MISSION ARLINGTON/MISSION METROPLEX

2026

JULY/AUGUST

RAINBOW EXPRESS PACKET

MISSION ARLINGTON/MISSION METROPLEX

INFO

CONTACT INFO: EXECUTIVE DIRECTOR

TILLIE BURGIN IS OUR FOUNDER AND EXECUTIVE DIRECTOR AND ALWAYS HAPPY TO ANSWER QUESTIONS. HER E-MAIL IS TILLIE@MISSIONARLINGTON.ORG.

CONTACT INFO: GROUP COORDINATORS

HEATHER YOUNG AND JIM BURGIN ARE OUR GROUPS SCHEDULING COORDINATORS. YOU CAN REACH THEM VIA E-MAIL AT HYOUNG@MISSIONARLINGTON.ORG AND JIM@MISSIONARLINGTON.ORG

MISSION ARLINGTON/MISSION METROPLEX

INFO

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 HEADING. 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 HEADING. THIS SECTION BEGINS ON PAGE 22.

RAINBOW EXPRESS MATERIAL

THE CURRICULUM AND SCHEDULE FOR EACH DAY'S RAINBOW EXPRESS PROGRAMS (WHICH YOUR GROUP WILL BE LEADING). THESE PAGES HAVE A GREEN HEADING. THIS SECTION BEGINS ON PAGE 27.

LEADER'S PREP MATERIAL

CONTENTS IN THIS SECTION INCLUDE:

- 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

LEADER'S PREP MATERIAL

OVERVIEW: WHAT ARE WE DOING ON THIS TRIP?

- 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.

LEADER'S PREP MATERIAL

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.

LEADER'S PREP MATERIAL

WEEK OVERVIEW

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

<u>Saturday:</u> Most groups arrive Saturday afternoon to check in. We are open for check in until 7pm. 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.

<u>Sunday:</u> 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.)**

<u>Monday—Thursday:</u> 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.

<u>Friday—Saturday:</u> 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.

LEADER'S PREP MATERIAL

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.

3:15 PM Return to Mission Arlington

3:30 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





LEADER'S PREP MATERIAL

SCHEDULE INFORMATION: MONDAY-THURSDAY

8:30 Meet at Mission Arlington for morning devotional time

9:30 Morning Rainbow Express groups leave for their site/Morning service project groups get started

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 afternoon assignments

2:30 Depart for Rainbow Express/Afternoon service project groups get started

3:00 Rainbow Express begins

4:30 Rainbow Express ends. Clean up.

5:00 Turn in daily report to Mission Arlington.

5:30 Depart for evening Rainbow Express

6:00 Evening Rainbow Express begins

7:30 Rainbow Express ends. Clean up, walk children home, etc...

LEADER'S PREP MATERIAL

MORE INFORMATION ABOUT EVENING RAINBOW EXPRESS.

We are holding more Rainbow Expresses in the evenings. 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:

1)Shorts are fine all week long. Please no short shorts.
2)Footwear is up to you, but because we do so much work and active play outside we recommend tennis shoes over flip-flops.
3)T-shirts are great to wear, but please no tank tops or any other kinds of sleeveless shirts.
4) Baseball caps are fine, but please wear forward at all times. Do not wear bandanas or any other type of head gear.

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.**

LEADER'S PREP MATERIAL

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 accommodation:

- **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.

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
- 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.

LEADER'S PREP MATERIAL

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, plastic ware, trash bags, toilet paper 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.)**

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.



LEADER'S PREP MATERIAL

FOR PARENTS OF STUDENTS ATTENDING TRIP

For our Summer 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**
- **E-mail: mission@missionarlington.org**





LEADER'S PREP MATERIAL

PREPARING FOR RAINBOW EXPRESS

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.

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.

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.

