



# Building a Solid **FOUNDATION**

May / June 2007 Mission Arlington / Mission Metroplex Rainbow Express Packet

# What is this packet?

We are so grateful that you have decided to come to Mission Arlington / Mission Metroplex for your 2007 Mission Trip. This packet contains all of the information you need to plan for a successful ministry here. Please don't be intimidated by the size of this document. Most of these pages are reproducible coloring sheets, memory verse posters, team rosters, handouts, etc. Use this page as a road map to find what you are looking for. After thumbing through this material, please let us know if there are any questions we can answer. We want to be available to help you in any way that we can as you prepare.

**A Note on Saving Money When Printing This Curriculum:** Obviously, this is a large document. We believe it is always better to have as much information as possible to be prepared. However, printing a complete copy for every person coming on your trip can become very expensive, especially for large churches. Save money by printing this document two-sided and/or in black and white. You also may find it is not necessary to give every person on the trip every page of this packet. This is how we recommend preparing packets:

## Section One: Trip Planning Helps for Leaders and Students

- This section contains schedule information, maps, dress codes, descriptions of the types of accommodations where you may be staying, packing lists, contact information for parents, and other general planning information. These pages have a blue border. Print one copy of this for each leader on the trip. Note—even though the information is in the leaders' section, you will probably want to include a copy of the packing list and the dress code for each student.

## Section Two: Rainbow Express Training Materials

- This section contains aids for preparing your team to lead Rainbow Express, Mission Arlington's version of an outdoor Vacation Bible School. Here you will find outlines and descriptions of everybody's roles. These pages have a green border. Print one copy of this material for the leader of each Rainbow Express team. (For example, a youth group with 60 people will be four to six Rainbow Express teams.) The leader of each team can distribute the instructions for each role to the correct person.

## Section Three: Rainbow Express Curriculum

- This section contains the lesson plans for each of the four days of Rainbow Express. These pages have a red border. Every person coming on the trip needs a copy of this section. Even if they are not leading a particular portion of the Rainbow Express program, they need to be familiar with the whole thing so that they can be prepared to be helpful.

## Section Four: Rainbow Express Supplemental Materials

- This section contains reproducible materials and extra helps for Rainbow Express like games instructions, puppet song lyrics, craft sheets, etc. These pages have a purple border. Print one copy of this section for each Rainbow Express Team leader. Each team can be familiar with the craft sheets, song lyrics, etc. The copies for your Rainbow Express programs will be provided by Mission Arlington while you are here unless you notify us ahead of time that you would like to donate these copies.

Please let us know anything we can do to help! If you still have questions about anything at all after reading this packet, or if you just need some guidance in preparing, please do not hesitate to contact us at Mission Arlington. Our office phone number is 817-277-6620.

# Section One

## Trip Planning Helps for Leaders and Students

- Mission Arlington Key Terms
- Schedules
- Dress codes
- Information on accommodations
- Packing lists
- Map to Mission Arlington
- “The Refrigerator Sheet”:  
General Mission Arlington  
information sheet for  
parents
- T-shirt information and  
order form for leaders

# Mission Arlington Key Terms

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 terms you will run into over and over in this packet.

- **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 that 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, more than 260 congregations meet all over Arlington in apartments, mobile homes, community centers, playgrounds, laundry rooms, and wherever people will gather. Any given Sunday, more than 4,500 people attend a Mission Arlington church 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: meeting both physical and spiritual needs to provide a tangible expression of the Father's love so that people will turn 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.

# Tentative Sunday Schedule

- 9:00 AM Meet at Mission Arlington with all groups for welcome, prayer, and orientation
- 10:00 AM Students depart with Mission Arlington missionaries to participate in Mission Arlington's apartment churches. Leader of each group joins Tillie Burgin, Executive Director of Mission Arlington, for a tour of Mission Arlington's Ministry
- 12:30 PM Return from apartment churches, take lunch break
- 1:30 PM Pass out flyers in apartment communities where Rainbow Express will be taking place this week.
- 3:30 PM Return to Mission Arlington
- 4:00 PM Join Mission Arlington missionaries for weekly prayer, worship, and preparation time
- 5:00 PM (Very) short 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

# Tentative Daily Schedule Monday–Thursday

*Please be flexible with your schedule. We may make changes to this schedule to better work with our kids.*

## SCHEDULE FOR GROUPS COMING MAY OR JUNE, 2007

- 8:30 Meet for morning training time
- 9:30 Training time dismisses
- 9:45 Morning Rainbow Express groups leave for their site
- 10:30 Morning Rainbow Express begins
- NOON Rainbow Express ends. Clean up, walk children home, etc., then return to Mission Arlington for lunch break. *Each student needs to have his/her own sack lunch. You will NOT have time to cook.*
- 1:15 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. Begin projects at Rainbow Express location or Mission Arlington.

***By 6:00 PM, Regular projects end. Option nights to stay and participate in extended activities.***

# 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.)
- Wear clothing that does not have any message which might be a turn-off to others that would prevent them from hearing the real message you came to share. This may sound strange, but there are many Christian T-shirts that really are not a good idea to wear in a ministry context because they explain too little or belittle those who are not yet saved. When choosing Christian clothing, just make sure it's a message of love that people will respond well to, not something that could be a stumbling block before they ever get to hear your heart. Here are two examples of very common, popular youth group tees we have asked people to change:
  - One shirt that has popped up several times during the past couple of years is a bright red shirt that has the phrase "Heavy Drinker" emblazoned on the front in white letters. Underneath, in smaller letters it says John 7:37, which is explained on the back to say "If any man thirst, let him come to Me and drink". When you knock on a non-believer's door, remember that they might not even recognize that John 7:37 is a Scripture reference. All they see is a stranger asking to play with their children with a T-shirt that says they're an alcoholic.
  - Another shirt that several youth groups brought last year has a large picture of the game of jacks on the front, with the phrase "You don't know Jack if you don't know Jesus" in a giant black font. You will be working this week with Muslims, Buddhists, Hindus, Sikhs, and people from a myriad of other religious backgrounds. Would you want them to knock on your door with a T-shirt that says "You're ignorant if you don't follow my god"?

This week, dress like you will be doing everything else: intentionally pointing people to Christ.

# Accommodations

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 our apartment churches. 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 because we are committed to the belief that God wants us to provide an open door for anyone who wants to come serve here. 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.
- **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.



# Useful Items to Bring for Rainbow Express

Here are some items that may be useful for your group during Rainbow Express. Try to bring as many as you have and as cargo space permits. Some of these items can be borrowed from Mission Arlington/Mission Metroplex if you do not have a way to bring them.

- Some of the memory verse activities require simple supplies like balloons or popsicle sticks. (Since everything at Mission Arlington is donated, some of these items may not be available at Mission Arlington, so bring what you need.)
- 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
- Battery operated CD player (with batteries): *Very* important
- Copies of the puppet music CD: one for each team. Also very important.
- Water cooler and drinking cups: *extremely* good idea. It's hot in Texas.
- 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. This is by request from the managers of the apartment communities where we hold Rainbow Express.*

# Personal Packing Lists

Here is a personal packing list for each student and sponsor.

## The Basics

- Clothing: see dress code. Bring plenty of comfortable clothing and be ready for Texas summer weather, which means temperatures ranging from 95° to 105° (or above).
- Bible: keep it with you all the time. It will be your most important lifeline for the week.
- Sleeping bag or other bedroll
- Air mattress or other cot
- Towels, washcloths, toiletries
- Your Rainbow Express material

## A daily backpack

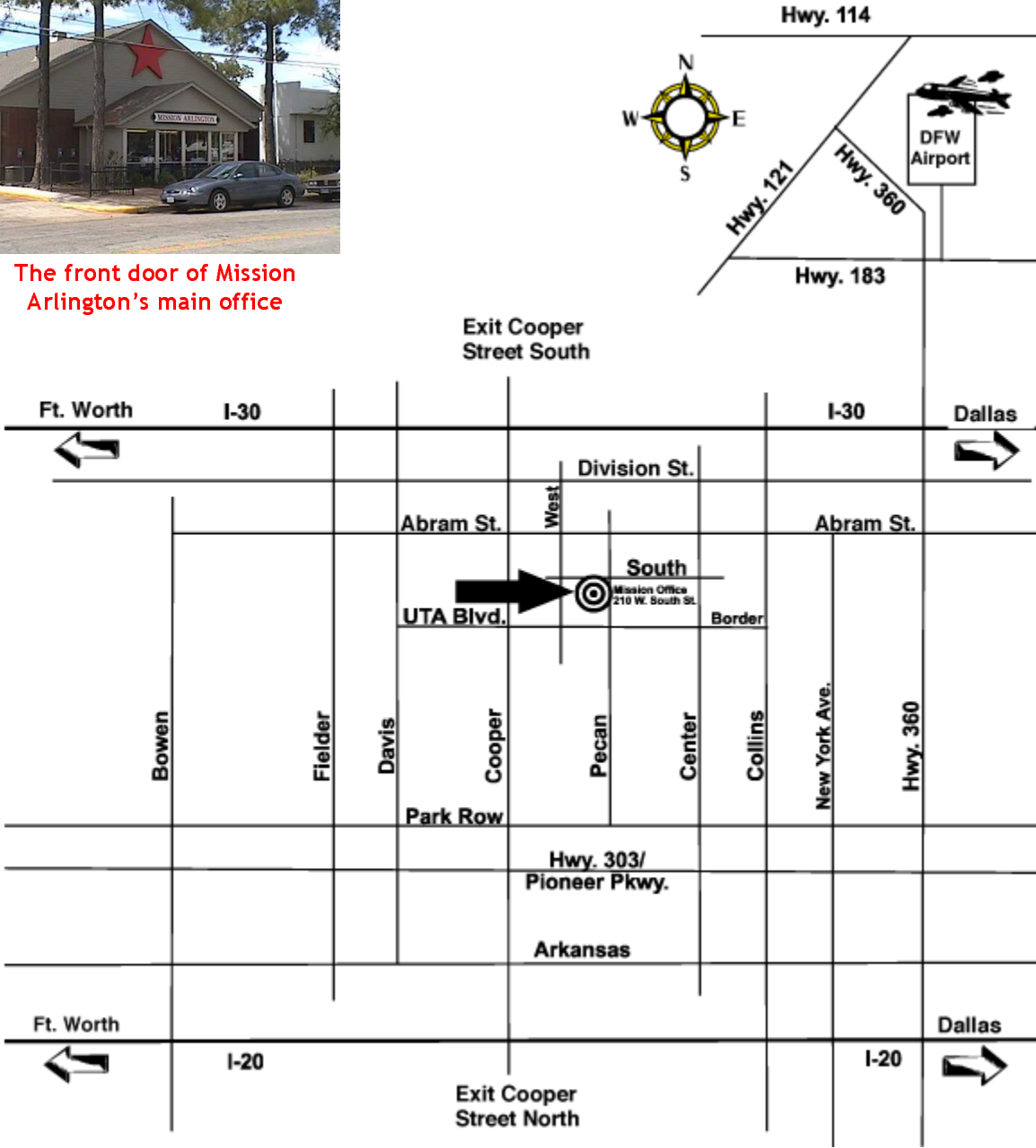
This optional suggestion is borrowed from some of our groups, and it has worked great for them. Have everybody bring a backpack with any or all of the following items:

- Extra Bibles to give away
- Small, basic first aid kit
- Trash bags for cleaning up while you are at Rainbow Express
- Water bottle (*very good idea*)
- Candy or small prizes to give away

# Map to Mission Arlington



The front door of Mission Arlington's main office

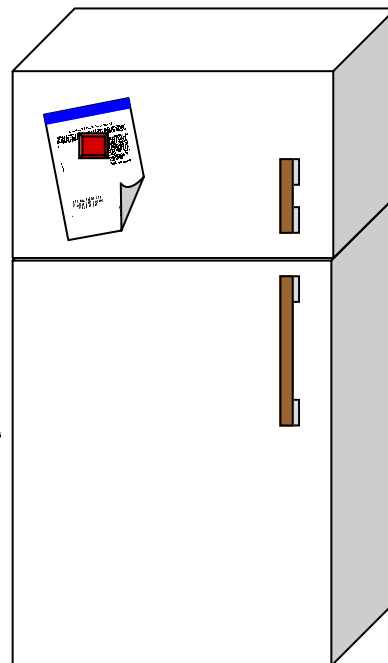


This map, which is not to scale, shows Mission Arlington/Mission Metroplex in relation to all of the major highways in and around Arlington.

# The Refrigerator Sheet

## FOR ALL PARENTS OF STUDENTS ATTENDING SUMMER MISSION TRIP

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



- **Mailing Address:** 210 W. South Street, Arlington, TX, 76010. (Note—you are welcome to send students mail while they are at Mission Arlington. On the outside envelope indicate the name of the student and the name of the church or school with whom they are on Mission Trip.)
- **Website:** [www.missionarlington.org](http://www.missionarlington.org)
- **Phone:** 817-277-6620
- **Fax:** 817-277-3388
- **E-mail:** [mission@missionarlington.org](mailto:mission@missionarlington.org)

# T-Shirts

Every year Mission Arlington/ Mission Metroplex makes mission trip t-shirts available for groups. Shirts are available in sizes from Adult Small to XXX-Large for \$8 each. The money goes to help fund Rainbow Express and the free summer camps we provide each year for the children and teenagers from the Mission Arlington apartment churches. The theme for this year's shirt is "Let your light shine." There are three ways to order shirts:

1. Buy them while you are here.
2. Pre-buy with check or credit card. We will have them here for you when you arrive.
3. Pre-buy with check or credit card. We will mail them to you. There will be an extra charge for shipping that will depend on how many shirts you purchase.

(An order form to use for pre-orders is on the next page.)

If you need more information about shirts, or to place an order, call Matt at 817-277-6620 or e-mail [matt@missionarlington.org](mailto:matt@missionarlington.org).





# T-Shirt Order Form

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

Date of order: \_\_\_\_\_

Small \_\_\_\_\_  
Medium \_\_\_\_\_  
Large \_\_\_\_\_  
X-Large \_\_\_\_\_  
XX-Large \_\_\_\_\_  
XXX-Large \_\_\_\_\_  
Total: \_\_\_\_\_  
X \$8.00= \_\_\_\_\_

Method of Payment:

- Check
- Credit Card

*For those paying with Credit Card:*  
Card type: (please circle)



Name as it appears on card: \_\_\_\_\_

Billing address of credit card: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

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.

Most groups pick up their shirts when they arrive here. If you prefer, we can also mail the shirts to you, with you paying the shipping. If you would like the shirts mailed, please call and ask for Matt Hart.

# Section Two

## Rainbow Express Training Materials

- Descriptions of each Rainbow Express team member's role
- Team rosters
- Sample attendance sheet
- Rainbow Express outline
- Tips for a successful Rainbow Express
- Tips for working with teenagers that attend Rainbow Express
- Tips for preparing to share your personal testimony

# Prepare the Team

Rainbow Express works best with teams of about 10-15 at each location. If your group is larger, consider dividing into two or more teams, and each team will lead a Rainbow Express at a different apartment community. Each team needs at least one adult. If you have one or more teams sharing a vehicle, let the Mission Arlington staff know so they can assign sites accordingly. A brief description of each team member's responsibilities is given on the following pages.

## Team Responsibilities

Each team member will be given one or more of the following responsibilities:

- Team Leader
- Small Group Teachers/Helpers
- Song Leader
- Memory Verse Teacher
- Large Group Leader
- Puppet Team Coordinator
- Game Leader
- Attendance Taker
- Youth Leader



# Team Leader

- ◆ 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.
- ◆ Be in constant communication with Mission Arlington staff as you plan. Ask questions and offer suggestions. Make sure extra activities you are planning do not conflict with your responsibilities at Mission Arlington.
- ◆ Pick a member of each team for each of the team responsibilities. Give each member of the team a copy of the Rainbow Express material. **Remember that each team member will be a small group teacher or helper.** If you have a limited number of workers, one person can do more than one task.
- ◆ Give each member of your team a complete Rainbow Express curriculum packet so that they all can be familiar with every aspect of the program. Make sure they are prepared for their particular assignment.
- ◆ Oversee the preparation of all other team members. Be very familiar with the lessons and activities for each day. Ensure that any advance preparation needed for crafts, memory verse activities, or closing activities has been done.

