

MISSION ARLINGTON[®] MISSION METROPLEX



Spring Break 2013

Rainbow Express Mission Trip

Planning & Preparation Packet

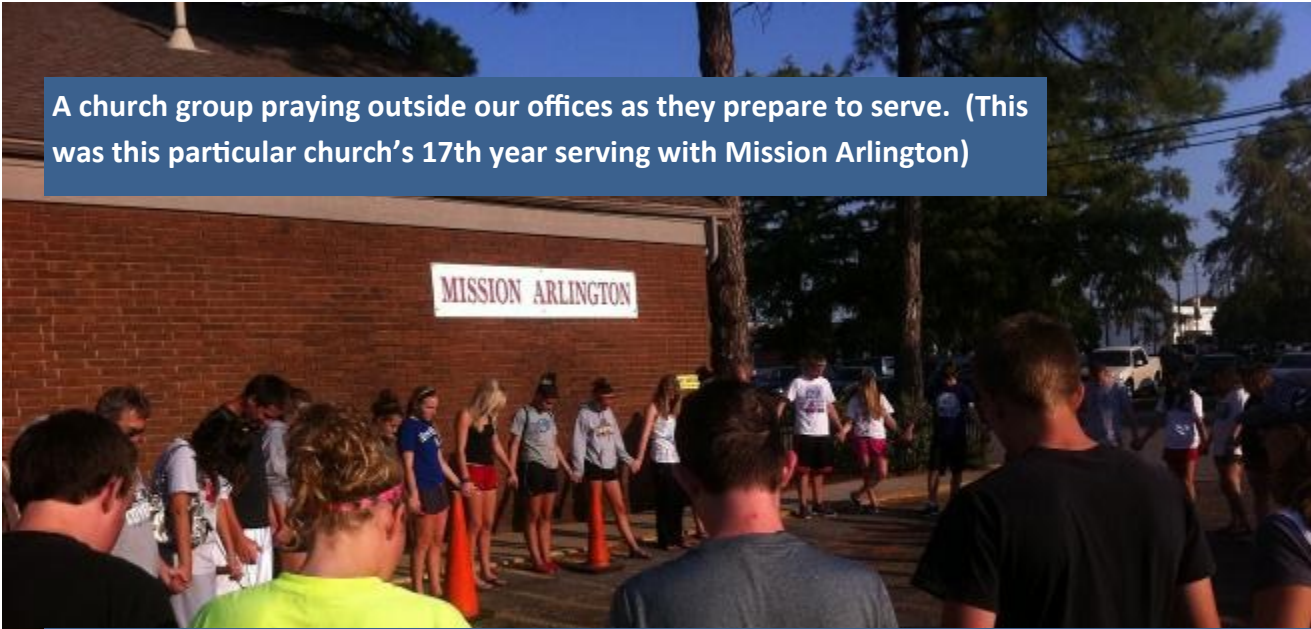
We are so grateful that the Lord is sending your group to Mission Arlington / Mission Metroplex for a 2013 Spring Break Rainbow Express Mission Trip! Our team is praying faithfully for you as you prepare spiritually and logistically to serve with us here.

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** 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 or 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.
- **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.