LEADER'S PREP MATERIAL

RAINBOW EXPRESS JOBS

- **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.**

LEADER'S PREP MATERIAL

LOGISTICS QUESTIONNAIRE

1) Confirm the correct wording of your group name.
2) Who will be our primary contact while you are here?
3) We are highly encouraging evening Rainbow Express. Is your group willing to lead a Rainbow Express in the evening?
4) What times of day are you planning to do Rainbow Express...morning, afternoon, evening?
5) How many students do you expect to bring? How many sponsors?
6) Confirm the date and approximate time of your arrival at the Mission? (We are in the office until 7pm 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.)
7) Confirm the date and approximate time you will be leaving from Mission Arlington
8) 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.
9) What type of transportation are you bringing and how many vehicles?
10) How many Rainbow Express teams will you have? (Our suggested team size is about 10 to 15 people.)
11) What is a cell phone number where we can reach you as you are traveling or when you arrive?
12) Are you planning to stay in accommodations arranged by Mission Arlington?
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, etc. If you know your group does not need a full kitchen because you are eating out in the evenings, let us know 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 is one way to order shirts: you will use the following link to order your t-shirt https://give.ministryliNQ.com/app/form/d2e9a998-93da-4d46-9b34-a8db6b3f6777 .
You can pay with cash while you are here or put your credit card info in the link when you order. There is no need to pre-order your t-shirts.
If you need more information about shirts call Heather Young at 817-704-6160 or e-mail hyoung@missionarlington.org.

T-Shirt Order Form

Group: _____ **Date of order:**_____

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

Address:_____

Attn:_____ **City, St., ZIP:**_____

Receipt needed?: ☐ **Yes** ☐ **No**

Small _____

Meduim_____

Large _____

X-Large _____

XX-Large _____

XXX-Large _____

Total _____

× $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:

Email:

Contact # (in case of questions regarding credit card:



THE 2026 MISSION ARLINGTON® / MISSION METROPLEX® SHIRT. SHIRTS ARE AVAILABLE IN WHITE FOR TEN DOLLARS IN SIZES FROM ADULT SMALL - XXX-LARGE.

STUDENT PREP MATERIAL

CONTENTS IN THIS SECTION INCLUDE:

- PACKING LIST
- SPIRITUAL PREPARATION HELPS
- DRESS CODE AND RULES









STUDENT PREP MATERIAL

PACKING LIST

Here are some items you will need for your trip:

- Bible: keep it with you all the time. It will be your most important lifeline for the week.
- Sleeping bag
- Air mattress or other cot (nothing bigger than twin size)
- Towels, washcloths, toiletries
- 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.)
- 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.
- 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:
- Extra Bibles to give away
- Small, basic first aid kit
- Trash bags for cleaning up while you are at Rainbow Express
- Water bottle (very good idea)
- Candy or small prizes to give away
- 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?

STUDENT PREP MATERIAL

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.**

STUDENT PREP MATERIAL

TELLING YOUR STORY

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**

STUDENT PREP MATERIAL

PRAYER GUIDE

- 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, 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 PREP MATERIAL

CONTENTS IN THIS SECTION INCLUDE:

- OUTLINE FOR EACH DAY'S RAINBOW EXPRESS
- INSTRUCTIONS FOR EACH TEAM MEMBER
- SUPPLEMENTAL MATERIALS FOR EACH ACTIVITY: MEMORY VERSE, GAMES, SONGS, ETC.







RAINBOW EXPRESS PREP MATERIAL

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.**

RAINBOW EXPRESS PREP MATERIAL

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.**

RAINBOW EXPRESS PREP MATERIAL

ADULT TEAM LEADER/SPONSOR

- **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.**

RAINBOW EXPRESS PREP MATERIAL

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.

RAINBOW EXPRESS PREP MATERIAL

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. 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

8. 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

9. 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

10. 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

11. 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

12. 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

13. 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.....

14. 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....

15. 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...

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

17. 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)

18. 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

19. 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...

20. 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

21. 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

RAINBOW EXPRESS PREP MATERIAL

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:

English:

Jesus said, "I am the resurrection and the life. The one who believes in me will live, even though they die."

John 11:25

Spanish:

Jesús dijo, "Yo soy la resurrección y la vida. El que cree en mí vivirá, aunque muera."

Juan 11:25

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

- **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. You may also borrow puppets from Mission Arlington if you don't 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.
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.

RAINBOW EXPRESS PREP MATERIAL

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 ongoing 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. Make sure you turn in these sheets after Rainbow Express each day. 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.





RAINBOW EXPRESS PREP MATERIAL

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 not 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.