**PREPARATION TIP**—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. These rosters will make it much easier to keep track of who is assigned where. (You will not be able to fill in the Rainbow Express sites 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)

<b>Adult Sponsor(s):</b>	
<b>Team Leader:</b>	
<b>Large Group Leader:</b>	
<b>Song Leader:</b>	
<b>Memory Verse Teacher:</b>	
<b>Puppet Team Coordinator:</b>	
<b>Game Leader:</b>	
<b>Attendance Taker:</b>	
<b>Youth Leader:</b>	
<b>Small Group Teachers/ Helpers:</b>	

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

# Small Group Leaders

- ◆ 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.
- ◆ Before you come, read all of the stories. Take the time to read them from the Bible and from the packet. 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. The story you are telling is included at the front of each day's packet in two formats: word for word from Scripture, and then as an age-appropriate retelling for children. Be very familiar with the scripture and then use the retelling as a guide to communicate the themes to the children you are working with.
- ◆ Be excited about the story you are teaching. Have fun as you share the love of Christ. The kids need to know that you believe what you are saying and really want them to understand. Make eye contact with the kids and give them 100% of your attention and energy.
- ◆ Take the time to get to know the children in your small group. They need to know you care about them.
- ◆ Watch the kids as you teach. If you are losing their attention, try to involve them more. Make sure the kids hear the message.
- ◆ Review the story at the end by asking questions.
- ◆ All the lessons this week are about Jesus. 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.

**PREPARATION TIP**—It is often best to work in pairs. Have two workers in each small group. While one is leading the activity (telling the story, explaining the craft, etc.) the other can help children to listen, assist with crafts, and aid in other ways.

# Song Leader

- ◆ You will be leading songs with your Rainbow Express group. Pray that God will help the kids to learn the songs so they can carry the message of Christ's love with them.
- ◆ There is a list of suggested songs at the end of this packet. 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.
- ◆ 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.

# 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 verse of the week is:

## *English*

[Jesus said] “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock.” Matthew 7:24 (NLT)

## *Spanish*

[Jesús dijo] El que escucha lo que yo enseño y hace lo que yo digo, es como una persona precavida que construyó su casa sobre piedra firme. Mateo 7:24 (BLS)

- ◆ 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 not simply lead the activities as they are described in the packet. Spend time explaining. Help the children understand what the memory verse means.

**PREPARATION TIP**—Bring a poster with the memory verse to teach the kids the words. This is an extremely useful visual aid. There is a one-page poster at the end of the packet. Make sure each small group has one copy. Make a larger, posterboard size for use with the large group.

# Puppet Team Coordinator

- ◆ Puppets can attract people to Rainbow Express and are a tool to share the message of Jesus. Pray that God will use your puppet shows to reach people.
- ◆ You need 3-4 people from your team to use a puppet for each show. Assign each person a “voice” (i.e. know who is singing the lead and who is doing the background).
- ◆ You will receive a CD of puppet songs to lip sync along with when you arrive at Mission Arlington. Use a few minutes each evening to practice the next day’s songs.
- ◆ The words to these songs are in the back of the packet. These songs talk about the messages of the stories. You are not limited to these songs. You can bring additional puppet songs or short skits to use. If you are going to use additional songs or skits, please let the Mission Arlington Staff know.
- ◆ Bring a battery-powered boom box for each team. If this is not possible, Mission Arlington will provide boom boxes when you arrive.

**PREPARATION TIP**—If at all possible bring a loud, portable, battery operated CD player for each team with you when you come.

# 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 that comes 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 that the appropriate follow-up takes place.
- ◆ As children arrive on the first 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.

**PREPARATION TIP**—There is an example of a Mission Arlington attendance sheet on the next page. These sheets will be provided by Mission Arlington when you are here.

Apartment Church: Cooper Valley Apartments

Week of: March 14th-17th

First Name	Last Name	Age	Bldg	Apt	Mon	Tue	Wed	Thu	Saved	Comments
Andrea	Perez	9		227	X		X	X		
Judith	Perez	5		227	X		X	X		
Adriana	Hernandez	12		274	X					
Claudia	Hernandez	11		274	X					
Christian	Becerra	10		176	X					
Max	Hernandez	7		156	X		X			
Sugei	Loera	8		170	X		X			
Sarai	Flores	6		170	X					
Juan	Martinez	11		150	X		X	X		wants Bible
Karen	Orta	10		198	X		X	X		
Luis	Orta	5		198	X		X	X		
Cynthia	Hernandez	14		226	X		X	X		
Melissa	Hernandez	5		226	X		X	X		
Roberto	Hernandez	2		226	X		X	X		
Brenda	Cervantes	10		121	X		X	X		
Jesus	Morano	8		201	X					
Diana	?	5		185	X					
Clara	Martinez	11		243	X		X			
Laura	Becerra	9		176	X		X			
Saira	Hernandez	7		274	X					
Noami	Hernandez	4		274	X					
Lorena	Becerra	8		176	X		X			
Jose	Esparca	9		214	X		X			
Sergio	Sanchez	9		115	X		X			



# Large Group Leader

- ◆ Pray for the children you will be teaching. Pray that this week 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.
- ◆ 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.
- ◆ Have fun with the character of the Large Group Leader. The theme for this week is helping children have a solid foundation in their lives through prayer, reading the Bible, obedience to God, and sharing Christ with others. Help play up the idea of God helping us build our lives by coming in character as a construction worker. Wear a tool belt, overalls, or a borrowed hard hat. Make it a fun interactive time that helps the children know that God wants to build them a strong life with Him.

# 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 that have come.
- ◆ Kids are more likely to listen to and interact with people who 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 at the end of this packet. 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 regular balls or Frisbees or anything else that could potentially break windows in the apartment communities. If you want to use these items, bring soft, Nerf® type balls and toys that cannot cause any damage.

# Youth Leader

This is a new position created to help your group share the gospel with the teenagers that will often gather around the periphery of your Rainbow Express. Choose two people (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 this year 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.
- There are worksheets designed for youth for each day's lesson in the Supplements & Handouts portion of this packet. Use these while the children are having craft time to help you guide your discussions with youth.
- 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. See <i>Tips From A Mission Arlington Missionary</i> for ideas.

# The Plan:

## What to do at Rainbow Express

- ◆ Begin by gathering the children. The game 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**. 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.
- ◆ A couple of students share their **testimony**.
- ◆ Ask for prayer requests and pray.
- ◆ The Memory Verse leader will lead the children in learning the memory verse during the first **memory verse activity**.
- ◆ Divide up into **small groups**, as small as you can depending on the number of children and people in your group. During this time you will tell them the **story**, make your **craft**, and do another **memory verse activity**.
- ◆ Each small group will lead a closing activity for their small group.
- ◆ 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 and **walk them home**.
- ◆ **Pick up trash** and make sure your Rainbow Express site is clean before you leave.

# 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, everyone 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.

# Tips About Working With Youth From A Mission Arlington Missionary

As you are out on property gathering the younger children for Rainbow Express, inevitably you will see older youth who could 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. Maybe it's not easy to walk up to a young person whose hair may be pink, with earrings and tattoos in places they don't belong, and strike up a conversation. Or maybe they're gang wannabes, wearing the right gang colors, but in reality, they're just kids inside.

I pray that these tips, which have been effective in reaching youth in the apartment communities where we minister, will give you some guidance on ways to engage these youth in non-threatening ways.

- 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.

*NOTE—Keith & Julie, who wrote these tips, lead a team that has church in more than a dozen apartment communities in East Arlington and Grand Prairie. The teenagers from their apartment churches help to teach Bible Studies, train other teenagers, and lead Rainbow Express mission trips in several languages.*

# Tips on Preparing Your Testimony

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

# Section Three

## Rainbow Express Curriculum

Stories, crafts, memory verse activities, and opening/closing activities for all four days of Rainbow Express



# Day One

## Building A Solid Foundation

- Large Group
  - Songs
  - Puppets
  - Testimony
  - Memory Verse: Fast and Slow
- Small Group
  - Story: Daniel and the Lions
    - Theme: Prayer
    - Scripture: Daniel 6:1-27
  - Craft
  - Memory Verse Review
- Large Group
  - Story review questions

# Day One

## Pre-Rainbow Express Gathering

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

## Song Time/Puppets

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

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

During this time you will also have the puppets sing their song(s). Doing the puppet show in between songs can help keep the children's attention. You are provided with one song for each day. If the children are responding well and enjoying the puppet music, it is okay to perform more than one of the songs and repeat the songs from day to day.

## Testimony

The theme for this whole week of Rainbow Express is *Building a Solid Foundation*. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand that knowing and following God is the best way to build a "solid" life. Obviously, this is an incredibly personal decision. It is important that the children and youth that attend your Rainbow Express understand that a personal relationship with Christ is a very important reality for the members of your group. Every day during the opening time one or two members of your group can share a short version of their testimony in front of the large group. The goal is to let the children see how listening and obeying as God has spoken in your life has made a practical and meaningful difference. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony should read the sheet Tips on Preparing Your Testimony in the training materials section of this packet.)*

## Memory Verse Activity

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

# Day One

## Introduction of Today's Story--Building the Foundation

When the memory verse teacher is finished, the Large Group Leader will return to the front to provide a brief introduction to the day's theme and story. Each day you will re-introduce the concept that God loves us and shares that love with us for children that are attending for the first time. Each day a few paragraphs are also included to serve as a guide for leading this conversation.

As with every element of the curriculum, this is simply here as a reference point. Please adapt to your own words rather than reading to the children from this page. When you finish the introduction time, divide the children into small groups.

**TIP**—The Large Group Leader should serve as a sort of “master of ceremonies” to keep each activity flowing smoothly. He should not, however, tell the day's Bible story. That will go much smoother in the small group time. Children listen more attentively in smaller groups.

### Intro

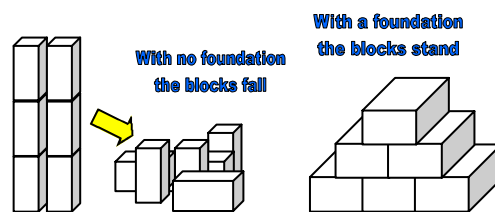
*This week we are going to be learning about what it means to have Jesus in our lives. Jesus, God's son, wants to be our very best friend. He is with us every day, every where we go. He loves us very much and wants to help us with every part of our lives. Jesus loves us, no matter what happens. That's why He helps teach us how to live the great life that God made for us.*

*There are a few basic, very important things that we can do that will help our friendship with God get better and better. These things are kind of like a foundation. A foundation is the bottom of a building. You have to have a strong foundation to make the building strong. Imagine if your house was built on pillows instead of bricks or concrete. It wouldn't be very strong would it? It would fall over easily. The foundation has to be first, and it has to be strong.*

*There are things that are kind of the like the foundation in our lives too.*

*These things have to be the most important. We have to do them well. When we have these things right, they help all the rest of our lives be better too. Jesus helps us to know what these “foundation” things are in our lives. (This first*

*day, consider including an object lesson to explain the importance of a good foundation. Bring stackable “bricks” like shoe boxes or milk cartons. Show how easily they fall when stacked incorrectly. Then show how starting with a good foundation helps them stand up strong.)*



THE INTRO IS CONTINUED ON NEXT PAGE

# Day One

*Today we're going to learn about the first building block for our life's foundation. God loves us, so He wants to help us to have a good foundation. The first step in building this foundation is talking to Him. If we never talk to somebody, we can't be very good friends with them, can we? If we never talked to God, we wouldn't be very good friends with Him either. Since God wants to be our best friend, we need to spend time talking with Him. Talking with God is called prayer. Today's story is about a man named Daniel who loved God so much that he didn't stop praying, even when he knew it would get him in trouble. Let's divide up into our small groups now.*

## Small Group Story Time

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

**Today's Story:** Daniel and the Lions.  
Daniel 6:1-27

Have you ever wondered what it would be like to talk to a king? Wouldn't it be nice if you could call a king on the phone and ask him to help you with anything you needed? If you had a way to talk to a king, don't you think that you would want to use it?

What if you had a way to talk to somebody even more important than a king? You can. You can talk to God! Did you know that the Bible says you can talk to God any time that you want to? When we talk to God, it's called praying. God loves it when we pray. He loves it when we talk to him. Even though God is so big and so powerful He can hold the universe in His hand, God loves it when we talk to Him.

Today's story is about Daniel, a man who loved to talk to God by praying so much that he would not stop, even when it put him in danger. Daniel's story starts with a king who lived a very long time ago. This king had one really big weakness: he loved for people to tell him how great he was. His big ego got him in trouble sometimes. His name was King Darius.

King Darius ruled long ago in a place called Babylon. Babylon was a huge place. In those days, it was the largest country in the world. In fact, it was so big that Darius decided he needed help to run it. He divided the kingdom into 120 different areas and put a ruler called a satrap in charge of each part. These 120 men were very powerful. It was their job to help King Darius run the whole kingdom. They were very happy with their new jobs. King Darius decided that he needed even more help. He chose three men that he trusted very much and put them in charge of the 120 satraps. These three were supposed to make sure that

# Day One

the satraps were doing their jobs. One of these men was Daniel. Daniel was a great leader and a close adviser to King Darius.

Daniel was so good at everything he did because God helped him. Daniel loved God very much. He spent part of each day talking to God by praying. He asked God to help him know how to live his life in a way that would make God happy. God likes it when we pray and talk to Him. He helped Daniel to be an excellent leader. King Darius decided that he was going to make Daniel the second most powerful person in all of Babylon.

The satraps did not like this new change. They did not want somebody else telling them what to do. They became very jealous of Daniel and his powerful new job. Together, they decided to look for a way to get rid of Daniel. The satraps watched Daniel closely. They were looking for a way to get him in trouble. They thought that if they followed Daniel closely enough they would find something that he was doing to break the King's rules. They would tell on Daniel to the king, and Daniel would get fired. The satraps' plan did not work, however. They could not find anything wrong that Daniel was doing. Finally the satraps came up with a very tricky plan. "We will never find Daniel breaking the rules," they said, "unless we make it against the rules to pray to God. We will trick the king into making a rule that Daniel will break: a rule making it illegal to pray to God."

The satraps went to see King Darius. They seemed very friendly to the king. "King Darius, we hope that you live forever," they said. "We think you should pass a new law. Since you are such a great and wonderful king, pass a law that nobody can pray for help to anybody except you for 30 days. That way all the people will see how wonderful you are. Say that the punishment for breaking the law is to be thrown into a cave full of lions."

This was a terrible idea, of course. But the satraps tricked King Darius. It made him feel good about himself when they talked about how wonderful he was. King Darius did not stop to think about what he was doing. He made the satraps' law. For 30 days it would be against the law to pray to God.

The satraps watched and waited. They knew that Daniel loved God. They knew that it was very important to Daniel to talk to God by praying. They waited to see if he would break the king's law. That day Daniel heard about the new law. He went home to his house. He went into the upstairs bedroom and opened the window where everybody could see him. Then he got down on his knees and prayed to God, thanking God for all the wonderful things He does for us.

The satraps were thrilled. They rushed back to the king. "King Darius," they asked "didn't you make a law that anybody who prays to God should be thrown to the lions?"

"That's right," King Darius answered. "Anybody who breaks the law will go to the lions."

"King Darius, we have found somebody breaking the law. Daniel went upstairs where everybody could see him and prayed to God. Now you have to throw Daniel to the lions."

King Darius became very angry. He knew that the satraps had tricked him.

# Day One

He did not want to send his friend Daniel to be eaten by the lions. He tried all day to find a way around the law to save Daniel from the lions.

That evening, the satraps came back to the king. “Remember, King Darius,” the satraps told him “that the king cannot disobey the law. The laws of our country cannot be changed or undone. You must throw Daniel to the lions.”

Sadly, the king gave the order. The satraps brought Daniel and threw him into the cave of lions. King Darius called to Daniel in the cave. “I know that you always serve God,” the king yelled. “I hope that he will save you from the lions.”

That night King Darius was so sad and worried that he could not sleep. He was afraid that the lions had eaten his friend Daniel. He stayed up all night, hoping that Daniel would be okay. As soon as the sun came up the next morning, the King hurried to the lions’ cave.

“Daniel, servant of God,” King Darius yelled down into the cave. “Did God, who you love so much, save you from the lions?” He waited to hear if Daniel was still alive.

“King Darius, God sent an angel to close the lions’ mouths. He did not let them hurt me, because He knows that I did not do anything wrong.”

King Darius was overjoyed. He ordered ropes to be lowered down into the cave and had Daniel pulled up. King Darius was grateful that God had saved his friend Daniel. The King realized that he had made a very foolish law. He sent a letter to all of the people in the kingdom telling them that they should pray to God. He told the whole kingdom that God had saved Daniel from the lions.