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

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

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

Sunday Schedule

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

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

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

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

3:15 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

Schedule Information: Tentative Monday—Thursday

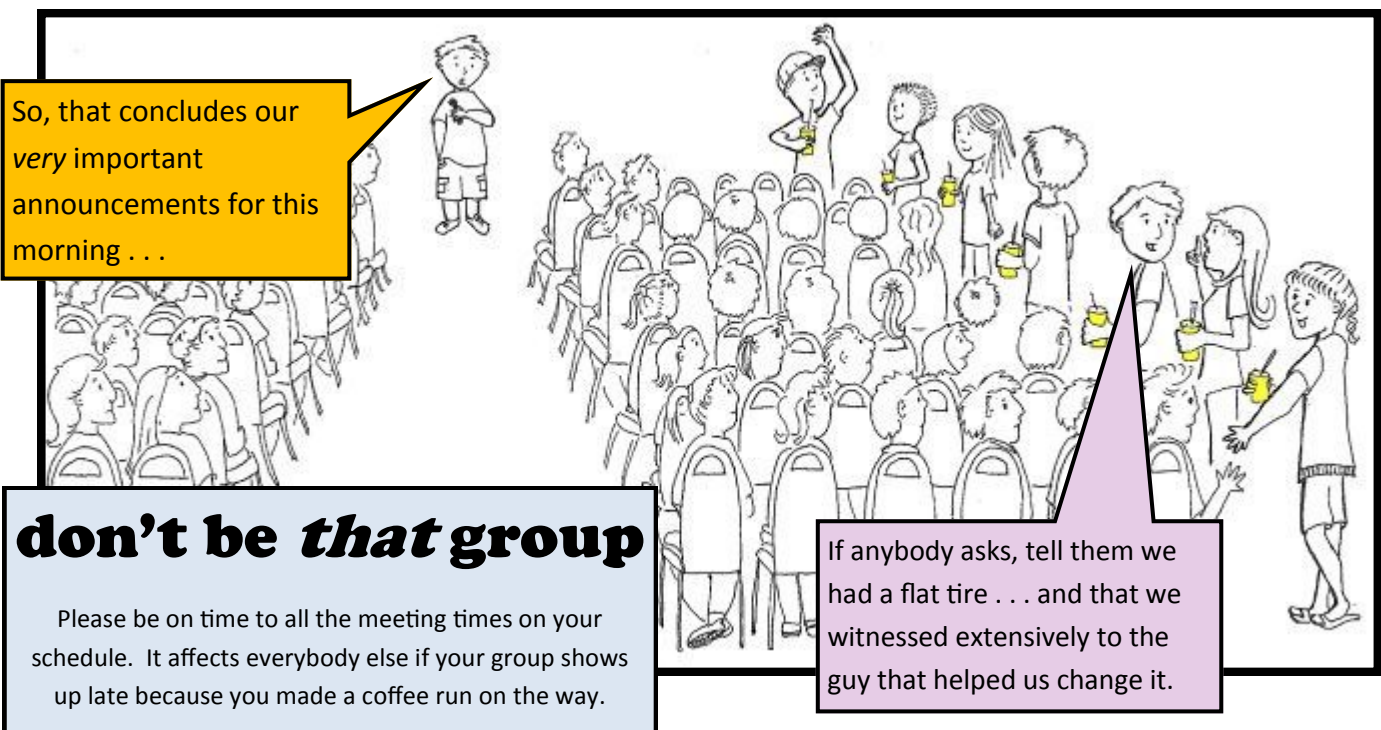
SCHEDULE: MARCH 10th—16th, 2013

- 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 this week, each Rainbow Express team will lead two sites, one in the morning and one in the afternoon.

SCHEDULE FOR GROUPS COMING ALL OTHER 2013 SPRING BREAK WEEKS

- 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.



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.



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 45)
- 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)

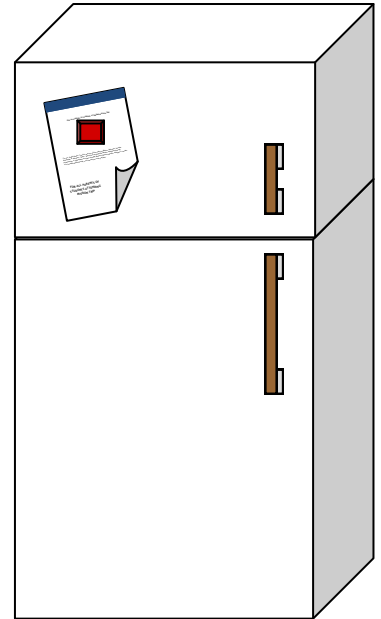
- Materials for meals: remember that you are responsible for all your own food. Most groups do sack lunches or fast food for lunch. Breakfasts and dinners are up to you. If you plan to cook remember that you are only guaranteed access to a normal, residential apartment-sized kitchen and make sure to 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 SPRING BREAK MISSION TRIP

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

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



Preparing for Rainbow Express

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

Romans 10:13-14



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

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

The following pages will help you prepare your team.

• Step one: How many teams will we be?

- Rainbow Express is held in the apartment communities where Mission Arlington is holding, planting, or hoping to plant a church. The average daily attendance at any given Rainbow Express is 20-30 elementary aged children and a few youth. A team from your group of 8-10 college students, 10-15 high school students plus their sponsors 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

Contact Cell Phone Number:

AM Rainbow Express Site:

(to be filled in at Mission Arlington)

PM Rainbow Express Site:

(to be filled in at Mission Arlington)

Adult Sponsor(s):	
Team Leader:	
Large Group Leader:	
Song Leader:	
Memory Verse Teacher:	
Puppet Wrangler:	
Game Leader:	
Attendance Taker:	
Youth Leader:	
Small Group Partner pairs: <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= _____

For those paying with Credit Card:

Card type:

Name as it appears on card:

Billing address of credit card:

Credit Card Number:

Expiration date:

Total amount to be charged:

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 Spring Break 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 Spring weather, which means temperatures ranging from 50° to 95° (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?



Telling Your Story

In Acts chapter 4 Peter, when threatened if he ever spoke in the name of Jesus again, responded “we cannot help speaking about what we have seen and heard.” Do you feel that way about your salvation? Are you so thrilled by the fact that God would save a sinner like you that you cannot help but talk about it.

Unfortunately, sometimes we convince our selves it is hard to talk about our faith. When we share our testimony, we are being witnesses, reporting the Good News of the everything-changing difference Christ has made in our lives. Here are some tips to help you share your testimony at Rainbow Express this week.

