me to my Father's house
It's a big, big house with lots and lots of room
A big, big table with lots and lots of food
A big, big yard where we can play football
A big, big house, it's my Father's house

3. Deep and Wide
Deep and wide, deep and wide
There's a fountain flowin' deep and wide
Deep and wide, deep and wide
There's a fountain flowin' deep and wide

4. Do You Love my Jesus
Deep, deep Ohhh deep down down
Deep down in my heart, I love you Jesus
Deep, deep Ohhh deep down down
Deep down in my heart
Do you love my Jesus deep down in your heart?
Yes I love my Jesus deep down in my heart!

5. Father Abraham
Father Abraham had many sons
Many sons had Father Abraham
I am one of them, and so are you
So let's just praise the Lord - Right Arm!

...Left arm, right foot, left foot, nod your head, turn around, sit down!

6. God Is So Good
God is so good, God is so good,
God is so good, He's so good to me
He answers prayer…
I love Him so….

7. Give Me Oil in my Lamp
Give me oil in my lamp,
Keep me burning, burning, burning
Give me oil in my lamp, I pray
Give me oil in my lamp,
Keep me burning, burning, burning
Keep me burning til the break of day
Sing Hosanna, sing Hosanna,
Sing Hosanna to the King of Kings
Sing Hosanna, sing Hosanna,
Sing Hosanna to the King

Give me gas in my Ford,
Keep me truckin' for the Lord….
Give me wax on my board,
Keep me surfin' for the Lord….
Give me umption in my gumption,
Make me function, function, function….

8. The B-I-B-L-E
The B-I-B-L-E, yes that's the book for me
I stand alone on the Word of God
The B-I-B-L-E

9. He's a Peach of a Savior
He's a peach of a Savior
He's the apple of my eye
He prunes away the branches
when my branches get too high
He stomps my grapes of wrath
when my life gets too tough
That's why I'm bananas for the Lord
He's the vine and we're the branches
He's the vine and we're the branches
He's the vine and we're the branches
That's why I'm bananas for the Lord

10. I'm All Wrapped Up
I'm all wrapped up, I'm all tied up,
I'm all tangled up in Jesus
I'm all wrapped up, I'm all tied up,
I'm all tangled up in God
I'm all wrapped up, I'm all tied up,
I'm all tangled up in Jesus
I'm all wrapped up, tied up, tangled up in God

11. I'm Gonna Sing, Sing, Sing
I'm gonna sing, sing, sing
I'm gonna shout, shout, shout
I'm gonna sing, I'm gonna shout,
Praise the Lord
When those gates are opened wide
I'm gonna sit by Jesus' side
I'm gonna sing, I'm gonna shout,
Praise the Lord

12. I'm in the Lord's Army
I may never march in the infantry,
ride in the cavalry, shoot the artillery
I may never fly o'er the enemy
But I'm in the Lord's army, Yes sir!
I'm in the Lord's army, Yes sir!
I'm in the Lord's army, Yes sir!
I may never march in the infantry,
ride in the cavalry, shoot the artillery
I may never fly o'er the enemy
But I'm in the Lord's army

13. I've Got a River of Life
I've got a river of life flowing out of me
Makes the lame to walk and the blind to see
Opens prisoners' doors, sets the captives free
I've got a river of life flowing out of me
Spring up oh well (gush gush gush gush)
within my soul
Spring up oh well (splish splash) and make me whole
Spring up oh well (whoosh) and give to me
That life abundantly

14. I've Got Joy Down in my Heart
I've got joy down in my heart
Deep deep down in my heart
Spell it J-O-Y Down in my heart
Deep deep down in my heart
Who put it there? Jesus put it there
And nothing can destroy it,
destroy it, destroy it — UGH!
I've got joy down in my heart
Deep deep down in my heart

15. I've Got Peace Like a River
I've got peace like a river, I've got peace like a river
I've got peace like a river in my soul

I've got peace like a river, I've got peace like a river
I've got peace like a river in my soul
I've got love like a mountain…..
I've got joy like a fountain…..
I've got peace, love, and joy
like a river mountain fountain…..

16. I Have So Much
I have so much, so much, so much, so much, so much, so much, so much, so much, so much,
so much, so much, so much (clap) to be thankful for. (REPEAT)
I have Jesus to be thankful for…..
I have the Bible to be thankful for…..
I have you to be thankful for…..

17. Little Square Box
If I had a little square box to put Jesus in,
I'd take Him out and hug His neck
and share Him with a friend
But if I had a little square box
to put the devil in,
I'd take him out and STOMP HIS FACE
and put him back again.

18. I've Got the Joy, Joy, Joy, Joy
I've got the joy, joy, joy, joy down in my heart
Where? Down in my heart
Where? Down in my heart
I've got the joy, joy, joy, joy down in my heart
Down in my heart to stay
And I'm so happy, so very happy
I've got the love of Jesus in my heart
Down in my heart
And I'm so happy, so very happy
I've got the love of Jesus in my heart

And if the devil doesn't like it
he can sit on a tack! Ouch!…..
And if the devil doesn't like it
he can swallow a bomb! Boom!…..
And if the devil doesn't like it
he can fall off a cliff! Ahhh!…..
I've got the wonderful love of my blessed redeemer way down in the depths of my heart….

19. If You're Happy and You Know It
If you're happy and you know it clap your hands
If you're happy and you know it clap your hands
If you're happy and you know it
then your face will surely show it
If you're happy and you know it clap your hands
If you're happy and you know it stomp your feet…
If you're happy and you know it say Amen…
If you're happy and you know it Praise the Lord…
If you're happy and you know it say Yee-Haw…

20. Jesus in the Morning
Jesus, Jesus, Jesus in the morning
Jesus at the noon time
Jesus, Jesus, Jesus when the sun goes down

Love Him….
Serve Him…
Praise Him…
Share Him…
Thank Him…

21. Jesus Is my Rock
Jesus is my Rock, and He rolls my blues away
Bop shoe Bop Shoe Bop Woo!!
(Repeat 2x)

22. Jesus Loves Me
Jesus loves me this I know,
for the Bible tells me so
Little ones to Him belong
They are weak but He is strong
Chorus:
Singing na na na na na na na na na-Heh!
Na na na na na na na na na– Huh!
Yes, Jesus loves me, Yes, Jesus loves me,
Yes, Jesus loves me, The Bible tells me so

Jesus loves me when I'm good
When I do the things I should
Jesus loves me when I'm bad
Though it makes Him very sad
(Chorus)

23. My God Is So Big
My God is so big, so strong and so mighty
There's nothing my God cannot do
My God is so big, so strong and so mighty
There's nothing my God cannot do
The mountains are His, the rivers are His
The stars are His handiwork too
My God is so big, so strong and so mighty
There's nothing my God cannot do, for you

24. No One That I Know
No one that I know walks like you,
Talks like you, or looks like you
No one that I know is like you
No one else does what you do

25. Sheep Song
I wanna be a sheep baa baa,
I wanna be a sheep baa baa
Cuz Jesus loves sheep
I wanna be a sheep baa baa
I don't wanna be a goat nope nope
I don't wanna be a goat nope nope
Cuz there ain't no hope for goats
I don't wanna be a goat nope nope

26. Satan Didn't Like It
Satan didn't like it when we
Came outta the wilderness
Came outta the wilderness
Came outta the wilderness
Satan didn't like it when we
Came outta the wilderness
Walkin' with the Lord, Walkin' with the Lord
Walkin' with the Lord
Satan didn't like it when we
Came outta the wilderness
Walkin' with the Lord
Swimmin' with the Lord…
Dancin' with the Lord…

