

# MISSION ARLINGTON® MISSION METROPLEX



Rainbow Express Mission Trip  
Planning & Preparation Packet  
July—August 2013


We are so grateful that the Lord is sending your group to Mission Arlington / Mission Metroplex for a 2013 Summer Rainbow Express Mission Trip! Our team is praying faithfully for you as you prepare spiritually and logistically to serve with us here.

This packet should contain everything you need to prepare for your trip to Mission Arlington. Please take the time to go carefully through this information. Here is how the information is organized:

- 1) **Trip leader planning material**: information for the student minister or other overall trip leader with details about accommodations, responsibilities, expectations, and preparation. These pages have a blue border.
- 2) **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 green border.
- 3) **Rainbow Express material**: the curriculum and schedule for each day's Rainbow Express programs (which your group will be leading). These pages have a red border.

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

- **Jim Burgin, Morgan Metcalf, and Heather Young** lead our team of groups scheduling coordinators, with help from several other team members. You can reach them at 817-277-6620 or via e-mail at [hyoung@missionarlington.org](mailto:hyoung@missionarlington.org), [mmetcalf@missionarlington.org](mailto:mmetcalf@missionarlington.org), or [jim@missionarlington.org](mailto:jim@missionarlington.org).
- **Matt Hart** is our Rainbow Express coordinator and will be one of your primary contacts while you are on your trip. You can reach him at the same phone number or via e-mail at [matt@missionarlington.org](mailto:matt@missionarlington.org).
- **Tillie Burgin** is our Executive Director and always happy to answer questions. Her office phone number is the same or her e-mail is [tillie@missionarlington.org](mailto:tillie@missionarlington.org).

A photograph showing a group of people, including children and adults, gathered outside a brick building. A sign on the building reads "MISSION ARLINGTON". The group appears to be in a line, possibly praying or participating in a service. The scene is outdoors with trees and a clear sky in the background.

A church group praying outside our offices as they prepare to serve. (This was this particular church's 17th year serving with Mission Arlington)

# Group Leader's Preparation Materials

## Contains:

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



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

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

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



A volunteer leads music Sunday morning in an apartment community clubhouse

# Schedule Information: Week Overview and Sunday

## Week Overview

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

- **Saturday:** Most groups arrive Saturday afternoon to check in. We are open for check in until 8 pm. If there is a situation that prevents you from checking in by that time, please contact us before your trip and we will be happy to make arrangements to check in.

**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.**

- **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 8 pm. (If for some reason you cannot have at least one adult check in by 8 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 morn-

ing for a devotional time and in the afternoon for a brief worship service.

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

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

## Sunday Schedule

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

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

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

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

**3:15 PM** Return to Mission Arlington

**4:00 PM** Join Mission Arlington missionaries for weekly prayer, worship, and preparation time

**5:00 PM** Meeting for all group leaders with Matt Hart, Rainbow Express Coordinator

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



**Tillie (our director) discusses the day's assignments with a volunteer group**

# Tentative Schedule Information: Monday—Thursday

## Schedule if the Monday of your trip falls in July or August, before August 26

- 8:30 Meet at Mission Arlington for morning devotional time
- 9:45 Morning Rainbow Express groups leave for their site
- 10:30 Morning Rainbow Express begins
- NOON Morning Rainbow Express ends. Clean up, walk children home, etc., then take a lunch break.
- 1:30 Meet to worship and prepare for Rainbow Express
- 2:30 Depart for Rainbow Express
- 3:00 Rainbow Express begins
- 4:30 Rainbow Express ends. Clean up.
- 5:00 Turn in daily report to Mission Arlington. Options for projects in the evenings will be made available during the week.

**Note—if your group is here these weeks, each Rainbow Express team will lead two sites, one in the morning and one in the afternoon.**

## Schedule if the Monday of your trip falls after August 26

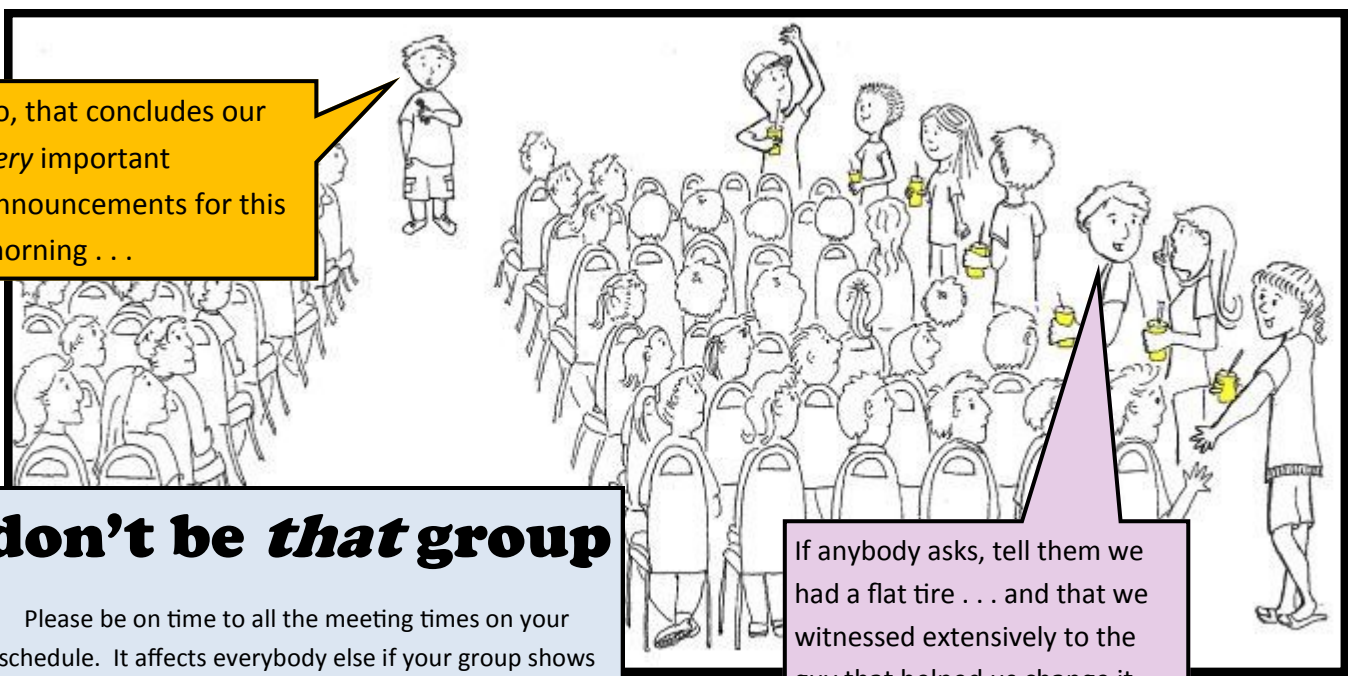
- 8:30 Meet for morning devotional time
- 9:30 Devotional time dismisses
- 9:45 Begin work projects assignment (work projects will last from 10:00-1:00)
- 1:00 Take a lunch break.
- 2:15 Meet to worship and prepare for Rainbow Express
- 3:15 Depart for Rainbow Express
- 4:00 Rainbow Express begins
- 5:30 Turn in daily report to Mission Arlington. Options for projects in the evenings will be made available during the week.

So, that concludes our very important announcements for this morning . . .

**don't be *that* group**

Please be on time to all the meeting times on your schedule. It affects everybody else if your group shows up late because you made a coffee run on the way.

If anybody asks, tell them we had a flat tire . . . and that we witnessed extensively to the guy that helped us change it.





# The Rules

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

## DRESS CODE

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

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

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

## CONDUCT GUIDELINES

- **Be focused on the most important thing:** Mission work is full of surprises. God has a specific plan for you, and for the many lives He will use you to touch. The best preparation for this experience is spiritual. Keep reading your Bible daily, both before you come, and while you are here. Make sure you keep your quiet time with the Lord as a firm commitment. Don't miss your moments with Him.
- **Let's be good stewards together:** All of Mission Arlington's facilities are donated to us. Any money that goes into repairs and maintenance is less money we can use in our assistance programs. So, let's be good stewards of what the Lord has given us:
  - Don't adjust thermostats
  - There is no housekeeping staff. So, help clean up spills, take out trash, and generally be clean and neat. Don't do things that will create clean up jobs for other people (for example, don't use sidewalk chalk at Rainbow Express. It leaves work for apartment staff to wash it off.)
  - Don't do anything silly. We don't want to be unable to buy prescriptions for our medical clinic because we had to patch sheetrock or replace windows. (This includes in the apartment communities.) Don't roughhouse. Don't use any balls anywhere that aren't foam.
- **Help us present a good image to *everyone*** people 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.