RAINBOW EXPRESS PREP MATERIAL

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.**

RAINBOW EXPRESS PREP MATERIAL

GAMES LEADER-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.**
- **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.**
- **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 side of a pair, the other player must unlink, becoming the chasee.**

RAINBOW EXPRESS PREP MATERIAL

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.

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.

RAINBOW EXPRESS PREP MATERIAL

RAINBOW EXPRESS ON PROPERTY DAILY GUIDE

LARGE GROUP

- SONGS
- PUPPETS
- TESTIMONY



SMALL GROUP

- STORY
- INVITATION
- CRAFT

LARGE GROUP

- STORY REVIEW
- SNACKS
- EXTRA GAMES *IF TIME ALLOWS

MISSION ARLINGTON/MISSION METROPLEX

2026

JULY/AUGUST

RAINBOW EXPRESS CURRICULUM

DAY 1: BLIND MAN IS HEALED
JOHN 9:1-38

DAY 2: JESUS & ZACCHAEUS
LUKE 19:1-10

DAY 3: LAZARUS IS RAISED FROM DEAD
JOHN 11:1-44

DAY 4: JESUS HEALS 10 LEPERS
LUKE 17:11-19

DAY 1: BLIND MAN IS HEALED
JOHN 9:1-38

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 38.

Testimony

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. (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.)

DAY 1

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: John 9:1-38

Welcome to Rainbow Express! We are glad you are here to hang out with us this week. If you were at Rainbow Express last month, you might remember talking about some the miracles Jesus did and how much he cares for you and me. Do you remember some of the miracles you guys talked about? You guys talked about how Jesus healed the paralyzed man when his four friends brought him to see Jesus. You guys also talked about how Jesus took care of the people the same way he takes care of us. Jesus feed a lot of people with 5 loaves of bread and 2 fish. Jesus also walked on the water and calmed a storm with his words. Jesus is pretty amazing, isn't he? Do you remember the best thing that Jesus did for you and me? That's right! Jesus went to the cross to die for the sins that we all commit. Jesus forgives and changes our heart if we ask him to do that.

This week at Rainbow Express, we are going to continue talking about Jesus and some other miracles He did as well as people whose lives were changed because of Him. Some people were grateful for all that Jesus did, and some people did not like Jesus. One day as Jesus was walking along, he saw a man who had been born blind.

DAY 1

Jesus's disciples asked an interesting question. Because he was blind, they asked if he or his parents had sinned. They and others believed that bad things like blindness happened only when people sinned. Is that true? Of course not! But back in Jesus's day that is what people believed.

Jesus responded that neither this man nor his parents had sinned. This man's blindness was going to bring glory to God. Then Jesus did something unusual. He spit on the dirt and made some mud. Then he put the mud on the man's eyes. Jesus told the man to go wash his eyes in the Pool of Siloam. The man went and washed. Guess what happened? He was healed and able to see again! His friends and neighbors couldn't believe this was the same guy. They asked each other, "Is this the same man that has been blind all his life?" Some people said it wasn't him, but it only looked like him. The people asked him how was he healed. The man who used to be blind told the people that a man named Jesus had put mud on his eyes and told him to go wash in the pool. Then he was healed.

These folks brought the blind man to the Pharisees. These were the religious leaders in Jesus's day. How do you think the religious leaders reacted to the man being healed? You think they would have been really excited for a blind man to be able to see again. But there were not. Instead they were mad at Jesus, because he healed this man on the Sabbath day. They had a rule that you couldn't do any work on the Sabbath day and healing a man was considered work. They even said Jesus was a sinner and not from God. Is that true? No! Jesus never sinned, and He was from God. The Pharisees didn't believe this was the same man that had been blind all his life. So, they sent for his parents. They asked them, "Is this the one you say was born blind? How is it that he can see?" (John 9:19)

His parents answered that it was it son and he was born blind. But they didn't know how he had been healed. They told the Pharisees to ask him themselves. So, the Pharisees called the blind man in again and asked him the same question, "Who healed you?" The blind man said he didn't have all the answers but now he knew he could see! The Pharisees asked the man again how did the healing happened. The blind man said, " I have told you already and you did not listen. Why do you want to hear it again? Do you want to become his disciple to?" (John 9:27)

DAY 1

This insulted the Pharisees! They did not believe in Jesus, and they certainly didn't want to become his disciples. They threw the man out of the synagogue. Jesus heard they had thrown the man out, so he went to find him. When Jesus found the blind man, he asked him if he believed in the Son of Man. The blind man said, "Who is he?" "Tell me so I can believe in him". Jesus told this man that he was the Son of God. The blind man said he believed and began to worship Jesus.