27. Shake a Friend's Hand
Shake a friend's hand,
Shake the hand next to you
Shake a friend's hand and sing along
Shake a friend's hand,
Shake the hand next to you

Shake a friend's hand and sing,
Sing a ha-la-la-la-la-la-la-leluah,
Ha-la-la-la-la-lehuah (repeat)

Scratch a friend's back, …
Hug a friend's neck…

28. Swing Low, Sweet Chariot
Swing low, sweet chariot
Comin' fo' to carry me home
Swing low, sweet chariot
Comin' fo' to carry me home

29. On a Day Like This
On a day like this (clap, clap)
On a day like this (clap, clap)
On a day like this (clap) Ohhhhhhhh
I need the Lord to help me
On a day like this (stomp, stomp, clap, clap)
On a day like this (stomp, stomp, clap, clap)
On a day like this (stomp, clap) Ohhhhhhhh
I need the Lord to help me

On a day like this (toot, toot, stomp, stomp, clap, clap)…
On a day like this (pat, pat, toot, toot, stomp, stomp, clap, clap)…
On a day like this (bounce, bounce, pat, pat, toot, toot, stomp, stomp, clap, clap)

30. The Fruit of the Spirit
The fruit of the Spirit's not a banana
The fruit of the Spirit's not a banana
If you wanna be a banana
You might as well hear it
You can't be a fruit of the Spirit
Cuz the fruit is love, joy, peace and patience, kindness, goodness, faithfulness, gentleness and self control
The fruit of the Spirit's not a coconut…
The fruit of the Spirit's not a lemon…

31. This is the Day
This is the day, this is the day
That the Lord has made, that the Lord has made
I will rejoice, I will rejoice
And be glad in it, And be glad in it
This is the day that the Lord has made
I will rejoice and be glad in it
This is the day, this is the day
That the Lord has made

32. This Little Light of Mine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Let it shine, let it shine, let it shine
Hide it under a bush, oh no!
I'm gonna let it shine
Hide it under a bush, oh no!
I'm gonna let it shine
Hide it under a bush, oh no!
I'm gonna let it shine
Let it shine, let it shine, let it shine

Won't let satan blow it out,
I'm gonna let it shine

33. Walk, Walk, Walk, Walk in the Light
It's a great day to praise the Lord.
It's a great day to praise the Lord.
It's a great day to praise the Lord.
Walking in the Light of Love.
Walk, walk, walk, walk in the light (Hey!)
Walk, walk, walk, walk in the light (Hey!)
Walk, walk, walk, walk in the light (Hey!)
Walking in the Light of Love.

It's a great day to hug a neck…
It's a great day to say "Amen!"…

34. What a Mighty God We Serve
What a mighty God we serve
What a mighty God we serve
Angels bow before Him
Heaven and earth adore Him.
What a mighty God we serve.

35. Who's the King of the Jungle?
Who's the king of the jungle? ooo ooo
Who's the king of the sea?
wiggle wiggle wiggle
Who's the king of the universe,
and who's the king of me?
I tell you J-E-S-U-S! Yes!
He's the King of me
He's the king of the universe,
the jungle, ooo ooo
and the sea. wiggle wiggle wiggle

36. With Jesus in your Boat
With Jesus in your boat,
you can smile through the storm
Smile through the storm,
smile through the storm
With Jesus in your boat,
you can smile through the storm
When you're sailing home
Sailing, sailing home, sailing, sailing home
With Jesus in your boat, you can smile through the storm when you're sailing home

Memory Verse Teacher

- Pray that they will learn the verse of the week, so they can carry a piece of the Bible with them always.
- The children will have two opportunities to hear the memory verse each day: once in the opening time in a large group and once after the story time in a small group. You will be responsible for leading the memory verse activity in the large group.
- Read through the suggested activities ahead of time. Some require additional planning and/or materials. Make sure you have what you need.
- Make sure everyone on your team knows the activities you plan to use. Help the other small group leaders decide which memory verse activities they will do each day.
- Do more than just lead the activities as they are described in the packet. Spend time explaining the meaning of the verse and how it applies to life. Help the children understand what the memory verse means.
- The following page contains suggested memory verse activities that you can choose from. Remember that you need to provide whatever materials you need for the memory verse activities.
- The verse of the week is:

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Pues yo sé los planes que tengo para ustedes —dice el Señor—. Son planes para lo bueno y no para lo malo, para darles un futuro y una esperanza. Jeremías 29:11

Memory Verse Teacher (Cont.)

- **Teams:** Divide the kids into two teams. Let one side say the first part of the verse and let the others complete it. See how loud and soft and fast and slow each side can be. (Remember you can be creative in your team divisions: Boys v. Girls, Sandals v. Tennis Shoes, Eye or Hair Colors, kids wearing shorts v. kids wearing jeans…etc.) Compliment both teams on a job well done.
- **Memory Verse Challenge:** Make signs using construction paper with one or two words of the verse on each. Have several workers or children stand at the front and hold the signs so that everyone can see the words. Lead the children in saying the verse together a few times. Then, one at a time, have the sign holders hide their sign, and say the verse together again. Repeat this until all the signs are hidden and say the verse one more time.
- **Hand Signs:** Assign a hand motion for each word of the verse. Teach the children the hand signs and the words at the same time. Then say the words while the children only do the hand motions. And then do the hand motions while the children say the words.
- **Volley Verse:** Sit or stand in a circle. Take a soft ball or balloon and pass it around in a circle, each person saying one word of the verse as they hold the ball and pass it on. Go fast and slow, repeating the whole verse each time. When the kids feel comfortable saying the verse, volley the ball from person to person across the circle, letting each person say one word as they pass the ball.

- **Verse Pop:** Gather several small strips of paper and write one or two words of the verse on each strip. Put each paper inside a balloon and inflate the balloon. Let the children who are sitting the most quietly pop the balloon handed to them, and say the word they find inside. Have all the children repeat the word and continue until all the balloons are popped. Have a copy of the entire verse ready so that, in the end, the children can see the whole verse on one page. Repeat the verse several times with all the children. (It is a good idea to write numbers on the balloons so you can hand them to the children in the correct order. Also, be aware of smaller children who might be afraid of the popping noise.)
- **Verse Puzzle:** Write the verse on a piece of paper and cut the paper into 6-10 pieces. Let the children put the puzzle together as a team. Make sure everyone gets a chance to help. When it is finished, say the verse altogether. Put the puzzle together again. See how fast the children can finish the puzzle and say the verse.
- **Verse Sticks:** Write phrases of the verse on several craft sticks. Work together to put the sticks in the correct order.
- **Verse Chain:** Gather several small strips of paper and write one or two words of the verse on each strip. Working together in your small group, tape the links together in circles to make a paper chain. When you finish, say the verse all together.

Puppets

Remember that you can borrow puppets from Mission Arlington / Mission Metroplex if you do not have any.

Puppets have a power to draw people. Obviously a simple puppet show holds the most charm for young children. You will be amazed, however, how many parents, grandparents, aunts, and uncles will come to watch puppets just because they are curious. This gives you a great opportunity to connect with them and potentially share the gospel. So don't be afraid to try using them, even if you never have before. Here are some tips on how to easily incorporate puppets into your Rainbow Express program:

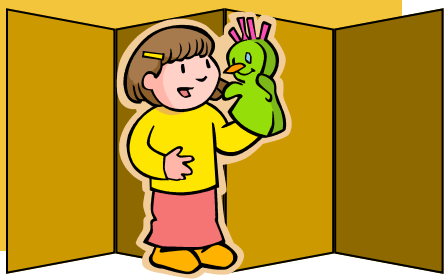
SONG TIME—Have the puppets sing along with the songs. This is fun for young children.