## 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.



Volunteers preparing accommodations for an incoming group.

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

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

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



# Packing Lists

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

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

## For Rainbow Express, bring with you:

- Some of the memory verse activities require simple supplies like balloons or popsicle sticks.
- Tarp (at least 10' by 10'): excellent to use for the children to sit on during Rainbow Express
- Posterboard: use it for memory verse posters, puzzles, etc.
- Puppets: Mission Arlington has some to loan if you don't have access to puppets
- Some kind of staging for the puppets. If you don't have a puppet stage the two easiest/cheapest options are 1) hang an extra tarp or blanket across a broom handle or PVC pipe and have 2 volunteers hold it up or 2) many appliance stores will give away free large cardboard boxes you can use as an impromptu stage (see the illustration.)
- Any music you might need for your puppet time at Rainbow Express. (See details on page 44)
- Water cooler and drinking cups.
- Snacks. Mission Arlington will have some things available, but it helps if your church can also bring cookies, candy, chips, crackers, etc.
- Craft supplies: Mission Arlington will provide some glue, scissors, crayons, etc. You may find it helps your group run smoother if you have some extras.
- Games equipment: cones, hula hoops, etc. will be very useful during your game time. *Note: Please do NOT bring balls or frisbees unless they are of the soft, "Nerf" foam variety.*



## If you are staying in our accommodations:

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

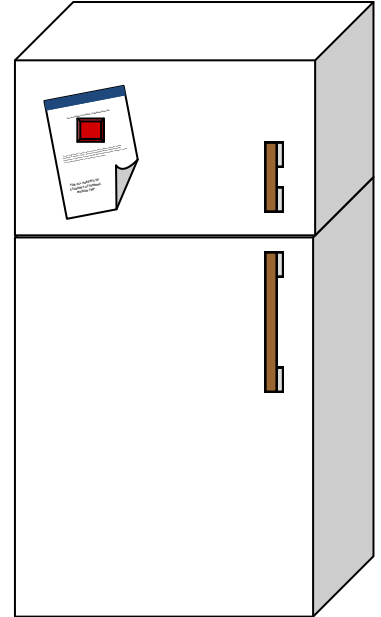
- Materials for meals: remember that you are responsible for all your own food. Most groups do sack lunches or fast food for lunch. Breakfasts and dinners are up to you. If you plan to cook remember that you are only guaranteed access to a normal, residential apartment-sized kitchen and make sure to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

# The Refrigerator Sheet

## FOR ALL PARENTS OF STUDENTS ATTENDING SUMMER MISSION TRIP

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

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



# Preparing for Rainbow Express

*For “Everyone who calls on the name of the LORD will be saved.” But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them?*

***Romans 10:13-14***



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

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

The following pages will help you prepare your team.



## • Step one: How many teams will we be?

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

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

## • Step two: Who's on each team?

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

## • Step three: Start practicing.

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

## • Step four: Gather what you need.

- We try to make the cost for your trip as low as possible. You should not need to spend much (if any) money on Rainbow Express supplies. On page 9 you will find lists of what you need to provide for leading Rainbow Express. We will have everything else.



Each Rainbow Express Team will have the following functions. Assign each student and adult per team to at least one of these jobs. More detailed instructions for each job are in the red section. They are printed one role per page so that you can give each team member copies of the pages they need.

- **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.



*There is a blank team roster on the next page. Make one copy for each of your teams and write in who will be fulfilling each responsibility. These sheets should be passed out to each adult sponsor in your group and to Mission Arlington coordinators while you are here. (You will not be able to fill in the Rainbow Express site names until you are at Mission Arlington.)*



# Rainbow Express Team Roster: Team

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Contact Cell Phone Number:

AM Rainbow Express Site:

*(to be filled in at Mission Arlington)*

PM Rainbow Express Site:

*(to be filled in at Mission Arlington)*

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

*Remember that one person can have more than one responsibility.*



# Logistics Questionnaire

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

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

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

**We're pretty excited about the shirts this year, because what you spend on shirts will be used to expand a fund that will provide scholarships to teenagers growing up in Mission Arlington's apartment churches.** You don't just get a shirt, you get to help the kids you'll be ministering to this week be able to attend college!

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

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

# T-Shirt Order Form

(you can see what the shirts look like on the next page)

Group: \_\_\_\_\_  
Contact name and phone number: \_\_\_\_\_  
Receipt needed:  Yes  No

Date of order: \_\_\_\_\_  
Method of payment: \_\_\_\_\_

Small \_\_\_\_\_  
Medium \_\_\_\_\_  
Large \_\_\_\_\_  
X-Large \_\_\_\_\_  
XX-Large \_\_\_\_\_  
XXX-Large \_\_\_\_\_  
Total: \_\_\_\_\_  
X \$10.00= \_\_\_\_\_

<p><i>For those paying with Credit Card:</i></p> <p>Card type: _____</p> <p>Name as it appears on card: _____</p> <p>Billing address of credit card: _____</p> <p>Credit Card Number: _____</p> <p>Expiration date: _____</p> <p>Total amount to be charged: _____</p>
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T-shirt purchases are optional. You may turn this sheet in when you are here or pre-buy by:

- Printing and faxing this form, along with credit card information, to 817-277-3388.
- Printing and mailing this form, along with a check made out to Mission Arlington, to 210 W South St, Arlington, TX, 76010.
- Calling 817-277-6620 with credit card information and sizes.



front



back



A group teaching the memory verse in a Summer 2012 Rainbow Express



# Student Preparation Materials

## Contains:

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

# Packing List

Here are some items you will need for your trip:

- 1) Bible: keep it with you all the time. It will be your most important lifeline for the week.
- 2) Sleeping bag or other bedroll
- 3) Air mattress or other cot (nothing bigger than twin size)
- 4) Towels, washcloths, toiletries
- 5) Your Rainbow Express material: your copies of the lessons for small group, plus any materials you need for your specific assignment (memory verse posters for the memory verse teacher, puppet music for the puppet wrangler, etc.)
- 6) Clothing: **see dress code on the next page**. Bring plenty of comfortable clothing and be ready for Texas weather, which means temperatures ranging from 95° to 105° (or above). **Note—if you choose to dress in something that does not fit with our dress code, a Mission Arlington staff member will ask you to change before you begin your day's assignments. This only slows down your group and gives you less time to effectively minister during the day. So, please stick to the dress code.**
- 7) **A daily backpack:** (This optional suggestion is borrowed from some of our groups, and it has worked great for them.) Bring a backpack with any or all of the following items:
  - 8) Extra Bibles to give away
  - 9) Small, basic first aid kit
  - 10) Trash bags for cleaning up while you are at Rainbow Express
  - 11) Water bottle (*very good idea*)
  - 12) Candy or small prizes to give away
  - 13) Extra activities to do with the children and youth at your Rainbow Express that match up with your skills. Whether it's a hacky sack or extra nail polish (pictured to the right) what hobby or talent do you have that you can share with the children you are ministering to on mission trip?



# The Rules

## DRESS CODE

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

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

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

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



## CONDUCT GUIDELINES

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



# Telling Your Story

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 18<sup>th</sup> 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.



But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect . . .

1 Peter 3:15

- **Give God the Glory**—This may sound obvious: but remember to make your testimony about God. Your testimony is not about the bad things you used to do. It’s not about the good things you do now. It is about the change that Jesus brought in your life. It is about His sacrifice and His forgiveness. Make sure people walk away from your testimony impressed by Jesus, not by you.



