

LESSON ONE



HIKE: HELPLESS TO HOPEFUL

Memory Verse:

Romans 15:13

"May the God of hope fill you with all joy and peace as you believe."

Bible Story:

Jesus Meets Nicodemus by a Pool
(John 3:1-9)

Song Suggestion:

The Strength of the Lord
I Have Found in Jesus
His Grace Like a River
There Runs in My Heart
I Will Enter His Gates
Walking in Sunlight

Preparatory Considerations:

1. This class is divided into five blocks of instruction. To ensure that all the material is covered, you will want to consider carefully each block of instruction in preparation for class.
2. Read all the Scripture references for the lesson.
3. Make sure that all materials are prepared for the students' use. The following materials will be required for this class:
 - Student Books
 - Visual Aids—Memory Verse Sign, Posts and Boomerang, Kangaroo reproducible; Story Time Bible Book; Stop! and Hop! Kangaroo puppets
 - Visual Aids for Lesson One—Lesson One Memory Verse Trail Sign; Turnabout People
 - 100-gram paper (Block Five)
 - Plastic tablecloth or shower curtain (Block Five)
 - pitcher (Block Five)
 - several cups of water (Block Five)
 - towels (Block Five)
 - scissors (Block Five)
 - three envelopes (Block Five)



HOP TO IT!

- Welcome students.
- Record attendance.
- Introduce the theme.

GREETING

Begin by welcoming the students to Turnabout Pointe. **G'Day, mates! That's how we say *Welcome* here in the Land Down Under. That's Australia to you Yanks. Do you know where Australia is? (Response) It's all the way on the other side of the world. That's why most folks call it the Land Down Under.**

Not only is Australia on the opposite side of the world, it is also different from the States in lots of ways. Did you know that the water in Australia spins the opposite way when it goes down the drain? The stars in the sky look totally different than they do in the States. And Australians speak English, but it's unlike any English you may have heard before.

Australia is a land chock-a-block—that means *full*—of strange and wonderful animals. Do you know what animals you can find in Australia? (Response) What type of animals do you think you would find in the Outback? (Response) Good on ya! We can find hopping kangaroos and cuddly koalas in the Outback.

Introduce yourself and any co-teachers as Trekking Guides. Then continue by explaining the theme of the VBS series. **In this VBS, each one of you is going to be a bushwalker. A bushwalker is a hiker who is hiking through Australia. Australians are generally friendly people. They greet friends and strangers with a big smile and a G'Day, Mate! Let's try it together. (Response) G'Day, Mate!**

The Land Down Under is the perfect place to learn about Jesus. One day Jesus met people, he turned their lives upside down and inside out. He completely turned their lives around. That's why we're here at Turnabout Pointe, to learn how Jesus turned people's lives about and to learn how we can let Jesus turn our lives about.

Okay, bushwalkers! Are you ready to lace up those hiking boots and hit the trail? (Response) Good on ya! That's the Australian way of saying, Good job! Before we start our trek, let's sing a song that will help us to remember everyone's name.

Audio Tracks available on the Multimedia CD!

HELLO SONG

Rotate through song until every student has been mentioned.

(See page 45.)



TURNABOUT!

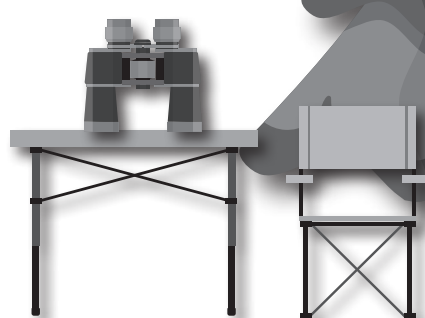
- Perform Action Rhyme.
- Introduce Memory Verse.



Arrange the students in a large open area facing you. Perform the Turnabout Action Rhyme with them. **Okay, bushwalkers. We are now going to say and do the "Turnabout Action Rhyme" together. We will do the action rhyme each time we are together, so we will always remember that Jesus is always our helper.** Perform the following action rhyme with the students. Instruct them to watch you, and perform the actions as you say the words. Practice the action rhyme slowly so students will have time to complete the actions. Perform each action as you say each line. This activity will be performed during each VBS session. The students will become more familiar with the actions as VBS progresses.