MEMORY VERSE—Have the puppets help teach the memory verse. We have found it to be especially helpful to have the children teach the memory verse to the puppets. Let the puppets "play dumb" so that it takes them several tries to learn it.

GATHERING—Have the puppets going while you are out knocking on doors and taking attendance. You will find the puppet show attracts plenty of curiosity.

CLOSING TIME—Have the puppets ask the review questions in the final large group time. Alternatively, you could have the puppets give funny answers to the review questions asked and let the children help correct them.

PREPARATION TIP: If you do not have a puppet stage you can easily make one out of a large cardboard box (at Mission Arlington we use refrigerator boxes or washer/dryer boxes). Just cut and unfold the box and then decorate the front with butcher paper, spray paint, or any other way that you would like.



PUPPET CONCERTS—One of the simplest and surprisingly effective ways to use puppets is to let them give a one or two song "concert" each day during your Rainbow Express program. We have had great response with upbeat Christian music, especially if there is an easy chorus the kids can catch on to and sing along with.

A NOTE ON PUPPET MUSIC—It is very important to remember that some songs that might be youth group favorites may be more likely to drive away than attract some parents. Keep in mind that the goal is to find opportunities to interact with all age groups, not just children and teenagers. If you would like to purchase puppet music instead of using what you already have, consider a series called RPM-Righteous Pop Music. You can order from them on- line from the company that produces them at onewaystreet.com.

Attendance Taker

- Pray for the children that will attend your Rainbow Express and for the Bible Study leaders that will follow-up with the children.
- The multi-housing communities where you will hold Rainbow Express are places with on-going Mission Arlington Bible Studies, After School Programs, and other activities. The information you gather will be a valuable resource for the Mission Arlington teams doing follow-up after you are gone.
- THIS IS AN EXTREMELY IMPORTANT JOB! We need to know about every child, teenager, and parent you meet (and where they live) so that we can get them involved in weekly Bible study. Also, if a child accepts Christ as their Savior or needs special attention, you will mark this on the attendance sheet so the appropriate follow-up takes place.
- As children arrive for each day of Rainbow Express, ask for their name (first and last), age, apartment number, and building number (if applicable). *Please do not allow children to write on the attendance sheet.* Please neatly write down the information they give you.
- Be sure you have the attendance sheets before you depart for the site each day. <u>Make sure you turn in these sheets after Rainbow Express each day.</u> Mission Arlington will provide the blank sheets.
- We take discipleship seriously at Mission Arlington. We know you do too. Help us by making sure we get good reports from you each day so we can follow up with all the people you make contact with.

Large Group Leader

- Pray for the children you will be teaching. Pray that this week the word of God will change their lives.
- It is your responsibility to help the program flow from one activity into the next activity while in a large group.
- At the beginning of each day, lead a brief introduction to help transition into the small group times. During the opening time, ask the kids questions about what they learned the day before. See if any of them know the memory verse.
- In each day's introduction you will want to help the children learn to love God's words. You want them to have a heart like Peter in John 6:68-69 when he said: "Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God."

- Keep the kids involved and interested in everything you do.
- Always have your Bible with you while you are leading the large group. Help the children understand how much you love your Bible.
- It will <u>not</u> be your job to tell each day's Bible story. That will happen in the small groups. Children listen more attentively in smaller groups.
- The Large Group Leader should serve as a sort of "master of ceremonies" to keep each activity flowing smoothly.

Games Leader

- Be prepared to play some games before Rainbow Express begins as a way to gather and meet children. Play again afterwards to allow more interaction time with those who have come.

- Kids are more likely to listen to and interact with people they know care about them. Playing games is one way to build relationships with the kids. Pray that God will use the game time to build relationships between your team members and the children.
- Find ways to incorporate the concepts of the memory verse and lessons for each day into games you are playing.
- There is a list of games on the next page. You are not limited to the games on the list. Decide which games you are going to play each day. Involve everyone. Have some games prepared to play with older children and other games prepared to play with younger children.
- **The apartment managers in the places you will be serving have asked Mission Arlington not to use balls, Frisbees, or anything else that could potentially break windows in the apartment communities. Bring soft, Nerf® type balls and toys that cannot cause any damage.**

Games Leader (Cont.)- Suggested Games

- **Big, Bad Wolf**: Have the children stand in a line at one end of the game area. One leader or child is the "Big, Bad Wolf" and will stand at the other end of the area with her back to the children. In unison, the children shout, "What time is it Mr. Wolf?" The wolf answers with an hour, "4 o'clock", for example. The children take that number of steps forward. If the wolf said "4 o'clock," the children would take 4 steps toward the wolf. When the wolf thinks the children are close enough to her, she answers their question with, "It's eating time!" Then she chases them back to their starting line. Anyone she tags joins her as a wolf. The game ends when all but one participant has been tagged.
- **Overall Understanding:** Players are divided into two teams. Teams line up in parallel rows with players standing behind one another. The first player on each team is given a beach ball, or balloon. When the leader says, "Go," the first player on each line passes the ball backward over her head to the second player. The second player passes the ball under his legs to the next person in line, and so forth. The ball continues to be passed backward down the line, alternately over and under, until it reaches the last player. The last player, receiving the ball, runs to the front of his or her line and begins to pass the ball back again. This continues until every player on the line has a chance to be at the beginning. The team whose first player gets to the front of the line again is the winner.
- **Parachute:** You will have a tarp with you to use for the children to sit on each day. The tarp can double as a "parachute". Have the kids stand on all sides of the tarp and hold it at waist level. Each side of the tarp is a team, making four teams. Put a beach ball on the tarp. Have the kids shake the tarp. They should try to shake the tarp so that the beach ball falls off another team's side. Whenever the beach ball falls of the tarp, the team on that side gets a point. The team that has the fewest points at the end of the game wins.
- **Sharks and Minnows**: You will need a good size running area for this game. Have the children line up along one side of the area. They are the "minnows". Have the leader stand in the middle of the area. The leader is the shark. When the shark yells "Go!", the minnows run to the other end of the area. The shark runs around and tags as many minnows as possible before they reach the other end of the field. When a minnow is tagged, he or she must freeze wherever tagged. When all of the untagged minnows reach the end of the area, the shark yells, "Go!" again. This time the shark and the frozen minnows may tag the runners. The game continues until there is only one minnow left. That minnow is the winner and begins the next game as the shark.
- **Everybody's It Tag:** There are two rules: (1) everybody is It, and (2) when a player is tagged, he or she is frozen. Have everyone stand in a circle. Then the leader shouts "Everybody's it!" and the game starts (and quickly ends).
- **Hospital Tag:** The first time a player is tagged, she puts her hand on the part of herself that was tagged. The second time she is tagged, she must put her other hand on that area. The third time, because she is out of hands, she must sit down.
- **Trust Walk**: Chose a landmark in your area to be the "goal" of this game. A mailbox or tree will probably be readily available for this purpose. Blindfold one player and choose another player to be the "guide." Have the rest of the children scatter themselves between the blindfolded person and the goal. The guide leads the blindfolded person through all the people to the goal while the children in the way will call out other directions. The blindfolded player must listen carefully to the guides instructions. Let the children take turns being blindfolded and being the guide.
- **Circle Spot Rush:** All players stand in a circle, arms' length apart, facing inward. In the center of the circle are small markers (paper plates, pieces of construction paper, etc.). The number of markers is always one less than the number of players. The leader of the game stands just outside the circle and calls out various types of movement: run, skip, hop, etc. The players move clockwise around the circle in the way directed by the leader. The game leader can also call out *stop* (all players freeze wherever they are) or *about face* (players continue to move in the same manner but reverse directions). When the game leader yells *rush* all players run to the center of the circle and try to stand on one of the markers. Whichever player does not stand on a marker is eliminated. One marker is removed and play continues. The object of the game is to be the last player remaining.
- **Animal Relay:** Each small group will be a team. Teams stand in single file lines, facing a finish line about fifty feet away. The first player runs across the finish line, runs back, tags the next player, and goes to the end of the line. The relay continues until each player has run twice. While they run the game leader calls out various animals. All players must run like that animal until the next one is called. The first team to have all their players finish twice wins.
- **Elbow Tag:** Assign all players a partner. Spread pairs out evenly across the playing area. Have the pairs link arms. Choose one pair to start out as the chaser "It", and the chasee. Just like regular tag, It tries to tag the chasee. If the chasee is tagged, he or she in turn becomes it and the chase reverses. The chasee's goal is to link with another player. When the chasee links arms with one