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



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

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

Some Scripture to Help You Pray

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

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:

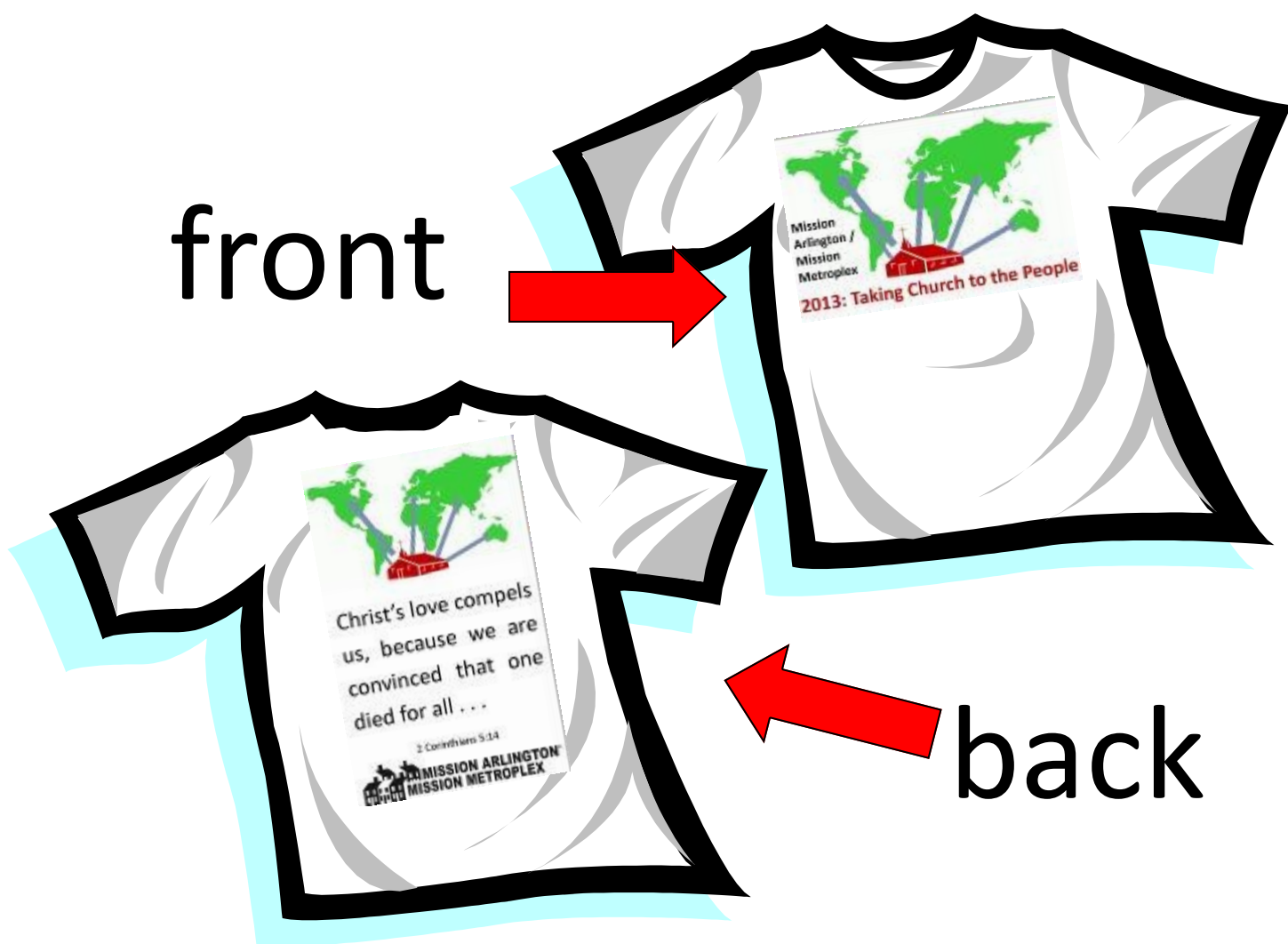
- T-shirts are great to wear, but please no tank tops or any other kinds of sleeveless shirts.
- Baseball caps are fine, but please wear forward at all times. Do not wear bandanas or any other type of head gear. (Winter headgear is okay if it's cold.)



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.

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.)