# Prayer Guide

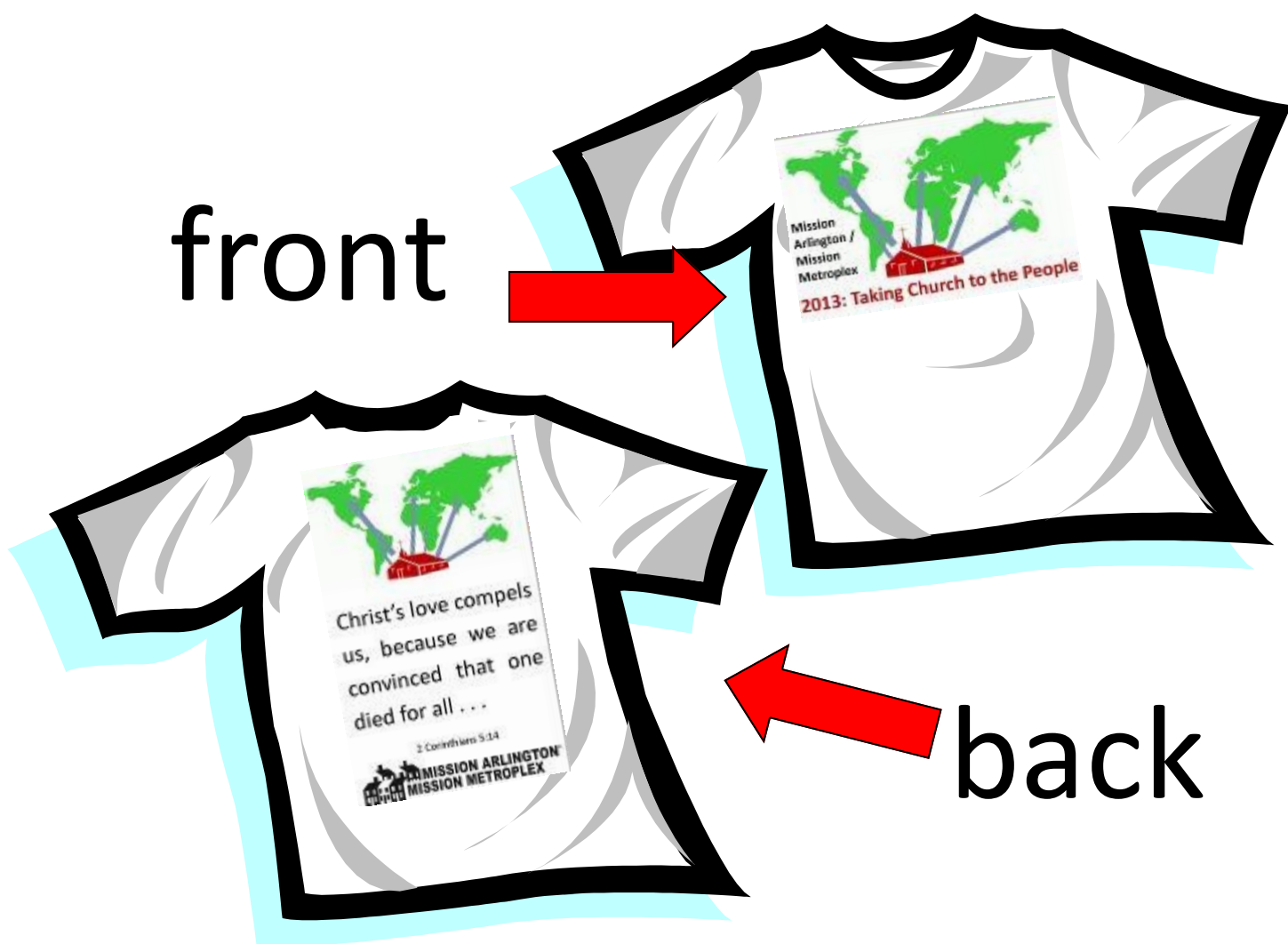
We will be serving with Mission Arlington this summer because we believe that our Father, the Lord of the Harvest, is sending us into His harvest fields. With that in mind, we need to spend time each day as we prepare for this trip asking the Lord to make it exactly what He wants it to be. Here are some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

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

## Some Scripture to Help You Pray

- As for me, far be it from me that I should sin against the Lord by failing to pray for you. And I will teach you the way that is good and right. 1 Samuel 12:23 ***We don't want to sin by not praying for the people God is sending us to teach.***
- Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup> 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!***

You will have the option to purchase Mission Arlington t-shirts during the trip if you would like. The shirts are \$10 each and available in sizes from adult small to XXX-Large. Proceeds from the shirts will provide college scholarships for students from Mission Arlington's apartment churches.





Large group time on the playground  
at a prior year's Rainbow Express

# Rainbow Express Preparation Materials

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



# Rainbow Express Overview

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

*It is 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.*



- ◆ 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.)

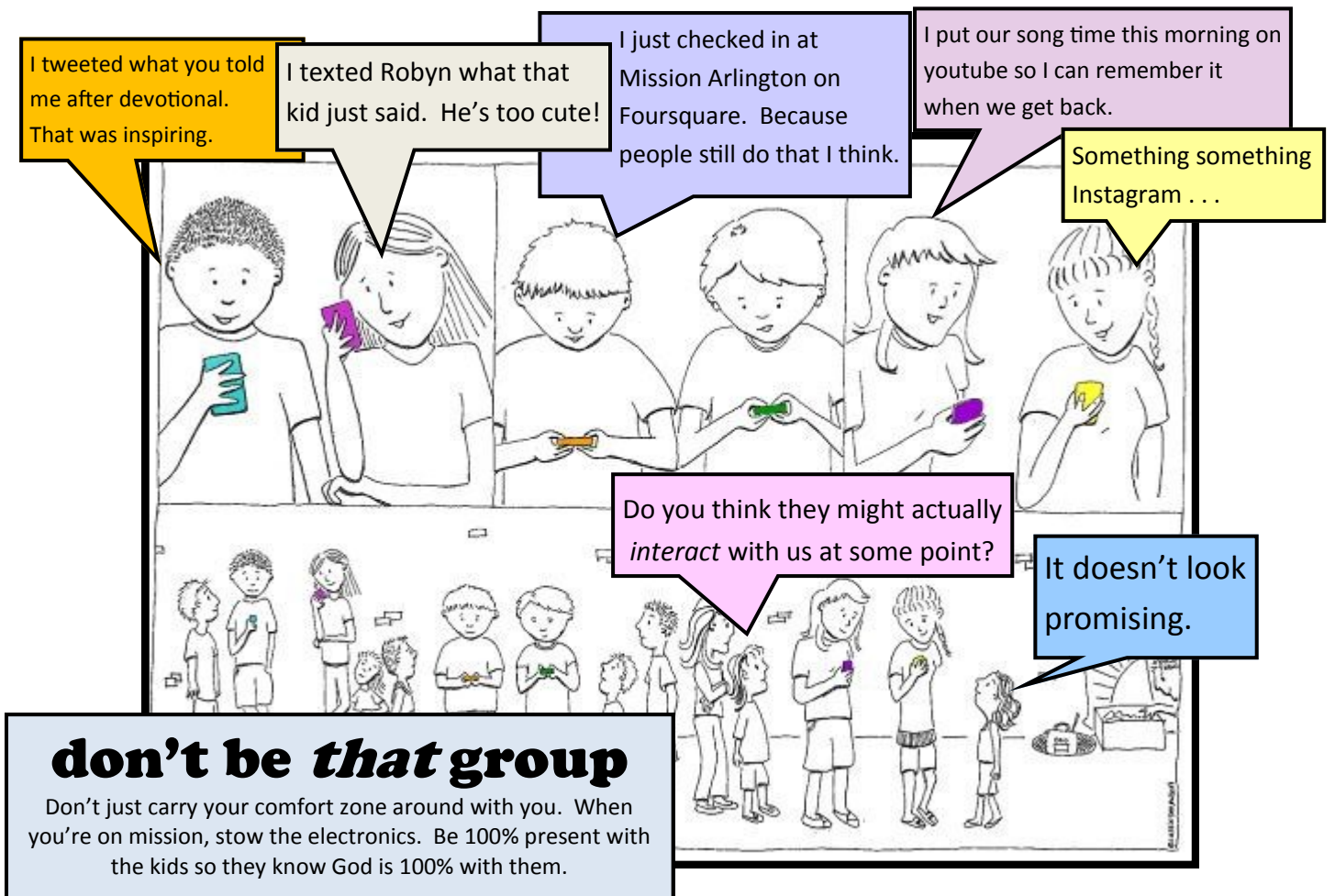
- ◆ Each small group team will share the day's Bible Story while in their small group. The stories are in the small group teams prep material in this section.
- ◆ Take this time after the story to pray with the children in your small group. Ask them for things they would like to pray about. Tell God how awesome He is. Ask Him to help you and the children in your small group to listen to God and obey Him. Pray that the children in your group will get to know God and feel the love He has for them.
- ◆ Hands on activity: you will have an activity for the children in your small group to do during this time. Days 1, 2, and 4 you will have activity packets with coloring sheets, word searches, mazes, and memory-verse related word games. Day 3 you will make salvation bead bracelets. All of these materials will be provided by Mission Arlington while you are here. There are instructions for the bead bracelets in the small group teams prep packet in this section.
- ◆ While still in small groups, review the week's memory verse. You can do a small group version of the same memory verse activity you used in large group time, or choose from one of the other suggested activities in the memory verse teacher material in the green section. (Remember that you need to provide whatever materials you need for the memory verse activities.)



