Mission Arlington/Mission Metroplex

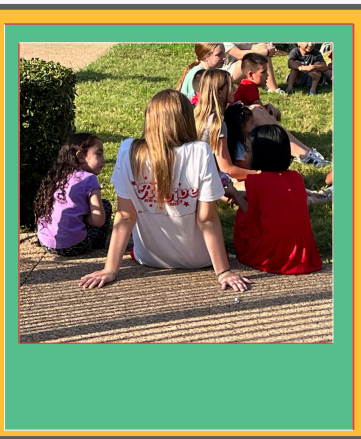
SPRING BREAK 2026

Rainbow Express Packet









Mission Arlington Information

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

Information

Trip leader planning material

Information for the student minister or other overall trip leader about accommodations, responsibilities, expectations, and preparation. These pages have a light pink 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 blueish/green 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 yellow heading. This section begins on page 27.

Trip Leader's Preparation 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



Trip Leader's Preparation 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.

Trip Leader's Preparation 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.

Trip Leader's Preparation Material

Week Overview

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

Saturday: Most groups arrive Saturday afternoon to check in. We are open for check in until 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.

Sunday: In the morning you will help us hold church services in the neighborhoods we work with. That afternoon you will join all the groups here for the week, plus our staff, for a worship time.

Note–some groups (because they have responsibilities in their home church services on Sunday morning) do not participate in Sunday's activities because they travel and check in that day instead. As with Saturdays, we are available to check in until 7 pm. (If for some reason you cannot have at least one adult check in by 7 pm, contact us ahead of time and we will make arrangements.)

Monday–Thursday: You will lead Rainbow Express these days. All groups will meet together twice: in the morning for a devotional time and in the afternoon for a brief worship service.

Friday–Saturday: Friday is an optional day. Some groups continue to serve with us. Some groups go home Friday morning. Others take Friday as a free day for Six Flags or other recreational activity. All groups check out by Saturday morning.

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

Trip Leader's Preparation 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





Schedule information: Monday-Thursday

SCHEDULE: MARCH 16th-19th, 2026
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...

SCHEDULE FOR GROUPS COMING ALL OTHER 2026 SPRING BREAK WEEKS
Monday—Thursday

8:30 Meet for morning devotional time

9:30 Devotional time dismisses

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

1:00 Take a lunch break.

2:15 Meet to worship and prepare for Rainbow Express

3:15 Depart for Rainbow Express

4:00 Rainbow Express begins

5:30 Turn in daily report to Mission Arlington/ Depart for evening Rainbow Express if necessary

6:00 Evening Rainbow Express begins

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

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

Trip Leader's Preparation Material

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. (Winter headgear is okay if it's cold.)

· Note–if a student chooses to dress in something that does not fit with our dress code, a Mission Arlington staff member will ask them to change before you begin your day's assignments. This only slows down your group and gives you less time to effectively minister during the day. So, please stick to the dress code.

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

Trip Leader's Preparation Material

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.

Trip Leader's Preparation 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.

Trip Leader's Preparation Material

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.

Trip Leader's Preparation 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.



Trip Leader's Preparation Material

For parents of students attending trip

For our Spring Break 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





Trip Leader's Preparation 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.

Trip Leader's Preparation 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.

Trip Leader's Preparation 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 are two ways to order shirts: 1) you can use the following link to order your t-shirt https://give.ministrylinq.com/App/Form/d2e9a998-93da-4d46-9b34-a8db6b3f6777 . 2) You can pay with cash while you are here. There is no need to pre-order your t-shirts.

If you need more information about shirts call Heather Young at 817-277-6620 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 _____

x $10.00

For those paying with Credit Card:

Card type:

Name as it appears on card:

Billing address of credit card:

Credit Card Number:

Expiration Date:

Total amount to be charged:

Email:

Contact # (in case of questions regarding credit card:

TBD

The 2026 Mission Arlington® / Mission Metroplex® shirt. Shirts are available in white for ten dollars in sizes from adult small – XXX-large.

Student's Preparation Material

Contents in this section include:

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









Student's Preparation 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's Preparation 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's Preparation 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's Preparation 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.

<u>Some Scripture to Help You Pray</u>

- "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 Preparation Materials

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 Preparation Materials

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 Preparation Materials

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 Preparation Materials

Adult Team Leader/Sponsor

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

Rainbow Express Preparation Materials

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 Preparation Materials

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 Preparation Materials

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:

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me by quiet waters, he refreshes my soul."
Psalm 23:1–3a

""El Señor es mi pastor, nada me falta; en verdes pastos me hace descansar. Junto a tranquilas aguas me conduce; me infunde nuevas fuerzas."
Salmos 23:1–3a

Rainbow Express Preparation Materials

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.