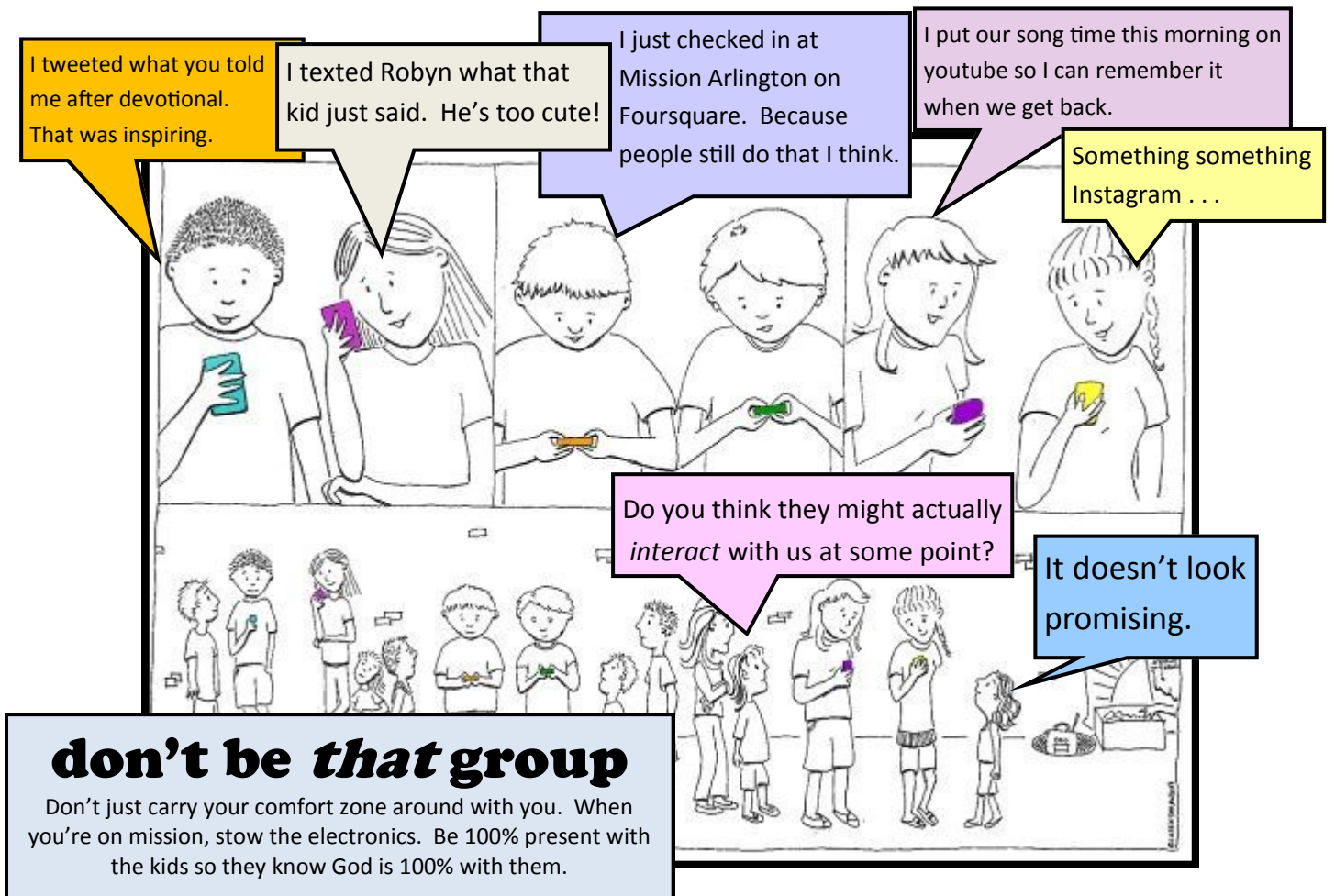
- ◆ Each small group team will share the day's Bible Story while in their small group. The stories are in the small group teams prep material in this section.
- ◆ Take this time after the story to pray with the children in your small group. Ask them for things they would like to pray about. Tell God 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.

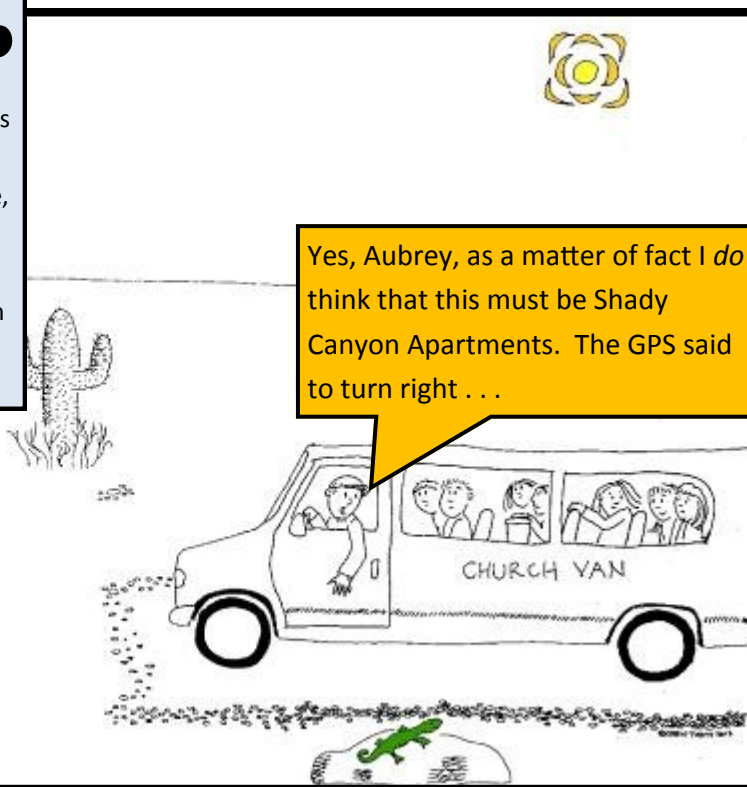


Adult Team Leader / Sponsor

- ◆ 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: taken from 1 Samuel 17:1-50

Today's story is about a boy named David. David loved God very much. He loved to sing and play music. In fact, there are a lot of songs that David wrote about God in the Bible. David was a good musician, but he didn't spend all of his time playing music.

David worked for his dad, taking care of sheep. It was his job to keep the sheep safe. This was not an easy job. Sometimes a sheep would get lost or hurt or sick, and David would have to take care of it. Sometimes a lion or bear would come and try to eat some of the sheep. David would fight the lion or bear to save the sheep's life. David had a tough job, didn't he?

While David was protecting the sheep, his older brothers had another tough job. They were soldiers in the king's army. David's home, Israel, was in the middle of a war. Some people called the Philistines were attacking Israel. David's brothers fought with King Saul to protect their homes.