From the morning when I wake until day's end,
 Jesus is my helper. He's my special friend.
 He makes me smile. When He sees me pout,
 He takes my life, and helps me turn about!
 When I am tired and need help to get along,
 Jesus, my helper, makes me big and strong.
 He makes me smile. When He sees me pout,
 He takes my life, and helps me turn about!
 When I'm alone and want to run and hide,
 I know I'm not alone. He is always by my side.
 He makes me smile. When He sees me pout,
 He takes my life, and helps me turn about!
 Though I do not always act like I should,
 He can teach me right from wrong and the good.
 He makes me smile. When He sees me pout,
 He takes my life, and helps me turn about!
 Why does Jesus help me to be all that I should be?
 Because He is my friend. He loves and cares for me.
 He takes my life, and helps me turn about!
 He takes my life, and helps me turn it about!

stretch as if waking up
 wrap arms around yourself and hug
 point to face and smile, then pout
 spin in a circle
 let body droop as if tired
 flex muscles
 point to face and smile, then pout
 spin in a circle
 shrink and cower as if afraid
 stand brave and tall with hands on hips
 point to face and smile, then pout
 spin in a circle
 waggle finger back and forth to say, "no"
 reach over shoulder and pat yourself on the back
 point to face and smile, then pout
 spin in a circle
 hold hands out with palms up and shrug shoulders
 wrap arms around yourself and hug
 point to face and smile, then pout
 spin in a circle



SAVED

MEMORY VERSE

You will be making a *Memory Verse Trail Sign* using the visuals from the Visual Aid Packet. You could attach the pieces to a bulletin board or affix them to a wall. Prepare your bulletin board with a red and yellow background to look like the Outback. You could add a small billabong with blue pond and green and brown trees. Cut out the pieces of the sign post and the Memory Verse Boomerang. Piece the posts together, and attach the Memory Verse Boomerang at the top of the post. If you use a bulletin board, you could start the sign posts at the floor, affixing the posts to the wall and then up onto the bulletin board.



Cut out each of the *Memory Verse Trail Signs*, but do not add them to the sign post yet. Have the *Memory Verse Trail Sign* for Lesson One with you at this time. You will also want to make copies of the *Kangaroo* reproducible page, one for each student. Write each child's name on their *Kangaroo*. Gather the students at a table, and give them crayons or markers, so they can color their *Kangaroo* as you talk.

Okay, bushwalkers. It is time for us to learn a very important Bible verse. Show the *Memory Verse Trail Sign* for Lesson One. **Our Bible verse can be found in Romans 15:13. It says, "May the God of hope fill you with joy and peace in believing." Have you ever felt helpless like you don't know what to do or where to turn? That can make you have an empty feeling inside. This verse tells us that God wants to fill you with joy, peace, and hope. When we believe in Him, we will be happy and filled with peace. Jesus can help you get out from Helpless to Hopeful. (Attach the *Memory Verse Trail Sign* to the bulletin board.) **Let's say our Bible verse together. Repeat after me...**(Say the memory verse slowly, allowing students to repeat.) **Good on ya! Everyone said the memory verse so that means everyone gets to place a *Kangaroo* on the bulletin board.** Help each child to attach their *Kangaroo* near the Lesson One *Memory Verse Trail Sign*.**



BIBLE STORY TIME

- Discover what happens when Jesus meets a man by a Pool.
- Explore how Jesus can help us Turn from Helpless to Hopeful

Prepare the students for the Bible story. **Okay, bushwalkers. It is time for our Bible story. All our Bible stories in this VBS will be stories about when Jesus met someone who needed help to Turn about. The first story we will hear is about when Jesus met a man by a pool. Before we begin, let's sing the "Story Time Song!"**



JESUS MEETS A MAN BY A POOL

Remove the Story Time Bible Book from the Visual Aid Packet. Turn to the first group of pictures, and show the corresponding pictures as you read the following story. Scriptural reference: John 5:1-9

PICTURE ONE

Jesus loved to help people. Everywhere He went, Jesus looked for people who needed Him. He turned their lives about and helped people to change. He made their lives better than they were before.

One day, Jesus was in a city called Jerusalem. Can you say, *Jerusalem*? (Response) Good on ya! Jerusalem was a big city, and there were many people who lived there. Some of the people who lived in Jerusalem were very sick. Some of them could not see, and others could not walk.