Why do you think Daniel decided to pray, even when he knew it would get him in trouble? Daniel loved God very much. One way that he showed his love for God was by talking to him. Imagine if somebody told you that you should not talk any more with the people that you love. Wouldn’t you want to talk to them anyway? That is what Daniel did. He talked to God, even when other people did not think he should. It was more important to Daniel to do what God wanted than to do what the king wanted.

God showed how much He loved Daniel by saving him from the lions when he prayed. God loves us very much too. He shows us this when we pray to him, too. God will always love us, no matter what happens. Sometimes, though, we do things that break God’s rules. These bad things, which the Bible calls sins, get in the way of our friendship with God. They make Him very sad. That is why God sent Jesus. Jesus came to take away those sins. He died on the cross and then came back to life so that God could save us from our sin, just like He saved Daniel from the lions. All we have to do to be saved by God is to pray. We can talk to God and tell Him that we want to follow Him and have Jesus in our lives. If you would like to know more about how to do this, just let us know.

*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 died on the cross to be punished for our sins. Then on the third day He came back to life. Now, for anybody who asks, Jesus will take away our sins

# Day One

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 wants to choose to follow Jesus can do that today. We would love to help you know how.

## Prayer Time

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

## Craft

While still in your small groups, lead the children in making the craft or filling out the activities packet for the day. The craft time is not only a way to reinforce the lesson, but it also allows time to get to know the children in your small group. During this time, ask them questions about their families, friends, and school. Invest in their lives. For today's craft time you will give each child an activity packet with pictures to color and various puzzles to solve.

*Supplies needed:* crayons, 1 activities packet for each child

*Note—an activities packet for days 1, 2, & 4 is included in the Supplements and Handouts portion of this curriculum. These pages are copyright free and available for reproduction. You may also find additional resources such as more coloring pages by searching on-line or using Bible coloring pages. We will have some copies of these types of additional materials available for you here during your trip. Day 3 you will be making a bead bracelet to share the plan of salvation instead of packets.*

## Memory Verse Activity

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

**TIP—There are one page posters with the memory verse for older and younger children in English and in Spanish in the Supplements and Handouts portion of this packet. Having a copy of the one page memory verse poster with you can help you teach the verse.**

# Day One

extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

## *English*

[Jesus said] “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock.” Matthew 7:24 (NLT)

## *Spanish*

[Jesús dijo] El que escucha lo que yo enseño y hace lo que yo digo, es como una persona precavida que construyó su casa sobre piedra firme. Mateo 7:24 (BLS)

## **Wrap Up**

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

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

## **Game Time/Snacks**

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



# Day Two

## Building A Solid Foundation

- Large Group
  - Songs
  - Puppets
  - Testimony
  - Memory Verse: Loud and Soft
- Small Group
  - Story: Jesus is Tempted
    - Theme: God's Word
    - Scripture: Luke 4:1-15
  - Craft
  - Memory Verse Review
- Large Group
  - Story review questions

# Day Two

## Pre-Rainbow Express Gathering

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

## Song Time/Puppets

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

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

During this time you will also have the puppets sing their song(s). Doing the puppet show in between songs can help keep the children's attention. You are provided with one song for each day. If the children are responding well and enjoying the puppet music, it is okay to perform more than one of the songs and repeat the songs from day to day.

## Testimony

The theme for this whole week of Rainbow Express is *Building a Solid Foundation*. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand that knowing and following God is the best way to build a "solid" life. Obviously, this is an incredibly personal decision. It is important that the children and youth that attend your Rainbow Express understand that a personal relationship with Christ is a very important reality for the members of your group. Every day during the opening time one or two members of your group can share a short version of their testimony in front of the large group. The goal is to let the children see how listening and obeying as God has spoken in your life has made a practical and meaningful difference. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony should read the sheet Tips on Preparing Your Testimony in the training materials section of this packet.)*

## Memory Verse Activity

When the Large Group Leader finishes his opening time, the Memory Verse Teacher will come to the front to lead the memory verse activity. The large group memory verse activity for day two is "Loud and Soft". Have your poster of the memory verse available. Read through the verse all together several times to practice. Practice saying the memory verse together. Slowly begin to increase the volume. Divide the children into two or more teams. Have them try saying

# Day Two

the verse together as a team. See who can say it loud and who can say it soft. Try playing Telephone by having all the children sit in a circle. Have the verse travel around the circle by having each child whisper the next word in the verse to their neighbor.

## Introduction of Today's Story--Building the Foundation

When the memory verse teacher is finished, the Large Group Leader will return to the front to provide a brief introduction to the day's theme and story. Each day you will re-introduce the concept that God loves us and shares that love with us for children that are attending for the first time. Each day a few paragraphs are also included to serve as a guide for leading this conversation. As with every element of the curriculum, this is simply here as a reference point. Please adapt to your own words rather than reading to the children from this page. When you finish the introduction time, divide the children into small groups.

**TIP**—The Large Group Leader should serve as a sort of “master of ceremonies” to keep each activity flowing smoothly. He should not, however, tell the day's Bible story. That will go much smoother in the small group time. Children listen more attentively in smaller groups.

### Intro

*This week we are going to be learning about what it means to have Jesus in our lives. Jesus, God's son, wants to be our very best friend. He is with us every day, every where we go. He loves us very much and wants to help us with every part of our lives. Jesus loves us, no matter what happens. That's why He helps teach us how to live the great life that God made for us.*

*There are a few basic, very important things that we can do that will help our friendship with God get better and better. These things are kind of like a foundation. A foundation is the bottom of a building. You have to have a strong foundation to make the building strong. Imagine if your house was built on pillows instead of bricks or concrete. It wouldn't be very strong would it? It would fall over easily. The foundation has to be first, and it has to be strong. There are things that are kind of the like the foundation in our lives too. These things have to be the most important. We have to do them well. When we have these things right, they help all the rest of our lives be better too. Jesus helps us to know what these “foundation” things are in our lives.*

*Today we're going to learn about the second building block for our life's foundation. God loves us, so He wants to help us to have a good foundation. Yesterday we learned about prayer, or talking to God. Today we're going to learn about one of the ways that we listen to God. I'm holding my Bible here.*

# Day Two

*The Bible is an amazing book that God gave us to help us know how much He loves us. I read my Bible to help me learn what God wants to tell me. Having my Bible in my heart and my head is like a builder that carries around tools. It helps me to always be ready for whatever comes up. Since God wants to be our best friend, we need to spend time with Him. Taking time to learn God's word is one way to spend time with Him. Today's story is about a time that Jesus used the Bible to outwit the Devil, who was trying to trick Him. Let's divide into our small groups now.*

## Small Group Story Time

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

## Today's Story: Jesus is Tempted Luke 4:1-15

Yesterday we talked about prayer. We learned that praying means talking to God. We learned that we can talk to God about anything that we need. God loves us, and He loves to hear from us. God loves to listen to us. God doesn't just listen when we talk. He talks to us too. One of the easiest ways to hear from God is through the Bible. The Bible is an amazing book. God made it to help us know about Him. Over many years God gave messages to many different people to write down for all of us to know. Today we have these messages pulled together in one book, the Bible. The Bible is just like a letter from God to us.

Think about the last time you got mail from somebody you really care about. Did you just put the letter up on a shelf without reading it? Of course not! You opened it up to see what that person wanted to tell you. Remember that the Bible is like a very special letter from God. We should want to read it, study it, and learn what God wants to tell us. Knowing the Bible helps us hear from God in times when it is really important.

Yesterday we said that God loves us very much. That is why he likes to listen to us when we pray and speak to us through the Bible. We also said that we all do bad things sometimes, things that go against God's plan. The Bible calls these bad things sins. Sins get in the way of our friendship with God. They push us away from Him.

We have talked a lot about how much God loves us. We know that God wants to be our best friend. We have an enemy too. The Devil wants to destroy us just as much as God wants to save us. The Devil tries to get us not to follow God. He is very smart and very tricky, and works hard to keep us sinning. It might sound like the Devil is more of a problem than we can handle, but we don't

# Day Two

have to worry. We don't ever have to be afraid of the Devil if we follow God, because God is so much more powerful. God will help us any time we ask for it. He can keep us out of the devil's traps. Learning about the Bible is one way that God can protect us from the Devil when he tries to get us to sin.

If there were no way to get rid of sins, we would not be able to go to Heaven to be with God when we die. Since God loves us so much, He wanted to change that. That is why Jesus, the Son of God, came to Earth. He came so that He could save us from our sin.

Jesus lived a human life, but He never disobeyed God's rules. Jesus was the only person that never sinned. Since He never sinned, He was able to take away our sins. If Jesus had sinned, He wouldn't have been able to save us. It was a very important part of God's plan that Jesus never disobey God's rules.

Since the Devil does not want us to be saved, he tried hard to get Jesus to sin. He wanted to stop Jesus from saving us. The Bible tells us that Jesus never fell for the Devil's tricks. He never sinned. One of the ways that Jesus kept from sinning was by knowing the Bible very well.

Jesus lived in a place called Israel. He had a job there as a carpenter, a person who makes things out of wood. When He was about thirty years old, it was time for Him to begin teaching the people about God. He was going to travel all over the country, teaching people that God loved them and how to follow Him. At the very beginning of His travels Jesus went through kind of a test to make sure that He was never going to disobey.

God sent Jesus out into the desert to pray. Jesus stayed there for forty days, praying to God His Father. For those forty days Jesus did not eat anything. At the end of His time in the desert Jesus felt hungry, weak, and sick. The Devil decided it would be a good time to try to trick Jesus into sinning.

The Devil came to see Jesus in the desert. It was obvious that Jesus was very hungry. The Devil pointed to some of the rocks lying in the desert sand. The Devil told Jesus, "If you are really God, prove it by using your power to turn these rocks into bread. Then you won't be hungry any more." The Devil wanted Jesus to disobey God's instructions to pray and not eat.

The thought of eating all that bread must have seemed really good to Jesus. We know He was very hungry. But Jesus did not disobey. He remembered something from the Bible that helped Him. "The Bible says that people don't only live by eating bread," He told the Devil. "We live by following all of God's words."

The Devil was angry that Jesus did not fall for his trick. He decided to try a harder test. The Devil took Jesus to the top of a high mountain. He showed Jesus all the kingdoms and treasures of the whole world. "If you will bow down to me, I will give you everything you see, all the riches and all the power in the whole world," the Devil told Jesus.

Can you imagine what you might do if somebody offered you all of the money in the whole world? That would be really hard to say "no" to, wouldn't it? Jesus did not give in to the Devil. He remembered another part in the Bible that helped Him know what to do. "It is written in the Bible to only worship and serve

# Day Two

God, and nobody else,” Jesus said to the Devil.

The Devil was furious. Twice Jesus had used God’s words in the Bible to escape the Devil’s trap. The Devil thought of a tricky plan. He would use part of the Bible for his trap. The Devil thought maybe he could trick Jesus if he said part of the Bible too. He took Jesus to the very top part of a very tall building. The Devil told Jesus, “The Bible says that God will send angels to take care of His son so that He won’t get hurt. Test and see if that’s really true. Jump off this building and see if the angels catch you.”

Jesus did not fall for the Devil’s trick. “The Bible also says don’t try to test God,” He said. Jesus meant that He already knew God was able to take care of Him. We can trust everything God tells us, because God never lies. He didn’t need to try to test what God told Him.

The Devil knew he had failed. Jesus got around all three of his tricks by knowing what God said in the Bible. When we know God’s words and trust God’s words, we can use it to protect ourselves from the Devil.

All of Jesus’ life He never sinned. He followed God’s instructions and taught about God’s love. Then Jesus died on the cross. He took the punishment that we deserved. That means that Jesus got in trouble for the bad things that we have done. The third day after Jesus’ death, He came back to life. Now anybody can follow Jesus and be saved from sins.

The Bible is full of important messages from God to us. None is more important than God’s love for us. In fact, the Bible tells us that God loved the world so much that He sent His only Son to us. Now anybody who believes in Jesus can be saved from sin and have life forever with God. If you would like to know how to have Jesus as your savior from sin, just ask us and we will 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 died on the cross to be punished for our sins. Then on the third day He came back to life. Now, for anybody who 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 wants to choose to follow Jesus can do that today. We would love to help you know how.

## Prayer Time

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

# Day Two

## Craft

While still in your small groups, lead the children in making the craft or filling out the activities packet for the day. The craft time is not only a way to reinforce the lesson, but it also allows time to get to know the children in your small group. During this time, ask them questions about their families, friends, and school. Invest in their lives. For today's craft time you will give each child an activity packet with pictures to color and various puzzles to solve.

*Supplies needed:* crayons, 1 activities packet for each child

*Note—an activities packet for days 1, 2, & 4 is included in the Supplements and Handouts portion of this curriculum. These pages are copyright free and available for reproduction. You may also find additional resources such as more coloring pages by searching on-line or using Bible coloring pages. We will have some copies of these types of additional materials available for you here during your trip. Day 3 you will be making a bead bracelet to share the plan of salvation instead of packets.*

## Memory Verse Activity

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

**TIP**—There are one page posters with the memory verse for older and younger children in English and in Spanish in the Supplements and Handouts portion of this packet. Having a copy of the one page memory verse poster with you can help you teach the verse.

### English

[Jesus said] "Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock." Matthew 7:24 (NLT)

### Spanish

[Jesús dijo] El que escucha lo que yo enseño y hace lo que yo digo, es como una persona precavida que construyó su casa sobre piedra firme. Mateo 7:24 (BLS)

# Day Two

## Wrap Up

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

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

## Game Time/Snacks

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



# Day Three

## Building A Solid Foundation

- Large Group
  - Songs
  - Puppets
  - Testimony
  - Memory Verse: Teams
- Small Group
  - Story: Jesus' Death and Resurrection
    - Theme: Jesus is the Way to Follow God
  - Matthew 27:27-60, 28:1-10, 28:16-20
  - Craft
  - Memory Verse Review
- Large Group
  - Story review questions

# Day Three

## Pre-Rainbow Express Gathering

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

## Song Time/Puppets

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

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

During this time you will also have the puppets sing their song(s). Doing the puppet show in between songs can help keep the children's attention. You are provided with one song for each day. If the children are responding well and enjoying the puppet music, it is okay to perform more than one of the songs and repeat the songs from day to day.

## Testimony

The theme for this whole week of Rainbow Express is *Building a Solid Foundation*. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand that knowing and following God is the best way to build a "solid" life. Obviously, this is an incredibly personal decision. It is important that the children and youth that attend your Rainbow Express understand that a personal relationship with Christ is a very important reality for the members of your group. Every day during the opening time one or two members of your group can share a short version of their testimony in front of the large group. The goal is to let the children see how listening and obeying as God has spoken in your life has made a practical and meaningful difference. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony should read the sheet Tips on Preparing Your Testimony in the training materials section of this packet.)*

## Memory Verse Activity

When the Large Group Leader finishes his opening time, the Memory Verse Teacher will come to the front to lead the memory verse activity. The large group memory verse activity for day three is "Teams". Have your poster of the memory verse available. Read through the verse all together several times to practice. Divide your children into teams. Have the teams compete saying the memory verse many different ways: loudest, softest, fastest, slowest, telephone style, English, Spanish, with hand motions, etc.

# Day Three

## Introduction of Today's Story--Building the Foundation

When the memory verse teacher is finished, the Large Group Leader will return to the front to provide a brief introduction to the day's theme and story. Each day you will re-introduce the concept that God loves us and shares that love with us for children that are attending for the first time. Each day a few paragraphs are also included to serve as a guide for leading this conversation. As with every element of the curriculum, this is simply here as a reference point. Please adapt to your own words rather than reading to the children from this page. When you finish the introduction time, divide the children into small groups.

**TIP**—The Large Group Leader should serve as a sort of “master of ceremonies” to keep each activity flowing smoothly. He should not, however, tell the day's Bible story. That will go much smoother in the small group time. Children listen more attentively in smaller groups.