Youth Leaders

Teenagers will often gather around the periphery of your Rainbow Express. Choose at least one person (if possible one male and one female) to be ready to work with any youth.

- PRAY! Youth have always been a part of Rainbow Express, because groups like yours have always worked at making friends with the older students that hang out around your activities. However, we have really felt led to make a concentrated effort to expand the scope of Rainbow Express to include youth. Ask God to use the Rainbow Express that you lead exactly as He would desire.

- Be sensitive to the youth. Some may enjoy participating in parts of the regular Rainbow Express program, especially if they have younger siblings that are attending or if they are involved in helping in some way. Others will feel more comfortable staying completely separated from the children for the entire time.
- Be flexible. Every apartment community is different and every teenager is different. You might have no teenagers, you may have one, and there might be a dozen. Be prayerfully ready for whatever happens.
- Be sure to report any youth that attend on the Rainbow Express attendance sheet so that the Mission Arlington missionaries can effectively follow up.

There is no sure-fire method for working with youth, but here is one possible suggested schedule for a youth Rainbow Express:

While the children are:	**The youth leaders are:**
in opening large group: singing, puppets, memory verse, etc.	meeting any teenagers, going with them to invite their friends, etc.
in small groups: story, crafts	having the youth help to pass out craft supplies to children's small groups, then gathering in their own location. Lead a Bible Study based on the children's Bible Story for the day. Help the youth learn the memory verse.
in games time	having their own youth recreation time

Continued on next page

Youth Leader (Cont.)

TIPS ABOUT WORKING WITH INNER-CITY YOUTH FROM A MISSION ARLINGTON MISSIONARY

As you are gathering the younger children for Rainbow Express, inevitably you will see older youth who seemingly couldn't care less about hanging around with the little kids. Some of these youth will, however, hang out around the periphery of your Rainbow Express acting, of course, like they're not interested. But don't be fooled. If they're hanging out, they are interested.

- Introduce yourself: Don't wait for the youth to walk up to you—it won't happen. You (2 or 3 of you) should walk up to them, stick out your hand to shake theirs & introduce yourself. If you're meeting guys, invite them to throw the football, play soccer, or even wall-ball (at an appropriate place). Try to do this event somewhat removed from the younger kids because they may get distracted. If you're meeting girls who aren't interested in football, soccer, or wall -ball, just be prepared to sit with them and get to know them.
- Engage them: Maybe they can help you unload, carry boxes, pick up trash, help translate (lots of Spanish speaking kids will be attending Rainbow Express), play with the younger kids after Rainbow Express is over, etc. During this time, you will continue to get to know them.
- Develop a Relationship: Remember that in Jesus' ministry, he met physical & emotional needs a lot of time before he addressed a person's spiritual needs. Don't be judgmental even if their looks, language, or conversation startles you. Hopefully you will have four days with them, so get to know them and when the Spirit leads you, begin the conversation about a relationship with Christ. Don't make assumptions about whether or not they are believers. You'll come across both.

- Make Them Feel Special: You want them to know that you have planned this time for them. Come prepared with football, soccer ball, basketball, etc. Maybe bring an additional snack for them. Sit around with the youth & munch on chips or cookies while you get to know them. Bring a few Bibles (pick an easy to read translation like NIV) so as one reads they can all follow along. Keep the actual lesson time short—most of the time should be spent getting to know them & discussing the lesson.

2019 May/June Rainbow Express Curriculum

Rainbow Express on Property Daily Guide

- **Large Group**
  - Songs
  - Puppets
  - Testimony
  - Memory Verse with Game

- **Small Group**
  - Story
  - Invitation
  - Craft
  - Small Group Memory Verse

- **Large Group**
  - Story Review
  - Snacks
  - Extra Games **If time allows*

Day 1 – Moses - Introduction and His Birth
Day 2 – Moses and the Burning Bush
Day 3 – Moses and the Plagues
Day 4 – Moses and the Israelites Cross the Red Sea

Day 1

Theme: Gods has a plan for us

Story: Moses - Introduction and His Birth

Scripture for today's story: *Exodus 1:6-2:10*

Pre-Rainbow Express Gathering

You will begin each day by knocking on doors and then playing games to help attract children to your Rainbow Express. As the children arrive begin taking attendance.

Song Time/Puppets

When it is time to begin your activities, have all the children sit down in a large group. It would be helpful to bring a tarp for them to sit on. When the children are together and seated on the tarp, begin your song time.

The Song Leader will come to the front of the group to lead songs. One or two others may also want to come to the front to help show motions. Be sure to have several songs ready to sing and that everyone in the group knows the songs.

Each day at this time you will have a brief puppet show. There are several simple ways to do this. Suggestions on how to use puppets to help teach children are on page 37.

Testimony

This week you will be teaching about the plan that God has for each of our lives using Moses as an illustration. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand that we can be sure that Jesus Christ is our Savoir and that he has a plan for our lives. Obviously, the decision to follow Christ is an incredibly personal decision. It is important that the children and youth who attend your Rainbow Express understand that a personal relationship with Christ is a very important reality for the members of your group. Every day during the opening time one or two members of your group can share a short version of their testimony in front of the large group. The goal is to let the children see how listening and obeying as God has spoken in your life has made a practical and meaningful difference. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony should read the sheet* Tips on Preparing Your Testimony *in the training materials section of this packet.)*

Memory Verse Activity

When the Large Group Leader finishes his opening time, the Memory Verse Teacher will come to the front to lead the memory verse activity. The large group memory verse activity for day one is "Fast and Slow". Have your poster of the memory verse available. Read through the verse all together several times to practice. Practice saying the memory verse faster and faster. Try saying it slower and slower. Say it in "slow motion", using exaggerated hand motions and deep slow motion voices.

Small Group Story Time

When the Large Group Time is over, divide the children into small groups for story time. The text provided here is to serve as a guide for you while you tell the story. Read it through several times and be able to tell it from memory. It is not important to be able to recite this story word-for-word. Your goal is to be able to relate the story to a level children will understand. Use the wording included here as suggestions to help you make these concepts understood by elementary age children. Feel free to adapt these words to fit well with your own style.

Today's Story:

Hello everyone and welcome to Rainbow Express. We are very glad and excited that each of you are here! This week we are going to be going through what happened in Egypt long ago. Our guide and his story comes from the Bible. Do you guys know what a Bible is? The Bible is God's word. It's full of stories that tell of God's great love and plan for us.