- ◆ Reassemble for a large group **closing time**. The Large Group Leader will lead a short review time to help wrap up the day's activities.
- ◆ Play **games** until it is time for Rainbow Express to end.
- ◆ Pass out **snacks** to each child. Have the children eat snacks there so you can make sure all trash is cleaned up.
- ◆ It is mandatory that you walk each child home after Rainbow Express.
- ◆ After everything is cleaned up and all children are walked home, come back to Mission Arlington to turn in your reports for the day.

# Tips for a Successful Rainbow Express

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

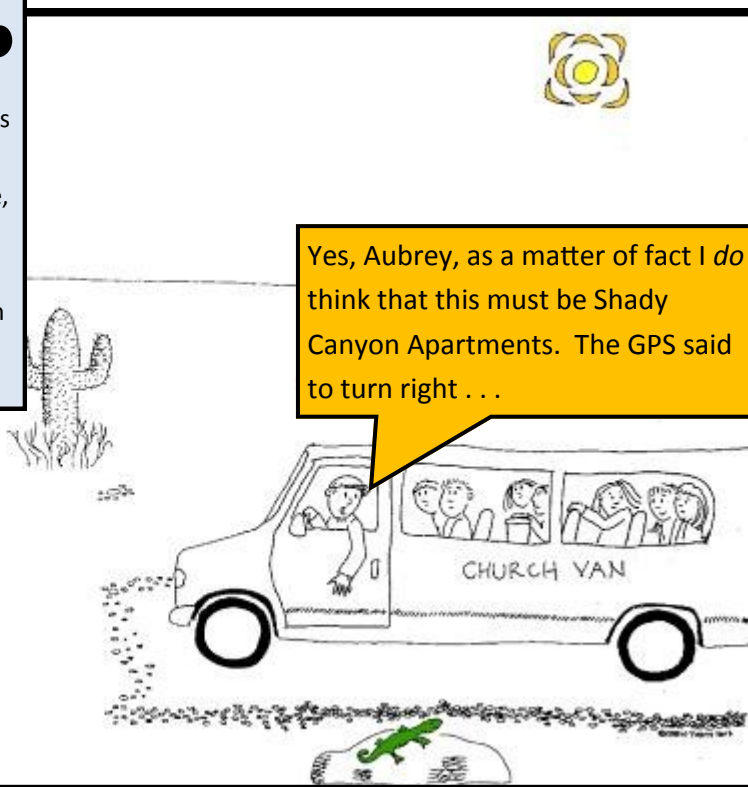


## Adult Team Leader / Sponsor

- ◆ Be the prayer leader for your group. **Pray** for your team, the people you will encounter in Arlington, and for the Mission Arlington workers that are preparing the way and will be doing follow up.
- ◆ **Communicate with Mission Arlington** staff with any questions or problems during Rainbow Express: if you get lost, if you're not sure where to set up, if you need extra supplies, etc. Your primary Mission Arlington contact during the trip will be Matt Hart, cell phone number 817-929-2749.
- ◆ 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.

### **don't be *that* group**

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. Last year we 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.





## 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.
- ◆ Hands on activity: you will have something tactile for the children in your small group to do during this time. Days 1, 2, and 4 you will have activity packets with coloring sheets, word searches, mazes, and memory-verse related word games. Day 3 you will make salvation bead bracelets. All of these materials will be provided by Mission Arlington while you are here. There are instructions for the bead bracelets on the last page of the small group teams prep section.
- ◆ 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.





## **Small Group Teams continued (daily Bible stories)**

### **Day One Story: from 2 Chronicles 29-32, Isaiah 36-37, Isaiah 54:10**

This week we are learning about God’s messages of love to us. Today’s story is about a king and his friend and how God saved them when they were in great danger. God loved them very much and took care of them when they were in trouble.

Hezekiah was the king a long time ago of a country called Judah. Hezekiah had a helper. A man named Isaiah became Hezekiah’s friend. Isaiah was another man that loved God, and he was a prophet. A prophet is a person that God gives special messages about things that are happening or that are going to happen. Isaiah worked together with the king to teach the people about God.

One day, Hezekiah received terrible news. An army of evil soldiers called the Assyrians was coming to destroy them. The Assyrians had already begun to attack the country of Judah and capture its smaller cities. Soon, the Assyrians arrived at the city where Hezekiah lived. The great Assyrian army made a huge circle all the way around the city. Then they waited for the order to attack.

King Hezekiah went to work. He strengthened the tall wall that went all the way around the city to protect it. He put soldiers in charge of teaching the city’s people how to fight when the time came. He called all the people of the city together.

“Don’t be afraid,” Hezekiah told the people. “The Assyrians might seem strong, but our side is more powerful. They have only their own strength, but we have God protecting us.” Hezekiah knew that God loves His people. He is there to help us, even when really bad things are happening all around us. The people became less afraid, because they knew that Hezekiah was right. They believed that God would protect them.

The king of the Assyrians wrote a letter to Hezekiah and the people in the city. Some of the Assyrian soldiers came and read the letter out loud in front of the city so that everybody could hear it. “Do not think that God will save you. We are the mighty Assyrians. Nobody is stronger than us. Your god cannot save you or your city.”

Hezekiah was so upset that he tore his clothes to show his sadness. He knew that he needed God’s help. He prayed that God would save the people from the dangerous Assyrian army. “Quickly,” Hezekiah told some of his servants “go find Isaiah. We know that God heard all the terrible things that the Assyrian army said. Ask God to save us from them.”

Isaiah had been praying too. He asked God to tell him what was going to happen. When the king’s servants found him, he had a message ready. “Tell King Hezekiah that this is what God says: Do not be afraid about the things these men have said. I am going to send the Assyrian king away and destroy his whole evil army.”

The next day the king of Assyria received an important message. He had to leave to go take care of some of his own problems. Before he left, the Assyrian king sent another letter to Hezekiah. “Do not think that just because I am leaving you are safe. God cannot save you. My army will still destroy your city. I have destroyed lots of cities, and God cannot stop me from destroying you.”

Hezekiah took the letter to the church. He opened it and prayed to God for help. “God, I know that you are stronger than any army on Earth because you made the whole Earth,” he prayed. “Save us from our enemies so that all the people will know that you are God.”

God answered the king’s prayer. Isaiah sent Hezekiah a message that God promised to save the people. That night the king and everybody in the city went to sleep, still surrounded by the Assyrian army. When they woke up the next morning, there wasn’t a single Assyrian soldier left. During the night God had saved His people. Hezekiah, Isaiah, and all the people happily prayed and thanked God for saving them.

Every time that Hezekiah was in trouble, he prayed. Then God would send Isaiah good news that He was going to help. In fact Isaiah got some of the best news of all. God gave him a message even better than saving the city from the evil Assyrians. What could be better than that?

## Small Group Teams continued (daily Bible stories)

Just like the city had a problem with the Assyrians, we all have a problem: our own mess-ups. The Bible tells us that we all do bad things sometimes. We do, think, and say things that are very different from what God would want us to do. Because of these bad things we do, things the Bible calls sin, we push ourselves away from God, even though He loves us so much.