One day David's father sent him on a mission. "I want you to let somebody else take care of the sheep for a few days. Go and visit your brothers. Find out how they are doing and how the war is going. I have some bread for you to take to your brothers, and some cheese for their commander."

David got up early the next morning. He left the sheep with another one of his father's workers and went to find his brothers. Israel's army was camping out in a place called Socoh. They had all their tents together on one side of the place. The Philistines were camped out on the other side.

David was confused. The Philistines and the Israelites were not fighting each other. All the Israelites were in their camp. As David got closer to the camp, he could hear a loud noise. Soon, he could see where the loud noise was coming from. Now he understood why the Israelites were not fighting. They were afraid.

A Philistine named Goliath was standing in front of the Israelite camp, yelling at them. Goliath was not an ordinary soldier. Goliath was a giant. David had never seen such a big man. Goliath was twice as tall as an ordinary man. He was over nine feet tall, taller than the inside of your house. Goliath wore a shiny suit of armor that weighed more than one hundred pounds. He carried a spear and a giant sword. He had a shield so big that another man had to walk in front of him just to carry it.

Goliath was shouting at the Israelites. "I want to fight one of you Israelites, one on one. If I win, all you Israelites have to be slaves to the Philistines. If I lose, we will be your slaves. I dare you, Israelites, to come fight me." When they heard the giant, the king and the soldiers were very afraid.

David was angry. "Who does this Goliath think he is?" David asked. "He's making fun of us and threatening us. We believe in God. God can take care of us."

Some of the soldiers heard David talking. They hurried to take David to the king. Nobody else had been brave enough to fight Goliath. They thought maybe David would fight him.

"Don't be afraid of the giant," David told the king. "I will go and fight him."

"You can't fight a giant" the King said. "You're too young."

"I take care of my father's sheep," David explained to the king. "When a lion or a bear comes to take a sheep, I fight it and save the sheep. I believe in God. God protects me from lions, and He protects me from bears. I know God can protect me from this giant too."

"Then try to fight him," the king said. "I hope you're right and God helps you."

The king took David to his own tent. He gave David a suit of armor, a sword, and a shield. He thought the weapons would help keep David safe.

"I am not going to use those things," David said. "All I need is my stick, my sling, and five rocks." A sling is like a long belt you can use to throw things.

Why would David want to fight a giant without any weapons? Why would he only take a stick and some rocks? Because David understood something nobody else did. David understood that God is more powerful than any person. He knew that God was more powerful than Goliath. David knew that no sword or

Small Group Teams continued (daily Bible stories)

armor could beat Goliath, but that God could. David decided not to try to fight Goliath the king's way. He was going to trust God's way.

David hurried out to fight Goliath. When the giant saw David running, he just laughed. "Do you think a little boy with a stick can beat me?" he asked.

David put one of the rocks in his sling. He spun it around and around over his head. He ran toward Goliath and shot the rock straight at the giant. It slammed hard into Goliath's head and knocked him down. Without a sword, a shield, or any armor, David beat the giant!

David was not worried. He knew that God could take care of him. He knew that God's way was going to be the best way, even better than the king's way. God's way was definitely the right way for David. God helped David beat the giant.

God's way is the right way for us, too. Just like David, sometimes we have to make choices. We have to decide if we are going to listen to God's way or somebody else's. God can help us with our problems, just like He helped David.

Our biggest problem is something called sin. Sin is what God calls the bad things that we think, say, or do. God loves us very much, so our sin makes Him sad. Our sin keeps us away from God, because He never does bad things. Sin is a giant problem. The good news, though, is that God made a way to get rid of sin. He sent His son Jesus to help us. Jesus never sinned. He died on the cross so that He could take the punishment for our sins. Then, three days later, He came back to life. Now Jesus will come into the life of anybody that asks Him. He will take away their sins and save them. All we have to do is ask Him into our lives, let Him forgive us, and follow His instructions for our lives. Aren't you glad that God made a way to forgive us?

If you want to know more about God's way to have your sins forgiven, just ask us. We would love to help you know how.

Each day you will close the story time with an invitation to accept Jesus. Say something like this: God wants everybody to follow Him. The problem is that sometimes we do bad things that the Bible calls sin. A sin is any thing that we do that God does not want us to do. God still loves us, even though we sin. That's why Jesus came. Jesus was killed on the cross to be punished for our sins. Then on the third day He came back to life. Now, for anybody that asks, Jesus will take away our sins and become a part of our lives. He will help us to follow Him. The Bible says that if we believe Jesus in our hearts and follow Him, He will save us from our sin and help us to follow God. Then one day we will be with Him in heaven. Anybody that is ready to trust God to forgive them because of what Jesus did can do that today. We would love to help you know how.

Day Two Story: taken from 2 Kings 6:8-23

Yesterday we learned about David. David trusted God. When all the other soldiers were afraid of the giant Goliath, David was not. David knew that God had a way to save His people. David knew that God's way was always best.

Many years after David lived, Israel was once again under attack. A wicked king named Ben-Hadad decided that he wanted to destroy Israel. Ben-Hadad sent his armies, the Arameans, to attack Israel again and again. The King of Israel was very afraid. He did not know how to stop the Arameans or defeat Ben-Hadad.

