



**FOLLOWING  
JESUS**

Mission Arlington  
Mission Metroplex  
Rainbow Express  
Spring Break 2006

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## *Rainbow Express and Youth: New Features This Year*

Ask any one that has spent very much time at Mission Arlington, and they will tell you to be ready to answer *the question*. Serve here long enough and you will be asked: “What is the most important word in John 3:16?” Most Christians know the verse since childhood. We can all rattle it off without thinking, which is precisely why we at Mission Arlington will ask you to stop and think about it. So, what is the most important word?

Obviously, there are lots of different ways that you could answer, and we get lots of different responses. *Loved, believes, eternal* . . . There is, of course, nothing wrong with any of these answers. Around here, however, we think the most important word is *who-soever*. We believe that God put Mission Arlington here to reach the whosoever in this city: the people that have somehow fallen through the cracks. We reach out through a variety of ways to people that have not been touched by the gospel in any other way.

This year, we are asking that God will use Rainbow Express to reach another group of whosoever: the teenagers in Arlington’s apartments. They are generally not in any church unless they belong to a Mission Arlington congregation that meets in their apartment community. They are often overlooked, and desperately in need of God’s love.

Any of you that have been here to lead Rainbow Express before have witnessed the periphery phenomenon. Junior high and high school students that are too old and too cool to participate in the singing, games, and crafts at Rainbow Express will hang out on the periphery, watching to see what you do. Some are there to check on a younger brother or sister, others are simply curious, and a few will seem downright antagonistic to what you are trying to do. If they told the truth, all of them would admit that they want badly to hear what you have to say.

We know that God wants these teenagers to know Him. With that knowledge, we are working hard under God’s leadership to expand the Rainbow Express curriculum design to help you relate to and share with the whosoever teenagers on the periphery of your Rainbow Express.

You will find these new features in the curriculum:

- A Youth Leader team member responsibility
- Special versions of the closing activities/object lessons for teenagers
- Notes from a Mission Arlington youth worker about things that have been effective with his youth
- Tips on preparing an age appropriate testimony for youth or children

We pray that you will take the time to become familiar with these new tools and use them well. Most importantly, join us in praying that God will use Mission Arlington, Rainbow Express, and *you* to reach every single whosoever in this city.

*For God so loved the world that he gave his one and only Son, that whosoever believes in him shall not perish but have eternal life. John 3:16*

# 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 below. **FOR RETURNING GROUPS—PLEASE NOTE THE ADDITION OF A NEW YOUTH LEADER POSITION IN YOUR RAINBOW EXPRESS TEAM.**

## 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
- Craft Coordinator
- 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 \_\_\_\_\_

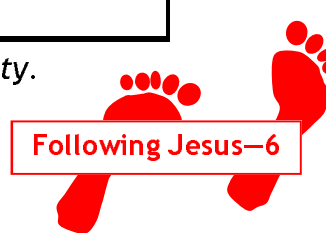
Contact Cell Phone Number:

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>Craft Coordinator:</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!**
- ◆ 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 **Christ, who suffered for you, is your example. Follow in His steps. 1 Peter 2:21b**
- ◆ 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).
- ◆ There is a CD of songs included in this packet. 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.
- ◆ The puppet songs are included in the CD in this packet. Bring a copy of the CD and a battery-powered boom box for each team. If this is not possible, Mission Arlington will provide boom boxes when you arrive.

**PREPARATION TIP**—Some computers do not play music from CDR type CDs. If your computer will not play the music, it should work in a standard, newer model CD player.



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

# Craft Coordinator

- ◆ Pray that the craft will help the child understand more about the lesson and Christ.
- ◆ We want the people that come to Rainbow Express to understand how the story applies to them. Pray that God will use the craft to help the people understand the message of His love for them.
- ◆ While at Mission Arlington, each day it will be your responsibility to make sure your team has all of the appropriate supplies in the box we provide.
- ◆ There is a craft section in each day's lesson. Know how to do each of the crafts. Remember everyone on your team will be leading a small group, so everyone should be familiar with the craft.
- ◆ Make an example of each craft to show the kids what they will be doing.



# 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.



# 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.
- Some of the suggested youth activities require extra materials like magazines or Bibles. Be familiar with each day's activities and have all the supplies that you need.
- Be sensitive to the youth. Some may enjoy participating in parts of the regular Rainbow Express program, especially if they have younger siblings that are attending or if they are involved in helping in some way. Others will feel more comfortable staying completely separated from the children for the entire time.
- Be flexible. Every apartment community is different and every teenager is different. You might have no teenagers, you may have one, and there might be a dozen. Be prayerfully ready for whatever happens.
- Be sure to report any youth that attend on the Rainbow Express attendance sheet so that the Mission Arlington missionaries can effectively follow up. There is no sure-fire method for working with youth, but here is one possible suggested schedule for a youth Rainbow Express

While the children are:	The youth are:
in opening large group: singing, puppets, memory verse, etc.	youth leaders are meeting any teenagers, going with them to invite their friends, etc.
in small groups: story, crafts	helping 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 small group closing time	doing the youth closing activity for that day
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 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 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 wanna-bes, 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 I 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. (You will be provided with freezer pops for younger kids.) 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 wrought 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.



# 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 WEEK OF MARCH 12th–18th, 2006

8:30 Meet for morning training time

9:30 Training time dismisses

9:45 Work projects groups begin assignment  
-or-  
Morning Rainbow Express groups leave for their site

10:30 Morning Rainbow Express begins

NOON Morning projects and Rainbow Express end. 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.*

1:30 Meet to worship and prepare for Rainbow Express

2:30 Depart for Rainbow Express

3:00 Rainbow Express begins

4:30 Rainbow Express ends. Clean up. Begin projects at Rainbow Express location or Mission Arlington.

## SCHEDULE FOR GROUPS COMING ALL OTHER 2005 SPRING BREAK WEEKS

8:30 Meet for morning training time

9:30 Training time dismisses

9:45 Work projects groups begin assignment (work projects will last from 10:00-1:00) *most groups*  
-or-  
Morning Rainbow Express groups leave for their site

10:30 Morning Rainbow Express begins (for groups not doing AM work projects)

NOON Morning Rainbow Express begins to wrap-up, clean up, walk children home, etc. Finish by 12:30, come back to Mission Arlington to turn in supplies.

1:00 Take a lunch break (all groups) *Each student needs to have his/her own sack lunch. You will not have time to cook.*

2:15 Meet to worship and prepare for Rainbow Express

3:15 Depart for Rainbow Express

4:00 Rainbow Express begins

5:30 Clean up at apartment community and return to Mission Arlington Help with various projects at Mission Arlington.

*All weeks: At 6:00 PM, Regular projects end. Option some nights to stay and participate in extended activities (generally Tuesday and/or Wednesday)*



# Day One

# Following Jesus

- **Large Group**
  - Songs
  - Puppets
  - Testimony
  - Memory Verse: Fast and Slow
- **Small Group**
  - Story: Philip and Nathanael
    - John 1:43-51
  - Craft: People I Can Share With Tree
  - Memory Verse Review
- **Large Group**
  - Story review questions



# Scripture for Today's Story:

John 1:43-51 (NirV):

The next day Jesus decided to leave for Galilee. He found Philip and said to him, "Follow me."

Philip was from the town of Bethsaida. So were Andrew and Peter. Philip found Nathanael and told him, "We have found the One that Moses wrote about in the Law. The prophets also wrote about him. He is Jesus of Nazareth, the son of Joseph."

"Nazareth! Can anything good come from there?" Nathanael asked.

"Come and see," said Philip.

Jesus saw Nathanael approaching. Here is what Jesus said about him. "He is a true Israelite. There is nothing false in him."

"How do you know me?" Nathanael asked.

Jesus answered, "I saw you while you were still under the fig tree. I saw you there before Philip called you."

Nathanael replied, "Rabbi, you are the Son of God. You are the King of Israel."

Jesus said, "You believe because I told you I saw you under the fig tree. You will see greater things than that."

Then he said to the disciples, "What I'm about to tell you is true. You will see heaven open. You will see the angels of God going up and coming down on the Son of Man."



# 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.

**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.

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 *Following Jesus*. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand what it means to be a follower of God. 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 following Jesus has made a practical and meaningful difference in your life. (*For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony read the sheet Tips on Preparing Your Testimony on page 20 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

# Day One

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.

After the Memory Verse Teacher finishes, divide the children into small groups to continue.

## 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: Philip and Nathanael

This week is going to be all about following Jesus, God’s son. We are going to learn what it means to love Jesus and obey what He teaches us.

Jesus was sent by God with a very important plan. He came so that He could help all people know that God loves them. Jesus came to help people love God back. Jesus spent His life helping people learn to follow God.

This week we are going to learn a lot about how Jesus followed God’s plan. If we follow Jesus, then we will be following God’s plan too.

Jesus chose a group of people to be His close friends. These people would follow Him everywhere He went. They would learn Jesus’ teachings, so that they could teach other people.

One day Jesus traveled to a place called Galilee. In Galilee, He met a man named Philip. Philip loved God and wanted to do what would make God happy. “Follow me,” Jesus said to Philip.

Philip was very excited. He was glad to follow Jesus. Immediately, he stopped what he was doing to begin following Jesus. Philip wanted to tell his friends about Jesus. He hurried to find his friend Nathanael.

Philip invited his friend to come follow Jesus too. “Nathanael, you have to come with me to meet this man. He is God’s son, who the Bible tells us about.”

Nathanael did not want to come. “Nothing good ever comes from Nazareth,” Nathanael told Philip. Nazareth was the town where Jesus lived. Nathanael did not think that Jesus was really God’s son.

“Come and see,” Philip invited him again. Nathanael agreed to go meet Jesus.

**PREPARATION TIP**—When you tell the story use as many interactive elements as you can. You are going to be outside talking to kids with short attention spans. Keep them involved so they will hear the story! Remember that involving the children will help them pay attention. Use hand motions and sound effects. Have your children repeat things back to you. Ask questions.

**DO NOT READ TO THE KIDS. TELL THEM THE STORY!** Even though you will be telling and not reading the story, have your Bible open to the story in your lap. This will help the children recognize that the story comes from the Bible and is not simply a fairy tale or something we have made up.

**Helpers:** While the story teller is teaching, sit with the children and be a good example by listening to the story. Watch for children who need special attention.

# Day One

Jesus was happy to see Nathanael when he and Philip arrived. “I know that you are honest and true,” Jesus told Nathanael.