Jesus tells us in Matthew 9:12, "It is not the healthy who need a doctor but the sick." Jesus knew that all people are sick with sin and need Jesus. The religious leaders didn't think they had sin in their life. They thought they were right with God, because they were good people. But even good people like you and me are sick with sin. That's why we ALL need Jesus. Jesus came to die and take the punishment that you and I deserve. The Bible tells us in Romans 10:9-10, "If you declare with your mouth, Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved." If you are ready to declare that statement and accept Jesus in your heart, let's talk.

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.

DAY 1

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:
Jesus said, "I am the resurrection and the life. The one who believes in me will live, even though they die."
John 11:25

Spanish:
Jesús dijo, "Yo soy la resurrección y la vida. El que cree en mí vivirá, aunque muera."
Juan 11:25

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.

DAY 1

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: JESUS & ZACCHAEUS
LUKE 19:1-10

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 38.

Testimony

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. (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.)

DAY 2

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: Luke 19:1-10

Welcome back to day 2 of Rainbow Express! We are glad you are back to hang with us for another day. Today, we are going to talk about a life that was changed by meeting Jesus. The Bible tells us that Jesus saw people and had compassion for people. What does it mean to "see people"? It means we have to stop our busyness and pay attention to people. Jesus did this with everyone he met. There was a man named Zacchaeus who lived in the city of Jericho. He was a tax collector and very wealthy. Being a tax collector meant that you collected money from people when they had to pay their taxes. But tax collectors in Jesus's day were disliked by all people. This was because tax collectors not only took taxes from people, but they would over charge someone. They would then keep the extra money in their pockets for themselves. This made them wealthier than other people around them.

Knowing this, do you think Zacchaeus had lot of friends? Do you think people liked him at all? Nope...not one bit. Zacchaeus heard one day that Jesus was coming through town. He had heard about Jesus and wanted to see this guy that everyone was talking about. There was one small problem. Zacchaeus was short. He couldn't

DAY 2

see over the crowd of people that had gathered to see Jesus. Since people didn't like Zacchaeus, they weren't letting him through the crowd to the front. How do you think Zacchaeus handled this problem?

Zacchaeus saw a sycamore-fig tree in the distance. He ran ahead and climbed in the tree to be able to see over the crowd. Can you imagine this short man climbing a tree and holding onto a tree branch looking for Jesus? When Jesus reaching the spot where Zacchaeus was, what do you think Jesus did? Do you think he laughed or made fun of Zacchaeus for being in the tree? Jesus did not laugh or make fun of Zacchaeus. Instead Jesus stopped and saw Zacchaeus. He cared about Zacchaeus even though other people didn't like him. Jesus told Zacchaeus to come down out of the tree. Jesus told him that he wanted to go to his house with him. Zacchaeus must have felt really special since Jesus wanted to hang out with him.

Other people saw and heard this conversation between Jesus and Zacchaeus. They could not believe that Jesus wanted to hang out with Zacchaeus, a tax collector and someone who stole money from others. They muttered and told each other, "Jesus has gone to hang out with sinners." They couldn't believe what Jesus was doing. Why do you think Jesus wanted to spend time with Zacchaeus? Do you think he thought what Zacchaeus was doing by stealing money from people was ok? Of course not! But Jesus saw Zacchaeus and knew he was ready to change his life. That's what Jesus does for each one of us. He changes us when we invite him to be Lord of our life.