How could the king of Israel save his country? He could not win a war against the Arameans. There were too many Arameans, and they were too powerful. Do you remember what we learned about David and the giant? When nobody else knew how to stop Goliath, God knew. God knows more than we know. He knows the answers to all of our questions and all of our problems. Do you think God had a way to save the

Small Group Teams continued (daily Bible stories)

Israelites this time?

A man named Elisha lived in Israel. Elisha loved God very much, and God gave Elisha a special job. Elisha was a prophet. That means God gave Elisha messages to give to the people of Israel. This is how God used Elisha to save the Israelites from the Arameans.

Many times, Ben-Hadad gathered the Aramean generals together. "I am going to tell you where to attack Israel," he would say. Then he would name a place. But every time the Arameans went to attack, the Israelites were there waiting for them. The Israelites were always ready. They always knew where the Arameans were going to come. How do you think they knew?

As soon as Ben-Hadad would tell his men where to attack, God would tell Elisha. God knows everything, so of course He knew what the Arameans were going to do. Elisha would take God's message to the King of Israel. He would warn the King exactly where the Arameans were going to come.

After the Israelites had escaped the Arameans many times, Ben-Hadad became very angry. He called all of his generals together. "One of you must be a spy," Ben-Hadad yelled. "You must be telling the Israelites what my plans are."

"None of us is a spy," one of the Arameans said. "But there is a man of God in Israel named Elisha. God, who knows everything, tells Elisha every secret you say, and then Elisha warns the king."

That night, Elisha went to bed like normal. During the night the entire Aramean army surrounded his house. There was a whole army's worth of swords and spears and bows and arrows and horses and chariots around that house. The Arameans were excited. They thought they finally had Elisha trapped. They thought they would finally win the war.

In the morning, Elisha's servant woke up first. He climbed out of bed to get ready for the day. When he looked out the window, he became very frightened. He saw the whole Aramean army surrounding his house. The servant ran to wake up Elisha. "Master, what can we do? We cannot fight a whole army!"

Elisha's servant was terrified. He did not see any way that he and Elisha could escape. Remember though, that God sees what we do not see. He knows what we do not know. Do you think God has a way to protect Elisha?

"Do not be afraid," Elisha said to his servant. "You see a whole army against us, but I know that God has more power with us than that whole army has against us." Then Elisha bowed his head. "God," Elisha prayed, "please open my servant's eyes and show him the truth."

Suddenly, everything changed. The servant looked out the window. He could still see the army of the Arameans, but suddenly they seemed very small and not scary at all. The servant could see a huge army of God's angels surrounding Elisha's house to protect them. Everywhere he looked was covered with mighty angels in chariots and on horses, all made of fire. The Arameans could not see God's armies. They did not know that God had a way to save His people.

The Arameans rushed to attack Elisha's house. Elisha prayed again "Lord, make this army blind."

All at once, the Arameans stopped running. They could not see! They did not know where they were going or what to do. Elisha calmly walked outside his house. "Army of the Arameans," Elisha shouted. "This is not the place that you should be. Follow the sound of my voice, and I will lead you to the right place."

The Arameans had no choice. They could not see anything, so very slowly they stumbled along



Small Group Teams continued (daily Bible stories)

behind Elisha. Elisha took them straight to the palace of the King of Israel. The Arameans did not know it, but they were in the middle of their enemy's palace, surrounded by the armies of Israel.

The King of Israel could not believe what he saw. Elisha had captured the entire Aramean army in one day! "Lord God," Elisha prayed again. "Please open the eyes of the Arameans so that they can see again."

Suddenly the Arameans could see that they were trapped. They became very afraid. "I will have my soldiers kill all of the Arameans," the King of Israel said. "Then we will not have to worry about the any more."

"No, do not hurt them," ordered Elisha. "It is not right to kill a prisoner. Instead, I want you to feed this whole Aramean army lunch."

The King could not believe what he heard. That did not sound like the right way to defeat an enemy army. But, he did what Elisha said. That day the army of Israel prepared a huge feast and served a great meal to the army of the Arameans. After they had finished eating and everybody was very full, Elisha stood up in front of all the Arameans. He sent them safely home back to Aram. The soldiers told Ben-Hadad what had happened, and they never attacked Israel again.

Elisha always trusted God to save him, because he knew that God knows things that we cannot know and does things that we cannot do. He knew that God's way would be better than anything people could think up. That is still true today. People think up all kinds of ways to try to go to Heaven. They think that if they live in a certain way it will erase all the bad things they have done and they will go to Heaven. We learned yesterday that there is only one way to go Heaven, and that is God's way: by accepting His son Jesus. Jesus took the punishment for all our mistakes by dying on the cross, then coming back to life three days later. Now, He is God's way to go to Heaven. If you want to know more, just ask us. We would love to help you know how to accept Jesus.

Day Three Story: taken from Matthew 26:36-50, 27:27-51, 57-60, 28:1-10

For the past two days we have been learning that Jesus is God's way for us to go to Heaven. Today, we are going to learn what Jesus did to open the way.

We have seen already that God loves us very much and that HE wants to help us. We need God's help, because lots of times we mess up and do things that we should not do. The Bible calls it a sin when we do, think, or say something that God does not like. God knows we sin, and He still cares about us very much. God wants to take away our sin, because no sin can be with Him. Our sin cannot go into Heaven. Since God loves us and want us to be with Him, it was very important to Him to find a way to forgive our sin.