God wants to be our best friend. He wants to help us and teach us, even when we mess up and bad things happen to us. That's why Isaiah's messages were full of such good news. Once, God told Isaiah that even if the mountains were shaken and all the hills fell over, nobody would ever be able to shake His love for us. (Isaiah 54:10.) God promised that if we listen to Him and come to Him he will help us and make a promise to love us for ever. (Isaiah 55:3) Most importantly of all, God promised that He would send His own son, Jesus, to come to make a way to save us from our sins. God promised that Jesus would take the punishment for the bad things that we have done.

That's exactly what happened. Just like God had promised to Isaiah so long ago, Jesus came to help us. He died on the cross to take the punishment for our sins. Then He came back to life to make a way for all of us to be with God. Now we can let Jesus be a part of our lives. He will help us forever.

### Day Two Story: from 1 Kings 18:16-45

This week we are learning about believing God's message. Yesterday we learned the message that God loves us, no matter what happens. We learned how God sent messages to Isaiah to help save his city from an evil army. Today we are going to learn about another message God gives us: that it is important to follow and obey Him.

The man in today's story is named Elijah. Elijah lived many years ago in a place called Israel. The Israelites were an unhappy people in those days who were ruled by a horrible King Ahab. King Ahab hated the one true God. He believed in a pretend god called Baal. The King worked to turn the whole country away from serving the one true God and lead them to worship Baal. The king's wife, Queen Jezebel, worked to find all the priests who still taught the Israelite people about our real God and had them killed.

The wickedness that Ahab and Jezebel brought to Israel created huge problems for the people. You know that when you are behaving well, you feel happier. When you are not behaving well, you get in trouble and you start to feel sadder and sadder. That is what was happening to the whole country of Israel. As the people disobeyed God's instructions more and more, they became sadder and sadder. That is why God sent Elijah to help the people. He came to tell them that their lives would be so much better if they would just allow God to help them. Elijah knew that God loves us and wants to help us. God made it Elijah's mission to share that message with the Israelite people.

Elijah went to King Ahab. He gave him a strong warning message from God. Elijah told Ahab that because he was not listening to God, God was not going to send any rain to Israel until Elijah asked Him. That way, the king would know that the one true God really has the power and would listen to Him again. Ahab did not believe Elijah. He still did not turn to God. Because the people would not listen to Him, God did not let it rain in Israel for three years.

God knew that the most important thing that the Israelites needed to learn was that He was the only real God. He wanted to show the people that Baal, whom they worshipped, was just a pretend god. Elijah decided to challenge King Ahab and all the preachers that believed in Baal to a contest. He would prove to them that God is the one true God.

Elijah told Ahab to bring all the people of Israel and all the preachers of Baal to the top of a mountain called Mount Carmel. There, Elijah would prove to them that God is the one to worship. Ahab agreed. Soon, all of Israel gathered at Mount Carmel. Elijah spoke to all of the people. "How long will you keep changing your minds back and forth about who to worship?" He asked. "If Baal were real, it would be right to worship him. But God is the only true god, and we should worship only Him."

## Small Group Teams continued (daily Bible stories)

Elijah announced that they were going to have a contest between the one true God and the fake god Baal. He had the people build two big stone tables called altars. Then Elijah covered the altars with wood. “We are going to spread some meat out on both altars,” Elijah said. “But we are not going to set fire to the wood on either one. The preachers that believe in Baal can ask Baal to set the wood on fire to cook the meat on the altar for Baal. Then I will ask God to set the wood on fire and cook the meat on His altar. You will see that God is real.”

Elijah told the followers of Baal to go first. They began to pray that Baal would set the wood on fire. Of course, nothing happened, because Baal was not real. Baal’s followers began to worry. They started to pray louder and louder. Soon they were shouting. They began to dance around and sing. No matter what they did, nothing happened, because the god they were praying to was not real.

About lunch time, Elijah began to make fun of Baal’s followers. “You worship Baal like he is a god, but he doesn’t seem to hear you,” Elijah teased. “Maybe he is too busy, or on vacation.” Baal’s followers became more and more angry. No matter how they prayed to Baal, nothing happened. Soon the Israelite people were not even paying attention to them. All day long Baal’s people prayed and begged, but nothing happened.



Finally, evening came and Elijah had had enough.

“Come here to me,” Elijah called to all the people. He gathered them around the altar to the one true God. While the people watched, Elijah dug a deep ditch around the altar. Then he did something that really surprised them. Elijah ordered huge jars of water to be poured all over the altar. Remember that water was really important to the Israelite people in those days because it had not rained for three years. Elijah kept pouring more water until all of the meat, all of the wood, and the altar were soaked. Soon even the ditch Elijah had dug was filled with water. The people were amazed. The water would make it impossible to start a fire on the altar.

Elijah stepped forward in front of all the people. He prayed in a loud voice so that everybody could hear him. “God, show these people that you are God. Please answer my prayer so that these people will see that you are God and will turn their hearts back to you.”

As the people watched, God instantly answered Elijah’s prayer. Fire fell down from the sky on to the altar that Elijah had built. The fire was so hot that it completely burned up all of the meat, the wood, and even destroyed the stones making the altar. The fire even turned all the water in the ditch to steam so that everything was gone. The Israelite people were amazed. They fell down on the ground and began to shout that they believed in the one true God. That evening, God sent a heavy rain to Israel, the first rain that had been there in three years.

The Israelite people were suffering because they were not following God’s instructions. God loves us very much and wants to take care of us. He knows that when we do not listen to Him we get ourselves in trouble. When we do not obey God we do things that we think might make us happy, but really just cause us problems. That is why God wants us to follow Him. He loves us so much that He wants to help us know how to live. God sent Elijah to the Israelites to send them the important message that we can follow God because He loves us.

Many years later God would send a man named John, who was very much like Elijah, to announce another important message. John came and announced that Jesus had come to Earth. Jesus came to make a way for all people to follow God. God knew that we, just like the Israelites, let the bad things that we do get in the way of our friendship with Him. Jesus came and died on the cross so that He could make a way to take

## **Small Group Teams continued (daily Bible stories)**

away the bad things we have done. Then Jesus came back to life and invited all people to follow Him. Now, when we accept Jesus, we can have a friendship with God.

### **Day Three Story: from Matthew 27:27-60, 28:1-10, 28:16-20**

We have learned this week that God tells us He loves us and wants to help us. He wants to be our best friend and be the most important part of our lives. We also learned that He wants us to obey Him and follow Him because He knows that is what is best for us.

God created us because He wants us to be with Him. He wants to help us every day of our lives. Then when our lives are over, He wants us to be with Him forever in Heaven. The problem is that when we disobey God and do things we should not do it separates us from Him. Our bad choices and bad actions keep us away from all the goodness that God wants for our lives. That is why God sent His own son, Jesus, to help us. Jesus came to take away the bad things that we have done.

Jesus was God's son. He came from Heaven to live here on Earth for about thirty years. He spent His time here teaching people how to know and follow God. He also did a lot to help people, like feeding them or healing the sick.

There were some people that did not like Jesus. These people were leaders that wanted people to follow *them*. They wanted to make themselves more rich, famous, and powerful. These leaders did not like people following Jesus. These people decided that they wanted to get rid of Jesus. They decided to kill Him.

The leaders arrested Jesus and ordered soldiers to kill Him on a cross, even though He had never done anything wrong. Two other men were being killed that same day. These men were not good like Jesus. They were thieves who were dying for crimes they committed.

The soldiers took Jesus and the two criminals to a hill called the Skull. They nailed Jesus' hands and feet to a cross. They put the two thieves on crosses too, with Jesus in the middle.

A big crowd of people came to Skull Hill to watch Jesus die. While Jesus was nailed to the cross, He talked to God, His father. "Father, please forgive them," Jesus asked "because they do not know what they are doing."

The people watching started to make fun of Jesus. They laughed and called Him names. The leaders that hated Jesus began to yell. "Jesus said He could save people from sin. Why doesn't He save Himself from the cross?" The soldiers made fun of Jesus too. The soldiers and the leaders did not understand that Jesus stayed on the cross so that He could take away our sins.

One of the criminals on a cross began to shout at Jesus. "You're not really God's son," the man yelled. "If you were, you could save yourself and us from these crosses."