Many of the sick and hurting people would spend their days sitting beside a pool of water in Jerusalem. The pool of water was called the Pool of Bethesda. Can you say, *Bethesda*? (Response) Good on ya! They are doing a great job of listening!

The sick people believed that the Pool of Bethesda could make them better. Even though they believed this, it was not making them well. There were still many sick and hurting people sitting around the edge of the pool. One day when Jesus was in Jerusalem, He walked by the Pool of Bethesda and saw all the sick and hurting people.

PICTURE TWO

One of the people sitting beside the Pool of Bethesda was a man who could not walk. This man had been sick for a very long time. Can you imagine what it would be like if you could not walk? Like all the other sick and hurting people, he probably sat beside the pool every day but still was not well.

Jesus looked over and saw the man, and He wanted to help him. Jesus walked up to the man and asked him, "Do you want to be well?" The man probably wanted to walk very badly, but he told Jesus that he had no one to help him. "I cannot walk, and I do not have any friends to help me into the water," the man said.

PICTURE THREE

Jesus said to the man, "Get up, pick up your bed, and walk." At that moment, the man stood up for the first time in many years. He picked up the bed he had been lying on for so long, and he began to walk. He must have been so happy! Jesus had not only healed the man's legs, but He had changed the man's entire life. From now on, the man would not have to sit by the pool every day. He could work. He could run. He could do what ever he wanted to do. When Jesus met the man by the pool, He turned his life about. The man changed from helpless to hopeful. When Jesus meets us, He turns our lives about too!





TRAVEL LOG

Allow the students to complete the Bible Story Activity from Lesson One in their Student Books.

AUSSIE ACTIVITIES

- Reinforce the lesson.
- Create a hands-on learning experience that will solidify the lesson in the students' minds.
- Have fun!

The following activities are all designed with the same purpose in mind—to reinforce the lesson. They are not listed in any certain order; there are a number of ways you can choose to coordinate them. Depending on the number of students, the number of teachers available, the size of your classroom, and the time allotment, you may choose to perform these activities one at a time with the entire class or separate your class into small groups and rotate through them. Obviously, you may even opt to pick which activities work best for you and only perform those activities. However, it is important for this age group that each group of students has adult supervision.

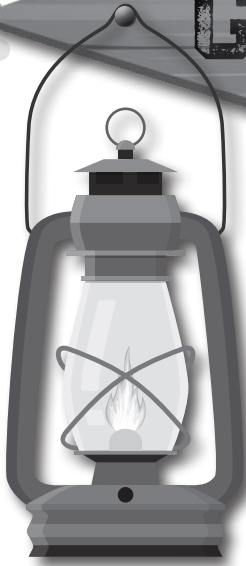
FULL OF HOPE

Materials needed: large bowl set inside a tub
plastic tablecloth or shower cover
pitcher
several cups of water
towels

Before class begins, measure the amount of water it takes to make the bowl overflow. Pour this amount of water plus one cup more into the pitcher. Spread a plastic tablecloth or shower cover on the floor. Place the tub on the plastic cover, and place the empty bowl inside the tub. Evenly distribute the water from the pitcher into one cup per student. Give each student one cup of water. Read the Memory Verse. **ASK: What is something that brings you peace, that makes you feel safe and warm?** One student at a time, allow each student to pour some of the cup of water into the bowl as he names something that makes him feel safe. **ASK: What is something that brings you joy, that makes you happy?** Allow each student to pour the rest of his cup of water into the bowl as he names something that makes him happy. When the last student pours his water into the bowl and the water overflows, **SAY: Jesus wants to help us. He wants to be so full of hope that the joy and peace overflows our lives and flows into the lives of others.**



GET UP AND WALK



Have your students sit on the floor in a circle, facing inward. **SAY: Do you remember what Jesus told the man who could not walk? (Response) Yes. He told the man to, "get up and walk!" I'm going to walk around the circle. If you touch my head and say, "Stay," you should stay where you are. If I touch your head and say, "Get up and walk," you should follow me around the circle.**

Move around the circle, choose a student by saying, **Get up and walk** when you tap their head, and lead them around the circle. When you get back to their spot in the circle, help them to recite the Memory Verse. Then have them say it on their own again. Move through the activity several times, until students are comfortable enough to play. Then allow the students to take turns being "it."