### Intro

*This week we are going to be learning about what it means to have Jesus in our lives. Jesus, God's son, wants to be our very best friend. He is with us every day, every where we go. He loves us very much and wants to help us with every part of our lives. Jesus loves us, no matter what happens. That's why He helps teach us how to live the great life that God made for us.*

*There are a few basic, very important things that we can do that will help our friendship with God get better and better. These things are kind of like a foundation. A foundation is the bottom of a building. You have to have a strong foundation to make the building strong. Imagine if your house was built on pillows instead of bricks or concrete. It wouldn't be very strong would it? It would fall over easily. The foundation has to be first, and it has to be strong. There are things that are kind of the like the foundation in our lives too. These things have to be the most important. We have to do them well. When we have these things right, they help all the rest of our lives be better too. Jesus helps us to know what these “foundation” things are in our lives.*

*Today we're going to learn about the third building block for our life's foundation. God loves us, so He wants to help us to have a good foundation. So far we have talked about talking with and listening to God. But let me ask you a question, does it do us any good to listen to what God says if we don't obey what He says? Of course not! The Bible says that we need to be doers of what God says, not just hearers of what God says. Imagine if a builder had all the plans to make a great building, but he decided not to follow the plans. Instead of doing what his instructions told him to do, he would just put bricks and boards and windows wherever he wanted. That building wouldn't turn out very well. A good builder has*

# Day Three

*to follow the plans. That's just like us. We need to follow God's instructions if we want our lives to be like He wants them to be.*

*We know that it is important to follow what God says because Jesus Himself showed us. He obeyed everything that God said for Him to do. He even obeyed and let Himself be killed on the cross. Jesus' obedience to go to the cross is the only thing that made a way to save us from our sins. That's the story we're going to learn today. Let's divide into our small groups now.*

## Small Group Story Time

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

## Today's Story: Jesus' Death and Resurrection

Matthew 27:27-60, 28:1-10, 28:16-20

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

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

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

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

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

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

# Day Three

too, with Jesus in the middle.

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

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

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

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

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

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

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

When Jesus’ friends went to visit the place they had put His body, it was empty. Jesus was gone. He was not dead; He was alive! Jesus obeyed God to go to the cross. Then God brought Him back to life. God always has a plan to help us when we obey what He tells us.

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

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

*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

# Day Three

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 died on the cross to be punished for our sins. Then on the third day He came back to life. Now, for anybody who 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 wants to choose to follow Jesus can do that today. We would love to help you know how.

## Prayer Time

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

## Craft

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

### *Salvation Bracelets*

Supplies: For each child—one string or cord for bracelet, and five beads, one each of red, black, white, green, yellow

For instructions on how to make today's craft, see the following pages. Step by step instructions on which order to put the beads on the bracelet and bilingual explanations of the colors' meanings are included. You will also find optional hand out pages to give the children to help them remember the meaning of the bracelet. During this craft you will be explaining God's plan for salvation. It is very important that you approach it with sensitivity to children that may be ready to make decisions to accept God. Please spend time in practice and prayer so that you will be ready when the time comes to clearly explain what salvation means.

## Memory Verse Activity

Each day the small group time will include a Memory Verse Activity. The Memory Verse time is one of the most important activities of the day. We want these children to remember God's word and why it is important to them. A list of potential activities is included in the Supplements and Handouts portion of this packet. Use a different idea from that list each day to help the children learn the

# Day Three

words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

## *English*

[Jesus said] “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock.”  
Matthew 7:24 (NLT)

**TIP**—There are one page posters with the memory verse for older and younger children in English and in Spanish in the Supplements and Handouts portion of this packet. Having a copy of the one page memory verse poster with you can help you teach the verse.

## *Spanish*

[Jesús dijo] El que escucha lo que yo enseño y hace lo que yo digo, es como una persona precavida que construyó su casa sobre piedra firme. Mateo 7:24 (BLS)

## Wrap Up

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

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

## Game Time/Snacks

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

# Day Three Craft

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

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

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

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

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

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

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

**BLANCO-** *Este representa nueva vida. La Biblia dice que una vez que aceptamos 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 Cristianos. 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

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

red

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

white

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

green

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

yellow

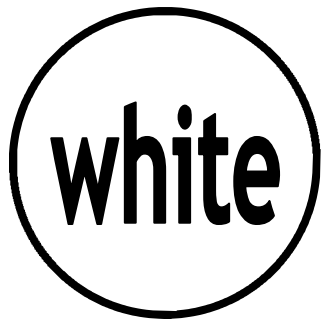
One day I will be with Jesus in Heaven.  
*Un día estaré en El Cielo con Jesús.*



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



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



Anyone who believes in Christ is a new creation. The old is gone! The new has come! 2 Corinthians 5:17



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



[Jesus said] "In my Father's house are many rooms; if it were not so, I would have told you. 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

# Day Four

## Building A Solid Foundation

- Large Group
  - Songs
  - Puppets
  - Testimony
  - Memory Verse: Next Word Relay
- Small Group
  - Story: Jonah
    - Theme: Telling Others About Jesus
    - Jonah 1-3
  - Craft
  - Memory Verse Review
- Large Group
  - Story review questions

# Day Four

## Pre-Rainbow Express Gathering

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

## Song Time/Puppets

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

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

During this time you will also have the puppets sing their song(s). Doing the puppet show in between songs can help keep the children's attention. You are provided with one song for each day. If the children are responding well and enjoying the puppet music, it is okay to perform more than one of the songs and repeat the songs from day to day.

## Testimony

The theme for this whole week of Rainbow Express is *Building a Solid Foundation*. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand that knowing and following God is the best way to build a "solid" life. Obviously, this is an incredibly personal decision. It is important that the children and youth that attend your Rainbow Express understand that a personal relationship with Christ is a very important reality for the members of your group. Every day during the opening time one or two members of your group can share a short version of their testimony in front of the large group. The goal is to let the children see how listening and obeying as God has spoken in your life has made a practical and meaningful difference. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony should read the sheet Tips on Preparing Your Testimony in the training materials section of this packet.)*

## Memory Verse Activity

When the Large Group Leader finishes his opening time, the Memory Verse Teacher will come to the front to lead the memory verse activity. The large group memory verse activity for day four is "Next Word Relay". Have your poster of the memory verse available. Read through the verse all together several times to practice. Divide the children into two or more teams. Then, split each team in half. Have the two halves face each other in a single file line, about ten feet apart. Have the first person on the team say the first word of the verse. That player then runs across and

# Day Four

tags the first player in the line facing them. The first player then runs to the back of that line. The second player then says the next word in the verse, then runs across to tag the player on the opposite line. Keep going until each team has said the whole verse. You may want to bring a stopwatch to time the children and see which team can do it the fastest.

## Introduction of Today's Story--Building the Foundation

When the memory verse teacher is finished, the Large Group Leader will return to the front to provide a brief introduction to the day's theme and story. Each day you will re-introduce the concept that God loves us and shares that love with us for children that are attending for the first time. Each day a few paragraphs are also included to serve as a guide for leading this conversation. As with every element of the curriculum, this is simply here as a reference point. Please adapt to your own words rather than reading to the children from this page. When you finish the introduction time, divide the children into small groups.

**TIP**—The Large Group Leader should serve as a sort of “master of ceremonies” to keep each activity flowing smoothly. He should not, however, tell the day's Bible story. That will go much smoother in the small group time. Children listen more attentively in smaller groups.

### Intro

*This week we are going to be learning about what it means to have Jesus in our lives. Jesus, God's son, wants to be our very best friend. He is with us every day, every where we go. He loves us very much and wants to help us with every part of our lives. Jesus loves us, no matter what happens. That's why He helps teach us how to live the great life that God made for us.*

*There are a few basic, very important things that we can do that will help our friendship with God get better and better. These things are kind of like a foundation. A foundation is the bottom of a building. You have to have a strong foundation to make the building strong. Imagine if your house was built on pillows instead of bricks or concrete. It wouldn't be very strong would it? It would fall over easily. The foundation has to be first, and it has to be strong. There are things that are kind of the like the foundation in our lives too. These things have to be the most important. We have to do them well. When we have these things right, they help all the rest of our lives be better too. Jesus helps us to know what these “foundation” things are in our lives.*

*Today we're going to learn about the fourth building block for our life's foundation. God loves us, so He wants to help us to have a good foundation. Yesterday we learned about Jesus' death on the cross. Then we learned how He came back to life. We learned that what Jesus did on the cross is the only way that we can be saved from our sins. Having Jesus in our lives is the only way to have a solid*

# Day Four

*foundation like God wants us to have. Now that we know what Jesus did for us, don't you think we should tell other people the good news? We want other people to know how wonderful life with Jesus can be. God wants us to tell other people too. In fact, Jesus said that we should go to all the world to tell people about Him. Part of obeying God is helping other people know how they can know God too.*

*Today we're going to learn about a man named Jonah. Jonah was sent by God to tell a certain group of people about Him. Unfortunately, Jonah did not want to obey God. He did not want to tell the people about a life with God. We're going to see that God did something pretty amazing to change Jonah's mind. Let's divide into our small groups now.*

## Small Group Story Time

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

## Today's Story: Jonah

Jonah 1-3

We talked yesterday about what it means to be obedient to God. Did you know that one of the most important things that God tells us to do is help other people know about Him? God wants all people to know that He loves them, and He gives us the job of telling them. The last instructions Jesus ever gave before He went back to Heaven was that those of us who know about Him should tell the whole world.

Today's story is about a man named Jonah. Jonah lived long before Jesus was born on Earth. Jonah was a prophet. That means that God gave him special messages to share with people. Jonah lived and worked as a prophet in a place called Israel.

In those days, Israel had very powerful enemies. The most dangerous of all were the people in a city called Nineveh. The Ninevites made life miserable for the Israelites. The Ninevites were known for being cruel, wicked people.

One day, God sent a message to Jonah that surprised him very much. "Go to Nineveh," God told Jonah. "I have seen that it is a very wicked place. Go there and tell them about Me."

Jonah was shocked. Nineveh was the enemy of his own people. He did not understand why God would send him there. Jonah did not want to go to his enemies. He decided not to go to Nineveh. He decided to run away from God instead.

Jonah bought a ticket for a boat sailing to Tarshish, a city far, far away from Nineveh. As the boat set sail, Jonah went down below the deck and went to sleep. As the boat traveled toward Tarshish God sent a strong wind blowing across the sea.

# Day Four

A huge storm began to rock the boat. The waves beat the ship so hard that it almost broke apart.

The sailors on the boat began to worry. They threw many things off the boat to make it lighter. They began to pray to be saved from the storm.

The captain of the boat found Jonah asleep below. “How can you be sleeping?” the captain shouted. “Wake up and pray that we will be saved from this storm.”

When Jonah woke up he became very worried. He knew what was happening. He knew that God sent the storm because Jonah was not obeying Him by preaching to the Ninevites. Jonah told the sailors the truth. “I am a servant of God,” he said. “God made the sky, the land, and the sea. He is sending this storm because I am running away from Him.”

The storm grew worse and worse as Jonah told the sailors his story. “What can we do to make the storm stop?” they asked him.

“Throw me off of the boat,” Jonah answered, “and the storm will stop bothering you.”

The sailors did not want to throw Jonah overboard. They got out paddles and tried to row their way back to land. It was no use. They could not row the boat out of the storm, no matter how hard they tried. Finally they gave up. They picked Jonah up and threw him off the ship. As soon as Jonah was off the boat, the storm stopped.

Jonah splashed down into the water. He was probably scared that he was going to die in the sea. But God had another plan. He still wanted Jonah to teach the Ninevites about Him. God sent a huge fish swimming toward Jonah. As Jonah floated along, wondering what was going to happen to him, the huge fish swallowed him whole.

Can you imagine how scared Jonah must have been? The great fish swallowed him in one gulp. But the fish did not eat Jonah. Instead, Jonah floated along, trapped inside the fish’s belly. Jonah was trapped in the fish for three days and three nights. From inside the fish, Jonah prayed to God. Jonah asked God to save him from the fish. He promised that if God rescued him, he would finally go to Nineveh.

God loves us so much that He always listens when we pray. He heard Jonah’s prayer from the belly of the fish. God knew that Jonah had disobeyed Him and deserved his punishment. More importantly, God knew that He loved Jonah. God knew He loved the Ninevites too. He wanted Jonah to teach them about Him. So God gave the great fish an order. He sent the fish swimming toward Nineveh. Suddenly, to Jonah’s surprise, the fish spit him out on the beach near Nineveh.

Once again, God gave Jonah a job to do. “Go into Nineveh,” God said. “Teach the people there about me.” After ignoring God’s instructions, running away from his job, and spending half a week inside the stomach of a sea monster, Jonah *finally* obeyed God. He walked into the huge city of Nineveh and began to preach about God.

As Jonah preached, something amazing began to happen. The Ninevite people, known for being cruel and wicked, began to listen. They listened closely to Jonah tell about God. They listened as he explained that the way they behaved did

# Day Four

not make God happy. They listened as Jonah listed all the terrible things they did in Nineveh. Jonah gave them a warning: either they needed to change their ways and turn to God, or they would be punished.

The news of Jonah and his message reached all the way to the king of Nineveh. When the king heard the news, he jumped up from his throne and tore his clothing. He was so upset to learn that he and his people had made God sad by their actions. The king sent a message to all the people of the city. “Have everybody, even the animals, quit what they are doing,” the king ordered. “Don’t eat, don’t drink, don’t put on fancy clothes. Stop all our wickedness and violence. Just pray and ask God to forgive us for the way we have acted. God is loving and kind. Let’s ask him to forgive us and not to punish us.”

The people of Nineveh obeyed the king. They changed the ways they acted. They prayed and asked God for a second chance to follow Him. God heard their prayers. He forgave the Ninevite people for all the bad things they had done. He gave them a new opportunity to live the way He wanted them to live. The whole city changed.

Don’t you think that Jonah would have been happy that the people listened to his message? He wasn’t happy. In fact, Jonah was angry. He did not want God to forgive the Ninevites, because he thought of them as his enemies. Jonah just didn’t understand God’s love. He was grateful when God gave him a second chance and rescued him from the whale, but he was angry when God gave the Ninevites a second chance. Jonah was unhappy that God loved the Ninevites just as much as He loved Jonah.

Jonah might not have liked it, but that’s one of the most wonderful things about God. His love is free for anybody who will take it. God loves all of us, no matter what country we come from, what language we speak, what our family is like, or what church we go to. That is why Jesus gave us the mission of telling all people about Him. He wants to make sure the whole world knows about what He did for us by dying on the cross and then coming back to life. Jesus tells us to tell all people about how they can be saved by Him.

God loves to give second chances. That is why He saved Jonah from the fish and sent him on to Nineveh. God gives us a second chance too. Jesus’ death and return to life make it possible for us to have a second chance. If we accept what Jesus did for us and choose to follow Him, Jesus saves us. The Bible teaches that if we put Jesus as the leader of our lives and believe with all our heart that God raised Him from the dead, we will be saved. All we have to do is accept the opportunity God offers us. If you would like to know how to do that, ask us 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 died on the cross to be punished for our sins. Then on the third day He came back to life. Now, for anybody who 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



# Day Four

us to follow God. Then one day we will be with Him in heaven. Anybody that wants to choose to follow Jesus can do that today. We would love to help you know how.

## Prayer Time

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

## Craft

While still in your small groups, lead the children in making the craft or filling out the activities packet for the day. The craft time is not only a way to reinforce the lesson, but it also allows time to get to know the children in your small group. During this time, ask them questions about their families, friends, and school. Invest in their lives. For today's craft time you will give each child an activity packet with pictures to color and various puzzles to solve.

*Supplies needed:* crayons, 1 activities packet for each child

*Note—an activities packet for days 1, 2, & 4 is included in the Supplements and Handouts portion of this curriculum. These pages are copyright free and available for reproduction. You may also find additional resources such as more coloring pages by searching on-line or using Bible coloring pages. We will have some copies of these types of additional materials available for you here during your trip. Day 3 you will be making a bead bracelet to share the plan of salvation instead of packets.*

## Memory Verse Activity

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

**TIP**—There are one page posters with the memory verse for older and younger children in English and in Spanish in the Supplements and Handouts portion of this packet. Having a copy of the one page memory verse poster with you can help you teach the verse.

# Day Four

## *English*

[Jesus said] “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock.” Matthew 7:24 (NLT)

## *Spanish*

[Jesús dijo] El que escucha lo que yo enseño y hace lo que yo digo, es como una persona precavida que construyó su casa sobre piedra firme. Mateo 7:24 (BLS)

## **Wrap Up**

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

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

## **Game Time/Snacks**

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

# SONGS

fun and easy  
children's  
lyrics to use  
at your  
Rainbow  
Express

**Building A Solid Foundation**

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

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

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

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

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

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

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

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

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

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

**24. No One That I Know**

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

**25. Sheep Song**

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

**26. Satan Didn't Like It**

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

Swimmin' with the Lord...  
Dancin' with the Lord...