“How can you know that?” Nathanael asked. “You don’t even know me.”

Jesus smiled. “I saw you when you were sitting under the fig tree, before Philip even came to talk to you.”

Nathanael was amazed. How could Jesus have known that Nathanael was sitting under the fig tree? Nobody saw him. Nobody told Jesus. Jesus knew things that were impossible for anybody else to know! Now Nathanael was glad he had come. He was excited about following Jesus.

“You really are God’s son,” Nathanael said happily.

“Do you believe I’m God’s son just because I knew you were under the fig tree? I promise that, if you follow me, even more exciting things are coming.”

From that day on, Philip and Nathanael followed Jesus. They really did see even more wonderful things. They saw Jesus teach about God’s love, heal sick people, walk on water, and even bring dead people back to life. They were very glad that they had made the choice to follow Jesus.

At first Nathanael had not wanted to follow Jesus. He didn’t think that Jesus would be the right person to follow. When Nathanael met Jesus, he knew that Jesus was really God’s son. He could see that Jesus knew all about him, even though they had never met. Jesus knows us too. He loves us very much, and He will be very excited if we decide to follow Him.

Jesus invites everybody to follow Him, even you and me. This week, I hope that you learn to follow Him.

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

# Day One

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.

## *People I Can Share With Tree*

Supplies: Crayons, Glue or Tape, Scissors, 1 tree/leaves page per child

### Directions:

1. Pass out a copy of the tree page to each of the children. Before they begin to color, explain to the children that the leaves are for names of people they want to tell the story to so that those people can have a chance to follow Jesus too. If they are unable to write the names themselves, either write the names for them or have the children draw a picture of those people.
2. As they are coloring the picture, have the children tell you the story so that they can practice how they will tell those people that they put on the leaves.
3. Once they are done coloring and putting in the names on the leaves, cut out the leaves so that they can glue or tape the leaves on to the tree.
4. As you are helping the children put the leaves on, talk about how by telling these people the story they heard today is a way of following Philip's example who was following Jesus.

## **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 back of this packet. Use a different idea from that list each day to help the children learn the words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

### *English*

Christ, who suffered for you, is your example. Follow in His steps. 1 Peter 2:21b

### *Spanish*

Cristo sufrió por ustedes, dándoles ejemplo para que sigan sus pasos. 1 Pedro 2:21b

## **Closing**

Each day the small groups will end with a short object lesson to help the children understand part of what it means to follow Jesus. These activities are two or three

# Day One

possible activities tailored to younger children (about Kindergarten to 2nd grade), older children (about 3rd through 6th grade), and youth (7th grade and above). As always, the goal is to do what will best relate to the children at your Rainbow Express, so break up the age groups however it works best for your location.

In today's closing activity, you will help the children and teenagers see that following Jesus is the best choice we can make in our lives. Any other celebrities, heroes, or role models will eventually let us down.

## Younger Children Activity

*Before you go to Rainbow Express, cut out the cards with the different phrases about Jesus.*

Pass out the cards to the children. Help them to read each card out loud. Explain that these are some of the reasons that we follow Jesus. Invite them to think of other examples. Play a game similar to Hot Potato. Sing a song while you pass the cards to different people in your small group. When the song ends, help each child that has one of the cards in their hands to read it out loud (remember that many young children will need help). End by praying and thanking God for loving us and asking Him to help us follow Him.

## Older Children Activity

*One at a time, show the children the pictures of the various occupations included at the back of this packet or bring your own. Let them talk about what they would do to be more like that person. (ie. Practice basketball, go to medical school, learn to play an instrument, etc) Also prompt them to explain why they would want to be like that person. Is it because of lots of money, or fame, or simply to be "cool"? Show them the picture of Jesus last.*

*Lead a discussion to help the children understand how Jesus is different (and better) from other people who we might want to be like. You might start something like this: This last picture is very different from the others, don't you think? This is a picture of Jesus. Today we learned that Jesus had a very special plan. We learned that He came to take away our sin so that we can be with God. We also learned that God has a special plan for our lives, just like there was a special plan for Jesus. God wants to help us learn to be like Jesus. We can love God and love people, just like Jesus did. We can follow God's plan for our lives, just like Jesus. Think of some ways that you can follow Jesus with your life. Help the children think of practical ways that they can follow Jesus.*

## Youth Activity

Have the youth name some celebrities that they think that they or other teenagers

# Day One

might sometimes want to emulate. Try to choose a variety of types of famous individuals or role models: athletes, entertainers, politicians, wealthy people, doctors, etc. One suggested fun way to do this is to bring some general news and/or celebrity oriented magazines and let the teenagers choose pictures or articles from people in the news they think represent somebody that they might want to be like. (*HINT—since celebrity magazines sometimes feature questionable topics or pictures, be sure to thumb through them ahead of time to remove any content you don't want to use during Rainbow Express. Alternatively, pull out picture or stories you do want to use and bring only those.*) Prompt them to explain why somebody might want to be like each of the celebrities.

Discuss how all of the things that make these people attractive as role models: wealth, talent, physical appearance, power, etc. are only temporary. Explain how Jesus is the only person we can follow who will never disappoint us. Jesus will never lead us astray, never treat us badly, never abandon us, and never fail to live up to His promises. Share a personal story from your life about how following Jesus has made a practical difference to you.

For all small groups:

*Close with an invitation to follow Jesus. Use something like this:* Learning to be like Jesus is God's plan for our lives. The first thing we have to do if we want to live that way is to let Jesus come into our hearts. When we ask Jesus to come into our lives, He does. He cleans away the sin from our lives and helps us learn how to be more and more like Him. If anybody here wants to learn more about how to have Jesus in their life, just ask us. We would love to help you know how.

## Wrap Up

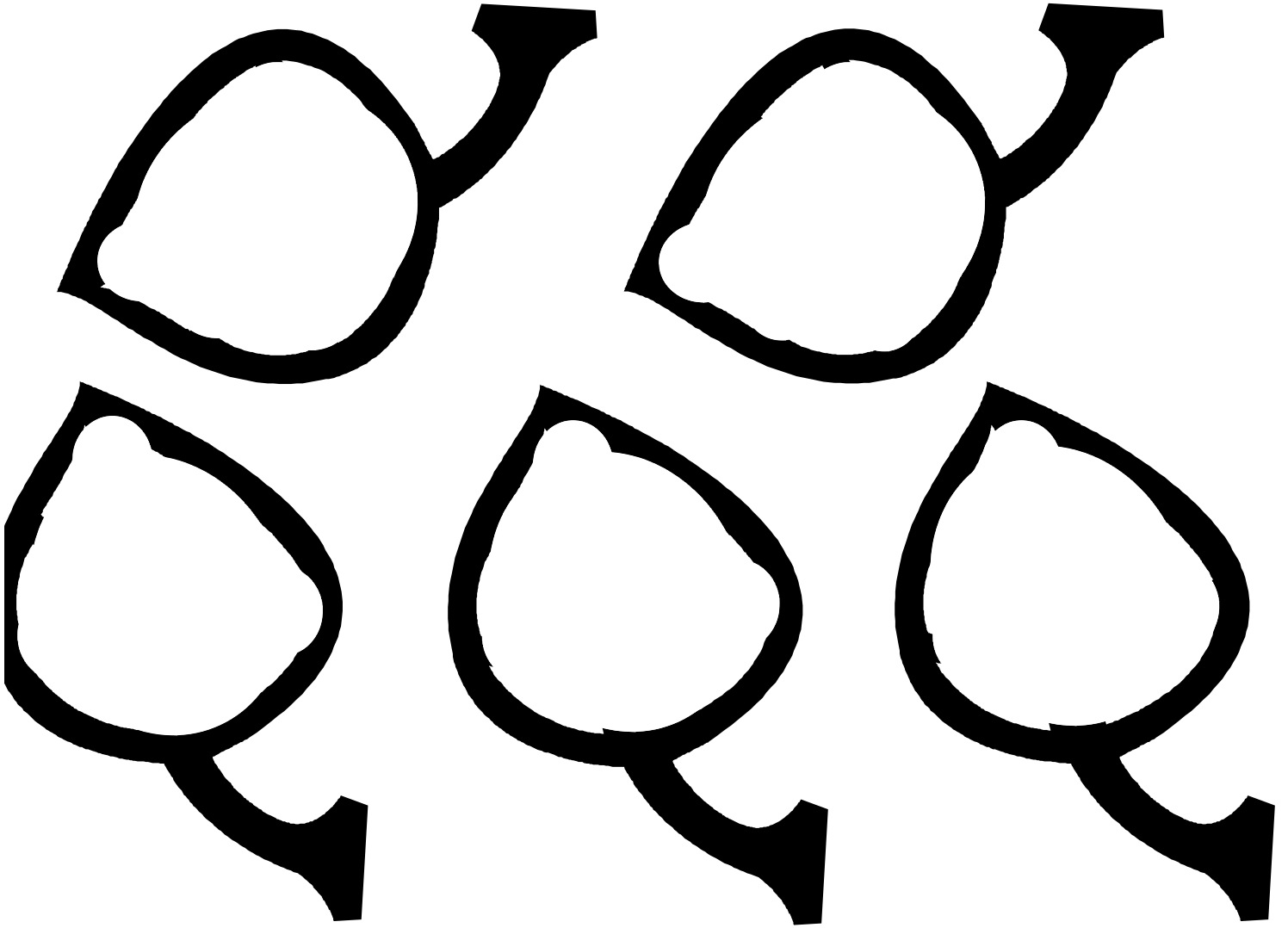
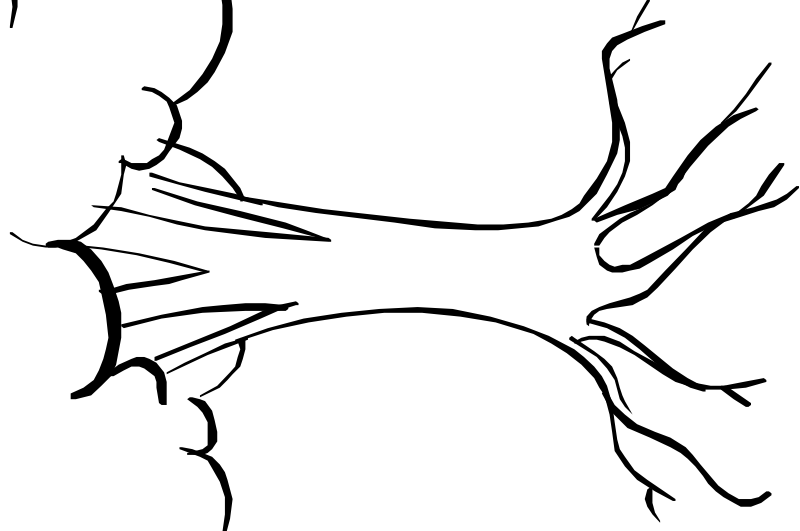
Each day you will end your Rainbow Express in a large group session. Have all the children return to the tarp where you started. Sometimes the movement from small groups to large group becomes distracting, especially to younger children. If you find your children becoming noisy as you return to your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