Our guide's name for this week is Moses. (Can everyone say Moses?) Moses' story begins long before he is even born. We are going to travel to the other side of the earth and go back many, many years. In the days before Moses, the country of Egypt was under a great famine, they had no food. This famine lasted for many years. People traveled from all around to Egypt to get food for their families, including the Israelites. God allowed an Israelite to interpret Pharaoh's dreams about the famine. This led Pharaoh to store up food before the famine hit. Eventually a new Pharaoh took over the country. He looked out over his land and saw that the Israelites were growing in number greater than his people, the Egyptians. He was afraid that one day the Israelites might try to take over the kingdom. So he decided to make them slaves, but they still kept growing in number! Next, Pharaoh did a horrible, bad thing. He announced that all Hebrew boy babies were to be killed to keep their numbers from growing. (Exodus 1:1-16)

One night after this announcement, Amram and Jochebed (Jock-a-bed) had a baby boy. The Bible says that he was a beautiful baby. Jochebed was able to hide this baby boy for 3 months, so that he would not be killed. When Jochebed was no longer able to hide him, she made a basket out of woven grass and covered it in tar. Do you know why she covered it in tar? It is so that the basket would become waterproof. Jochebed loaded the baby into the basket and sent him floating down the river. Jochebed also sent her daughter, Miriam, down along the bank of the river to follow the baby in the basket.

Guess where Moses ended up? The Pharaoh's Palace! The Pharaoh's daughter came to the river to take a bath. She saw the basket floating and sent her maid to get it. When the princess opened the basket, she saw the baby boy! She wanted to keep the child as her own. Miriam saw what happened. She told the princess that she would find someone to help care for the baby. She hurried home and brought the baby's mother, Jochebed, to care for him. The king's daughter named the baby Moses, because she got him out of the water (Exodus 2:5-10). That day Moses became a part of the royal family of Egypt.

Wow! It must have taken a lot of courage for Moses' mother to put him in a basket, right? Jochebed trusted that God would protect Moses. And God did protect Moses! Miriam also showed courage by speaking to Pharaoh's daughter and telling her she knew someone who could take care of him. So Moses' mother was able to help raise him!

In the years that followed, the Israelites prayed to God to help them. God heard their prayers and cared for them. Moses was a part of that plan. God cares for us, too. (I Peter 5:7) God has a good plan for us. (Jeremiah 29:11). As we trust in God he will help guide us to what he has for us, just like God did with Moses.

Prayer Time

Take this time after the story to pray with the children in your small group. Ask them for things they would like to pray about. Tell God how awesome He is. Ask Him to help you and the children in your small group to listen to God and obey Him. Pray that the children in your group will get to know God and feel the love He has for them.

Craft

While still in your small groups, lead the children in making the craft for the day. The craft time is not only a way to reinforce the lesson, but it also allows time to get to know the children in your small group. During this time, ask them questions about their families, friends, and school. Invest in their lives. Crafts and supplies will be provided while you are at Mission Arlington.

Memory Verse Activity

Each day the small group time will include a Memory Verse Activity. The Memory Verse time is one of the most important activities of the day. We want these children to remember God's word and why it is important to them. A list of potential activities is included in the Supplements and Handouts portion of this packet. Use a different idea from that list each day to help the children learn the words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

English:

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Spanish:

Pues yo sé los planes que tengo para ustedes —dice el Señor—. Son planes para lo bueno y no para lo malo, para darles un futuro y una esperanza. Jeremías 29:11

Wrap Up

Each day you will end your Rainbow Express in a second large group session. Have all the children return to the tarp where you started. Sometimes the movement from small groups to large group becomes distracting, especially to younger children. If you find your children becoming noisy as you return to your large group, consider singing a few songs to help everybody focus again.

The last thing you will do before games and snacks is to review the memory verse and the day's lesson. Have the large group leader give a brief re-telling of the day's story. As you tell the story, frequently pause to let the children answer questions and fill in the blanks about the lesson. When you finish reviewing the story, have everybody say the memory verse together one last time. After reviewing the memory verse, pray before dismissing to game time and snacks.

Game Time/Snacks

When you are finished, pray together and be ready to play games until the end of the Rainbow Express program. After the game time, pass out snacks, clean up the area, and walk everyone home. Return to Mission Arlington to turn in your materials and attendance sheet.

Day 2

Theme: Gods has a plan for us

Story: Moses and the Burning Bush

Scripture for today's story: *Exodus 3-4*

Pre-Rainbow Express Gathering

You will begin each day by knocking on doors and then playing games to help attract children to your Rainbow Express. As the children arrive begin taking attendance.

Song Time/Puppets

When it is time to begin your activities, have all the children sit down in a large group. It would be helpful to bring a tarp for them to sit on. When the children are together and seated on the tarp, begin your song time.

The Song Leader will come to the front of the group to lead songs. One or two others may also want to come to the front to help show motions. Be sure to have several songs ready to sing and that everyone in the group knows the songs.

Each day at this time you will have a brief puppet show. There are several simple ways to do this. Suggestions on how to use puppets to help teach children are on page 37.

Testimony

This week you will be teaching about the plan that God has for each of our lives using Moses as an illustration. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand that we can be sure that Jesus Christ is our Savoir and that he has a plan for our lives. Obviously, the decision to follow Christ is an incredibly personal decision. It is important that the children and youth who attend your Rainbow Express understand that a personal relationship with Christ is a very important reality for the members of your group. Every day during the opening time one or two members of your group can share a short version of their testimony in front of the large group. The goal is to let the children see how listening and obeying as God has spoken in your life has made a practical and meaningful difference. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony should read the sheet* Tips on Preparing Your Testimony *in the training materials section of this packet.)*

Memory Verse Activity

When the Large Group Leader finishes his opening time, the Memory Verse Teacher will come to the front to lead the memory verse activity. The large group memory verse activity for day one is "Fast and Slow". Have your poster of the memory verse available. Read through the verse all together several times to practice. Practice saying the memory verse faster and faster. Try saying it slower and slower. Say it in "slow motion", using exaggerated hand motions and deep slow motion voices.

Small Group Story Time

When the Large Group Time is over, divide the children into small groups for story time. The text provided here is to serve as a guide for you while you tell the story. Read it through several times and be able to tell it from memory. It is not important to be able to recite this story word-for-word. Your goal is to be able to relate the story to a level children will understand. Use the wording included here as suggestions to help you make these concepts understood by elementary age children. Feel free to adapt these words to fit well with your own style.

Today's Story:

Welcome back! We are so glad you are here again. Our story picks up today with Moses as a young man. He lived in the palace with the Pharaoh, but knew he was a bit different from the rest of his royal family. If you remember from yesterday, Moses was an Israelite and Pharaoh enslaved the Israelites. Due to some unfortunate circumstances, he found himself on the run towards a place called Midian.

While in Midian Moses met a woman named Zipporah and married her. Her family was shepherds (they farmed sheep). One day, Moses was out tending to the sheep, leading them up to the Mountain of God. There he saw something very strange! He saw a bush on fire.

This was no ordinary fire. It did not scorch the bush; nothing on it was changing colors it was just on fire! Would you believe me if I told you that Moses went and checked it out, instead of running the other way? He really did, but as he got closer, he started to hear his name. God saw Moses going closer toward the bush, so he started calling out "Moses, Moses!" Moses said, "I'm right here." Then God said, "Stay where you are. Take off your sandals because this is holy ground". (Exodus 3:5)

God told Moses that he had seen how the Israelite people were treated. He heard their cries for help. He told Moses that he had a plan that would free all the people from slavery. God told Moses he needed to return to Egypt to help free his people.