God sent His own son, Jesus, to live here on Earth. Even though He was God, Jesus became a person, just like us. But Jesus always obeyed God, His Father. He never sinned.

Jesus taught many people that God loves them. He did amazing things to help people, things that nobody else could do. He healed sick people. He gave blind people their sight, and cured people that could not speak or hear or walk. The people became very excited about the good news that Jesus was spreading.

Jesus had many friends, but He had enemies too. Just like now, there were some people who did not believe in God, or did not believe that God loves people. They did not want Jesus to talk about God loving people. These enemies of Jesus convinced one of Jesus' own friends, a man named Judas, to help them find a way to get rid of Jesus. Jesus knew that these people wanted to kill Him. He even knew that Judas was helping them. He could have stopped them any time that He wanted to. Instead, Jesus waited. He knew that He would have to be killed one day. Jesus knew that His death would take the punishment

Small Group Teams continued (daily Bible stories)

for the sins of anybody who accepts Him. Even though Jesus knew that terrible things were going to happen to Him, He stayed here on Earth so He could make a way to Heaven.

One Thursday night Jesus knew that it was almost time for Him to die. Judas had gone to His enemies to bring them to arrest Jesus. Jesus took a group of His friends into a beautiful garden that night. "I am very, very sad," Jesus told them. "I feel that I am very close to my death. Stay up with me and watch and wait." Jesus wanted them to pray for what was about to happen.

Jesus went a little deeper into the garden. He lay down on the ground and prayed to God His Father. "My father, if there is another way to save people, take away this suffering that is about to happen to me. But I want your way to happen more than what I want."

Jesus prayed like this because He knew He was going to be killed the very next day. He knew all the terrible things that were going to happen to Him. He was sad that these things had to happen. But He knew that His Father wants very badly to save us from our sins. Jesus loves us, and chose to go through terrible suffering, just because He knew it was God's way to help us.

While Jesus prayed, His friends had fallen fast asleep. Soon, Jesus returned to wake them up. "Stay awake and pray," He told them again. "Pray that God will help you to make the right decision when hard choices come. I know that your spirit wants to do the right thing, but your body feels too weak." Even though Jesus was a man just like us, He was very different too. He was different because He always obeyed God.

All people are like Jesus' friends that were with Him in the garden. Sometimes we do good things, and sometimes we do bad things. You can see the difference: Jesus prayed that God would help Him to follow God's way, even though He knew it would kill Him. Jesus' friends had a hard time following His way by praying, just because they wanted to sleep instead. Aren't you glad that Jesus didn't decide to do things different than God's way like His friends did? Aren't you glad that Jesus followed God's way by dying to save us?

That night Judas brought a group of soldiers to the garden. They arrested Jesus and carried Him away to His enemies. Jesus' friends were scared and ran away.

Jesus' enemies spent the night treating Jesus very badly. They beat Jesus with their fists and with whips. They pulled His beard and put thorns in His head. The next morning the soldiers took Jesus and forced Him to walk up a hill. There, they lay Jesus

down on a large wooden cross. They used hammers to put great big nails through Jesus' wrists and feet into the wood of the cross. Then they stood the cross up where everybody could watch Jesus hang there until He died.

Jesus' friends were very sad. It was terrible to watch Him be so mistreated. Jesus could have stopped it all at any time, but He chose not to. He obeyed God's way, so that we could have a way to go to Heaven.

When Jesus died, some of His friends took His body down and wrapped it in a long, clean white cloth. They put Jesus' body in a cave. Then soldiers rolled a huge boulder in front of the cave so that nobody could go in or out.

Friday night, all day Saturday, and Saturday night, Jesus was dead. His body lay in the cave, behind



Small Group Teams continued (daily Bible stories)

the stone. Sunday morning, some ladies who had been friends of Jesus decided to visit the cave. They wanted to pour good-smelling oils and perfumes on Jesus' body. As they walked, they tried to figure out how they would roll away the giant rock to get in.

As they approached the cave, something incredible happened. A powerful earthquake shook the whole place. A great glowing angel from God flew down from Heaven and rolled the giant stone away from the cave. The angel sat down on top of the rock. "Do not be afraid," the angel told the women. "I know that you came here looking for Jesus who was killed on the cross. He is not here any more. Jesus is alive! Go quickly now and tell all of His followers that 'Jesus has risen from the dead. Gather together in your hometown, and you will see Him again.' Now I have given you the good news."

The women ran away from the cave to deliver the good news. As they were running to find Jesus' followers, Jesus was suddenly with them. "Hello," Jesus told the amazed women.

The women bowed down before Jesus. They finally really believed that Jesus was God's son. He had died and returned to life to make a way to save all of us!

Just like the angel said, Jesus appeared to all of His followers. He told them to spread the news to the whole world that He had taken the punishment for our sins. Jesus wants the world to know that we can choose to follow Him.

Day Four Story: taken from Acts 10

This week we have been learning the difference between doing things God's way and doing things our own way. Yesterday we learned that Jesus is the reason we *can* follow God's way. He made a way for God to take away our sins. Now we can live God's way. One day, we can even go to Heaven to be with God.