**27. Shake a Friend's Hand**

Shake a friend's hand,  
Shake the hand next to you  
Shake a friend's hand and sing along  
Shake a friend's hand,  
Shake the hand next to you  
Shake a friend's hand and sing,  
Sing a ha-la-la-la-la-la-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?

wiggle wiggle wiggle

Who's the king of the universe,

and who's the king of me?

I tell you J-E-S-U-S! Yes!

He's the King of me

He's the king of the universe,

the jungle, ooo ooo

and the sea. wiggle wiggle wiggle

**36. With Jesus in your Boat**

With Jesus in your boat,

you can smile through the storm

Smile through the storm,

smile through the storm

With Jesus in your boat,

you can smile through the storm

When you're sailing home

Sailing, sailing home, sailing, sailing home

With Jesus in your boat, you can smile

through the storm when you're sailing home



# GAMES

fun, easy to  
learn group  
games for  
your  
Rainbow  
Express

**Building A Solid Foundation**

### **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.

### **Knots**

Direct children to stand in a circle, then tell them to join right hands with someone across from them. While maintaining that grip, each person should grab a different person’s left hand. No one should join hands with a person immediately beside him or her. The objective of the game simply is to untangle masses of arms, legs, and bodies without releasing hand grips. Twisting or adjusting a grip is permissible and needed to prevent impossible movements of joints! Untangling the knot may take time, but usually a single large circle or two small ones (interconnected) are formed. If, after a reasonable amount of time, the group is still helplessly tangled, direct two participants to drop each other’s hands. Doing so will permit a quick solution.

### **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.

### **People to People**

Tell everyone to find a partner and choose one person to lead the game. The leader yells a body part, and the players will touch each other using that part. For example, the leader might say, “knee to knee,” and the partners will touch knees. After several rounds, the leader will yell, “people to people,” and everyone has to find a new partner. The leader also runs into the crowd and finds a partner. Whoever is left without a partner is the new leader.

### **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.

### **Tag (with variations)**

#### **Everybody’s It**

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.

#### **Freezer/Defroster Tag**

A tagged player must freeze with his hands and feet on the ground and his back to the sky. He can move again when another player crawls between his hands and feet.

#### **Trust Walk**

Chose a landmark in your area to be the “goal” of this game. A mailbox or tree will probably be readily available for this purpose. Blindfold one player and choose another player to be the “guide.” Have the rest of the children scatter themselves between the blindfolded person and the goal. The guide leads the blindfolded person through all the people to the goal while the children in the way will call out other directions. The blindfolded player must listen carefully to the guides instructions. Let the children take turns being blindfolded and being the guide.

### Circle Spot Rush

All players stand in a circle, arms' length apart, facing inward. In the center of the circle are small markers (paper plates, pieces of construction paper, etc.). The number of markers is always one less than the number of players. The leader of the game stands just outside the circle and calls out various types of movement: run, skip, hop, etc. The players move clockwise around the circle in the way directed by the leader. The game leader can also call out *stop* (all players freeze wherever they are) or *about face* (players continue to move in the same manner but reverse directions). When the game leader yells *rush* all players run to the center of the circle and try to stand on one of the markers. Whichever player does not stand on a marker is eliminated. One marker is removed and play continues. The object of the game is to be the last player remaining.

### Animal Relay

Each small group will be a team. Teams stand in single file lines, facing a finish line about fifty feet away. The first player runs across the finish line, runs back, tags the next player, and goes to the end of the line. The relay continues until each player has run twice. While they run the game leader calls out various animals. All players must run like that animal until the next one is called. The first team to have all their players finish twice wins.

### Sit Down Volleyball- materials needed: beach ball

Divide all players into two equal teams. Have the two teams sit down indian-style facing each other in two to four rows. The object of the game is to get the ball behind the other team. One person throws the ball up in the air and the two teams hit the ball back and forth until one team hits it over the heads of the other team and it lands behind them. Score just like regular volleyball. The catch is that both teams have to stay seated throughout the entire game. You can add variety to the game by having each team use only one hand or sitting with teams backs toward each other instead of facing each other.

### Elbow tag

Assign all players a partner. Spread pairs out evenly across the playing area. Have the pairs link arms. Choose one pair to start out as the chaser "It", and the chasee. Just like regular tag, It tries to tag the chasee. If the chasee is tagged, he or she in turn becomes it and the chase reverses. The chasee's goal is to link with another player. When the chasee links arms with one side of a pair, the other player must unlink, becoming the chasee.

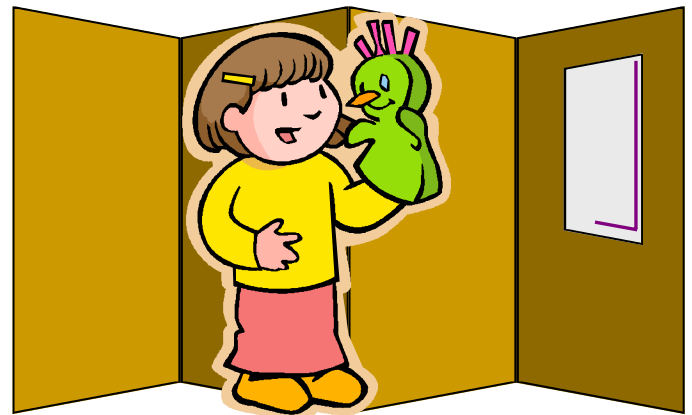
# PUPPETS

lyrics for  
each of the  
songs used in  
the Rainbow  
Express  
puppet shows

**Building A Solid Foundation**

## TIP FOR PUPPETEERS:

Print the lyrics to each of the four puppet songs. Taping these sheets to the inside of your puppet stage will help you as you perform. If you do not have puppet stage you can easily make one out of a large cardboard box (at Mission Arlington we use refrigerator boxes or washer/dryer boxes). Just cut and unfold the box and then decorate the front with butcher paper, spray paint, or any other way that you would like. If you are not able to make one, you may borrow one from Mission Arlington / Mission Metroplex while you are here.



## Day One Puppet Song: *Tell God About It*

Listen boy, don't want to see you  
 Try to do this on your own (*on your own*)  
 You know God is watchin' over you  
 And He still is on the throne  
 He's a loving God, and He's always there for you  
 And the Bibles there to tell you what  
 You should do

Listen boy, I'm sure that you think  
 You got it under control  
 You think you're gonna be on easy street  
 Since Jesus saved your soul  
 He's your Savior now and He'll never let you go  
 (*ya know He'll never let you go*)  
 But I'll tell you one more thing you ought to know

### *Chorus:*

Tell God about it  
 Tell him everything you feel  
 Jesus wants to listen, and His power is for real  
 Tell God about it  
 Tell Him every single day  
 You're in touch with Heaven  
 When your on your knees and to pray

Listen boy, it's not that He really needs to hear  
 From you and me (*hear from you and me*)  
 But it's we who need the strength we get  
 From praying constantly  
 When we go through life, we need a helping hand  
 And there's only one good way to understand

*(Music will fade out on this chorus)*

Tell God about it  
 'Cause you know how much He cares  
 He is always with you  
 And He will always be there  
 Tell God about it  
 Every day before you start  
 Spend some time with Jesus  
 Let Him purify your heart

## Day Two Puppet Song: *We're Gonna Read the Bible*

In the beginning, God; six days, sky and  
sod  
Land and water, plants and animals, "Let  
there be light"  
Adam and Eve, garden of Eden, God's  
warning not heedin'  
Ate the apple, fall of man; garden's out of  
sight

Cain and Abel, murder one  
Noah and his three sons  
Animals, family too, in the ark two by two  
Floods rose, high tide, finally went down  
and dried  
God's promise, long ago sealed it with a  
rainbow

### *Chorus*

*We're gonna read the Bible  
Read it everyday and then we will obey it  
We're gonna read the Bible  
If we'll only read it, we won't be defeated*

Abraham and Sarah; Sodom and Gomorrah  
Lot's wife turned to salt; Sodom got fried  
Sarah had a baby boy; Abraham's pride  
and joy  
Sacrifice of Isaac; God will provide

Jacob made a pot of stew, stole his  
brother's blessing, too  
Had to flee for his life and work for seven  
years for each wife  
Joseph was his favorite son, Has his col-  
ored coat on  
His brothers, filled with jealousy sold him  
into slavery

### *Repeat Chorus*

Moses and the burning bush give Israel a  
push  
Word of God to Pharaoh, "Let my people

go"  
Parting of the Red Sea; Israel's victory  
Forty years in the sand before they reach  
the Promised Land

Oh, Israel wants a king: David kills the  
Philistine  
Plays the harp, writes the Psalms  
Has a son named Solomon  
Kings of the people, building of the temple  
Isaiah, Jeremiah, promise the Messiah

### *Repeat Chorus*

Upper room, Pentecost  
Peter preaching to the lost, Paul and Silas  
on trial  
Preaching to the Gentiles, Romans and Co-  
rinthians  
Hebrews and Philippians  
Hear the Word from above, "The greatest  
of these is love"

Revelation came to John of the Judgment  
and the Throne  
"Worthy is the Lamb" and the new Jerusa-  
lem  
Jesus coming back again; take us home to  
Heaven  
The beginning and the end Hallelujah,  
Amen!

*We're gonna read the Bible  
Read it everyday and then we will obey it  
We're gonna read the Bible, when the  
earth is gone  
Well, His Word lives on and on and on...*

### *Repeat Chorus and fade*



## Day Three Puppet Song: *God's Love*

One, two, three  
God's love, God's love, God's love, God's love

I was feelin' kinda blue.  
I asked my family pastor, "What should I do?"  
I said, Pastor (Pastor). Mr. Ordained (Pastor)  
Can you tell me what'll heal this pain? (Pastor)  
He said, yeah, yeah, yeah, yeah, yeah  
(Yeah, yeah, yeah, yeah, yeah)  
Yes, indeed, all I really need is

### *Chorus*

God's love - Give me that gracious love  
God's love - That unending love  
God's love - God's redeeming love  
God's love

Oh, my Jesus. He's all right (He's all right)  
Because He died for me I see the light (see the light)  
I said Yahweh (Yahweh). It's for sure (It's for sure)  
I've got the heartache, You got the cure (got the cure)  
Everybody say yeah, yeah, yeah, yeah, yeah  
(yeah, yeah, yeah, yeah, yeah)  
Yes indeed, all I really need is

### *Repeat Chorus*

God's love, God's love, God's love  
All I need is love - God's love  
All I want is God's love - God's love  
Love God early in the morning - God's love  
God's love late at night - God's love  
Love, love - God's love  
Love, love, love. God's love

God's love is good love!

Day Four Puppet Song:  
*Jonah's Theme*

They call him Jonah, Jonah  
Prophet to Ninevah  
Didn't want to preach, decided to flee  
And we know Jonah  
Lived in a big fish's tummy  
Fish thought he was yummy  
Under the sea

Everyone knows he went out to sea  
Tried to escape his God's destiny  
Three days and nights he spent in the  
whale  
But that's not the end of this tale

They call him Jonah, Jonah  
Prophet to Nineveh  
Said "Okay I'll preach", was thrown up  
on the beach  
And we know Jonah  
Preached and the people repented  
Jonah prevented a calamity

## Building A Solid Foundation

# Daily Scripture

Printed, paragraph form copies of the scripture for each day's Bible stories.

(Excellent for using with youth who might attend Rainbow Express)

## Day One Scripture

Daniel 6:1-27 (NirV)

It pleased Darius to appoint 120 royal rulers over his entire kingdom. He placed three leaders over them. One of the leaders was Daniel. The royal rulers were made accountable to the three leaders. Then the king wouldn't lose any of his wealth. Daniel did a better job than the other two leaders or any of the royal rulers. He was an unusually good and able man. So the king planned to put him in charge of the whole kingdom.

But the other two leaders and the royal rulers heard about it. So they looked for a reason to bring charges against Daniel. They tried to find something wrong with the way he ran the government. But they weren't able to. They couldn't find any fault with his work. He could always be trusted. He never did anything wrong. And he always did what he was supposed to.

Finally those men said, "It's almost impossible for us to come up with a reason to bring charges against this man Daniel. If we do, it will have to be in connection with the law of his God."

So the two leaders and the royal rulers went as a group to the king. They said, "King Darius, may you live forever! All of the royal leaders, high officials, royal rulers, advisers and governors want to make a suggestion. We've agreed that you should give an order. And you should make sure it's obeyed. Here is the command you should give. King Darius, during the next 30 days don't let any of your people pray to any god or man except to you. If they do, throw them into the lions' den.

"Now give the order. Write it down in the laws of the Medes and Persians. Then it can't be changed." So King Darius put the order in writing.

Daniel found out that the king had signed the order. In spite of that, he did just as he had always done before. He went home to his upstairs room. Its windows opened toward Jerusalem. He went to his room three times a day to pray. He got down on his knees and gave thanks to his God.

Some of the other royal officials went to where Daniel was staying. They saw him praying and asking God for help. So they went to the king. They spoke to him about his royal order. They said, "King Darius, didn't you sign an official order? It said that for the next 30 days none of your people could pray to any god or man except to you. If they did, they would be thrown into the lions' den."

The king answered, "The order must still be obeyed. It's one of the laws of the Medes and Persians. So it can't be changed."

Then they spoke to the king again. They said, "Daniel is one of the prisoners from Judah. He doesn't pay any attention to you,



## Day One Scripture

Daniel 6:1-27 (NirV)

King Darius. He doesn't obey the order you put in writing. He still prays to his God three times a day."

When the king heard that, he was very upset. He didn't want Daniel to be harmed in any way. Until sunset, he did everything he could to save him.

Then the men went as a group to the king. They said to him, "King Darius, remember that no order or law you make can be changed. That's what the laws of the Medes and Persians require."

So the king gave the order. Daniel was brought out and thrown into the lions' den. The king said to him, "You always serve your God faithfully. So may he save you!"

A stone was brought and placed over the opening of the den. The king sealed it with his own special ring. He also sealed it with the rings of his nobles. Then nothing could be done to help Daniel.

The king returned to his palace. He didn't eat anything that night. He didn't ask for anything to be brought to him for his enjoyment. And he couldn't sleep.

As soon as the sun began to rise, the king got up. He hurried to the lions' den. When he got near it, he called out to Daniel. His voice was filled with great concern. He said, "Daniel! You serve the living God. You always serve him faithfully. So has he been able to save you from the lions?"

Daniel answered, "My king, may you live forever! My God sent his angel. And his angel shut the mouths of the lions. They haven't hurt me at all. That's because I haven't done anything wrong in God's sight. I've never done anything wrong to you either, my king."

The king was filled with joy. He ordered his servants to lift Daniel out of the den. So they did. They didn't see any wounds on him. That's because he had trusted in his God.

Then the king gave another order. The men who had said bad things about Daniel were brought in. They were thrown into the lions' den. So were their wives and children. Before they hit the bottom of the den, the lions attacked them. And the lions crushed all of their bones.

Then King Darius wrote to the people from every nation and language in the whole world. He said,

"May you have great success!

"I order people in every part of my kingdom to respect and honor Daniel's God.

"He is the living God.

He will live forever.

His kingdom will not be destroyed.

His rule will never end.

He sets people free and saves them.

He does miraculous signs and wonders.

He does them in the heavens and on the earth.

He has saved Daniel

from the power of the lions."

## Day Two Scripture

Luke 4:1-15 (NirV)

Jesus, full of the Holy Spirit, returned from the Jordan River. The Spirit led him into the desert. There the devil tempted him for 40 days.

Jesus ate nothing during that time. At the end of the 40 days, he was hungry. The devil said to him, "If you are the Son of God, tell this stone to become bread."

Jesus answered, "It is written, 'Man doesn't live only on bread.'"—(*Deuteronomy 8:3*)

Then the devil led Jesus up to a high place. In an instant, he showed Jesus all the kingdoms of the world. He said to him, "I will give you all their authority and glory. It has been given to me, and I can give it to anyone I want to. So if you worship me, it will all be yours."

Jesus answered, "It is written, 'Worship the Lord your God. He is the only one you should serve.'"—(*Deuteronomy 6:13*)

Then the devil led Jesus to Jerusalem. He had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. It is written,

" 'The Lord will command his angels to take good care of you. They will lift you up in their hands. Then you won't trip over a stone.' "  
—(*Psalms 91:11, 12*)

Jesus answered, "Scripture says, 'Do not put the Lord your God to the test.'"—(*Deuteronomy 6:16*)

When the devil finished all this tempting, he left Jesus until a better time.