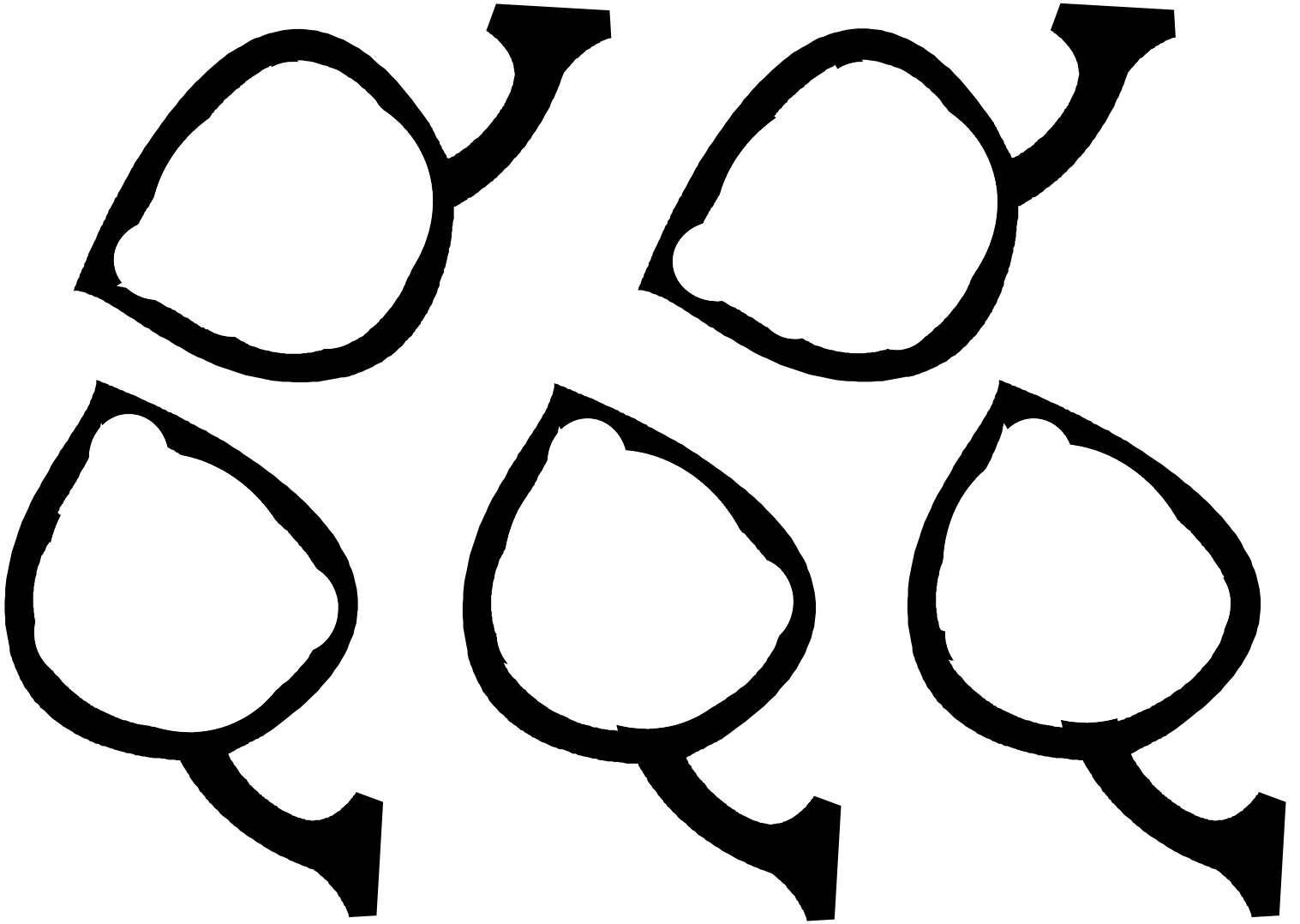
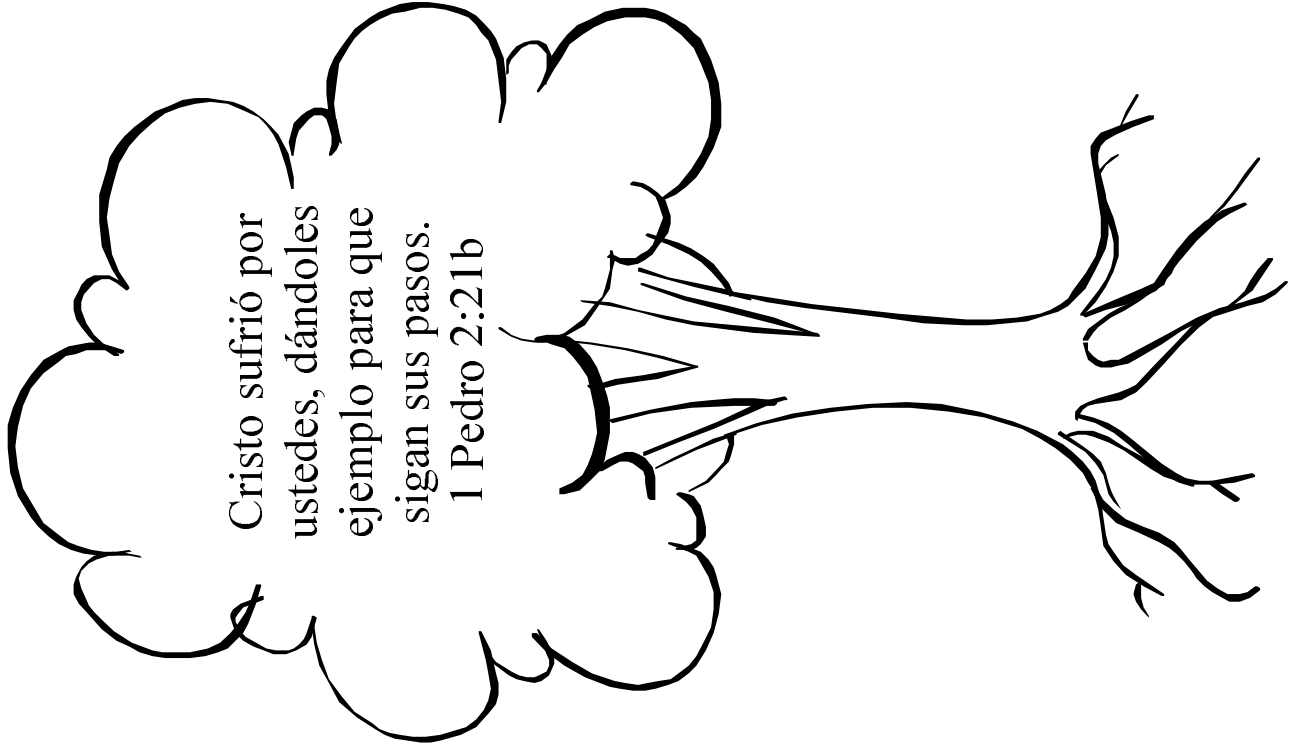
## Game Time/Snacks

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.

Christ, who suffered  
for you, is your  
example. Follow in  
His steps.  
1 Peter 1:21b



Cristo sufrió por  
ustedes, dándoles  
ejemplo para que  
sigan sus pasos.  
1 Pedro 2:21b





*Jesus made me.*

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Jesus died for me.

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Jesus forgives me.

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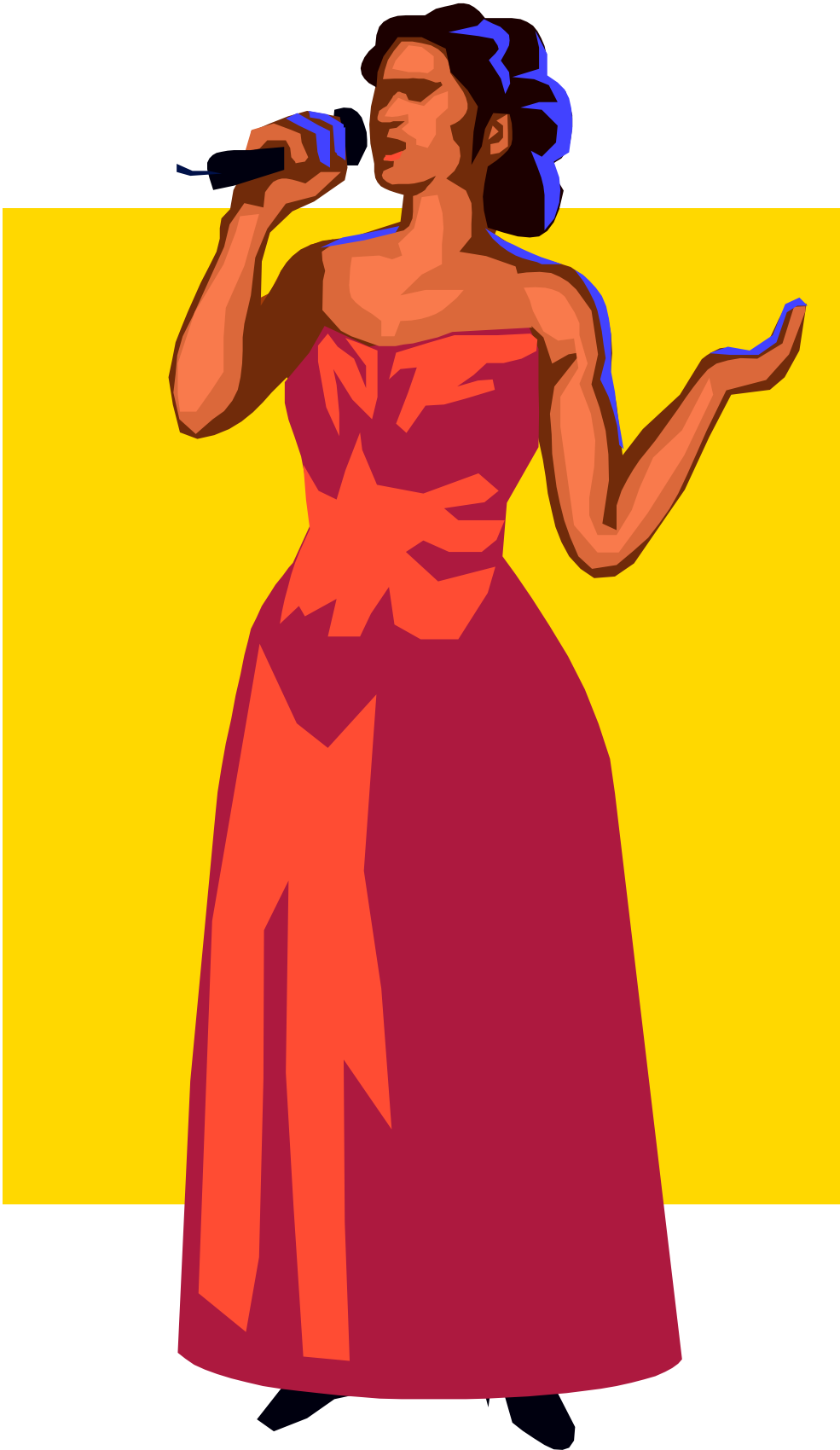
Jesus takes care of  
me.