Moses stood there in shock. He was afraid. He couldn't believe that God would ask him to go back and free his people. He had been a man on the run and now he was a shepherd. He knew that there was a new Pharaoh, tougher and meaner than the one before. He told God that he would not be a good leader and it should be someone else. God had other plans. God told Moses that He would be able to free his people.

Moses on the other hand had another excuse. “What will I say when they ask who sent me?” God told him that he would say, “I Am Who I Am sent me.” Then Moses asked, “What if the people don’t believe me or laugh at me?” God already had a plan for this. God told Moses to throw his walking stick on the ground. The stick then became a snake! (*I do not know about you, but I would have run away. It turned into a snake!*) God then told Moses to pick up the snake by the tail and it turned back into a walking stick. (Exodus 4:2-5) God explained that the people would see this and even more miracles so that they would believe that God sent Moses.

You know what, even though Moses saw the burning bush and saw his walking stick turn into a snake, he was STILL afraid. He used one last and final excuse of why he would not be a good leader– he stuttered. This was no problem for God! God told him that he would help him. He told Moses that his brother Aaron, an Israelite would help him. Moses and his family traveled back to Egypt. Tomorrow we are going to see the amazing things God did to help Moses free God’s people.

Prayer Time

Take this time after the story to pray with the children in your small group. Ask them for things they would like to pray about. Tell God how awesome He is. Ask Him to help you and the children in your small group to listen to God and obey Him. Pray that the children in your group will get to know God and feel the love He has for them.

Craft

While still in your small groups, lead the children in making the craft for the day. The craft time is not only a way to reinforce the lesson, but it also allows time to get to know the children in your small group. During this time, ask them questions about their families, friends, and school. Invest in their lives. Crafts and supplies will be provided while you are at Mission Arlington.

Memory Verse Activity

Each day the small group time will include a Memory Verse Activity. The Memory Verse time is one of the most important activities of the day. We want these children to remember God’s word and why it is important to them. A list of potential activities is included in the Supplements and Handouts portion of this packet. Use a different idea from that list each day to help the children learn the words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

English:

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Spanish:

Pues yo sé los planes que tengo para ustedes —dice el Señor—. Son planes para lo bueno y no para lo malo, para darles un futuro y una esperanza. Jeremías 29:11

Wrap Up

Each day you will end your Rainbow Express in a second large group session. Have all the children return to the tarp where you started. Sometimes the movement from small groups to large group becomes distracting, especially to younger children. If you find your children becoming noisy as you return to your large group, consider singing a few songs to help everybody focus again.

The last thing you will do before games and snacks is to review the memory verse and the day's lesson. Have the large group leader give a brief re-telling of the day's story. As you tell the story, frequently pause to let the children answer questions and fill in the blanks about the lesson. When you finish reviewing the story, have everybody say the memory verse together one last time. After reviewing the memory verse, pray before dismissing to game time and snacks.

Game Time/Snacks

When you are finished, pray together and be ready to play games until the end of the Rainbow Express program. After the game time, pass out snacks, clean up the area, and walk everyone home. Return to Mission Arlington to turn in your materials and attendance sheet.

Day 3

Theme: Gods has a plan for us

Story: Moses and the Plagues

Scripture for today's story: *Exodus 7-11*

Pre-Rainbow Express Gathering

You will begin each day by knocking on doors and then playing games to help attract children to your Rainbow Express. As the children arrive begin taking attendance.

Song Time/Puppets

When it is time to begin your activities, have all the children sit down in a large group. It would be helpful to bring a tarp for them to sit on. When the children are together and seated on the tarp, begin your song time.

The Song Leader will come to the front of the group to lead songs. One or two others may also want to come to the front to help show motions. Be sure to have several songs ready to sing and that everyone in the group knows the songs.

Each day at this time you will have a brief puppet show. There are several simple ways to do this. Suggestions on how to use puppets to help teach children are on page 37.

Testimony

This week you will be teaching about the plan that God has for each of our lives using Moses as an illustration. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand that we can be sure that Jesus Christ is our Savoir and that he has a plan for our lives. Obviously, the decision to follow Christ is an incredibly personal decision. It is important that the children and youth who attend your Rainbow Express understand that a personal relationship with Christ is a very important reality for the members of your group. Every day during the opening time one or two members of your group can share a short version of their testimony in front of the large group. The goal is to let the children see how listening and obeying as God has spoken in your life has made a practical and meaningful difference. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony should read the sheet* Tips on Preparing Your Testimony *in the training materials section of this packet.)*

Memory Verse Activity

When the Large Group Leader finishes his opening time, the Memory Verse Teacher will come to the front to lead the memory verse activity. The large group memory verse activity for day one is "Fast and Slow". Have your poster of the memory verse available. Read through the verse all together several times to practice. Practice saying the memory verse faster and faster. Try saying it slower and slower. Say it in "slow motion", using exaggerated hand motions and deep slow motion voices.

Small Group Story Time

When the Large Group Time is over, divide the children into small groups for story time. The text provided here is to serve as a guide for you while you tell the story. Read it through several times and be able to tell it from memory. It is not important to be able to recite this story word-for-word. Your goal is to be able to relate the story to a level children will understand. Use the wording included here as suggestions to help you make these concepts understood by elementary age children. Feel free to adapt these words to fit well with your own style.

Today's Story:

Yesterday we talked about Moses and the burning bush. Aaron and Moses have traveled many miles back to Egypt. Since then, many things have happened. Moses and Aaron talked with Pharaoh, and he refused to let the people out of slavery in order to have time to worship God. Moses did exactly as God instructed, and threw his stick on the ground and guess what happened? It turned into a snake! This had no effect on the Pharaoh for he had magicians who claimed they could do the same and did.

The next day God told Moses to meet the Pharaoh down at the river. Moses talked with him but could not get him to change his mind. God told Moses to dip his stick in the river, and the whole river turned to blood. Pharaoh had his magicians do the same, and they were able to turn the river to blood too. Again, Pharaoh would not listen to Moses. (Exodus 7:14-22)

Moses met with Pharaoh to see if he would let the enslaved Israelites go many times. Every time Pharaoh disagreed, something would happen to Egypt. First, there were frogs. I mean frogs everywhere! But the magicians did the same thing, so the Pharaoh would not let God's people go. Second, God sent gnats. They were little flies that flew around everywhere. The magicians could not make gnats, but Pharaoh's opinion did not change. The next plague was flies. They swarmed over all the Egyptian people, but were nowhere around God's people. Pharaoh told Moses that they could go and worship God, if God would take the flies away. The flies immediately left, but when they did Pharaoh changed his mind and would not let them leave. Now on the fifth day and Pharaoh still did not budge, Moses told him that there would be a disease to kill all the farm animals, but he did not change his mind. God told Moses and Aaron to scoop up ashes from a furnace. He told them to throw them into the air in front of the Pharaoh. When they did this, the Egyptian people broke out in sores called boils. Even the magicians had them! Next, Moses told Pharaoh

that a thunderous hailstorm would come. It came and ruined the crops in the fields. Pharaoh told Moses that the people could go. However when the hail stopped, Pharaoh changed his mind again.