The other criminal told the first to be quiet. "Have respect for God," the second criminal said. "We are being punished for things we really did do. Jesus hasn't done anything wrong. He is being punished for no reason."

The thief looked at Jesus. "I know that you are God's son and that you are going back to Heaven. Please remember me when you get there."

Jesus told him "I promise that today you will be with me in Heaven." That thief was a very bad man. He was being killed for breaking many laws. Even he admitted that he deserved to die for the bad things that he had done. Even though he was so bad, God still loved him! God still let that man go into Heaven because he believed in Jesus. That is the important message that Jesus brings us. God loves us, no matter what. Now anybody can follow God just by accepting the free gift that Jesus offers us.

Soon it became very dark, and Jesus died. The good news is that the story does not end there. Jesus did not stay dead. His friends took His body down and put it in a cave. It was in the cave for two days. On the third day, something wonderful happened: Jesus came back to life!



## **Small Group Teams continued (daily Bible stories)**

God sent Jesus to help us. Jesus died to take away all the bad things that we have done. Then He came back to life, and invites everybody to follow Him. Jesus had a choice. He did not have to die on the cross, but He chose to so that He could help us. You can see that Jesus loves us very much!

Sometimes we might feel a little bit like the thief on the cross. We know that we have done bad things, and we might wonder if God still loves us. He does! It's easy to see from this story that Jesus loves all of us, no matter who we are or what we have done. Jesus loved the bad people that put Him on the cross. He prayed that God would forgive them. Jesus loved the thief, too, so He promised to take the thief to Heaven. Just like the thief, all we have to do is ask. If anybody here would like to know how to do that, please just let us know.

### **Day Four Story: from Genesis 39-45**

This week we have been learning about the different messages God sent us to show us how much He loves us. God wants us to show other people about His love too. We can show people God's love by loving them ourselves. If we help people and treat them the way God would want us to, it teaches them about God's love. Today's story is about a man named Joseph, who forgave and helped many, many people, even though they were his enemies.

Joseph's troubles started when he was a very young man. He was kidnapped and taken to Egypt, a place very far away from the land where he grew up. There he was put to work for an Egyptian soldier named Potiphar. Even though Joseph did not want to be there and missed his family, he worked very hard for Potiphar. In fact, God made every thing that Joseph did turn out well. Very soon Potiphar put Joseph in charge of everything in his house.

For a little while, Joseph's life seemed to be getting better, but he was about to receive another surprise. Potiphar's wife asked Joseph to take something that belonged to Potiphar. Joseph refused to do it. He knew it was wrong to steal from his boss. Potiphar's wife became angry at Joseph. She lied to her husband and told him that Joseph had tried to steal from him. Potiphar became so angry that he had Joseph thrown in prison.

While Joseph was in prison, he became a helper to the guards and the prison boss. Just like at Potiphar's house, Joseph worked very hard and did a good job, even though he could have thought of the prison leaders as his enemies. Soon he became the second-in-command of the whole prison, even though he was a prisoner himself.

One day, two prisoners visited Joseph to ask him about dreams. Each of the prisoners had once been a servant of the Egyptian king. They had very strange dreams that they thought might be messages from God. Joseph prayed that God would help him understand what the dreams meant. God answered Joseph's prayer. He told Joseph what the dreams meant, and Joseph told the two prisoners. The prisoners were amazed that Joseph could know the meaning of their dreams.

One of the prisoners, a servant who served the king at mealtimes, had a dream about his old job working for the king. Joseph told him that very soon he would get his job back. Three days later, the man was released from prison and went back to work for the king. The servant told Joseph that he would always remember him and promised to ask the king to release Joseph from prison. When the servant returned to work he was so excited to be back that he forgot all about Joseph. He did not do what he promised, and Joseph had to be in prison even longer.

Two whole years passed with Joseph still having to live and work in the prison. Then one night, the Egyptian king had a dream. In his dream the king was standing next to a large river. There were seven cows standing near the river, eating grass. The cows were big, fat, shiny, and happy. After a little while, seven more cows came. These seven cows were so skinny their bones showed through their skin. The king was amazed to see the seven skinny cows eat the seven fat cows. The skinny cows swallowed the fat cows

## Small Group Teams continued (daily Bible stories)

in one giant gulp. The skinny cows were so skinny, however, that they still did not grow any fatter. Suddenly, the king woke up. He was very afraid. He was sure that this strange and scary dream meant something, but he did not know what.

Quickly, the king called together all of his servants. He began asking each of them to explain what his dream meant. When nobody could do it, the king became worried. Finally, the servant who had been in prison remembered Joseph helping him with his dreams. He told the king to bring Joseph out of prison and that Joseph would be able to help him.

The king had Joseph brought to the palace. “Joseph, this man told me that you can tell what dreams meant. Is this true?” the king asked.

“I am a normal man like anybody else,” Joseph answered the king. “I cannot tell you what dreams mean myself, but I serve God, who knows everything. God knows what your dream means, and He can answer your question.”

The king told Joseph about his dream of the cows. Joseph prayed that God would help him to know what the dream meant. “God has told me what your dream means,” Joseph told the king. “For seven years, everything is going to go well in Egypt. There will be plenty of food to eat for everybody. In fact, there will be more food than we even need. When the seven good years are over, seven bad years will come. During these seven bad years, no food will grow anywhere in Egypt or anywhere around. The people will have nothing to eat. These seven bad years will be so bad that people will forget the seven good years even happened.”

The king was terrified. He did not know what to do to protect his people from the seven terrible years that were coming. “What should we do?” The king asked Joseph.

Joseph had a choice to make. Being in Egypt had been very hard for him. He was kidnapped and taken there, even though he did not want to go. He was put in prison for something he did not do. Even though he had worked hard to help everybody, his friends had forgotten about him. They had not helped him when they promised that they would. Joseph could have decided that since these people had been so mean to him, he would not help them. Instead, Joseph did what God would want him to do. Joseph knew that the king’s dream was a message from God to help them get ready for the bad times that were coming. He knew that he should help the people that had not been nice to him, because that is the way God would treat people. We know God loves us even when we do wrong things, because Jesus came to die on the cross and come back to life so that He could forgive us for all those wrong things. So Joseph decided to help the Egyptians.

Joseph told the king his plan. “Pick somebody who is a very good worker to put in charge. During the seven good years, that person must work very hard to save lots and lots of extra food. Build giant buildings and fill them with the extra food collected during the seven good years. Then, when the seven bad years come, slowly give out the food that was saved so that everybody will still have food to eat.”

The king thought Joseph’s plan was excellent. In fact, he liked it so much that he decided to do something that surprised Joseph very much. “Joseph, I am going to put you in charge of this job. After today, you will be the second most powerful person in all of the country. Only I myself will be above you.” In one day, Joseph changed from being a prisoner to being the second most powerful person in Egypt.

Because Joseph believed what God told him, and obeyed what he knew God would want him to do, God took him from being a poor, lonely, kidnapped prisoner and made him a hero to all of Egypt. We can trust God’s message too. We can know that when we decide to obey and forgive like God does for us, He will help us. Since we have learned the wonderful message of God’s forgiveness through Jesus, we can share that message by helping other people, just like Joseph did.

## Small Group Teams continued (Day 3 Salvation Bead Instructions)

On Day 3 you will make salvation bead bracelets during your small group time. This page is given for small group leaders to use as a guide to help them when explaining the meanings of the colors. The next page is intended as optional extras you can send home with your Rainbow Express students to help them remember the meaning of the bracelet. You will have black and white copies of these pages provided while you are at Mission Arlington. If you would like color copies to hand out your group will need to supply them.