Rainbow Express Preparation Materials

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 Preparation Materials

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 Preparation Materials

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 Preparation Materials

Games Leader

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

Games Leader-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 Preparation Materials

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 Preparation Materials

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

Spring Break 2026 Rainbow Express Curriculum

Day 1: David: Having a heart like God
1 Samuel 16:1-13; Psalm 23:1

Day 2: David defeats Goliath
1 Samuel 17:1-50; Psalm 23:4

Day 3: David tries to hide his sin from God
2 Samuel 11:1-27; 12:1-14; Psalm 23:2-3; 51:1-10

Day 4: David worships God
Psalm 18; Psalm 3; Psalm 51

Day 1: David: Having a heart like God

1 Samuel 16:1-13; Psalm 23:1

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: 1 Samuel 16:1-13; Psalm 23:1

Welcome to Day 1 of Rainbow Express! We are so glad you are here today! This week we are going to spend some time talking about a guy named David. David is mentioned a lot in the Bible, because he was pretty important to a lot of people. But we first read about David's life in the book of 1 Samuel in the Old Testament in the Bible.

Before we talk about David, I want to ask you a question. What do you think it means to have a heart like God's? (Give kids time to answer.) We are going to talk this week about how David had a heart that loved God and then loved other people. We are also going to answer that question this week-do I have a heart like God's.

Before we meet David in the Bible, we meet two other people first. One guy's name is Saul. Saul is the first person that God picked to be king of Israel. Saul started off doing well by loving God and following God's instructions. But pretty soon, Saul's heart became prideful. He began to think he was better than God and that he didn't have to listen to God's instructions. He began to do think his own way without God's help. Do you think this is a good idea? No, it isn't. Things got so bad that God was sorry he picked Saul to be the king. He asked Samuel to go and anoint a new guy to be king. Samuel was a prophet during Saul and David's life.

Day 1

A prophet would listen to God and then tell people God's message. It was very important that Samuel always shared God's words with others.

God told Samuel to go to Bethlehem to the house of Jesse. God had picked one of Jesse's sons to become the next king. When Samuel arrived, Jesse and his sons joined Samuel in offering a sacrifice to God. When Samuel saw Jesse's oldest son, Eliab, Samuel thought, "Surely this is the one that the Lord has picked to be the next king." Samuel thought that Eliab looked like he would be a great king and leader. But God told Samuel, "Do not consider his appearance or height, for I have rejected him as king. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart." (1 Samuel 16:7)

Jesse called his next son, Abinadab, to come to Samuel. But God said no this one is not the next king. Seven of Jesse's sons passed before Samuel, but God did not pick any of them to be king. This didn't mean that Jesse's sons were bad. It simply meant that God had not picked any of these seven to be the next king. Samuel asked Jesse, "Are these all the sons you have?" Jesse told Samuel that he had one more son, his youngest, but he was taking care of the sheep. Samuel asked for this son to come see him. Guess which son was the youngest in Jesse's family. Yep, it was David. Once David shows up from taking care of sheep, God tells Samuel, "This is the one. Rise and anoint him to be king."

Why do you think God picked David to be the next king? Do you remember the verse we read just a few minutes ago? Was God more concerned about what David looked like or how many sheep he had saved? No! God knew David's heart! David was a man that had a heart like God's. David loved God and listened to God. David was obedient to what God's instructions were.

Do you remember what David was doing before his father sent for him to come meet Samuel? David was taking care of the sheep. He was a shepherd. David knew the importance of protecting the sheep and taking care of them. David wrote a Psalm about how God is our shepherd. It's Psalm 23. David tells us in verse 1 that because God is our Shepherd, we don't need anything else. When David thought of his relationship with God, God was like a shepherd to David and David was like a sheep to God. Just like sheep need to be guided and protected, we need God to do that in our life. We are a lot like sheep. We aren't very smart and need a good shepherd to lead and guide us each day. God wants to be our Shepherd and Savior. This starts by admitting that we need help. We can try to do and live life by ourselves, but we are going to mess up every single time. All of our mess ups are called sin. The Bible tells us in Romans 3:23 that we are all sinners! We need to admit our need for God to be our Shepherd and guide our heart to Him. This begins turning our heart to look more like God's.

Day 1

What about your heart? Do you have a heart that loves God? God's choice of David as king shows us that we don't have to quit school or our jobs to be people after God's own heart. We don't have to be famous or have lots of money to be people after God's own heart. God simply wants us to love Him with our heart. Have you made that decision to admit your sins and mistakes to God? Are you ready to ask Him to be your Shepherd? Will you do that today? Let's talk if you are ready to make that decision.