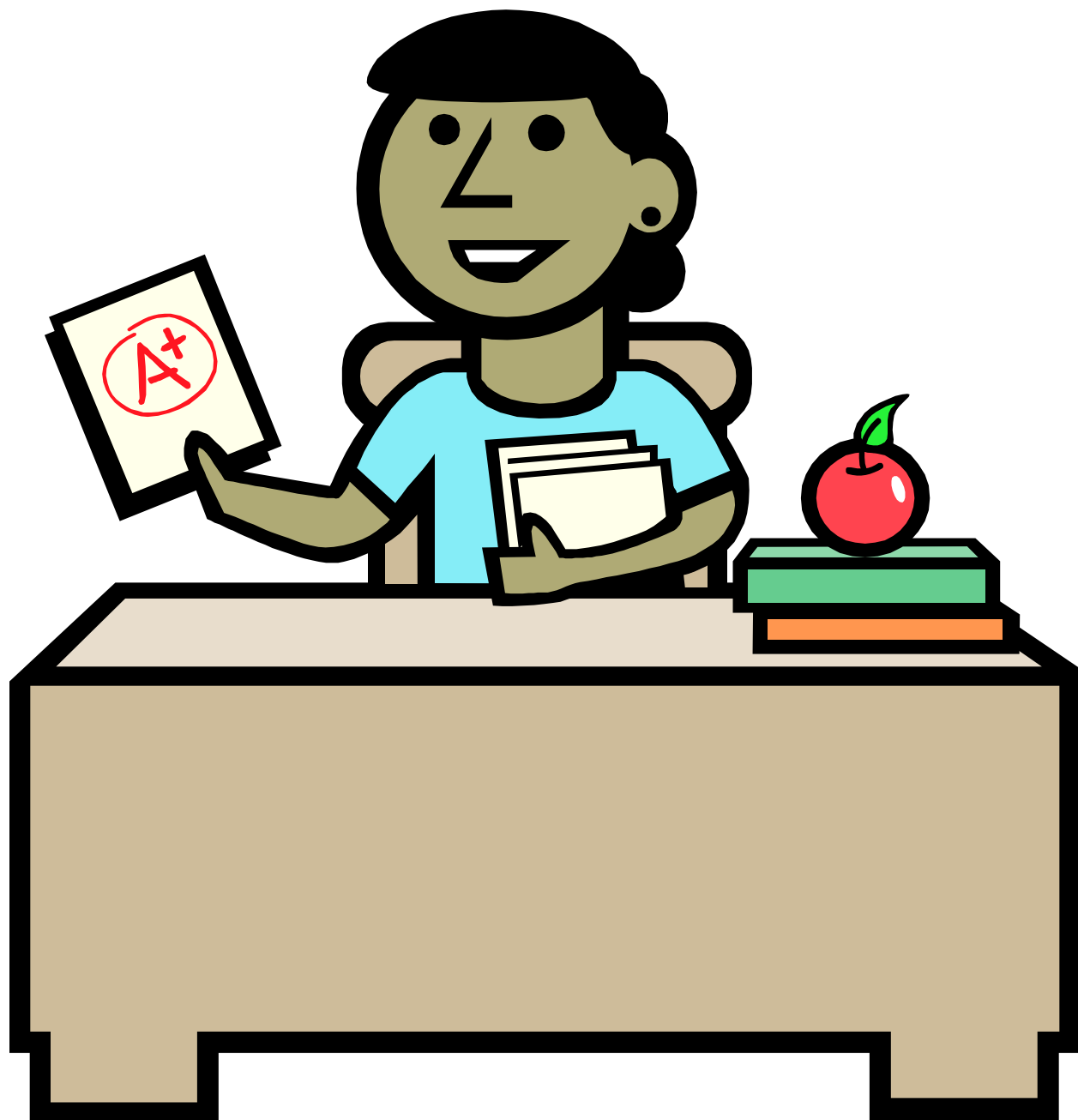
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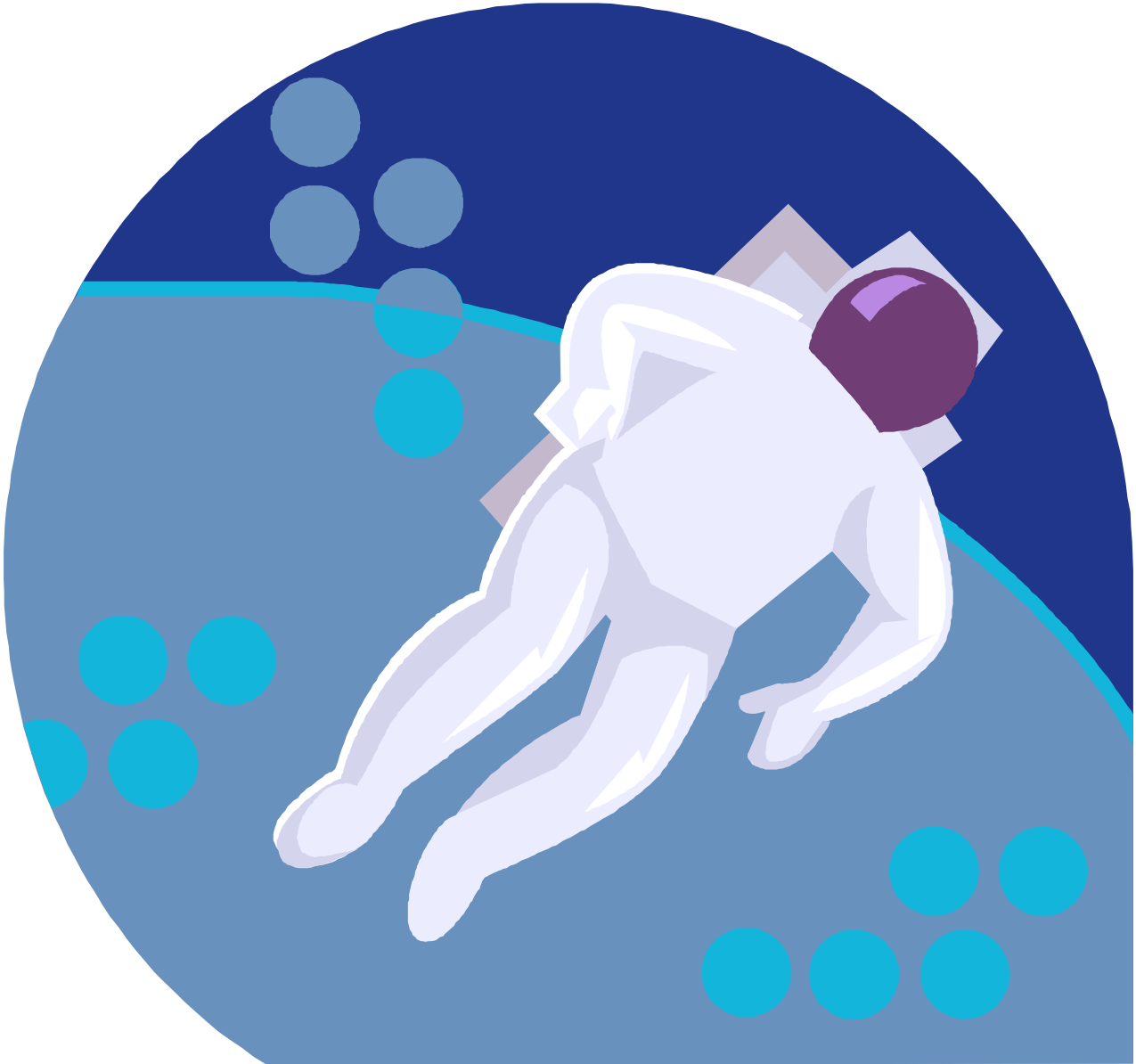
Jesus loves me.







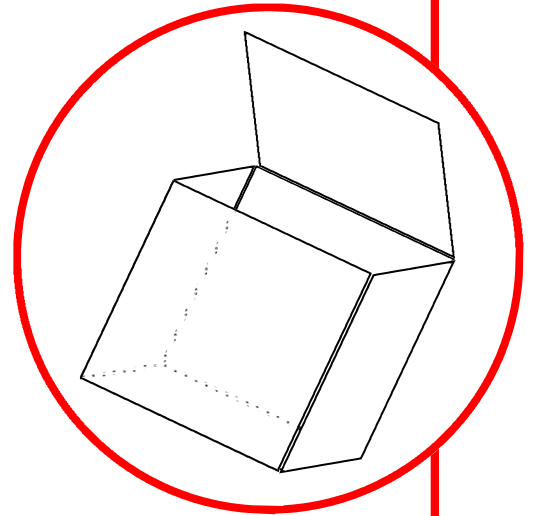




# Day Two

# Following Jesus

- Large Group
  - Songs
  - Puppets
  - Testimony
  - Memory Verse: Loud and Soft
- Small Group
  - Story: The Rich Young Man
    - Mark 10:17-27
  - Craft: Prayer Box
  - Memory Verse Review
- Large Group
  - Story review questions



# Scripture for Today's Story:

Mark 10:17-27 (NirV)

As Jesus started on his way, a man ran up to him. He fell on his knees before Jesus. "Good teacher," he said, "what must I do to receive eternal life?"