**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.

**dark /  
oscuro**

I do bad things that make God sad. *Yo hago cosas malas que no le gustan a Dios.*

Everyone has sinned. No one measures up to God's glory. Romans 3:23

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

**red /  
rojo**

Jesus loves me, so He died on the cross to save me. *Jesús se murió en la cruz por mí porque me ama.*

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

**white /  
blanco**

Jesus can take away all the bad things I do. *Jesús puede quitar todas las cosas malas que hago.*

Anyone who believes in Christ is a new creation. The old is gone! The new has come! 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

**green /  
verde**

I can follow Jesus and learn to be more like Him. *Yo puedo seguir a Jesús y aprender ser mas como El.*

You are the children that God dearly loves. So be just like Him. Ephesians 5:1

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

**yellow /  
amarillo**

One day I will be with God in Heaven. *Un día estaré en El Cielo con Dios.*

[Jesus said] "In my Father's house are many rooms. . . 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 . . . 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



## Songs Leader

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



### **1. Bubbling**

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

### **2. Come and Go with Me**

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

### **3. Deep and Wide**

Deep and wide, deep and wide  
There's a fountain flowin' deep and  
wide  
Deep and wide, deep and wide  
There's a fountain flowin' deep and  
wide

### **4. Do You Love my Jesus**

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

### **5. Father Abraham**

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

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

### **6. God Is So Good**

God is so good, God is so good,  
God is so good, He's so good to me  
He answers prayer...  
I love Him so....

### **7. Give Me Oil in my Lamp**

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

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

### **8. The B-I-B-L-E**

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

### **9. He's a Peach of a Savior**

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

### **10. I'm All Wrapped Up**

I'm all wrapped up, I'm all tied up,  
I'm all tangled up in Jesus  
I'm all wrapped up, I'm all tied up,  
I'm all tangled up in God  
I'm all wrapped up, I'm all tied up,  
I'm all tangled up in Jesus  
I'm all wrapped up, tied up, tangled up  
in God

### **11. I'm Gonna Sing, Sing, Sing**

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

### **12. I'm in the Lord's Army**

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

### **13. I've Got a River of Life**

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

### **14. I've Got Joy Down in my Heart**

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

### **15. I've Got Peace Like a River**

I've got peace like a river, I've got  
peace like a river  
I've got peace like a river in my soul

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

### 16. I Have So Much

I have so much, so much, so much, so  
much, so much, so much, so much, so  
much, so much, so much,  
so much, so much, so much (clap) to  
be thankful for. (REPEAT)  
I have Jesus to be thankful for.....  
I have the Bible to be thankful for.....  
I have you to be thankful for.....

### 17. Little Square Box

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

### 18. I've Got the Joy, Joy, Joy, Joy

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

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

### 19. If You're Happy and You Know It

If you're happy and you know it clap

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

### 20. Jesus in the Morning

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

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

### 21. Jesus Is my Rock

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

### 22. Jesus Loves Me

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

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

### 23. My God Is So Big

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

### 24. No One That I Know

No one that I know walks like you,  
Talks like you, or looks like you  
No one that I know is like you  
No one else does what you do

### 25. Sheep Song

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

### 26. Satan Didn't Like It

Satan didn't like it when we  
Came outta the wilderness  
Came outta the wilderness  
Came outta the wilderness  
Satan didn't like it when we  
Came outta the wilderness  
Walkin' with the Lord, Walkin' with  
the Lord  
Walkin' with the Lord  
Satan didn't like it when we  
Came outta the wilderness  
Walkin' with the Lord  
Swimmin' with the Lord...  
Dancin' with the Lord...

### 27. Shake a Friend's Hand

Shake a friend's hand,  
Shake the hand next to you  
Shake a friend's hand and sing along  
Shake a friend's hand,  
Shake the hand next to you

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

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

### 28. Swing Low, Sweet Chariot

Swing low, sweet chariot  
Comin' fo' to carry me home  
Swing low, sweet chariot  
Comin' fo' to carry me home

### 29. On a Day Like This

On a day like this (clap, clap)  
On a day like this (clap, clap)  
On a day like this (clap) Ohhhhhhhh  
I need the Lord to help me  
On a day like this (stomp, stomp, clap,  
clap)  
On a day like this (stomp, stomp, clap,  
clap)  
On a day like this (stomp, clap)  
Ohhhhhhhh  
I need the Lord to help me

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

### 30. The Fruit of the Spirit

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

### 31. This is the Day

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

I will rejoice and be glad in it  
This is the day, this is the day  
That the Lord has made

### 32. This Little Light of Mine

This little light of mine, I'm gonna let it  
shine  
This little light of mine, I'm gonna let it  
shine  
This little light of mine, I'm gonna let it  
shine  
Let it shine, let it shine, let it shine  
Hide it under a bush, oh no!  
I'm gonna let it shine  
Hide it  
under a  
bush, oh  
no!  
I'm gonna  
let it shine  
Hide it  
under a  
bush, oh  
no!  
I'm gonna  
let it shine  
Let it shine,  
let it shine,  
let it shine  
Won't let  
satan blow  
it out,  
I'm gonna let it shine

### 33. Walk, Walk, Walk, Walk in the Light

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

### 34. What a Mighty God We Serve

What a mighty God we serve  
What a mighty God we serve  
Angels bow before Him  
Heaven and earth adore Him.  
What a mighty God we serve.

### 35. Who's the King of the Jungle?

Who's the king of the jungle? ooo ooo  
Who's the king of the sea?  
wiggie wiggie wiggie  
Who's the king of the universe,  
and who's the king of me?



I tell you J-E-S-U-S! Yes!  
He's the King of me  
He's the king of the universe,  
the jungle, ooo ooo  
and the sea. wiggie wiggie wiggie

### 36. With Jesus in your Boat

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



## Memory Verse Teacher

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

*English:* If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Romans 10:9

*Spanish:* Si confiesas con tu boca que Jesús es el Señor, y crees en tu corazón que Dios lo levantó de entre los muertos, serás salvo.

Romanos 10:9

## Memory Verse Teacher (continued)

- **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.



Be sure to make a visual aid to help teach the memory verse.

## Puppet Wrangler

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. If you do not have access to puppets, you can borrow some from Mission Arlington / Mission Metroplex while you are here. Children like the puppets and will expect them as part of your Rainbow Express. Don't skip them just because it might take a little extra preparation.

Here are some suggestions 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. Bring a portable boombox and a CD or MP3 player with fun, upbeat Christian music, especially if there is an easy chorus the kids can catch on to and sing along with. Songs from bands like TobyMac, Newsboys, David Crowder and a huge number of other possibilities can be fun to do with puppets. *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. We recommend not using some of the “rockier” Christian music out there. Don't forget that the music is for the residents of the apartments, not for our personal listening pleasure.*
- 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 which appliance stores will usually give away for free). Just cut and unfold the box and then decorate the front with butcher paper, spray paint, or any other way that you would like. If you don't have access to a large piece of cardboard, you can improvise a stage with a sheet and a broom handle or piece of PVC pipe. If you are not able to make one, check with us about borrowing one while you are here.



## 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.

Dude, *great* day today. We had a one parent and two kids who accepted Christ, a teenager looking for a church, and a whole family that need Bibles in Spanish.

Awesome, I'll get those names to that neighborhoods' missionary tonight so they can start following up right away.

Yeah. We actually lost our attendance sheet. I remembered about half of the names and wrote them on this napkin. Some of their apartment numbers are under the ketchup spot. There's also one guy who wants to get baptized. He usually wears socks, so he should be easy to find again . . .

### **don't be *that* group**

We take discipleship seriously at Mission Arlington. We know you do too. Help us by making sure we get good reports from you each day so we can follow up with all the people you make contact with.



## Large Group Leader

- ◆ Pray for the children you will be teaching. Pray that this week the word of God will change their lives.
- ◆ It is your responsibility to help the program flow from one activity into the next activity while in a large group.
- ◆ At the beginning of each day, lead a brief introduction to help transition into the small group times. During the opening time, ask the kids questions about what they learned the day before. See if any of them know the memory verse.
- ◆ The theme for this week in the small group Bible stories is *God Speaks*. Introduce each day's theme and explain that God's words help us know how to love and follow Him today. On the following pages will find examples of how you might introduce each day's theme:



This large group leader made a cape. You *know* the kids listened to her. Kids love capes.

- ◆ 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.