Zacchaeus had a heart change. He said he was going to give half of his possessions to the poor. He was also going to pay back people for what he stole from them 4 times the amount. This meant that if he stole $100 from a family, he was going to pay them back $400. Zacchaeus was no longer building his life on money. Instead he was building his life on Jesus. When we have a heart change and Jesus is the most important in our life, we want to do what we can to help others and share Jesus with them. Jesus told the people in Luke 19:10, "For the Son of Man came to seek and to save the lost." That's what Jesus did for Zacchaeus and that's what he does for us. Are you ready for Jesus to change your heart? If he's already done that, are you ready to share Him with other people? Let's go tell everyone we can who Jesus is!

DAY 2

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.

Memory Verse Activity

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English:

Jesus said, "I am the resurrection and the life. The one who believes in me will live, even though they die."

John 11:25

Spanish:

Jesús dijo, "Yo soy la resurrección y la vida. El que cree en mí vivirá, aunque muera."

Juan 11:25

DAY 2

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.

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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: JESUS RAISES LAZARUS FROM THE DEAD JOHN 11:1-44

Pre-Rainbow Express Gathering

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DAY 3

Memory Verse Activity

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Today's Story: John 11:1-44

Can you believe that we are already on day 3 of Rainbow Express? This week is going so quickly! Do you remember what we've learned about Jesus so far this week? We've learned that Jesus cares for all people and wants everyone to know Him in their heart. On Monday, we talked about Jesus healing a man who had been blind all his life. And yesterday, we talked about a guy named Zacchaeus whose life was changed after meeting Jesus.

Today we are going to talk about a family that were some of Jesus's closest friends. The two sisters were named Mary and Martha as well as their brother Lazarus. Anytime that Jesus was in Bethany, he stopped to visit them. Lazarus got really sick. His sisters sent a message to Jesus telling him that Lazarus was very sick and almost dead. They were hoping Jesus would come and heal their brother.

When Jesus heard that Lazarus was sick he said, "This sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it." (verse 4) What does this mean? Jesus knew the end of the story. He knew what was going to happen with Lazarus, and Jesus knew that God would be glorified and honored

DAY 3

through all that took place. Even though Jesus loved this family dearly, he didn't rush to heal Lazarus. He stayed where he was for two more days. When Jesus told his disciples that they were going to Bethany to wake Lazarus up, the disciples were confused. If Lazarus was asleep, why was Jesus going to go and do that? But Jesus meant that Lazarus had died.

When Jesus arrived in Bethany, he learned that Lazarus had been dead for four days. He had already been placed in the tomb. Do you remember how Jesus was buried when he later died? Just like men would later do with Jesus, they had wrapped Lazarus in strips of cloth and laid him in a tomb on the side of a hill/mountain. They carved out a hole and placed the body inside. Then they placed a stone in front of the hole to keep out animals and grave robbers. Lazarus had been in the tomb for four whole days. Many people had been visiting Mary and Martha comforting them during the loss of their brother. When Martha heard that Jesus was on the way, she left her home and ran to meet Jesus on the road. Mary stayed behind.

When Martha met Jesus and the disciples, she said, "Lord, if you had been here, my brother would not have died. But I know that even now, God will give you whatever you ask." (John 11:21-22). Jesus told Martha, "I am the resurrection and the life. The one who believes in me will live, even if they die. Do you believe this, Martha?" (John 11:25-26) Martha did believe this. She proudly proclaimed that Jesus was the Messiah, the Son of God. Martha knew what she believed and wasn't afraid to share it with everyone. Are you like that too? Are you excited to share Jesus with everyone?

After this, Martha called for Mary to come join them. Mary ran out to meet Jesus. All the people that had been there to comfort Mary and Martha followed as well. When Jesus saw the crowd of people coming toward them and mourning, Jesus was moved. He asked to see where they had laid Lazarus in the tomb. When Jesus saw the tomb, he cried. Jesus loved his friends and felt the same emotions that you and I feel when someone dies. He was sad and upset.

Then Jesus asked the people to do something very unusual. He asked that they move the stone that was in front of the tomb. Martha, Lazarus's sister, told Jesus that the body would smell really bad from decaying after being in the tomb for four days. Jesus told Martha to believe and see the glory of God at work. So, some men moved

DAY 3

the heavy stone in front of the tomb. Jesus then prayed to God and said, "Father, I thank you that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me." (John 11:41-42) Then Jesus called out in a very loud voice, "Lazarus, Come out!" Do you know what happened next? Lazarus, the man who had been dead for four days, walked out of the tomb still wrapped up in the strips of cloths. He was alive! Can you believe it? Jesus performed an amazing miracle by bringing the dead man back to life. People worshipped and gave glory to God.