Jesus returned to Galilee in the power of the Holy Spirit. News about him spread through the whole countryside. He taught in their synagogues, and everyone praised him.



## Day Three Scripture

Matthew 27:27-60, 28:1-10, 28:16-20  
(NIRV)

The governor's soldiers took Jesus into the palace, which was called the Praetorium. All the rest of the soldiers gathered around him. They took off his clothes and put a purple robe on him. Then they twisted thorns together to make a crown. They placed it on his head. They put a stick in his right hand. Then they fell on their knees in front of him and made fun of him. "We honor you, king of the Jews!" they said. They spit on him. They hit him on the head with the stick again and again.

After they had made fun of him, they took off the robe. They put his own clothes back on him. Then they led him away to nail him to a cross.

On their way out of the city, they met a man from Cyrene. His name was Simon. They forced him to carry the cross.

They came to a place called Golgotha. The word Golgotha means The Place of the Skull. There they mixed wine with bitter spices and gave it to Jesus to drink. After tasting it, he refused to drink it.

When they had nailed him to the cross, they divided up his clothes by casting lots. They sat down and kept watch over him there.

Above his head they placed the written charge against him. It read, ~This is Jesus, the king of the Jews.=

Two robbers were crucified with him. One was on his right and one was on his left.

Those who passed by shouted at Jesus and made fun of him. They shook their heads and said, "So you are going to destroy the temple and build it again in three days? Then save yourself! Come down from the cross, if you are the Son of God!"

In the same way the chief priests, the teachers of the law and the elders made fun of him. "He saved others," they said. "But he can't save himself! He's the King of Israel! Let him come down now from the cross! Then we will believe in him. He trusts in God. Let God rescue him now if he wants him. He's the one who said, 'I am the Son of God.' "

In the same way the robbers who were being crucified with Jesus also made fun of him.

From noon until three o'clock, the whole land was covered with darkness. 46 About three o'clock, Jesus cried out in a loud voice. He said, "*Eloi, Eloi, lama sabachthani?*" This means "My God, my God, why have you deserted me?"—(*Psalms* 22:1)

Some of those standing there heard Jesus cry out. They said, "He's calling for Elijah."

Right away one of them ran and got a sponge. He filled it with wine vinegar and put it on a stick. He offered it to Jesus to drink. The rest said, "Leave him alone. Let's see if Elijah comes to save him."

After Jesus cried out again in a loud voice, he died.

At that moment the temple curtain was torn in two from top to bottom. The earth shook. The rocks split. Tombs broke open. The bodies of many holy people who had died were raised to life. They came out of the tombs. After Jesus was raised to



## Day Three Scripture

Matthew 27:27-60, 28:1-10, 28:16-20  
(NIRV)

life, they went into the holy city. There they appeared to many people.

The Roman commander and those guarding Jesus saw the earthquake and all that had happened. They were terrified. They exclaimed, "He was surely the Son of God!"

Not very far away, many women were watching. They had followed Jesus from Galilee to take care of his needs. Mary Magdalene was among them. Mary, the mother of James and Joses, was also there. So was the mother of Zebedee's sons.

As evening approached, a rich man came from the town of Arimathea. His name was Joseph. He had become a follower of Jesus. He went to Pilate and asked for Jesus' body. Pilate ordered that it be given to him.

Joseph took the body and wrapped it in a clean linen cloth. He placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb. Then he went away.

\* \* \* \* \*

The Sabbath day was now over. It was dawn on the first day of the week. Mary Magdalene and the other Mary went to look at the tomb.

There was a powerful earthquake. An angel of the Lord came down from heaven. The angel went to the tomb. He rolled back the stone and sat on it. His body shone like lightning. His clothes were as white as snow. The guards were so afraid of him that they shook and became like dead men.

The angel said to the women, "Don't be afraid. I know that you are looking for Jesus, who was crucified. He is not here! He has risen, just as he said he would! Come and see the place where he was lying. Go quickly! Tell his disciples, 'He has risen from the dead. He is going ahead of you into Galilee. There you will see him.' Now I have told you."

So the women hurried away from the tomb. They were afraid, but they were filled with joy. They ran to tell the disciples.

Suddenly Jesus met them. "Greetings!" he said.

They came to him, took hold of his feet and worshiped him.

Then Jesus said to them, "Don't be afraid. Go and tell my brothers to go to Galilee. There they will see me."

\* \* \* \* \*

Then the 11 disciples went to Galilee. They went to the mountain where Jesus had told them to go. When they saw him, they worshiped him. But some still had their doubts.

Then Jesus came to them. He said, "All authority in heaven and on earth has been given to me. So you must go and make disciples of all nations. Baptize them in the name of the Father and of the Son and of the Holy Spirit. Teach them to obey everything I have commanded you. And you can be sure that I am always with you, to the very end."



## Day Four Scripture

### Jonah 1-3 (NIRV)

A message from the Lord came to Jonah. He was the son of Amittai. The Lord said, "Go to the great city of Nineveh. Preach against it. The sins of its people have come to my attention."

But Jonah ran away from the Lord. He headed for Tarshish. So he went down to the port of Joppa. There he found a ship that was going to Tarshish. He paid the fare and went on board. Then he sailed for Tarshish. He was running away from the Lord.

But the Lord sent a strong wind over the Mediterranean Sea. A wild storm came up. It was so wild that the ship was in danger of breaking apart. All of the sailors were afraid. Each one cried out to his own god for help. They threw the ship's contents into the sea. They were trying to make the ship lighter.

But Jonah had gone below deck. There he lay down and fell into a deep sleep. The captain went down to him and said, "How can you sleep? Get up and call out to your god for help! Maybe he'll pay attention to what's happening to us. Then we won't die."

The sailors said to one another, "Come. Let's cast lots to find out who is to blame for getting us into all of this trouble." So they did. And Jonah was picked.

They asked him, "What terrible thing have you done to bring all of this trouble on us? Tell us. What do you do for a living? Where do you come from? What is your country? What people do you belong to?"

He answered, "I'm a Hebrew. I worship the Lord. He is the God of heaven. He made the sea and the land."

They found out he was running away from the Lord. That's because he had told them. Then they became terrified. So they asked him, "How could you do a thing like that?"

The sea was getting rougher and rougher. So they asked him, "What should we do to you to make the sea calm down?"

"Pick me up and throw me into the sea," he replied. "Then it will become calm. I know it's my fault that this terrible storm has come on you."

Instead of doing what he said, the men did their best to row back to land. But they couldn't. The sea got even rougher than before.

Then they cried out to the Lord. They prayed, "Lord, please don't let us die for taking this man's life. After all, he might not be guilty of doing anything wrong. So don't hold us accountable for killing him. Lord, you always do what you want to." 15 Then they took Jonah and threw him overboard. And the stormy sea became calm.

When the men saw what had happened, they began to have great respect for the Lord. They offered a sacrifice to him. And they made promises to him.

But the Lord sent a huge fish to swallow Jonah. And Jonah was inside the fish for three days and three nights.



## Day Four Scripture

### Jonah 1-3 (NIRV)

From inside the fish Jonah prayed to the Lord his God. He said,

*"When I was in trouble, I called out to you. And you answered me. When I had almost drowned, I called out for help. And you listened to my cry. You threw me into the Mediterranean Sea. I was in the middle of its waters. They were all around me. All of your rolling waves were sweeping over me. I said, 'I have been driven away from you. But I will look again toward your holy temple in Jerusalem.' I had almost drowned in the waves. The deep waters were all around me. Seaweed was wrapped around my head. I sank down to the bottom of the mountains. I thought I had died and gone down into the grave forever. But you brought my life up from the very edge of the pit. You are the Lord my God. "When my life was nearly over, I remembered you, Lord. My prayer rose up to you. It reached you in your holy temple in heaven. "Some people worship the worthless statues of their gods. They turn away from the grace you want to give them. But I will sacrifice a thank offering to you. And I will sing a song of thanks. I will do what I have promised. Lord, you are the one who saves."*

The Lord gave the fish a command. And it spit Jonah up onto dry land.

A message came to Jonah from the Lord a second time. He said, "Go to the great city of Nineveh. Announce to its people the message I give you."

Jonah obeyed the Lord. He went to Nineveh. It was a very important city. In fact, it took about three days to see all of it. On the first day, Jonah started into the city. He announced, "In 40 days Nineveh will be destroyed."

The people of Nineveh believed God's warning. They decided not to eat any food for a while. All of them put on black clothes. That's what everyone from the least important of them to the most important did.

The news reached the king of Nineveh. He got up from his throne. He took his royal robes off and dressed himself in black clothes. He sat down in the dust. Then he sent out a message to the people of Nineveh. He said,

"I and my nobles give this order.

"Don't let any person or animal taste anything. That includes your herds and flocks. People and animals must not eat or drink anything. Let people and animals alike be covered with black cloth. All of you must call out to God with all your hearts. Stop doing what is evil. Don't harm others. Who knows? God might take pity on us. He might turn away from his burning anger. Then we won't die."

God saw what they did. They stopped doing what was evil. So he took pity on them. He didn't destroy them as he had said he would.

## Building A Solid Foundation

# Activity Packets

Handouts with coloring pages and other activities for days 1, 2, and 4 (day 3 you will be making a bracelet instead)

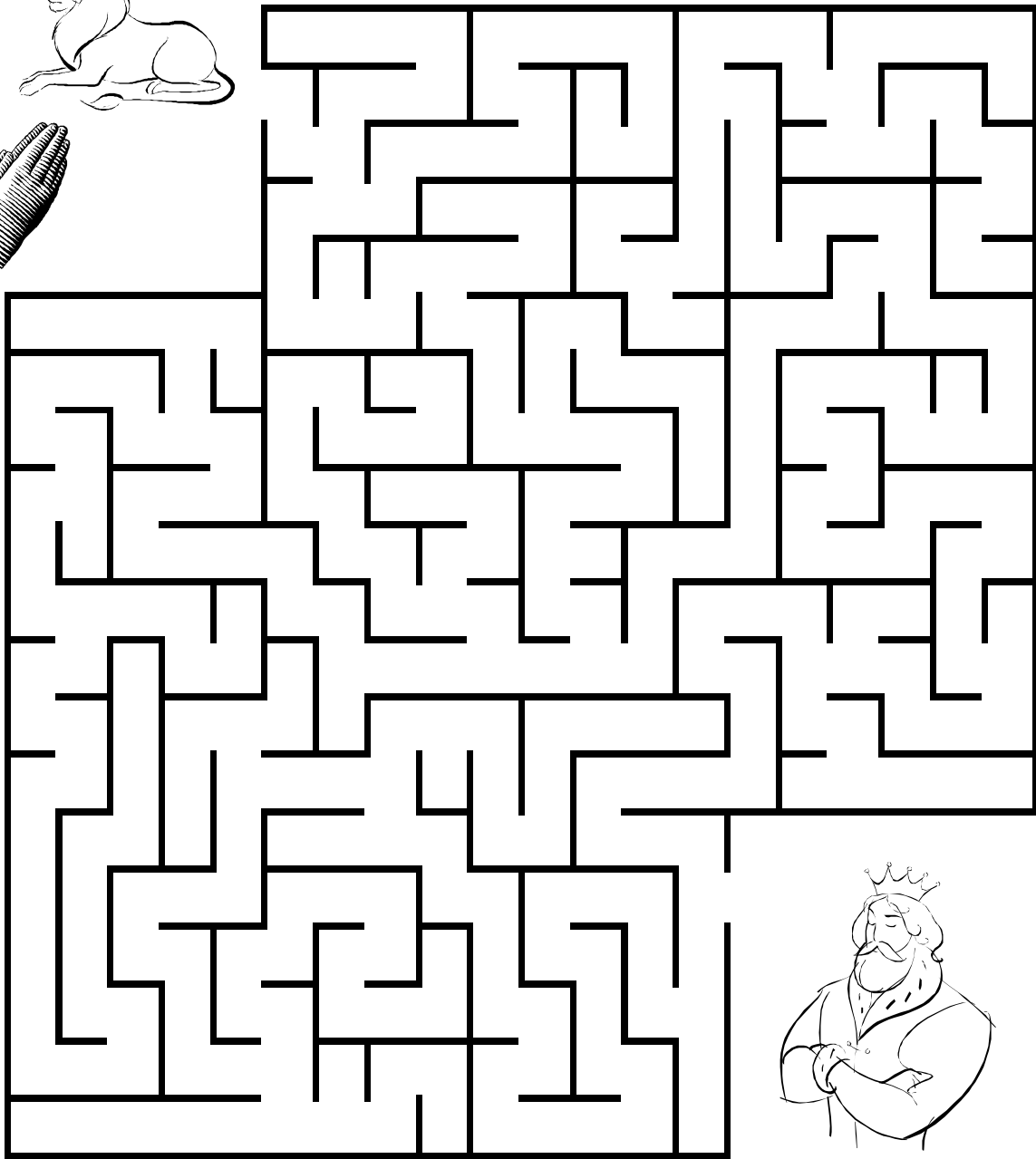
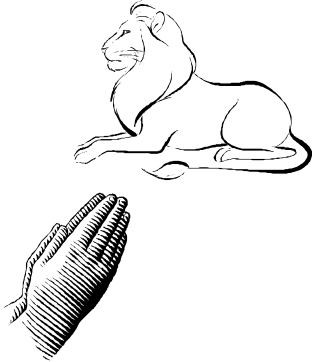
# Building A Solid Foundation

## Day One Activity Packet

You will need one copy for each child at Rainbow Express. Copies will be provided by Mission Arlington / Mission Metroplex while you are here.

# Daniel Prays

Daniel loved God. He knew he could pray to God about anything. He knew that God would listen to him. Can you lead Daniel through the maze out of the lion's den so he can share with the king how God protected him?



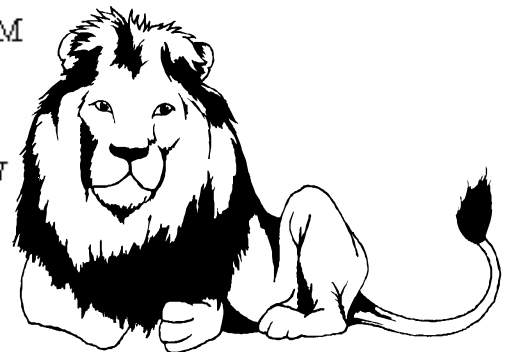
# Daniel and the lions

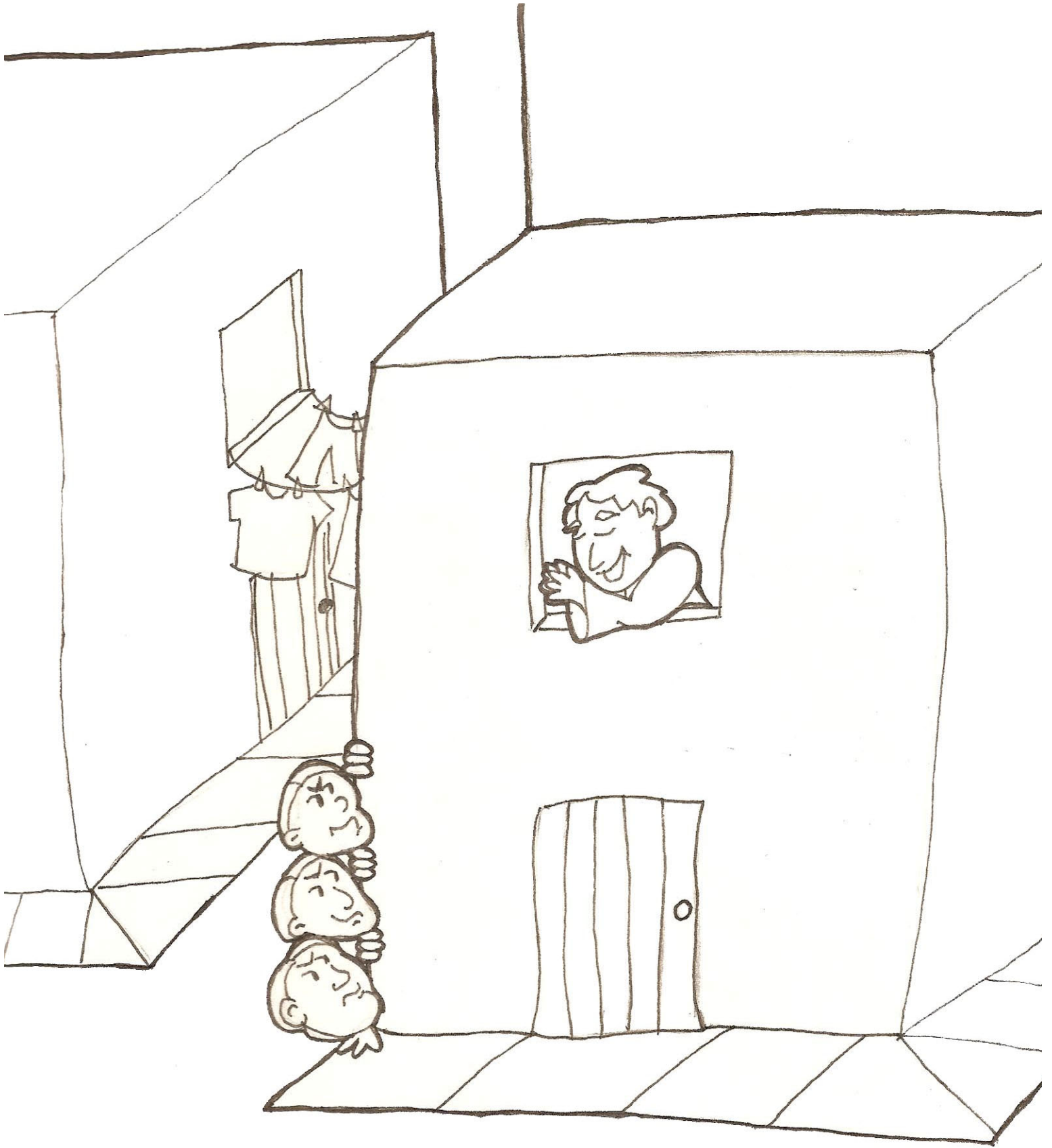
K Z P X D K P H Y D K M D P E  
D A R I U S L Y D E I I M U Q  
L I O N S F H T E K N U C C V  
W O D N I W W K S C G S P S V  
L J W J C R B G O I E P R O A  
M S U O L A E J L R H U A N Y  
W O D C B S L H C T C P Y U S  
S O D Y V E A T U A N S E K I  
F S L G I H H T V A W T R L W  
A O H N N I W E R C R A O Z L  
N N A T R I A T U A U I R U B  
H D G T U L K A B O P R N Q X  
H R Y E E O L J M R C S V Z Z  
E F L B L B M J K X I H E R G  
B E R K P A B U A J P T P J P