## Large Group Leader

**Suggested Guides to introduce each day's story:**

**Every day you will generally remind the group that this week you are learning some of the stories Jesus told with something like this:**

*This week we are going to be learning about messages from God. Everybody knows that it is fun to get mail. Don't you like receiving letters from grandparents, aunts, or uncles? Well, we have mail from God. Did you know that? This Bible that I am holding is like a letter from God. God loves us, and likes to share with us. The Bible is one of the main ways that He does that.*

*This week we are going to learn about some of the messages that God gave us in the Bible. We are going to see that the Bible is about God's love for us, and that He sent His son Jesus so that we could know about His love.*

*We can be followers of Jesus if we ask Him to forgive the bad things that we have done and come into our lives. Then, Jesus becomes a part of our lives. He helps us to follow what God wants us to do. Jesus wants us to know how we can live like God wants us to live.*

*All this week we are going to be learning about God's messages to us.*

**After the general introduction, you will set up the day's particular theme. Here are some sample introductions you might use for each day:**

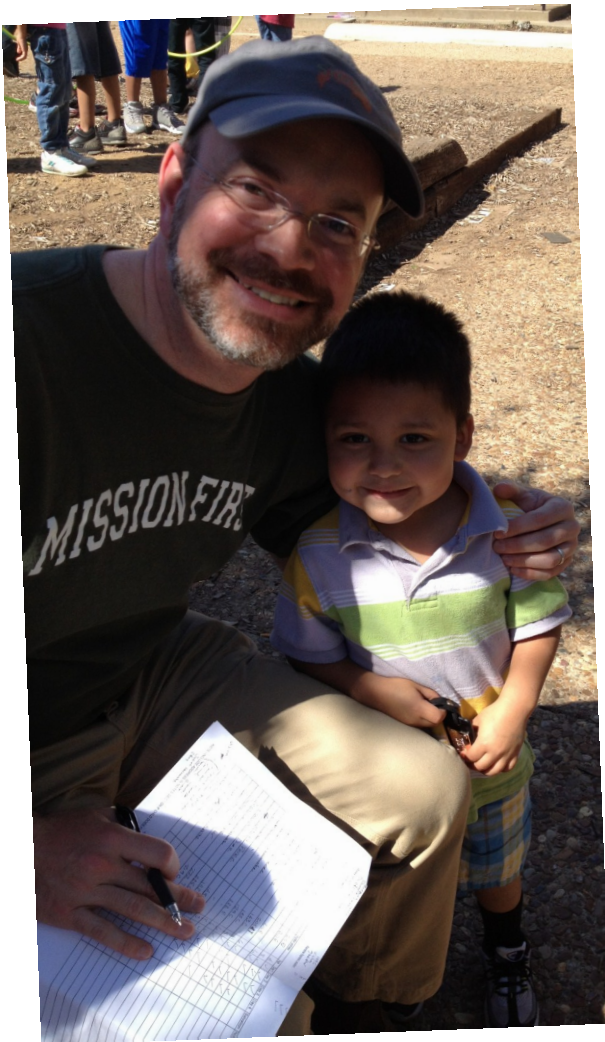
**Day One:**

One of the most basic and important things God taught us is that He loves us. Sometimes people think that God does not love them because He is really far away, or super busy, or too big and important. God wants us to know that He loves us very much. In fact, the Bible teaches us that nothing can separate us from God's love. Today in your small groups you are going to learn about two friends who were in great danger, but trusted in God's love to save them.

**Day Two:**

Yesterday we learned about God's message that He loves us. The whole Bible tells the story of God's love for us. Part of that message is that since God loves us so much, He wants the very best for us. God knows that we make mistakes. He knows that we make bad choices, and that those bad choices cause problems in our lives. God wants to help us know the right choices to make. He wants us to live a life





that is as full and wonderful as He created us to live. God knows that the way for us to live that life is by following Him. Today we are going to learn about a man named Elijah. God sent Elijah to a place called Israel with the important message that they should follow Him.

### **Day Three:**

This week we are learning about God's messages to us. So far, we have learned two very important messages: that God loves us and that He wants us to follow Him. Today we are going to learn about Jesus. Jesus is the proof that God's messages are all true. He is God's son, whom God sent here to take away all the bad things we have done and help us follow Him. Because Jesus came, we know that God loves us. Because Jesus came, we have a way to follow Him.

### **Day Four:**

This week we have learned about the important messages that God gives us. Did you know that God gave us an important job too? God wants us to share the messages that He gives us with other people. We can be messengers for God. We can show other people that God loves them.

The Bible says that we can show people God's love by the way that we treat them. When we treat people with kindness, they can see God's kindness. When we are patient with people, they can learn that God is patient with us. Our story today is about a man named Joseph. Joseph helped people, even though they had been very unkind to him. He showed a whole country of people that God loved them by the way that he acted.



## 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 (continued): SUGGESTED GAMES

- **Big, Bad Wolf:** Have the children stand in a line at one end of the game area. One leader or child is the “Big, Bad Wolf” and will stand at the other end of the area with her back to the children. In unison, the children shout, “What time is it Mr. Wolf?” The wolf answers with an hour, “4 o’clock”, for example. The children take that number of steps forward. If the wolf said “4 o’clock,” the children would take 4 steps toward the wolf. When the wolf thinks the children are close enough to her, she answers their question with, “It’s eating time!” Then she chases them back to their starting line. Anyone she tags joins her as a wolf. The game ends when all but one participant has been tagged.
- **Overall Understanding:** Players are divided into two teams. Teams line up in parallel rows with players standing behind one another. The first player on each team is given a beach ball, or balloon. When the leader says, “Go,” the first player on each line passes the ball backward over her head to the second player. The second player passes the ball under his legs to the next person in line, and so forth. The ball continues to be passed backward down the line, alternately over and under, until it reaches the last player. The last player, receiving the ball, runs to the front of his or her line and begins to pass the ball back again. This continues until every player on the line has a chance to be at the beginning. The team whose first player gets to the front of the line again is the winner.
- **Parachute:** You will have a tarp with you to use for the children to sit on each day. The tarp can double as a “parachute”. Have the kids stand on all sides of the tarp and hold it at waist level. Each side of the tarp is a team, making four teams. Put a beach ball on the tarp. Have the kids shake the tarp. They should try to shake the tarp so that the beach ball falls off another team’s side. Whenever the beach ball falls off the tarp, the team on that side gets a point. The team that has the fewest points at the end of the game wins.
- **Sharks and Minnows:** You will need a good size running area for this game. Have the children line up along one side of the area. They are the “minnows”. Have the leader stand in the middle of the area. The leader is the shark. When the shark yells “Go!”, the minnows run to the other end of the area. The shark runs around and tags as many minnows as possible before they reach the other end of the field. When a minnow is tagged, he or she must freeze wherever tagged. When all of the untagged minnows reach the end of the area, the shark yells, “Go!” again. This time the shark and the frozen minnows may tag the runners. The game continues until there is only one minnow left. That minnow is the winner and begins the next game as the shark.
- **Everybody’s It Tag:** There are two rules: (1) everybody is It, and (2) when a player is tagged, he or she is frozen. Have everyone stand in a circle. Then the leader shouts “Everybody’s it!” and the game starts (and quickly ends).
- **Hospital Tag:** The first time a player is tagged, she puts her hand on the part of herself that was tagged. The second time she is tagged, she must put her other hand on that area. The third time, because she is out of hands, she must sit down.
- **Trust Walk:** Choose 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 chatee. Just like regular tag, It tries to tag the chatee. If the chatee is tagged, he or she in turn becomes it and the chase reverses. The chatee’s goal is to link with another player. When the chatee links arms with one side of a pair, the other player must unlink, becoming the chatee.

## Youth Leader

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

- PRAY! Youth have always been a part of Rainbow Express, because groups like yours have always worked at making friends with the older students that hang out around your activities. However, we have really felt led to make a concentrated effort to expand the scope of Rainbow Express to include youth. Ask God to use the Rainbow Express that you lead exactly as He would desire.
- Be sensitive to the youth. Some may enjoy participating in parts of the regular Rainbow Express program, especially if they have younger siblings that are attending or if they are involved in helping in some way. Others will feel more comfortable staying completely separated from the children for the entire time.
- Be flexible. Every apartment community is different and every teenager is different. You might have no teenagers, you may have one, and there might be a dozen. Be prayerfully ready for whatever happens.
- Be sure to report any youth that attend on the Rainbow Express attendance sheet so that the Mission Arlington missionaries can effectively follow up.



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

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

*Continued on next page*

## Youth Leader

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

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

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



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

***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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