TURNABOUT PEOPLE

Materials needed: Visual Aid marked Lesson One—Turnabout People
scissors
three envelopes

Before class, remove the Visual Aid titled **Turnabout People** from the Visual Aid Packet. Cut along the provided lines, separating the Visual Aid into individual pieces: six heads, six bodies, and six pairs of legs. There are also three title cards: Heads, Bodies, and Legs, to put with each stack of pieces. Using three separate envelopes, place inside each envelope one stack of pieces and its corresponding head title card to keep them from getting mixed up.

Reassemble the poster, on a table so your students can see, so that the **Turnabout People** should look like. Then collect the cards, making sure to keep like cards with like. Place the title cards on a table. Shuffle each stack of pieces separately. Place each stack of pieces below the correct title card, face-down.

Tip:
You may want to write the titles (Heads, Bodies, Legs) on the back of the cards to help you keep them straight.

SAY: Jesus changed everyone He met. He turned their lives about. Let's see what happens when we change. We Turnabout People. Choose six students, and instruct them to draw three cards each: one head, one body, and one pair of legs. Instruct the students to place their cards in the proper piles (head, body, legs) without turning the cards over to reveal the colored side. When all six students have selected and arranged their cards, instruct them to turn the cards over. In most cases, the result will be a very mixed-up person. Allow a moment or two for all the students to see the different mixed up people before returning their cards to the correct drawing pile. Shuffle the cards in each pile for the next six students (if you have six or fewer, allow the same students to try again). Continue to play as long as you like.

SAY: That was silly, wasn't it? We changed how these Turnabout People looked on the outside. And not always for the better. Jesus changes us on the inside. He changes how we think and how feel about others. And His changes are always for the better. Read 2 Corinthians 5:17. **Because of Jesus, we can become a new creation. Jesus can turn our lives about and make us better.**





KANGA-REVIEW!

- Review the Bible story, *Jesus Meets a Man by a Pool*.
- Explore how Jesus shows He is our friend.
- Explain that Jesus can give us hope when we feel helpless.

Before class, remove the two *Kangaroo puppets* from the Visual Aid Packet, and glue a craft stick to the back of each puppet. Use the puppets to help you review the Bible story.

Arrange the chairs in a circle and have your students take a seat. **Attention, bushwalkers! Who here thinks they are a good listener?** (Response) **Let's see who has been a good listener during VBS today. We are going to have a Kanga-review! I'm going to talk about things we learned today. If I say something that is true, each of you will stand up and hop like a kangaroo to another chair. You can hop to a chair next to you or a chair all the way across the circle, but you have to hop to a new chair. If I say something that is not true, you should stay in your chair and sit still.**

Let's have a practice round. Are you ready? First question, you are old enough to drive a car. (Students should hold still. Hold up the *Stop! Kangaroo puppet*.) **Good on ya! Let's try again. You have a belly button.** (Students should stand up and hop like a kangaroo until they have all switched places. Hold up the *Hop! Kangaroo puppet*.) **Good on ya! Let's start the Kanga-review!**

1. In our Bible story, Jesus walked by a pool of water called the Pool of Bethesda. (Hop!)
2. There were many sick people who sat beside the Pool of Bethesda. (Hop!)
3. Jesus stopped to help a man who was blind. (Stop!)
4. Jesus stopped to help a man who could not walk. (Hop!)
5. The man told Jesus to leave him alone. (Stop!)
6. The man told Jesus he had no one to help him. (Hop!)
7. Jesus helped the man to go down into the water. (Stop!)
8. Jesus helped the man by telling him, "Get up and walk," healing him. (Hop!)
9. Jesus does not care about you or me. (Stop!)
10. Jesus is a great helper and friend. (Hop!)

Good on ya! You are such good listeners! I am filled with hope now that Jesus loves and cares for me. Because I believe that Jesus cares for me, I know that He will always be my friend and helper. I am feeling less helpless. Let's say a prayer to God to thank Jesus. Before we pray, let's sing our "Prayer Song."



TRAVEL LOG

Allow the students to complete the Application Activity from Lesson One in their Student Books.