Prayer Time

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

Craft

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

Memory Verse Activity

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

English:

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me by quiet waters, he refreshes my soul."
Psalm 23:1–3a

Spanish:

""El Señor es mi pastor, nada me falta; en verdes pastos me hace descansar. Junto a tranquilas aguas me conduce; me infunde nuevas fuerzas."
Salmos 23:1–3a

Day 1

Wrap Up

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

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

Game Time/Snacks

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

Day 2: David Defeats Goliath

1 Samuel 17:1-50; Psalm 23:4

Pre-Rainbow Express Gathering

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

Song Time/Puppets

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

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

Each day at this time you will have a brief puppet show. There are several simple ways to do this. Suggestions on how to use puppets to help teach children are on page 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 two is "Loud and Soft". Have your poster of the memory verse available. Read through the verse all together several times to practice. Practice saying the memory verse together. Slowly begin to increase the volume. Divide the children into two or more teams. Have them try saying the verse together as a team. See who can say it loud and who can say it soft. Try playing Telephone by having all the children sit in a circle. Have the verse travel around the circle by having each child whisper the next word in the verse to their neighbor.

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: 1 Samuel 17:1–50; Psalm 23:4

Welcome back! So glad you are here today! Who was able to come hang out with us yesterday? Who is new today? We are glad you all came today. Let's see who remembers the guy we talked about yesterday. Do you remember the name of the guy that God picked to be the next king? (Give kids time to answer.) Yes, David was picked to be the next king, but he didn't become king right away. In fact, David went to work for King Saul. David was a gifted musician. He played the harp when Saul was not feeling well. Do you think this was hard for David? Remember that David was a man after God's own heart. Even though Saul was still king and he wasn't, David wasn't jealous of Saul. David worked and served Saul just like God wanted him to do.

After some time, King Saul and his army faced some enemies called the Philistines. The Philistines camped on one hill, and Saul and the Israelites camped on the other hill. The Philistines had a secret weapon on their army. They had a champion fighter named Goliath. Has anyone heard of Goliath before? Goliath was almost 10 feet tall! Can you imagine that? His bronze helmet and armor on this body weighed about 125 pounds. Goliath had some weapons with him. He had a javelin slung over his back and a spear in his hand. He was ready to defeat the Israelite army!

Day 2

Every day Goliath came out of the Philistine camp and yelled for the Israelites to pick a man and have him come down to the valley to fight him. Every time Saul and the army heard these words they were sad and scared. No one was willing to go out and fight this giant. This happened for 40 days! One day David was visiting his brothers. His 3 oldest brothers were in Saul's army. When David arrived, Goliath was yelling his threats to the Israelite army. David heard these threats and saw everyone in Saul's army run away in great fear. David asked the men in the army why no one was willing to go out and fight Goliath. They were all too scared.

David told Saul that he would go out and fight Goliath himself. Saul told David that he was too young to do that. He would surely die, because Goliath was a great warrior who had been fighting for many years. David said that he could fight Goliath. He explained that when a bear or lion would come to attack his sheep, he would kill the wild animal. David had killed both a lion and a bear! David knew he could defeat Goliath with God's help. Saul allowed David to go down to the valley and fight Goliath. King Saul even gave David his own armor to wear as protection. But it was all too heavy for David. He couldn't even walk around in the armor. He took it off. Instead of the armor, David took his staff in his hand, 5 smooth stones from the river, and his sling in his other hand. He then walked out to approach Goliath. Do you remember what Goliath's weapons were? He had a javelin and a spear. These weapons were sharp and could hurt someone very easily. Who do you think had the best weapons for this battle...Goliath or David with his stones and slingshot?

When Goliath saw that David was just a little more than a child, he laughed at him. Goliath yelled at David, and said he was going to feed David's body to the birds and wild animals. David was quick to respond. He wasn't scared of Goliath like everyone else. He said, "You come against me with a sword and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel (1 Samuel 17:45)." David continued by saying that God would deliver Goliath over to David in the battle, and everyone would know that God was the one true God.

Goliath came close to attack David, and David didn't run away. Instead he reached into his bag and took out a stone. He used the stone and his slingshot and struck Goliath in the forehead. The stone sank into his forehead, and Goliath fell facedown on the ground. God helped David win the battle.

Did David rely on his own strength to defeat Goliath? No, he knew the only way he could win was to allow God to work through him. Do you remember the Psalm that we talked about yesterday that David rote about God being his Shepherd? It is Psalm 23. David writes in verse 4, "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your

Day 2

rod and your staff they comfort me." David knew he had nothing to fear, because God was with him.