"Why do you call me good?" Jesus answered. "No one is good except God. You know what the commandments say. 'Do not commit murder. Do not commit adultery. Do not steal. Do not give false witness. Do not cheat. Honor your father and mother.' "*(Exodus 20:12 16; Deuteronomy 5:16 20)*

"Teacher," he said, "I have obeyed all those commandments since I was a boy."

Jesus looked at him and loved him. "You are missing one thing," he said. "Go and sell everything you have. Give the money to those who are poor. You will have treasure in heaven. Then come and follow me."

The man's face fell. He went away sad, because he was very rich.

Jesus looked around. He said to his disciples, "How hard it is for rich people to enter God's kingdom!"

The disciples were amazed at his words. But Jesus said again, "Children, how hard it is to enter God's kingdom! Is it hard for a camel to go through the eye of a needle? It is even harder for the rich to enter God's kingdom!"

The disciples were even more amazed. They said to each other, "Then who can be saved?"

Jesus looked at them and said, "With man, that is impossible. But not with God. All things are possible with God."



# 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.

**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.

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 *Following Jesus*. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand what it means to be a follower of God. 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 following Jesus has made a practical and meaningful difference in your life. (*For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony read the sheet Tips on Preparing Your Testimony on page 20 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

# Day Two

practice. Practice saying the memory verse together. Slowly begin to increase the volume. Divide the children into two or more teams. Have them try saying the verse together as a team. See who can say it loud and who can say it soft. Try playing Telephone by having all the children sit in a circle. Have the verse travel around the circle by having each child whisper the next word in the verse to their neighbor.

## Small Group Story Time

*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.*

**PREPARATION TIP**—When you tell the story use as many interactive elements as you can. You are going to be outside talking to kids with short attention spans. Keep them involved so they will hear the story! Remember that involving the children will help them pay attention. Use hand motions and sound effects. Have your children repeat things back to you. Ask questions.

**DO NOT READ TO THE KIDS. TELL THEM THE STORY!** Even though you will be telling and not reading the story, have your Bible open to the story in your lap. This will help the children recognize that the story comes from the Bible and is not simply a fairy tale or something we have made up.

**Helpers:** While the story teller is teaching, sit with the children and be a good example by listening to the story. Watch for children who need special attention.

## Today's Story: The Rich Young Man

Yesterday we learned that Jesus wants all people to follow Him. He loves everybody, no matter who they are. Sometimes people don't love Jesus back like they should. They start to act like other things are more important than following Jesus. Jesus wants to help us follow Him. All we have to do is ask for help. Today we're going to learn about a young man that wanted to follow Jesus but had to make a hard choice.

Jesus and His followers were traveling along the road. A young man who was very rich ran to see them. The rich man stopped in front of Jesus and bowed down in front of Him.

"Jesus, you are a good teacher," the young man said. "Tell me what I need to do to go to Heaven."

"You know the Bible," Jesus answered Him. "Do you follow what the Bible says?"

The young man nodded. "Ever since I was a boy, I have followed all of the rules in the Bible."

Jesus looked at the rich man. Jesus loved the rich young man, just like He loves all people. Jesus wanted the young man to follow Him, but He could see that there was a problem. When we follow Jesus, we have to let it be the very most important thing in our lives. This young man was very rich, and he loved all his money. He even treated his money like it was more important than following Jesus.

# Day Two

Jesus knew that the young man couldn't love money more than God if he wanted to follow Him.

"There is one thing you still need to do," Jesus told him. "Go home and sell all of your fancy things. Then take your money and give it away to help poor people that need it. Remember that the most important thing is following Me and going to Heaven, not having fancy things. After you do this, come back and follow Me."

The young man became very sad. He loved all his money. He loved all his things. He did not want to give them up. He went away and left Jesus and His followers.

"It is very hard for people who have too much and care too much about other things to go to heaven," Jesus told His friends. "It would be easier to push a big camel through a tiny hole than for them to follow Me."

Jesus' friends were very sad. "If it's so hard, who can go to Heaven?"

Jesus looked at His followers. "Remember that many things are impossible for people to do, but that nothing is impossible for God to do."

It was very good news when Jesus said that nothing is impossible for God. Just like the rich young man, sometimes we let other things get in the way of following Jesus. We might worry about what our friends say if they see us praying at school. Maybe we think we're too busy playing or watching TV to read our Bibles. When that happens, we need Jesus' help. He can help us to follow Him, even when it seems like other things can get in the way. Aren't you glad that Jesus loves us enough to help us follow Him?

*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 for our sins. Then on the third day He came back to life. Now, for anybody that asks, Jesus will take away our sins and become a part of our lives. He will help us to follow Him. The Bible says that if we believe Jesus in our hearts and follow Him, He will save us from our sin and help us to follow God. Then one day we will be with Him in heaven. Anybody that 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.



# Day Two

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.

## *Prayer Box*

Supplies: Crayons, Glue or Tape, Scissors, 1 Prayer Box per child

### Directions:

1. Pass out a prayer box page to each of the children. As the children are coloring the page go back over the story with them.
2. Once they are ready to cut out their box, remind them that Jesus shared with His disciples that nothing is impossible for God. Since nothing is impossible for God we can talk to and ask Him about anything.
3. As you are cutting out the box and taping/gluing it together share with the children some things you have seen God do in your life as you prayed about them. Tell them that whenever they have things they want or need to talk with God about to simply write it down and put it in their box. Encourage them to pray about what they write down everyday.

## **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 back of this packet. Use a different idea from that list each day to help the children learn the words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

### *English*

Christ, who suffered for you, is your example. Follow in His steps. 1 Peter 2:21b

### *Spanish*

Cristo sufrió por ustedes, dándoles ejemplo para que sigan sus pasos. 1 Pedro 2:21b

## **Closing**

Each day the small groups will end with a short object lesson to help the children understand part of what it means to follow Jesus. These activities are two or three

# Day Two

possible activities tailored to younger children (about Kindergarten to 2nd grade), older children (about 3rd through 6th grade), and youth (7th grade and above). As always, the goal is to do what will best relate to the children at your Rainbow Express, so break up the age groups however it works best for your location.

In today's closing activity you will help the children and teenagers to look at their own lives and see if they are following Jesus or not. *Note—it will be very important to emphasize that Jesus saves us simply because He loves us, and we follow Him because we love Him back. Help the children understand that while loving Jesus will make us want to follow Him, we cannot earn out salvation simply by following rules.*

## Younger Children Activity

Give each child a copy of the work sheet. Explain how Jesus treats people differently than we sometimes do. Jesus wants to help us learn to treat people like He does. In each box, write or draw a picture to illustrate a way you could treat that person like Jesus would. Pray and thank God that we can learn to act like Jesus.

## Older Children Activity

Bring several 3"x5" index cards. On each card, write an adjective or simple phrase suggested by the children that can be used to describe a person (honest, unkind, patient, angry . . .). Try to get a mix of positive and negative attributes. Have the children separate the cards into two piles, one for behaviors you would want your friends to have and one for behaviors you would not. Ask them which pile they think represents how Jesus interacts with people and which pile represents how people sometimes treat each other. Write *Jesus* on one card and put it on top of the good pile. Write *Us* on another card and place it on top of the bad pile. Explain that, when we follow Jesus, He helps us to become more and more like Him. Move the *Us* card to the good pile.

End by having one or two leaders share a personal story of how Christ made a change in their life. Pray and thank God that Jesus helps us to become more and more like God created us to be.

## Youth Activity

For today's lesson the youth closing activity is the same as the older children closing activity. Even though the process is the same, it would still be best to keep the youth separate so that they feel encouraged that it relates to them specifically.

For all small groups:

# Day Two

*Close with an invitation to follow Jesus. Use something like this:* We all know that sometimes we do, think, or say things that we should not. Sometimes we feel sad because it seems hard to change those things. The good news is that Jesus wants to help us with those things. Jesus loves us very much. He died on the cross to take away those bad things (that the Bible calls sins) from our lives. Then Jesus came back to life. He invites everybody to follow Him. He will help us to change our lives and become more and more like Him. If you would like to know how to ask Jesus to be in your life, just ask us.

## Wrap Up

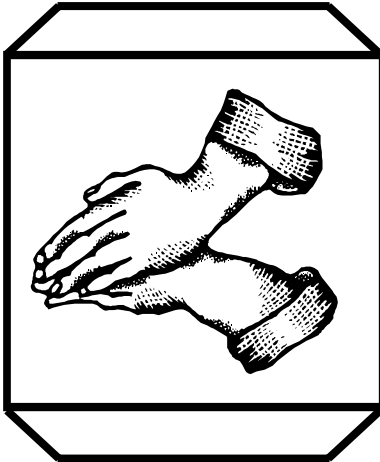
Each day you will end your Rainbow Express in a large group session. Have all the children return to the tarp where you started. Sometimes the movement from small groups to large group becomes distracting, especially to younger children. If you find your children becoming noisy as you return to your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





**FAMILY**

**FRIENDS**

**NEIGHBOR**

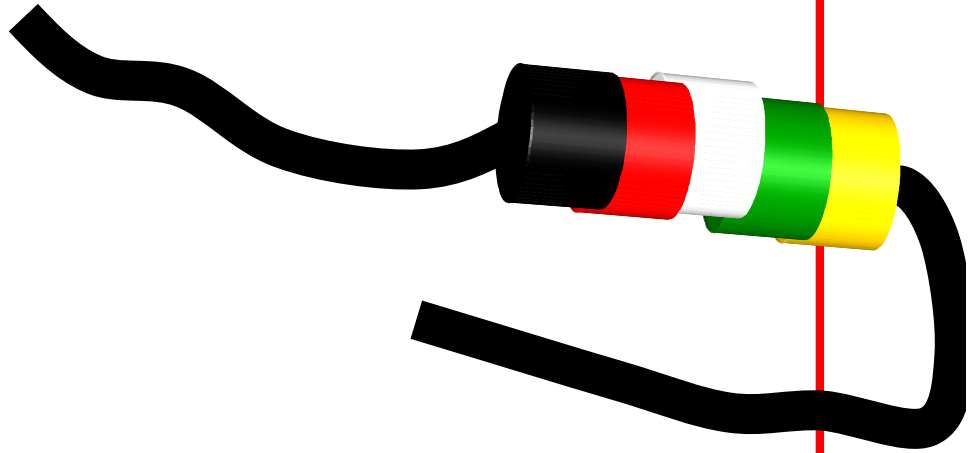
**TEACHER**



# Day Three

# Following Jesus

- Large Group
  - Songs
  - Puppets
  - Testimony
  - Memory Verse: Teams
- Small Group
  - Story: Jesus and the Thief
    - Luke 23:32-46,24:1-7,36-40
  - Craft: Salvation Bracelet
  - Memory Verse Review
- Large Group
  - Story review questions



# Scripture for Today's Story:

Luke 23:32-46, 24:1-7,36-40 (NirV):

Two other men were also led out with Jesus to be killed. Both of them had broken the law. The soldiers brought them to the place called The Skull. There they nailed Jesus to the cross. He hung between the two criminals. One was on his right and one was on his left.