Moses and Aaron went to Pharaoh again. They asked to worship God or else swarms of locusts would come. At first, Pharaoh agreed until he realized that even the children were going. Then, he told Moses, "No." The locusts came. (Exodus 10:1-20) In fact, there were so many that the sky was black with them! They ate all the plants and made life miserable. When Pharaoh asked for mercy, the plague stopped, but then he told Moses, "No!"

For the next plague, God caused darkness in the city for 3 days. However, where God's people lived, it was both night and day as usual. Pharaoh still would not change his mind. He would not let God's people go. Finally for the tenth plague, Moses told Pharaoh that the last plague would change his heart. An angel was assigned to kill all the firstborn sons of all the families. God had His people prepare for the last plague. All God's people marked their doorposts with blood from a lamb. This was a sign for the angel that passed over that he would not kill the first born son in that family.

All night long crying could be heard in Egypt. People realized that their firstborn sons were killed. (Exodus 11) Even Pharaoh's son died. This caused Pharaoh, finally, to let God's people go. He told them to take whatever they needed for their journey. Many of the Egyptians gave them things for their journey.

The Israelite children were saved through the marking of blood above their door. We are saved from something too. It's called sin. Sin is anything that we do that God tells us not to do. Sin separates us from God. God sent his son, Jesus, to take away our sin through his sacrifice on the cross. Three days after he was crucified on the cross he arose again. When you accept Christ, God comes into your heart and frees you from your sin. So just like the Israelites were saved from slavery, you can be saved from being a slave to sin. We will talk more about this in your small groups as you do today's craft.

Prayer Time

Take this time after the story to pray with the children in your small group. Ask them for things they would like to pray about. Tell God how awesome He is. Ask Him to help you and the children in your small group to listen to God and obey Him. Pray that the children in your group will get to know God and feel the love He has for them.

Craft— *Look at pgs. 58-60 for Today's Craft, Salvations Bracelets*

While still in your small groups, lead the children in making the craft for the day. The craft time is not only a way to reinforce the lesson, but it also allows time to get to know the children in your small group. During this time, ask them questions about their families, friends, and school. Invest in their lives. Crafts and supplies will be provided while you are at Mission Arlington.

Memory Verse Activity

Each day the small group time will include a Memory Verse Activity. The Memory Verse time is one of the most important activities of the day. We want these children to remember God's word and why it is important to them. A list of potential activities is included in the Supplements and Handouts portion of this packet. Use a different idea from that list each day to help the children learn the words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

English:

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Spanish:

Pues yo sé los planes que tengo para ustedes —dice el Señor—. Son planes para lo bueno y no para lo malo, para darles un futuro y una esperanza. Jeremías 29:11

Wrap Up

Each day you will end your Rainbow Express in a second large group session. Have all the children return to the tarp where you started. Sometimes the movement from small groups to large group becomes distracting, especially to younger children. If you find your children becoming noisy as you return to your large group, consider singing a few songs to help everybody focus again.

The last thing you will do before games and snacks is to review the memory verse and the day's lesson. Have the large group leader give a brief re-telling of the day's story. As you tell the story, frequently pause to let the children answer questions and fill in the blanks about the lesson. When you finish reviewing the story, have everybody say the memory verse together one last time. After reviewing the memory verse, pray before dismissing to game time and snacks.

Game Time/Snacks

When you are finished, pray together and be ready to play games until the end of the Rainbow Express program. After the game time, pass out snacks, clean up the area, and walk everyone home. Return to Mission Arlington to turn in your materials and attendance sheet.

Note-When explaining the meanings of the colors refer to the bead and the sin it represents as dark rather than black.

DARK- This reminds us of sin. Sin is anything we do that is not what God wants us to do. The Bible says that everyone has sinned.

***OSCURO**- Este representa el pecado. El pecado es cualquier cosa que hacemos que no complace a Dios. La Biblia nos dice que todos hemos pecado.*

TIP—This page is given for small group leaders to use as a guide to help them when explaining the meanings of the colors. The next two pages are intended as optional extras you can send home with your Rainbow Express students to help them remember the meaning of the bracelet.

RED- This reminds us of Jesus' blood. Jesus was God's Son and He died on the cross to pay the punishment for our sins.

***ROJO**- Este representa la sangre de Jesús. Jesús es el Hijo de Dios y El murió en la cruz para pagar por las consecuencias de nuestros pecados.*

WHITE- This reminds us of our new lives. The Bible says that after we have accepted Jesus, we are brand new. He cleans out the sin that was in us. Jesus is in our lives! He will never leave!

***BLANCO**- Este representa nueva vida. La Biblia dice que al aceptar a Jesús como nuestro Salvador, somos hechos nuevos. El limpia el pecado que estaba dentro de nosotros. !Esto es porque Jesús esta en nuestras vidas!*

GREEN- This reminds us that we are to grow as a Christian. In order to grow in our relationship with God, we need to pray, read the Bible, and hang out with other Christians by coming to Bible Study.

***VERDE**- Este representa crecimiento como Cristiano. Para crecer necesitamos tener una relación con Dios. Esto es posible orando, leyendo la Biblia, y teniendo convivió con otros Cristianos por venir al Estudio Bíblico.*

YELLOW- This reminds us of Heaven! The Bible says that every person who has trusted Jesus to be his or her Savior will spend forever in Heaven with Him.

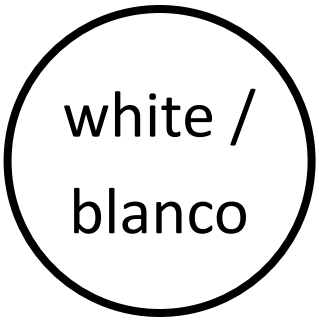
***AMARILLO**- Este representa el cielo. La Biblia nos dice que cada persona que ha puesto su fe en Jesús como Salvador estará por toda la eternidad en el cielo a lado de El.*

Sometimes I do bad things that make God sad.

A veces hago cosas malas que no le gustan a Dios.

Jesus loves me, so He died on the cross to help me.

Jesús se murió en la cruz por mí porque me ama.



Jesus can take away all the bad things I do.

Jesús puede quitar todas las cosas malas que hago.

I can follow Jesus and learn to be more like Him.

Yo puedo seguir a Jesús y aprender ser mas como El.

One day I will be with Jesus in Heaven.

Un día estaré en El Cielo con Jesús.

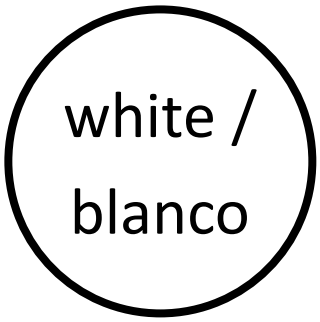
. . . for all have sinned and fall short of the glory of God . . ..Romans 3:23

Pues todos han pecado y están privados de la gloria de Dios. Romanos 3:23

But here is how God has shown His love for us: while we were still sinners, Christ died for us. Romans 5:8

Pero Dios demuestra su amor por nosotros en esto: en que cuando todavía éramos pecadores, Cristo murió por

---

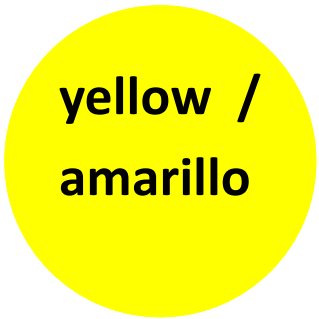


When anyone lives in Christ, the new creation has come. The old is gone! The new is here! 2 Corinthians 5:17

Por lo tanto, si alguno está en Cristo, es una nueva creación. ¡Lo viejo ha pasado, ha llegado ya lo nuevo! 2 Corintios 5:17

You are children that God dearly loves. So follow His example. Ephesians 5:1

Por tanto, imiten a Dios, como hijos muy amados. Efesios 5:1



My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. John 14:2-3

En el hogar de mi Padre hay muchas viviendas; si no fuera así, ya se lo habría dicho a ustedes. Voy a prepararles un lugar. Y si me voy y se lo preparo, vendré para llevármelos conmigo. Así ustedes estarán donde yo esté. Juan 14:2-3

Day 4

Theme: God has a plan for us

Story: Moses and the Israelites Cross the Red Sea

Scripture for today's story: *Exodus 14:1-14*

Pre-Rainbow Express Gathering

You will begin each day by knocking on doors and then playing games to help attract children to your Rainbow Express. As the children arrive begin taking attendance.