Yesterday we talked about starting our relationship with God. We have to admit our need for a Shepherd and someone to save us from the sins that we do each day. We also have to believe that God sent his Son, Jesus, to die on the cross for the punishment that you and I deserve. Jesus was perfect and never messed yet. Yet, He was willing to go to the cross for each one of us. Starting a relationship with God is the best thing that you can decide to do. God will be with you through all of life's battles. He will never leave you. He will guide you each and every day if you let him. Are you ready to say yes to following God today? Let's talk if you are ready for that!

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

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:

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me by quiet waters, he refreshes my soul."
Psalm 23:1–3a

Day 2

Spanish:
"El Señor es mi pastor, nada me falta; en verdes pastos me hace descansar. Junto a tranquilas aguas me conduce; me infunde nuevas fuerzas."
Salmos 23:1–3a

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

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

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

Day 3: David Tries to Hide His Sin From God

2 Samuel 11:1-27; 12:1-14; Psalm 23:2-3; 51:1-10

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 3

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 three is "Teams". Have your poster of the memory verse available. Read through the verse all together several times to practice. Divide your children into teams. Have the teams compete saying the memory verse many different ways: loudest, softest, fastest, slowest, telephone style, English, Spanish, with hand motions, etc.

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: 2 Samuel 11:1-27; 12:1-14; Psalm 23:2-3; Psalm 51:1-10

Welcome to Day 3 of Rainbow Express! This week we've been talking about David. Do you remember the Psalm that he wrote about God being his Shepherd? In that same psalm (Psalm 23), David says that God leads David by quiet waters and refreshes his soul. David also says that God guides him along the right path. David became king several years after he defeated Goliath, he continued to walk with God each day. God gave David victories in his life and in the battles that he faced.

But just like you and I, David got prideful and began to thinking more highly of himself that he should have. He quit following God on the right path. He began to do things on his own. Whenever we try to do things on our own without God's help, it always leads to disaster. One spring when all the kings go off to war, David sent his army out, but he stayed behind. So, starting off, David wasn't where he was supposed to be. He was supposed to be with his army, but he was home instead. Do you ever get into trouble when you are somewhere you aren't supposed to be?

One evening while the army was away and David was home, he saw a very beautiful woman named Bathsheba. She was married to a guy named Uriah. But this didn't matter to David. He decided since he was king, he could do whatever he wanted to do. He took Bathsheba to be his own, and she became pregnant. When David found out she was pregnant, he devised a

Day 3

scheme that ended with Uriah, Bathsheba's husband, getting killed in battle. After he died, David took Bathsheba to be his wife.

God was very angry with David because of his sins. God was also angry, because David tried to hide his sin from everyone. But God sent a prophet named Nathan to confront David about his sin. When confronted with his sin, David admitted his sin. He was sorry for what he had done. David wrote Psalm 51 after his confrontation with God about his sin. In this Psalm, David asks God to wash away his sins and to cleanse him from his sin (v. 2). David admits his sin before God and knows that God is right to punish him for his sin (v.3–4). After admitting his sin, David asks God to wash and clean his heart to be whiter than snow (v. 7). In verse 10, David says, "Create in me a pure heart, O God, and renew a steadfast spirit within me." David desires to have a clean heart before God and asks God to do it. God does the same for you and me. When we acknowledge our sin before God, we can ask God to clean up our hearts too. When we ask, God does exactly that. God cleans up our hearts and make us into a new creation. During our craft time today, we are going to talk more about how God changes our heart.

Prayer Time

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

Craft– Look at pgs. 60–62 for Today's Craft, Salvations Bracelets

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

Memory Verse Activity

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Day 3

English:
"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me by quiet waters, he refreshes my soul."
Psalm 23:1–3a

Spanish:
"El Señor es mi pastor, nada me falta; en verdes pastos me hace descansar. Junto a tranquilas aguas me conduce; me infunde nuevas fuerzas."
Salmos 23:1–3a

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

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

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

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

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

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

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.

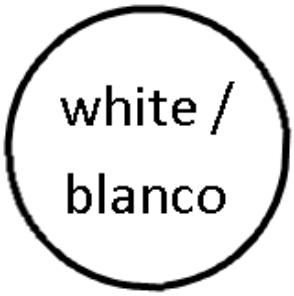
AMARILLO– Este representa el cielo. La Biblia nos dice que cada persona que ha puesto su fe en Jesús como Salvador estará por toda la eternidad en el cielo a lado de El.



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.