Jesus said, "Father, forgive them. They don't know what they are doing." The soldiers divided up his clothes by casting lots.

The people stood there watching. The rulers even made fun of Jesus. They said, "He saved others. Let him save himself if he is the Christ of God, the Chosen One."

The soldiers also came up and poked fun at him. They offered him wine vinegar. They said, "If you are the king of the Jews, save yourself."

A written sign had been placed above him. It read, —this is the king of the jews.—

One of the criminals hanging there made fun of Jesus. He said, "Aren't you the Christ? Save yourself! Save us!"

But the other criminal scolded him. "Don't you have any respect for God?" he said. "Remember, you are under the same sentence of death. We are being punished fairly. We are getting just what our actions call for. But this man hasn't done anything wrong."

Then he said, "Jesus, remember me when you come into your kingdom."

Jesus answered him, "What I'm about to tell you is true. Today you will be with me in paradise."

It was now about noon. The whole land was covered with darkness until three o'clock. The sun had stopped shining. The temple curtain was torn in two. Jesus called out in a loud voice, "Father, into your hands I commit my very life." After he said this, he took his last breath.

It was very early in the morning on the first day of the week. The women took the spices they had prepared. Then they went to the tomb. They found the stone rolled away from it. When they entered the tomb, they did not find the body of the Lord Jesus. They were wondering about this.

Suddenly two men in clothes as bright as lightning stood beside them. The women were terrified. They bowed down with their faces to the ground.

Then the men said to them, "Why do you look for the living among the dead? Jesus is not here! He has risen! Remember how he told you he would rise. It was while he was still with you in Galilee. He said, 'The Son of Man must be handed over to sinful people. He must be nailed to a cross. On the third day he will rise from the dead.'"

The disciples were still talking about this when Jesus himself suddenly stood among them. He said, "May peace be with you!"

They were surprised and terrified. They thought they were seeing a ghost.

Jesus said to them, "Why are you troubled? Why do you have doubts in your minds? Look at my hands and my feet. It is really I! Touch me and see. A ghost does not have a body or bones. But you can see that I do."

After he said that, he showed them his hands and feet.

# 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.

**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.

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 *Following Jesus*. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand what it means to be a follower of God. 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 following Jesus has made a practical and meaningful difference in your life. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony read the sheet Tips on Preparing Your Testimony on page 20 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

# Day Three

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.

After the Memory Verse Teacher finishes, divide the children into small groups to continue.

## 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.*

**PREPARATION TIP**—When you tell the story use as many interactive elements as you can. You are going to be outside talking to kids with short attention spans. Keep them involved so they will hear the story! Remember that involving the children will help them pay attention. Use hand motions and sound effects. Have your children repeat things back to you. Ask questions.

**DO NOT READ TO THE KIDS. TELL THEM THE STORY!** Even though you will be telling and not reading the story, have your Bible open to the story in your lap. This will help the children recognize that the story comes from the Bible and is not simply a fairy tale or something we have made up.

**Helpers:** While the story teller is teaching, sit with the children and be a good example by listening to the story. Watch for children who need special attention.

## Today's Story: Jesus and the Thief

This week we have been learning what it means to follow Jesus. Every day we have learned that Jesus wants to help us follow Him. Remember that the most important thing Jesus did to help us was to die on the cross to take away our sins, all the bad things we have done. Today we're going to learn more about that.

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

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

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

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

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

The people watching started to make fun of Jesus. They laughed and called

# Day Three

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

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

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

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

We already said that Jesus died on the cross so that He could save everybody that follows Him. What do you think He said to this thief? This was a very bad man who was being killed for his crimes. Do you think that Jesus loved him too?

Jesus did love that thief, just like He loves you and me. Jesus told him “I promise that today you will be with me in Heaven.”

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!

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 loves 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.

## 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.

# Day Three

## *Salvation Bracelets*

Today's craft time is especially important. The colored beads and the explanation of the salvation bracelet will be the most clearly some of these children ever hear the gospel. Be very prayerful during this time and sensitive to those children who may be ready to accept Christ.

## *Salvation Bracelets*

Supplies: One piece of string or cord, and one black, red, white, green, and yellow bead for each child.

## Directions

*See the end of today's packet for explanations of the meaning of each of the five beads.*

## 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 back of this packet. Use a different idea from that list each day to help the children learn the words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

## *English*

Christ, who suffered for you, is your example. Follow in His steps. 1 Peter 2:21b

## *Spanish*

Cristo sufrió por ustedes, dándoles ejemplo para que sigan sus pasos. 1 Pedro 2:21b

## Closing

Each day the small groups will end with a short object lesson to help the children understand part of what it means to follow Jesus. These activities are two or three possible activities tailored to younger children (about Kindergarten to 2nd grade), older children (about 3rd through 6th grade), and youth (7th grade and above). As always, the goal is to do what will best relate to the children at your Rainbow Express, so break up the age groups however it works best for your location.

## Younger Children Activity

*(Prepare the spinner with the five colors ahead of time.)* Begin by reviewing the



# Day Three

meanings of the five colors on the bracelet. Have each child hold up the appropriate bead while you explain what it means. (Note that there are two sheets for explaining the meanings of the colors, one for older children/youth and one for younger children.) After having gone through it a few times, show the children the spinner you made. Point out that the colors on the spinner match the colors on their bracelet. Let the children take turns spinning the spinner. Have all the children hold up whichever bead the spinner lands on. Let the child who spun explain what it means. If the child is shy, doesn't want to answer, or seems to be struggling to remember, have all the children say it together.

Finish by praying and thanking God that He loves us and sent Jesus to help us. Ask Him to help all of the children in your small group love Him back and follow Him.

## Older Children Activity

Begin by reviewing the meanings of each of the five colors of the bracelet. Explain to the children that these five colors are one way of remembering God's plan to save people. Ask them how we know what God's plan to save people is. Tell them that it is very important to understand that this is not something that people just made up or a game to play at Rainbow Express. God's plan is explained to us in the Bible, God's special book that tells us about Him. Tell the children that you are going to help them where in the Bible each of the ideas behind the five beads comes from. Let each child use a Bible, or let them work in pairs or threes if you do not have enough Bibles. One at a time, look up the verses corresponding to each of the five colors. Help them talk about what these verses mean. After reading through all five, give each child a copy of the sheet with the colors and the verses. Say that they can use this to help them remember God's plan to save people, and to tell their friends about it as well. *(The verses on the sheet you are going to hand out to them are taken from the New International Reader's Version, a very easy to read translation. You may have to explain why the wording on the sheets you give them is not exactly the same as what they read in the Bibles.)*

Pray and thank God that His word in the Bible tells us how to know Him and follow Him.

## Youth Activity

For today's lesson the youth closing activity is the same as the older children closing activity. Even though the process is the same, it would still be best to keep the youth separate so that they feel encouraged that it relates to them specifically.

## For all small groups

*Close with an invitation to follow Jesus. Use something like this:* Today we talked about what Jesus did to take away our sins. We learned that Jesus loved us very, very much to die on the cross for us. When Jesus came back to life, He invited

# Day Three

anyone that wants to follow Him. If we ask Jesus, He will come in our hearts, forgive our sins, and help us to follow God's plan for our lives. Jesus gives us a chance to turn away from the bad things we used to do, just like the thief on the cross. All we have to do is accept Jesus' invitation. If you would like to know how to ask Jesus to be in your life, just ask us.