Song Time/Puppets

When it is time to begin your activities, have all the children sit down in a large group. It would be helpful to bring a tarp for them to sit on. When the children are together and seated on the tarp, begin your song time.

The Song Leader will come to the front of the group to lead songs. One or two others may also want to come to the front to help show motions. Be sure to have several songs ready to sing and that everyone in the group knows the songs.

Each day at this time you will have a brief puppet show. There are several simple ways to do this. Suggestions on how to use puppets to help teach children are on page 37.

Testimony

This week you will be teaching about the plan that God has for each of our lives using Moses as an illustration. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand that we can be sure that Jesus Christ is our Savoir and that he has a plan for our lives. Obviously, the decision to follow Christ is an incredibly personal decision. It is important that the children and youth who attend your Rainbow Express understand that a personal relationship with Christ is a very important reality for the members of your group. Every day during the opening time one or two members of your group can share a short version of their testimony in front of the large group. The goal is to let the children see how listening and obeying as God has spoken in your life has made a practical and meaningful difference. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony should read the sheet* Tips on Preparing Your Testimony *in the training materials section of this packet.)*

Memory Verse Activity

When the Large Group Leader finishes his opening time, the Memory Verse Teacher will come to the front to lead the memory verse activity. The large group memory verse activity for day one is "Fast and Slow". Have your poster of the memory verse available. Read through the verse all together several times to practice. Practice saying the memory verse faster and faster. Try saying it slower and slower. Say it in "slow motion", using exaggerated hand motions and deep slow motion voices.

Small Group Story Time

When the Large Group Time is over, divide the children into small groups for story time. The text provided here is to serve as a guide for you while you tell the story. Read it through several times and be able to tell it from memory. It is not important to be able to recite this story word-for-word. Your goal is to be able to relate the story to a level children will understand. Use the wording included here as suggestions to help you make these concepts understood by elementary age children. Feel free to adapt these words to fit well with your own style.

Today's Story:

Hello! Yesterday we talked about how God used the plagues to get Pharaoh to let the Israelites go. Through the sacrifice of the lamb, the Israelites were saved. When God led the people out of Egypt, He didn't lead them on the simplest road. He took them through the desert to a big sea called the Red Sea. God led them by day with a big cloud and He led them by night with a pillar of fire. The cloud helped shade the people from the heat of the desert during the day. The fire helped warm the people from the cold at night. God protected and took care of His people.

When Pharaoh realized that all the Israelites were gone, he changed his mind. Pharaoh gathered all his men into chariots and the chase began for the Israelites. Pharaoh caught up with the Israelites near the Red Sea. When the Israelites looked up and saw the chariots coming towards them, they were scared. They began saying to Moses they wished they would have stayed back in Egypt as slaves. They didn't want to have the confrontation with the Egyptians. But Moses talked to them and told them that God would protect them, help them, and take care of them. He said, "Don't be afraid. Stand firm. You will see how the Lord will save you today. Do you see those Egyptians? You will never see them again. The Lord will fight for you. Just be still." (Exodus 14:13)

With the sea right before them and the Egyptians right behind, there was nowhere else for them to run. Then God said, "Why are you crying out to me? Tell the people of Israel to move on." He told Moses to lift his staff. Then God said something really strange. "Reach your hand out over the Red Sea to part the water." All night a great wind blew. It separated the water into two walls. In the middle was a dry walkway. All of God's people walked through the water on dry land!

God told Moses that He would gain glory because of what would happen to Pharaoh and his army. God said the Egyptians would know that He is the Lord. An angel of the Lord came to follow the Israelites

across the sea, protecting them from the Egyptians. In fact, while it was night on the Pharaoh's side, God made it light for his people all night long so they could see. The Israelites made it safely to the other side as the chariots began to ride through the walkway. As they were riding, God made their chariot wheels difficult to turn. The men knew that God was taking care of His people. They ran back to the land shouting, "Let's get out of here. God is fighting for them!"

God told Moses to stretch out his hand over the waters. Suddenly the waters closed. All of Pharaoh's army were killed in the water. "Not one Egyptian was left." Israel saw God rescue them from Egypt's power. They saw God's power demonstrated against Egypt. "So they had respect for the Lord. They put their trust in Him and in His servant Moses."

Then the people worshipped the Lord for saving them. (Exodus 15:1-21) Though the Israelites were scared, God had a plan all along to save them. God had the power to split a sea to save his people. God has plans for you and he is able to help you in incredible ways.

Prayer Time

Take this time after the story to pray with the children in your small group. Ask them for things they would like to pray about. Tell God how awesome He is. Ask Him to help you and the children in your small group to listen to God and obey Him. Pray that the children in your group will get to know God and feel the love He has for them.

Craft

While still in your small groups, lead the children in making the craft for the day. The craft time is not only a way to reinforce the lesson, but it also allows time to get to know the children in your small group. During this time, ask them questions about their families, friends, and school. Invest in their lives. Crafts and supplies will be provided while you are at Mission Arlington.

Memory Verse Activity

Each day the small group time will include a Memory Verse Activity. The Memory Verse time is one of the most important activities of the day. We want these children to remember God's word and why it is important to them. A list of potential activities is included in the Supplements and Handouts portion of this packet. Use a different idea from that list each day to help the children learn the words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

English:

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Spanish:

Pues yo sé los planes que tengo para ustedes —dice el Señor—. Son planes para lo bueno y no para lo malo, para darles un futuro y una esperanza. Jeremías 29:11

Wrap Up

Each day you will end your Rainbow Express in a second large group session. Have all the children return to the tarp where you started. Sometimes the movement from small groups to large group becomes distracting, especially to younger children. If you find your children becoming noisy as you return to your large group, consider singing a few songs to help everybody focus again.

The last thing you will do before games and snacks is to review the memory verse and the day's lesson. Have the large group leader give a brief re-telling of the day's story. As you tell the story, frequently pause to let the children answer questions and fill in the blanks about the lesson. When you finish reviewing the story, have everybody say the memory verse together one last time. After reviewing the memory verse, pray before dismissing to game time and snacks.

Game Time/Snacks

When you are finished, pray together and be ready to play games until the end of the Rainbow Express program. After the game time, pass out snacks, clean up the area, and walk everyone home. Return to Mission Arlington to turn in your materials and attendance sheet.

For this reason I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge–that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3:14-21

Whether you are coming here to Mission Arlington / Mission Metroplex or using this material for another mission outreach, we are grateful for the opportunity to partner in ministry with you. Please contact us with any questions or to let us know how we can pray for you. Daily updates and prayer requests at Mission Arlington, as well as a variety of additional curriculum resources, are available at our web site.

Mission®
Arlington † Metroplex
Taking church to the people
210 West South Street, Arlington, TX 76010
www.missionarlington.org | 817-277-6620