Jesus wants everyone to worship and glorify God. Just like Jesus told Martha, Jesus tells us the same thing. . .He is the resurrection and the life. If anyone believes in Him, they will live in heaven forever when they die. Jesus loves you and me so much. He wants us to believe and follow Him with all our heart. Are you ready to start a relationship with Jesus? Just like Jesus was friends with Mary, Martha, and Lazarus, Jesus wants to be your very best friend. We are going to talk more about Jesus and following Him while we are our craft today.

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

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Memory Verse Activity

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DAY 3

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:
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Wrap Up

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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.

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.

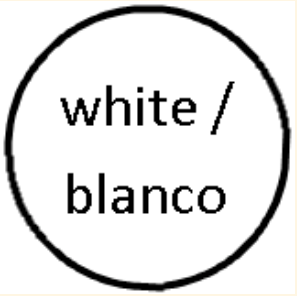
AMARILLO- Este representa el cielo. La Biblia nos dice que cada persona que ha puesto su fe en Jesús como Salvador estará por toda la eternidad en el cielo a lado de El.



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.



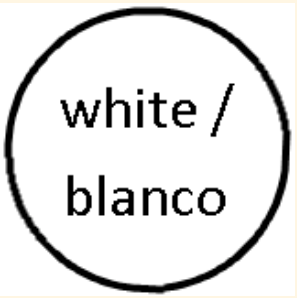
. . . FOR ALL HAVE SINNED AND FALL SHORT OF THE GLORY OF GOD . . ROMANS 3:23

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 NOSOTROS. ROMANOS 5:8



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: JESUS HEALS 10 LEPERS
LUKE 17:11-19

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 38.

Testimony

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. (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.)

DAY 4

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: Luke 17:11-19

It's our last day at Rainbow Express! Can you believe it? We have all had so much fun hanging out with you guys this week learning more about Jesus. Let's review and see what you've learned this week. (Use this time to ask questions from the lessons and review with the kids.) Today we are going to talk about Jesus helping some people. Back in Jesus's day, there was a skin disease called leprosy. Leprosy would cause your skin to fall off. It was very contagious and easy to spread to others. If you had leprosy, you had to leave your family and live away from all the people by yourself or with other people who had leprosy. You weren't able to have a job or take care of your family. It was a pretty bad disease.

In our lesson today from Luke, the Bible tell us that 10 men with leprosy lived together outside town between Samaria and Galilee. The men had heard about Jesus and the healing he was doing to other people. One day when Jesus was passing by, the men yelled from a distance, "Jesus, Master, have pity on us!" (Luke 17:13) When Jesus say them, he told them to go and show themselves to the priests. Jesus didn't heal them immediately. Instead he told them to walk into town and see the priests there.

DAY 4

This required faith since they weren't healed when they started walking. But the Bible tells us that as the men were walking to the priests like Jesus told them to, they were healed.

Can you imagine how the men felt? They left Jesus still covered in leprosy and as they walked away, their skin began to be healed. What an amazing miracle that was! One of the men, when he saw that he was healed, came back to Jesus. He was praising and thanking God for what had taken place in his life. He threw himself at the feet of Jesus and thanked Jesus for healing him.

Jesus asked the man, "Were not all ten healed? Where are the others?" Jesus told the man to return home. His faith in Jesus had made him well. Do you remember on Monday we talked about those who are sick need a doctor. Jesus is the doctor we need for healing of our hearts that are full of sin. We may not be like these 10 men in the story, but we need Jesus for the sickness of sin in our heart. We need Jesus to heal us. This happens when we say yes to him and invite him to be the focus and Lord of our life. Are you ready to say yes to Jesus? Are you ready for him to heal your heart? If so, let's talk more.

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

DAY 4

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:
Jesus said, "I am the resurrection and the life. The one who believes in me will live, even though they die."
John 11:25

Spanish:
Jesús dijo, "Yo soy la resurrección y la vida. El que cree en mí vivirá, aunque muera."
Juan 11:25

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.

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