## 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.*

**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!

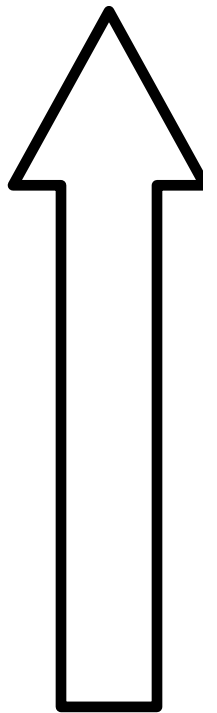
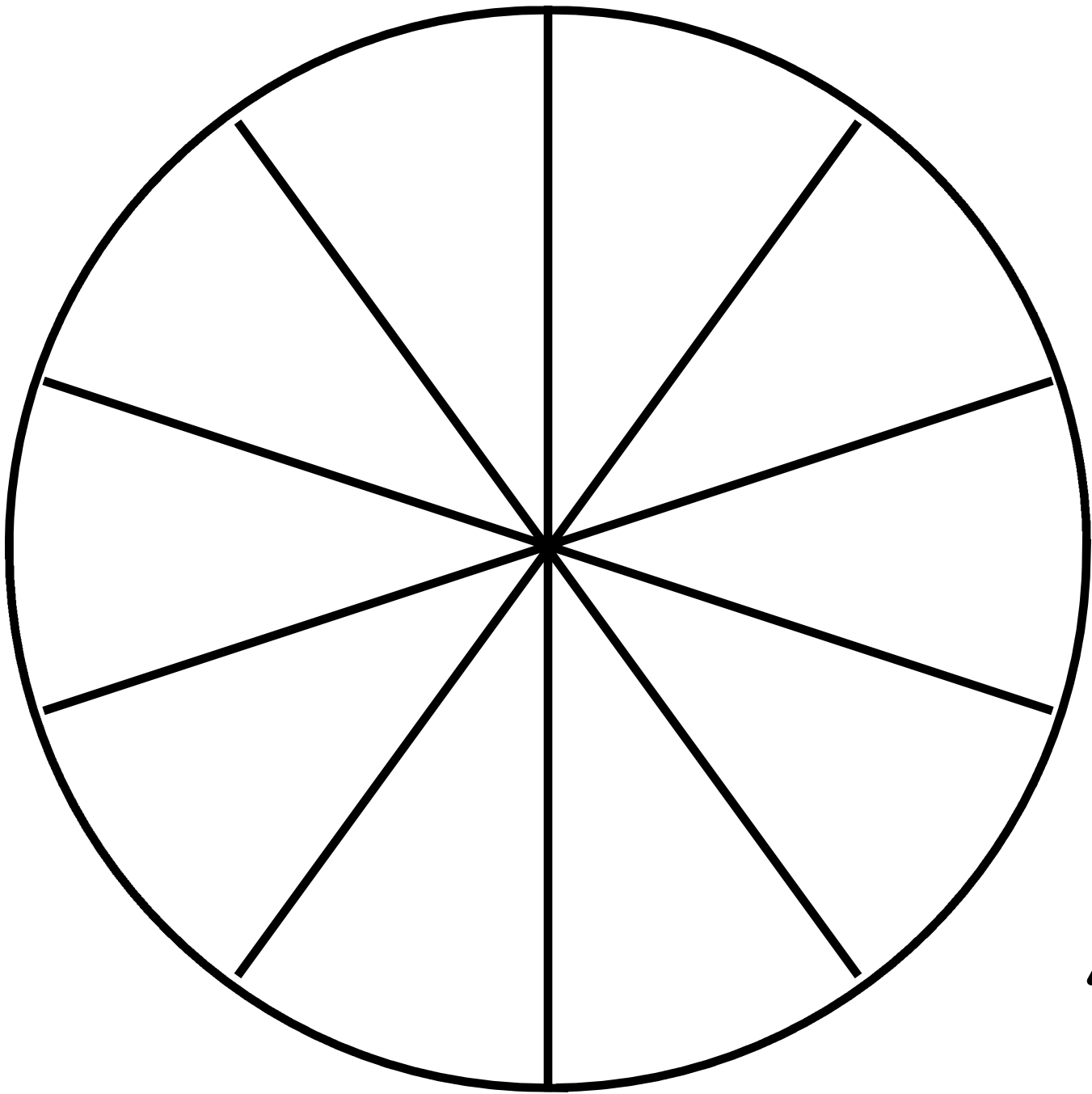
**BLANCO-** *Este representa nueva vida. La Biblia dice que una vez que aceptamos a Jesús como nuestro Salvador, somos hechos nuevos. El limpia el pecado que estaba dentro de nosotros. ¡Esto es porque Jesús esta en nuestras vidas!*

**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.*



To make the spinner, color two “pie pieces” for each of the colors. Cut out the circle and glue it to a paper plate. Cut out the arrow (it will work better if you print this page on card stock or make an arrow out of cardboard or posterboard) and use a brass fastener to attach it to the center of the plate.





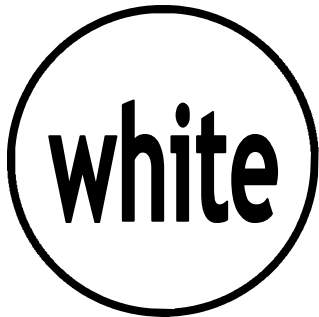
Sometimes we do bad things that make God sad.

*A veces hacemos cosas malas que no le gustan a Dios.*



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

*Jesús se murió en la cruz por nosotros porque nos ama.*



Jesus can take away all the bad things I did.

*Jesús puede quitar todas las cosas malas que hice.*



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

*Yo puedo seguir a Jesús y aprender ser mas como El.*



One day I will be with Jesus in Heaven.

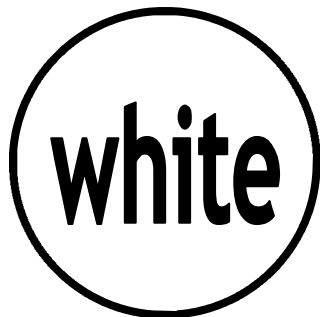
*Un día estaré en El Cielo con Jesús.*



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



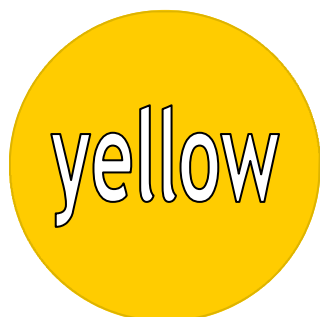
But here is how God has shown his love for us. While we were still sinners, Christ died for us. Romans 5:8



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

# Following Jesus

- Large Group
  - Songs
  - Puppets
  - Testimony
  - Memory Verse: Next Word Relay
- Small Group
  - Story: The Good Samaritan
    - Luke 10:25-37
  - Craft: Verse Poster
  - Memory Verse Review
- Large Group
  - Story review questions



# Scripture for Today's Story:

Luke 10:25-37 (NIRV):

One day an authority on the law stood up to put Jesus to the test. "Teacher," he asked, "what must I do to receive eternal life?"

"What is written in the Law?" Jesus replied. "How do you understand it?"

He answered, "'Love the Lord your God with all your heart and with all your soul. Love him with all your strength and with all your mind.' (*Deuteronomy 6:5*) And, 'Love your neighbor as you love yourself.' " (*Leviticus 19:18*)

"You have answered correctly," Jesus replied. "Do that, and you will live."

But the man wanted to make himself look good. So he asked Jesus, "And who is my neighbor?"

Jesus replied, "A man was going down from Jerusalem to Jericho. Robbers attacked him. They stripped off his clothes and beat him. Then they went away, leaving him almost dead. A priest happened to be going down that same road. When he saw the man, he passed by on the other side. A Levite also came by. When he saw the man, he passed by on the other side too.

But a Samaritan came to the place where the man was. When he saw the man, he felt sorry for him. He went to him, poured olive oil and wine on his wounds and bandaged them. Then he put the man on his own donkey. He took him to an inn and took care of him. The next day he took out two silver coins. He gave them to the owner of the inn. 'Take care of him,' he said. 'When I return, I will pay you back for any extra expense you may have.'

"Which of the three do you think was a neighbor to the man who was attacked by robbers?"

The authority on the law replied, "The one who felt sorry for him."

Jesus told him, "Go and do as he did."

# 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.

**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.

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 *Following Jesus*. Each day you will be sharing stories, songs, crafts, and other activities that help the children understand what it means to be a follower of God. 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 following Jesus has made a practical and meaningful difference in your life. *(For help on sharing in a way that will be age-appropriate and meaningful with children, each person who plans to give their testimony read the sheet Tips on Preparing Your Testimony on page 20 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

# Day Four

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

After the Memory Verse teacher finishes, divide the children into small groups to continue.

## 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: The Good Samaritan

Yesterday we learned that Jesus died on the cross and then came back to life. He did this to take away the bad things we did and invite us to Heaven. Jesus wants everybody to know that they are invited to follow Him.

While Jesus was here, He spent a lot of time teaching people how to follow God. One day a church teacher asked Jesus, "What must I do in order to go to heaven?"

Jesus asked him, "What does the Bible say?"

The man answered, "Love God with all your heart, soul, strength, and mind. And, love your neighbor as you love yourself."

"That's right," Jesus told him.

Then the man asked, "Who is my neighbor?"

Jesus answered the man by telling a story:

A man was traveling from the town of Jerusalem to the town of Jericho. As he was walking, a group of robbers attacked him. They stole his clothes and money, beat him up, and left him hurting on the side of the road.

A church leader was walking down the same road. He saw the hurt man on the side of the road, but he did not stop to help. Another church worker was

**PREPARATION TIP**—When you tell the story use as many interactive elements as you can. You are going to be outside talking to kids with short attention spans. Keep them involved so they will hear the story! Remember that involving the children will help them pay attention. Use hand motions and sound effects. Have your children repeat things back to you. Ask questions.

**DO NOT READ TO THE KIDS. TELL THEM THE STORY!** Even though you will be telling and not reading the story, have your Bible open to the story in your lap. This will help the children recognize that the story comes from the Bible and is not simply a fairy tale or something we have made up.

**Helpers:** While the story teller is teaching, sit with the children and be a good example by listening to the story. Watch for children who need special attention.



# Day Four

walking down the road. He went over to the hurt man. Then he walked around the man on the other side of the road. This was the second person who had walked by the hurt man without stopping to help.

A third man was walking down the same road. This man was a Samaritan. The Jews and Samaritans were not normally friends. No one would have been surprised if the Samaritan man had just passed by the hurting Jew without stopping. But, the Samaritan saw the hurt man and stopped. The Samaritan put medicine on his wounds and bandaged them. Then he put the man on his own donkey and took him to a motel. He gave the manager of the motel enough money for the hurt man to stay there until he was better.

When Jesus finished telling the story, He asked everybody listening who they thought was a good neighbor in the story. They answered that the Samaritan was the good neighbor. Jesus told them that to follow Him, we need to care for people like the Samaritan in the story did.

In Jesus' story, the Samaritan did everything He could to help the hurt man. Yesterday we learned what Jesus did to help us. Jesus let Himself be killed on the cross so that He could help us. Then Jesus came back to life and invited everybody to follow Him. If you want to know how you can follow Jesus, we would like to help you.

## 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.

## *Verse Poster*

Supplies: Crayons, crayons and on verse poster page per child

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.

# Day Four

## *Memory Verse Banner*

1. Pass out one page to each child.
2. Have the children color the banner. As they are coloring, have the children practice saying the verse. Go back over the story about Philip and the Ethiopian. Talk about ways that we can share what we know about the Bible with others.
3. Encourage their children to hang the banner up in their rooms to always help them remember the verse.

## **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 back of this packet. Use a different idea from that list each day to help the children learn the words of the verse and to explain why it applies to their lives. (Some require extra preparation, so be sure to review the list in advance.) The memory verse for this week is:

### *English*

Christ, who suffered for you, is your example. Follow in His steps. 1 Peter 2:21b

### *Spanish*

Cristo sufrió por ustedes, dándoles ejemplo para que sigan sus pasos. 1 Pedro 2:21b

## **Closing**

Each day the small groups will end with a short object lesson to help the children understand part of what it means to follow Jesus. These activities are two or three possible activities tailored to younger children (about Kindergarten to 2nd grade), older children (about 3rd through 6th grade), and youth (7th grade and above). As always, the goal is to do what will best relate to the children at your Rainbow Express, so break up the age groups however it works best for your location.