ANGEL  
CLOSED  
JEALOUS  
LIONS  
RESCUE  
TRICKED

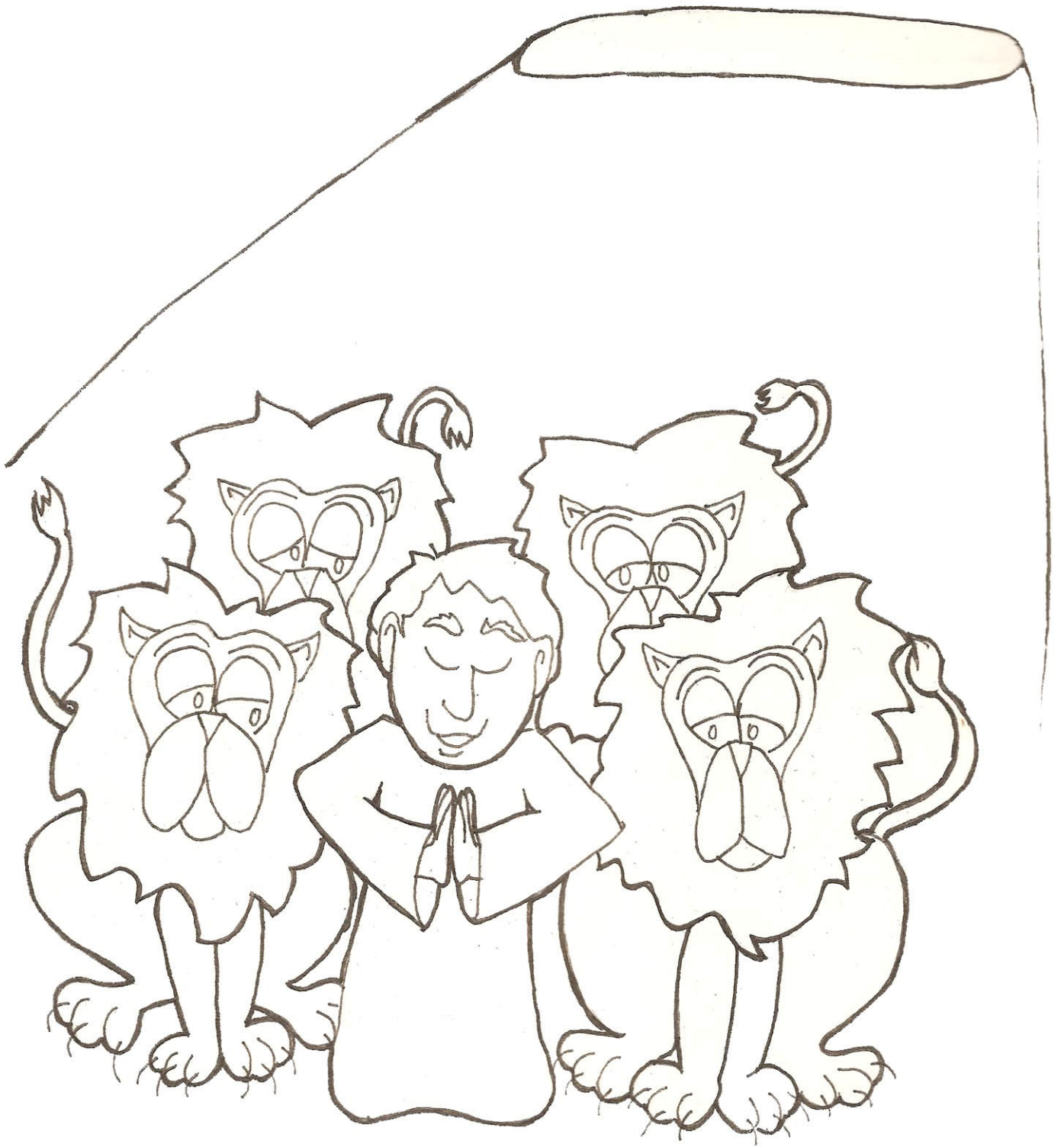
BABYLON  
DANIEL  
KING  
MOUTHS  
SATRAP  
UPSTAIRS

CAVE  
DARIUS  
KINGDOM  
PRAYER  
THIRTY  
WINDOW





Daniel loved God very much. He talked to God, even when he knew it would get him in trouble.



God protected Daniel from the lions.  
We can always trust God to take care of us.



# Building A Solid Foundation

## Day One Youth Worksheets

These youth worksheets are included to be used by the Youth Leader while the children's groups are having their craft time. Use them as guides to have discussion times with the youth hanging out around your Rainbow Express.



# ***PRAYER:*** Your personal direct line to God

---

The Bible teaches that we can talk to God about anything. Match these prayers from the Bible with what the person is praying about.

- **Praying to thank God for what He has done**

Give my son Solomon the wholehearted desire to obey all your commands, laws, and decrees . . .

2 Chronicles 29:19a

- **Praying to ask for forgiveness when we have done something wrong**

And forgive your people, who have sinned against you; forgive all the offenses they have committed against you . . .

1 Kings 8:50

- **A man praying that his family will know and follow God**

Father, may your name be honored. May your kingdom come. Give us each day our daily bread.

Luke 11:2-3

- **Praying to tell God how incredible He is**

Now, our God, we give you thanks, and praise your glorious name.

1 Chronicles 29:13

- **Praying that God will give us whatever we need to live**

The Lord lives! Give praise to my Rock! Give honor to God, the Rock! He is my Savior.

2 Samuel 22:47



# **PRAYER:**

**A conversation  
with God**

---

This prayer is usually called “The Lord’s Prayer”. It is one of the most famous prayers in the Bible. Jesus used it as an example of what our prayers should be like. In the space below each section , write some ideas of how you could pray about that area of your life.

## **Our Father in heaven, may your name be kept holy.**

*Jesus starts his prayer by being respectful to God His Father. When we pray, we can show respect to God by saying thank you and talking about the wonderful things He has done for us. How can you show respect to God?*

## **May your Kingdom come soon. May your will be done on earth, as it is in heaven.**

*Jesus wants what God wants. He asks God to do exactly what God knows is best. What areas in your life do you need to ask God to help you make a right decision or know the right way to act?*

## **Give us today the food we need,**

*Jesus asks God to provide what we need. Ask God to help you, too.*

## **and forgive us our sins, as we have forgiven those who sin against us.**

*Jesus tells us that it is important to ask God to forgive us when we have done something wrong and that we should forgive other people who have done something wrong to us. Think of things you need to apologize to God for and people you need to forgive (you don’t have to write these things down.)*

## **And don’t let us yield to temptation, but rescue us from the evil one.**

*Jesus asks God to protect us from the bad things we might want to do or what other people might be trying to get us to do. Ask God to help you avoid sins in your life.*

# Building A Solid Foundation

## Day Two Activity Packet

You will need one copy for each child at Rainbow Express. Copies will be provided by Mission Arlington / Mission Metroplex while you are here.



# *Jesus is tempted*

S Q A J X P T D H E S N P H Y  
N T I L W Z S E I L H O Z W G  
Y W O Y C O E V V P V G N Y F  
J F Z N N S T I H M E V R E S  
Y E D M E M H L Q E T J N J M  
X E R O V J G H S T M E W H P  
O A X U E X K B R E A D O O Q  
H X S S S I W K L F L L R Y W  
C W U U N A J U P P C K S P E  
Y S I G Y S L L Y D N D H T C  
G O D T R E S E D R R O I O R  
P O R O L P U F M O G O P K A  
M O D Q W O B R W O E N L C A  
F L A N C I G K C R J R U L H  
S C R I P T U R E S V S K H K

**BREAD  
FORTY  
JERUSALEM  
LORD  
SON  
TEST**

**DESERT  
GOD  
JESUS  
SCRIPTURES  
STONE  
WORD**

**DEVIL  
HUNGRY  
KINGDOM  
SERVE  
TEMPLE  
WORSHIP**





What verse from the Bible did Jesus say when the Devil asked Jesus to bow down to him?

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

23 15 18 19 8 9 16      20 8 5      12 15 18 4

25 15 21 18      7 15 4

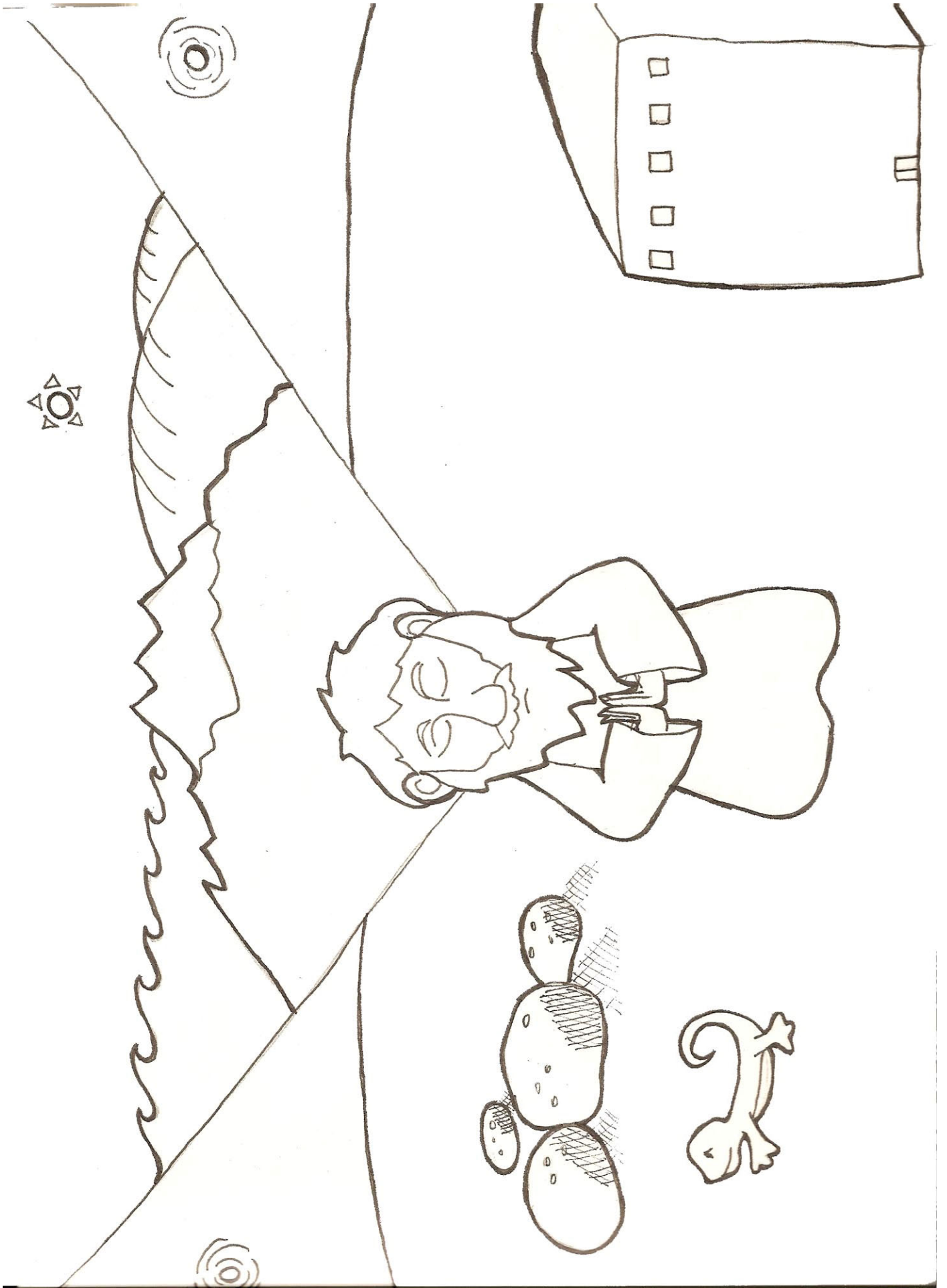
1 14 4      19 5 18 22 5

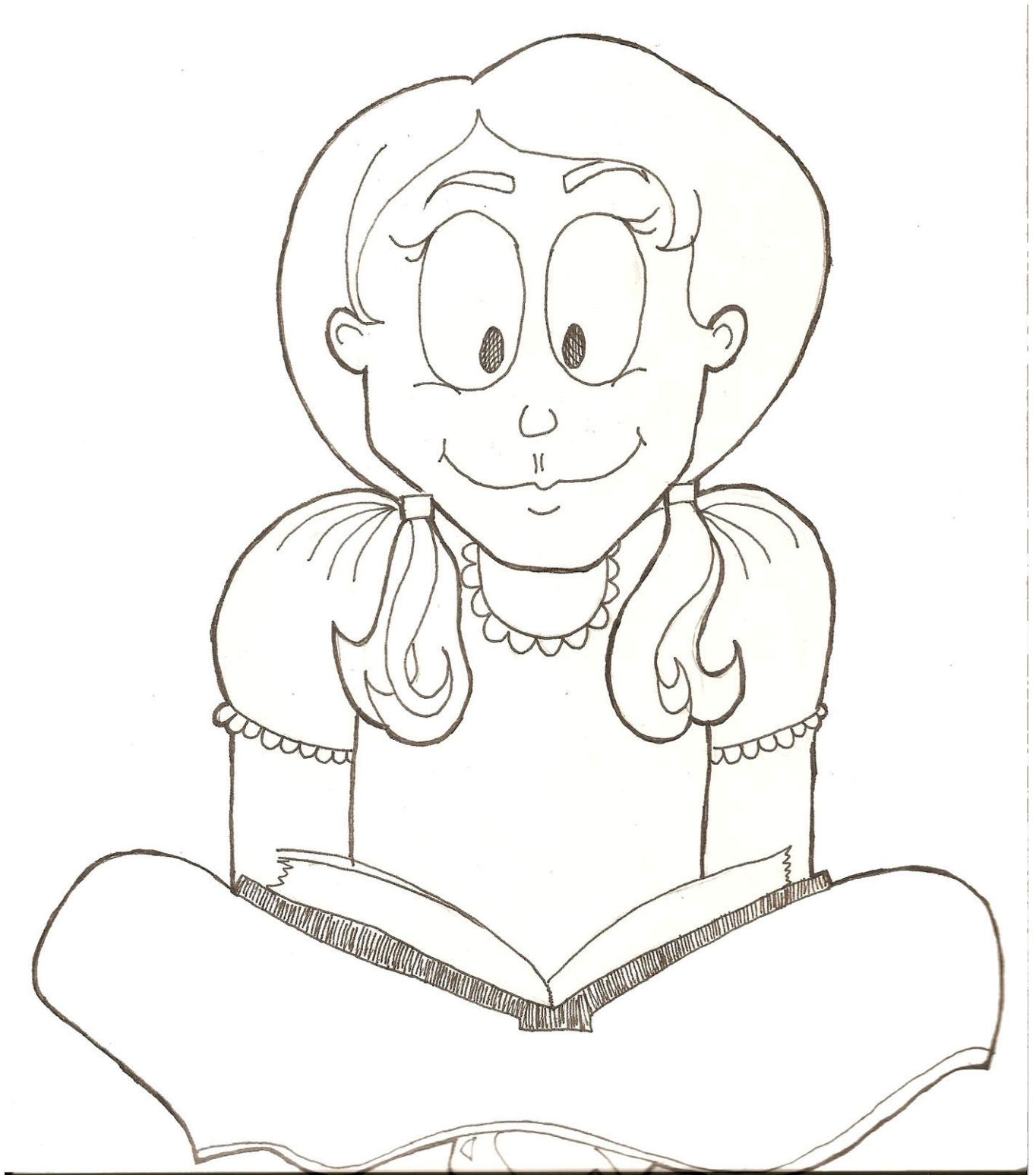
8 9 13      15 14 12 25

4 5 21 20 5 18 15 14 15 13 25

6:13







We can learn about God by reading the Bible.  
The Bible is like a letter from God to us.