Jesus made this way for us by dying on the cross. Of course, we know that He did not stay dead. He came back to life three days after dying. He went and showed Himself to many of His followers so that they would know He was really alive. After forty days, He went back to Heaven to be with His Father. Right before He left, Jesus gave His followers an important job to do. He told them to spread to the whole world the news of what He had done.

A soldier named Cornelius lived in the city of Caesarea. Cornelius and his family loved God very much. They worked hard to do what they thought God wanted them to do. Cornelius was very well known and very well liked in Caesarea because he was so kind and helped so many people.

Even though Cornelius loved God, he did not really know enough about God. Cornelius knew that God made him and God loved him. He did not know anything about God's son, Jesus. He did not know that Jesus died on the cross and came back to life. He did not know that Jesus was the way to go to Heaven.

One afternoon, Cornelius was in his house, talking to God by praying. While he prayed, God sent him a message: a powerful angel suddenly appeared in front of Cornelius.

"Do not be afraid, Cornelius. God listens when you pray," the angel said. "He knows about all the ways you help the people that need it. God likes these things very much, and He is going to help you. Send some of your servants to find a man named Peter. Peter is visiting his friend Simon in the city of Joppa, in a house near the sea. Ask Peter to come and see you." Then, just as quickly as he had arrived, the angel disappeared.

Right away, Cornelius called two of his best workers and a brave soldier who also loved God. "Go as fast as you can to Joppa. Find Peter and bring him here. God is going to tell us something wonderful through Peter." The workers hurried to make the journey to Joppa.

Cornelius did not know what Peter was going to tell him. You have probably already guessed that God wanted Peter to tell Cornelius about Jesus, but Cornelius had never heard of Jesus. We already learned that Jesus wants all people to know God's way, so we know He wanted Peter to go.

Small Group Teams continued (daily Bible stories)

There was one problem, however. We all know that not all people are the same. People have different skin colors, different hair styles, different food, different languages, and lots of other differences. God made all those different kinds of people, and Jesus is the way to Heaven for all of them. Sadly, there are some people who don't understand God made us all different and He loves us all.

Peter and Cornelius came from two very different groups of people, with different foods, different clothes, different kinds of churches, and lots of other differences. Even though God made all of Peter's people and God made all of Cornelius' people, the two groups did not get along very well. In fact, Peter's people would not even eat with, speak to, or visit Cornelius' people because they thought of them as enemies.

We know that God wanted Peter to go tell Cornelius about Jesus, even though they were very different. Do you think Peter went?

At lunch time the day after Cornelius spoke to the angel, Peter was standing on the flat roof of his friend Simon's house, waiting to eat. Peter was very hungry. While he waited for his food, God sent Peter a very strange dream. A giant blanket appeared in the sky and floated down to Peter. The huge blanket was covered with all different kinds of food, but none of it was the kind of food that Peter's people ate. God's voice came from the sky, "Get up Peter, and eat something from the blanket."

"No Lord," Peter answered. "I don't eat this food that is impure and unclean."

"I created all these different kinds of food," God said back to Peter. "Do not call anything I made impure and unclean." The great blanket lifted back to the sky.

Two more times the blanket came down, filled with the same things. God said the same thing to Peter, and Peter gave the same answer. Once more, God told Peter not to call His creations unclean.

Peter thought very hard about what the dream God sent might mean. Obviously, God did not want Peter to say something was bad just because it was different. God taught Peter that He made all kinds of things and all kinds of people. It was not up to Peter to decide which were good and which were not.

The dream ended as Peter heard the noise of men knocking on the door downstairs. God's voice spoke to Peter one more time. "Peter, I have sent these three men to find you. Do not let anything stop you from going with them."

The servants excitedly invited Peter. "Peter, please come see our master Cornelius," they said. "He is a man that loves God, and an angel told him to send us to find you."

Peter knew that Cornelius was very different from himself. Before the dream, he would probably not have gone to see Cornelius. Now, through the dream, God taught him that His thoughts are different than our thoughts. God's way is not always the same as our way, and God's way is to love *all* people, no matter their skin, hair, language, clothing, or food.

Peter traveled with the three men to Cornelius' house. Cornelius was waiting there with his whole family and many of his friends. Peter told them all about Jesus: all the wonderful things He had done, about His death on the cross, and about how He came back to life.

That day, Cornelius' entire family became followers of Jesus. They accepted Jesus' forgiveness for their sins. That day Peter learned that God's way is for everybody, not just people that look or act a certain way.

Aren't you glad that God's way is different than our own? God's way is for everybody, no matter who they are or what they look like. Jesus told us that He is the way, the truth, and the life. If you would like to know how to accept Jesus in your life, just ask us and we will help you know how.

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 help 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: Trust in the LORD with all your heart, and do not rely on your own understanding; think about Him in all your ways, and He will guide you on the right paths. Proverbs 3:5-6

Spanish: Confía plenamente en el Señor y no te fíes de tu inteligencia. Cuenta con él en todos tus caminos y él dirigirá tus senderos. Proverbios 3:5-6

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 Trusting God's Way for Life and Salvation. In each day's introduction you will want to help the children see how they can trust God in all they do.



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.

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:

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

Continued on next page

Youth Leader

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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