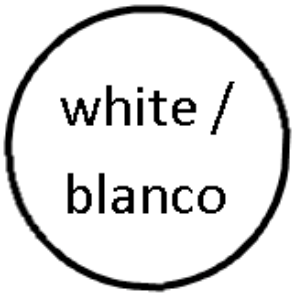
. . . for all have sinned and fall short of the glory of God . .
Romans 3:23

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: David Worships God

Psalm 19; Psalm 3; Psalm 51

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 four is "Next Word Relay". Have your poster of the memory verse available. Read through the verse all together several times to practice. Divide the children into two or more teams. Then, split each team in half. Have the two halves face each other in a single file line, about ten feet apart. Have the first person on the team say the first word of the verse. That player then runs across and tags the first player in the line facing them. The first player then runs to the back of that line. The second player then says the next word in the verse, then runs across to tag the player on the opposite line. Keep going until each team has said the whole verse. You may want to bring a stopwatch to time the children and see which team can do it the fastest.

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: Psalm 19; Psalm 3; Psalm 51

Welcome back to Day 4 of Rainbow Express! Can you believe that today is the last day together? We've learned so much about God's love for us and his desire for us to love Him with all our heart. We've learned how even though David was a man after God's own heart, he wasn't perfect. He made a lot of mistakes, but God never gave up on Him. God doesn't give up on us either. He loves us and wants us to follow Him with all our heart.

All throughout David's life, in the good times and in the bad times, David turned his heart to the Lord. When things were good, David worshipped and praised God for who He is. He wrote most of the Psalms we read in the Bible. Many of these Psalms are songs and prayers of worship to God. Let's look at one today. Psalm 19 was written as worship for God and his words. David starts the Psalm talking about how all of creation declares the glory of God. When you look at God's creation all around us, can you worship God for it? Let's do that right now. Let's pray and thank God for all the things we see around us. (Stop and pray with the kids giving thanks for God's creation).

Day 4

David continues in Psalm 19 telling God that his words and instructions are perfect, trustworthy, and right. Following God and his instructions for our life refreshes our soul. It gives us wisdom and brings joy to our heart. Have you thought about God's words like that before? Most of us don't like to be given instructions, and we certainly don't like following those instructions. But think about who God is. God is perfect, right, and holy. His instructions and words are exactly what we need to hear to help us know what kind of life He wants us to live. God only wants what is best for us. Jeremiah 29:11–13 says that God has good plans for us. We have to seek Him to discover those plans each and every day. Back in Psalm 19 David talks about how knowing and following God's words help keep him from sin. May we desire to be like David and mediate/think about God's words each day we are given.

In addition to praising God for who He is, David runs to God when things get hard. One time one of David's sons decided he wanted to be king and take the throne from his dad. When David found out that his son was going to try to kill him, he ran away from his home. While on the run and hiding from his son, David wrote a psalm to God. We read it in Psalm 3. David tells God his frustrations and asking why this happening to him. It's ok to tell God how we feel. We can talk to God when we are angry and upset about the situation we are in. God already knows what's in our heart, so we can tell him our honest feelings. But David doesn't stay in his anger and frustrations. He tells God that he knows God is a shield of protection around him. David says that he knows he can cry out to God, and God will always hear him. David is able to rest, because God gives him the strength that he needs. Isn't it wonderful that we can take everything we feel to God! We can leave it with him and continue praising God for how he hears us and gives us exactly what we need. God might not change our situation immediately, but He is there to help us as we go through the difficult time.

Yesterday, we talked about Psalm 51 that David wrote when he was confronted with his sin. He was honest before God and asked for forgiveness for the mistakes he had done. David asked God to cleanse his heart and create a pure heart within him. You can do this too. It's important that we acknowledge our sin to God. Even after we accept Him into our heart, it's important to tell him how sorry we are for the sins in our life. This helps us acknowledge our need for God and his teaching each and every day.

As we finish up this week and looking at David's life, what can you learn from him? Do you have a heart that looks like God, or does it look like the world? Do you have a one-on-one relationship with God, or are you more worried about what your friends think of you?

Having a heart like God doesn't mean you will have a perfect life. But it does mean that you want more of God each day and less of yourself. Let's pray for the journey that we are all on with God. Let's pray to have a heart like God's.

Day 4

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

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

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

English:
"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me by quiet waters, he refreshes my soul."
Psalm 23:1–3a

Spanish:
"El Señor es mi pastor, nada me falta; en verdes pastos me hace descansar. Junto a tranquilas aguas me conduce; me infunde nuevas fuerzas."
Salmos 23:1–3a

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.

Day 4

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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