# Building A Solid Foundation

## Day Two Youth Worksheets

These youth worksheets are included to be used by the Youth Leader while the children's groups are having their craft time. Use them as guides to have discussion times with the youth hanging out around your Rainbow Express.



For today's youth activity you will need several Bibles that you can use to help the youth look up Bible verses. Bring these with you from home. If possible, bring Bibles you can leave with the youth as gifts. Pick an easy to understand translation that the youth won't have difficulty understanding. The verses in this packet are mostly taken from the New International Readers' Version, an excellent translation to use with people from "unchurched" backgrounds.

You will also need pens or pencils. Bring these from home as well.



# Carry the **B I B L E** with you

The Bible is full of wonderful messages from God to us. It can help us with every part of our lives. However, the Bible doesn't do us a lot of good if we don't take the time to get to know it. Imagine a jet pilot that didn't take his parachute with him. That wouldn't be very smart. Not taking the time to get to know the

Bible is like not carrying our parachute: it's wasting a really important gift. The best way to keep the Bible with you all the time is by memorizing pieces of it that help you. Below are some suggestions for good verses to memorize. Pick six of these verses you really like. Use the back of this piece of paper to make flash cards of each of these verses. Commit to memorize one of them each week. (That shouldn't take you more than about five to ten minutes each day. That's less time than you spend brushing your teeth or watching commercials.) Then you will always have parts of the Bible with you, no matter where you go.

Romans 5:8

Psalm

John 3:17

119:105

John 3:16

1 John 4:7-8

Ephesians

Romans

4:32

Psalm 46:1-

6:23

2

Matthew

1 John 1:9

28:19-20

Isaiah 54:10

Jeremiah

Matthew

Psalm

29:11

6:33

116:1-2



# Building A Solid Foundation

## Day Three Youth Worksheets

These youth worksheets are included to be used by the Youth Leader while the children's groups are having their craft time. Use them as guides to have discussion times with the youth hanging out around your Rainbow Express.

# God's plan to save us

Today we are learning about God's plan to save people. Match the descriptions on the left and the Bible verses on the right with the bead color that reminds us of that part of God's plan. It is so important to God that people be saved from sin because He loves us so much! If you have any questions about what it means to have a personal relationship with Jesus, please talk to one of the Rainbow Express leaders.

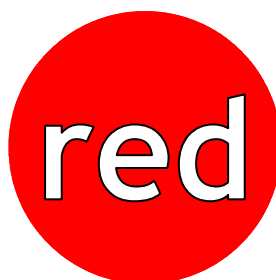
---

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



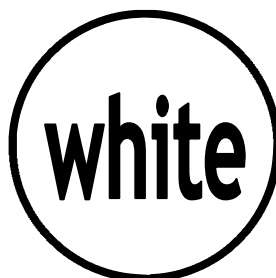
But here is how God has shown his love for us. While we were still sinners, Christ died for us. Romans 5:8

Jesus can take away all the bad things I did and make me "clean" inside.



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

One day I will be with Jesus in Heaven.



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

Sometimes I do bad things that make God sad.



[Jesus said] "In my Father's house are many rooms; if it were not so, I would have told you. 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

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



Anyone who believes in Christ is a new creation. The old is gone! The new has come! 2 Corinthians 5:17

Day Four Activity  
Packet

You will need one copy for each child at Rainbow Express. Copies will be provided by Mission Arlington / Mission Metroplex while you are here.



# Jonah and the Big Fish



H P J E M T N Z U H V F K F D  
 F A E X A N A I X S X Z P R M  
 D L N R S O R N I N E V A H R  
 F E S O L I S L L G L O B G O  
 J U U M J S L A X S B Z F Y T  
 S H Q Q P S I Y I R V Q Y B S  
 H L B E C A V H E L F O R T Y  
 I U E A H P E V S Z O Y M L Q  
 P L L D X M O G F O H R E P B  
 S M R D R O L Y M U P Y S U I  
 P O U H D C F Z E Q Q O S H Z  
 S E A B I K X I T B Y P A H U  
 R E Y A R P P N S E O M G R A  
 R C R S Y V I I I H Z C E U D  
 K P B C H T Q R Z R A C H I P

**CALM**  
**FISH**  
**JONAH**  
**NINEVAH**  
**PRAYER**  
**SHIP**  
**TARSUS**

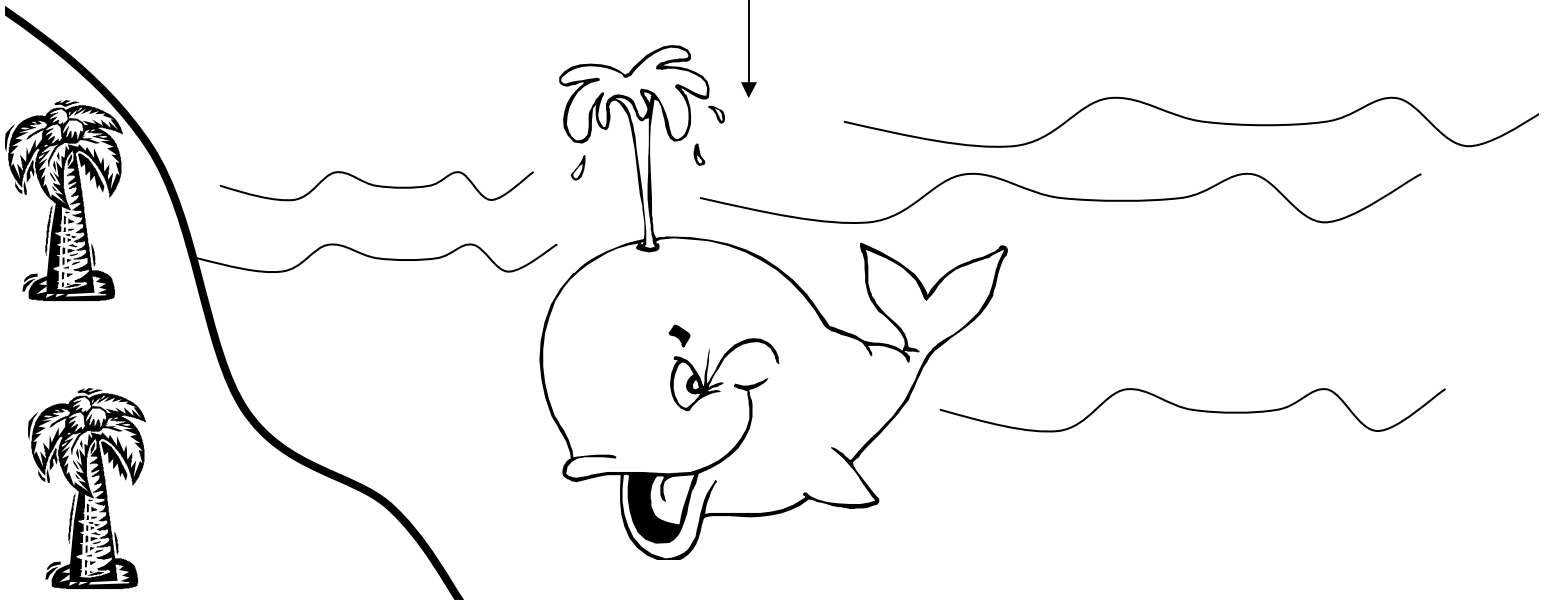
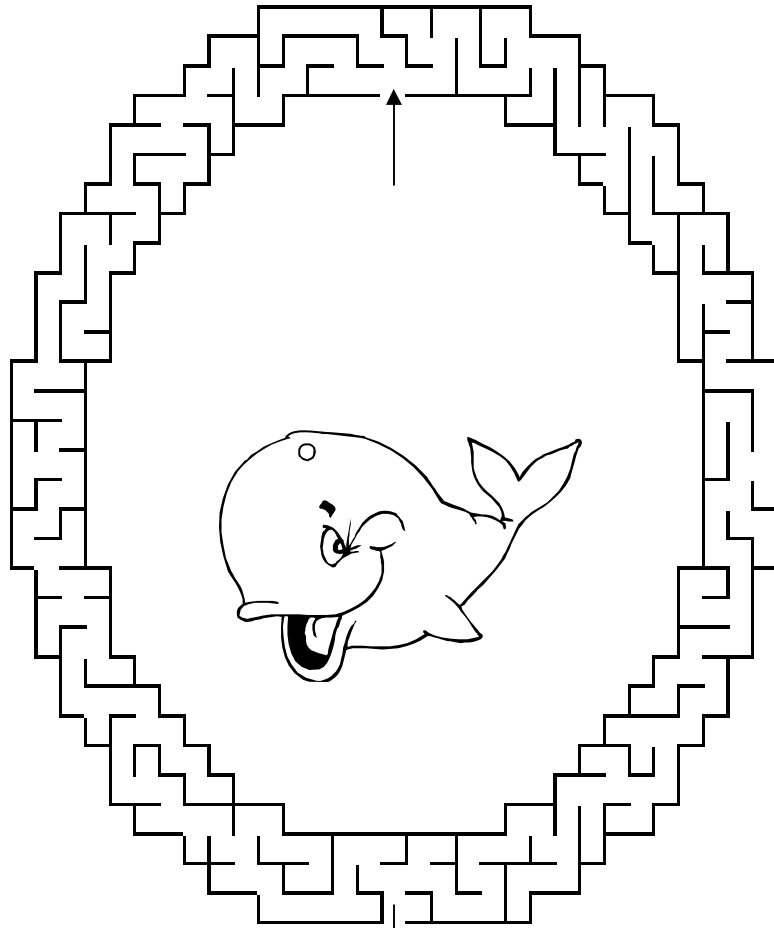
**COMPASSION**  
**FLEE**  
**LORD**  
**OBEY**  
**SAILORS**  
**SLEEP**

**EVIL**  
**FORTY**  
**MESSAGE**  
**OVERBOARD**  
**SEA**  
**STORM**



# Jonah and the Big Fish

When Jonah realized he had made a wrong choice he had the sailors throw him off the ship. God had a great big fish swallow him and take him to Nineveh. Lead the fish through the maze to Nineveh.





God wanted Jonah to tell people about Him. When  
Jonah ran away, God sent a big fish to swallow Jonah.



When the whale spit Jonah out, he finally obeyed God.

The people of Nineveh changed their lives. They learned to follow God.



# Building A Solid Foundation

## Day Four Youth Worksheets

These youth worksheets are included to be used by the Youth Leader while the children's groups are having their craft time. Use them as guides to have discussion times with the youth hanging out around your Rainbow Express.

# Go tell the WORLD

God wants us to tell everybody about Him. He commands us to go to all the world and let people know that He loves them and that Jesus died for them. You can tell the people in *your* world about Jesus. Circle all the categories below that might be part of your world. Underneath write the name of one or two people from that part of your world that you could talk to about God. Talk with the other people in your group about how you might share what you know about Jesus with others.

People I play sports or games with

People I study with

People in my classes

People I walk to school (or ride the bus) with

People around my neighborhood

Other ideas?

People I live with

People in my extended family

People I work with

People I sit with at lunch



You

have

a

story

to

tell

The Bible says that we should always be ready to kindly tell people about our relationship with Jesus. 1 Peter 3:15 puts it this way: *But make sure in your hearts that Christ is Lord. Always be ready to give an answer to anyone who asks you about the hope you have. Be ready to give the reason for it. But do it gently and with respect.*

God wants us to be so in love with Him that it's easy for us to talk about Him. An important way to be ready is to remember in our own lives things that God has done for us. When we are excited about God, it is easy to be excited about talking about Him. In Acts 4:20 two of Jesus' followers were asked to stop talking about Him. They responded by saying: *There's nothing else we can do. We have to speak about the things we've seen and heard.* They were so grateful for what Jesus did that they couldn't help but talk about it.

Help yourself to be ready to talk to others about Jesus. In the space below, write down what you would want somebody to know about God. It doesn't have to be long at all. You can use a few sentences, or even just a list. What do you think you would want to tell somebody about Jesus?

A large sheet of white paper with a red vertical margin line on the left side and several blue horizontal lines for writing. The paper is slightly tilted and has a folded bottom-right corner.

# Memory Verse

activities to use for reviewing the memory verse during small group times

**Building A Solid Foundation**

### **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.

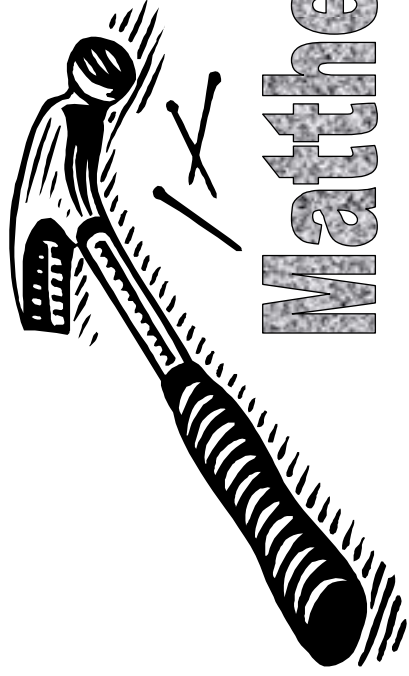
### **Verse Sticks**

Write phrases of the verse on several craft sticks. Work together to put the sticks in the correct order.

### **Verse Chain**

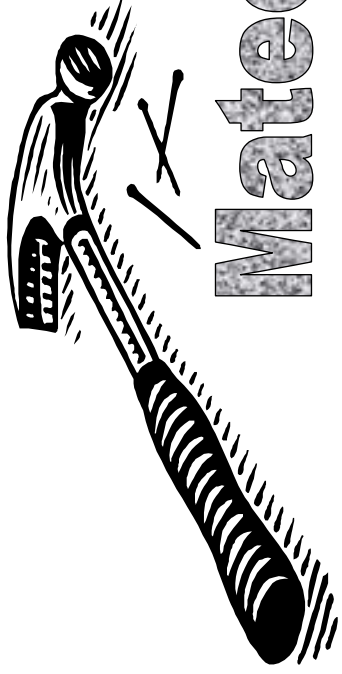
Gather several small strips of paper and write one or two words of the verse on each strip. Working together in your small group, tape the links together in circles to make a paper chain. When you finish, say the verse all together.

[Jesus said] “Anyone who listens  
to my teaching and follows it is  
wise, like a person who builds a  
house on solid rock.”



Matthew 7:24 (NLT)

[Jesús dijo] El que escucha lo  
que yo enseño y hace lo que  
yo digo, es como una persona  
precavida que construyó su  
casa sobre piedra firme.



Mateo 7:24 (BLS)

# A final word . . .

Whether you are coming here to Mission Arlington 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.

*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*

Mission Arlington / Mission Metroplex  
210 W. South Street  
Arlington, TX, 76010  
Phone: 817-277-6620  
E-mail: [mission@missionarlington.org](mailto:mission@missionarlington.org)  
Web: [www.missionarlington.org](http://www.missionarlington.org)