### **Younger Children Activity**

Let the children take turns acting out the story of the Good Samaritan. In between each turn, have them think of one or two ways that they can help people like Jesus does and like the Good Samaritan did.

End by praying and asking God to help us follow Jesus by helping others.

# Day Four

## Older Children Activity

Give each child a sheet of the bandage cards. Remind them that in today's story the Samaritan helped the hurt man by putting bandages on his wounds. Jesus said that we are supposed to help others too. Have the children think of ways that they can help other people. Encourage them to think of ways that they could help different groups of people (Bible Study leaders, parents, friends, teachers, etc.). Write one helpful activity on each bandage. Have the children cut out the cards. Explain that a part of following Jesus is to treat others like Jesus would. Encourage them to try to use one of the ideas from their cards each day to help someone. Give each child a few extra blank cards. Encourage them in their own prayer times to ask God to help them find more ways to help.

End by praying and asking God to help us follow Jesus by helping others.

## Youth Activity

Explain to the youth that today's story is one example of how the Bible helps us follow Jesus. Jesus gave a practical example of what it meant to follow Him. If the youth want to follow Christ, it will be very important that they know how to spend time learning God's word. Tell them that the Bible gives lots of help on knowing how to follow Jesus. Give each student a copy of the Bible verse matching sheet. The questions on the left are common questions that teenagers face. The references on the right are Bible verses that might help them know how to deal with these situations. Help them to look up each verse/passage and then match it to the right question.

## For all small groups

*Close with an invitation to follow Jesus. Use something like this:* This week we have talked about following Jesus. We learned that Jesus loved us very, very much to die on the cross for us. When Jesus came back to life, He invited anyone that wants to follow Him. If we ask Jesus, He will come in our hearts, forgive our sins, and help us to follow God's plan for our lives. Jesus gives us a chance to turn away from the bad things we used to do, just like the thief on the cross. All we have to do is accept Jesus' invitation. If you would like to know how to ask Jesus to be in your life, just ask us.

## 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.



CHRIST, WHO SUFFERED FOR  
YOU, IS YOUR EXAMPLE.  
FOLLOW IN HIS STEPS.  
1 PETER 2:21B



CRISTO SUFRIÓ POR  
USTEDES, DÁNDOLES  
EJEMPLO PARA QUE  
SIGAN SUS PASOS.  
1 PEDRO 2:21B

A note on today's craft—the next two pages show what the verse poster will look like in English and in Spanish. They have a slightly “squished” appearance because the real crafts you will be using at Mission Arlington will be printed on slightly wider paper.



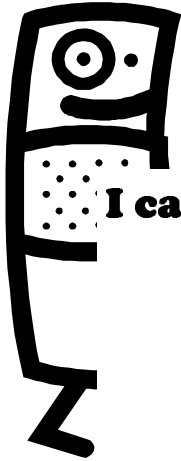
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CRISTO SUFRIÓ POR  
USTEDES, DÁNDOLES  
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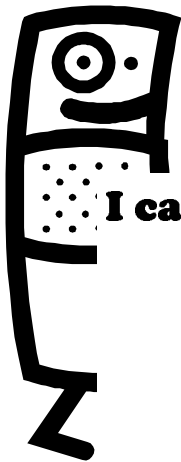
1 PEDRO 2:21B



**I can help by:**



**I can help by:**



**I can help by:**



**I can help by:**



**I can help by:**



**I can help by:**



# ANSWERS

How do I know if something is okay to watch, listen to, or look at?

**Matthew 5:43-44** You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you,

Why do I need to read the Bible?

**John 3:16-17** God loved the world so much that He gave his one and only Son. Anyone who believes in Him will not die but will have eternal life. God did not send His Son into the world to judge the world. He sent his Son to save the world through Him.

How much is enough to pray?

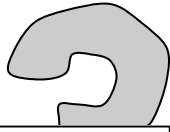
**1 Thessalonians 5:16-18** Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

How do I treat people who don't treat me right?

**Philippians 4:8** Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things.

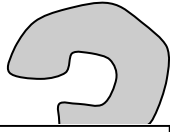
What if I have been *really* bad? Can God still forgive me?

**Psalms 19:104-106** I gain understanding from your rules. So I hate every path that sinners take. Your word is like a lamp that shows me the way. It is like a light that guides me. I have taken an oath. I have promised to follow your laws, because they are right.



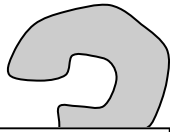
How do I know if something is okay to watch, listen to, or look at?

**Matthew 5:43-44**



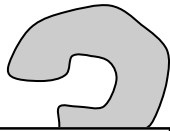
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**John 3:16-17**



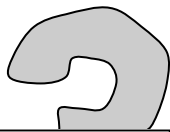
How much is enough to pray?

**1 Thessalonians 5:16-18**



How do I treat people who don't treat me right?

**Philippians 4:8**



What if I have been *really* bad? Can God still forgive me?

**Psalms 104-106**

**Following Jesus**

# SONGS

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

### 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-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





**Following Jesus**

# **GAMES**

**fun, easy to  
learn group  
games for  
your  
Rainbow  
Express**

### **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**

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



### **Circle Spot Rush**

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

### **Animal Relay**

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

### **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.



**Following Jesus**

# **PUPPETS**

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

Day 1 Song: 50 Ways to Follow Jesus

To follow Christ ain't complicated, don't you see?  
The answer's easy if you take it spiritually  
He wants to help you in your struggle to be free  
There must be fifty ways to follow Jesus

Don't try to live the Christian life all on your own  
He didn't save you just to leave you all alone  
God wants to help you, and He still is on the throne  
There must be fifty ways to follow Jesus  
fifty ways to follow Jesus

*Chorus:*

*You just stay on the track, Jack  
Follow His plan, Stan  
You don't need to be rich, Mitch  
For you to be free  
Just give Him your heart, Bart  
You don't need to go far  
Just stay on your knees, Lee  
And He'll set you free*

You know it grieves the Lord to see you in such pain  
There's something He can do to make you smile again  
He'll take away your sins and wash 'em down the drain  
There must be fifty ways to follow Jesus

So open up His Word, you'll find the answers there  
And spend some time each morning on your knees in prayer  
And you will find the love of Jesus everywhere  
There must be fifty ways to follow Jesus  
fifty ways to follow Jesus

*(Repeat Chorus)*

You just stay on the track, Jack  
Follow His plan, Stan  
You don't need to be rich, Mitch  
Just listen to me  
Just give Him your heart, Bart  
You don't need to go far  
Just stay on your knees, Lee  
And He'll set you free



Day 2 Song: God Moves in Mysterious ways

Everyday we walk on these feet of clay  
And we can't escape the hard times that come our way  
We've been trusting in the Lord  
But cannot see His plan  
There're so many things in life  
That we just don't understand, look

God loves you  
Stop looking down  
He'll be there  
He won't let you down

*Chorus:*

*It's alright...It's alright...it's alright  
God moves in mysterious ways  
It's alright...It's alright...it's alright  
God moves in mysterious ways, Uh huh*

God will never change He's always the same  
So just trust Him with the things you can't explain  
Remember what's real He knows how you feel  
If you want to rise above better learn how to kneel (on your knees boy!)

Look up!  
Here comes your help  
Depend on Him  
Not on yourself

*Chorus*

*It's alright...It's alright...it's alright  
Strength by day, comfort by night, oh*

One day you'll look back and you'll see  
Where you were held by Jesus' love  
Cling to this hope though we don't know 'bout tomorrow  
He holds tomorrow

*Chorus*

*It's alright...It's alright...it's alright  
Strength by day, comfort by night, oh*

### Day 3 Song: Salvation

Can't seem to get my mind off of you  
Ever since you let me start fresh and new  
I'll never go away  
With you I'll stay  
You've given my whole life a brand new meaning

When I think about all that you've done  
And how you sent your only Son  
I see I was wrong  
And I'm not so strong  
'Cause you're the only one worth living for

Oh, I could never repay the debt  
For what you've done for me  
'Cause you forgive and you forget

*Salvation, all I've ever wanted  
Salvation, wash my sins away  
Salvation, never have to be alone  
Salvation, all I've ever wanted  
Salvation, wash my sins away  
Salvation, 'cause you rolled away the stone*

I'm gonna witness  
I'm gonna tell  
About your love  
And how you conquered sin and death and hell

*Salvation, all I've ever wanted  
Salvation, wash my sins away  
Salvation, never have to be alone  
Salvation, all I've ever wanted  
Salvation, wash my sins away  
Salvation, 'cause you rolled away the stone  
Salvation, all I've ever wanted  
Salvation, wash my sins away  
One day we'll worship you around your throne*





Day 4 Song: (God Loves) Everyday People

God's always right, and he's never wrong  
He came to give us all a song  
The girls and the boys and the women and men  
Makes no difference what group were in

God loves everyday people, yeah yeah

God loves the tall ones and God loves the short ones  
And He can use the blonde one  
To witness to the freckled one  
In His name, we're all the same  
And so on and so on and Scooby dooby doo-bee

*(Ohh sha sha, Oo sha sha)*  
We got to serve together

I am no better, and neither are you  
He loves us the same, whatever we do  
He loved us. He saved us. He calls us again  
Makes no difference what church we're in

God loves everyday people, yeah yeah

There is a long hair who's serving with a short hair  
And God is calling rich ones to give  
And help the poor ones  
In His name, we're all the same  
And so on and so on and Scooby dooby doo-bee

*(Ohh sha sha, Oo sha sha)*  
We got to serve together

God made yellow ones  
God made the black ones  
And God made the brown ones and God made the white ones  
In His name, we're all the same  
And so on and so on and Scooby dooby doo-bee

Oo sha sha  
God loves everyday people

**Followings Jesus**

# Memory Verse

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

## **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 altogether.

Three red footprints are scattered across the page, one at the top right, one in the middle left, and one at the bottom left. Each footprint is a solid red shape with five distinct toes.

Christ, who suffered  
for you, is your  
example. Follow  
in His steps.

1 Peter 2:21b

Three red footprints are scattered across the page, one at the top right, one in the middle left, and one at the bottom center. Each footprint is a solid red shape with small red dots representing toes.

Cristo sufrió por  
ustedes, dándoles  
ejemplo para que  
sigan sus pasos.

1 Pedro 2:21b

# 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 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. These items may or 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.*

# 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 (NIV)***

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