

# 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  
The Peace Like a River  
There Is 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; Turnabout People; Stop! and Hop! Kangaroo puppets
  - Visual Aids for Lesson One—Lesson One Memory Verse Trail Sign; Turnabout People
  - Bible
  - Block
  - Classors (Block One)
  - 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 48.)



# TURNABOUT!

- Discuss how it feels when we feel that no one sees us.
- Learn that Jesus always sees us.
- Introduce Memory Verse.



Bring a mask, hood, or other object used to hide your face to class with you.

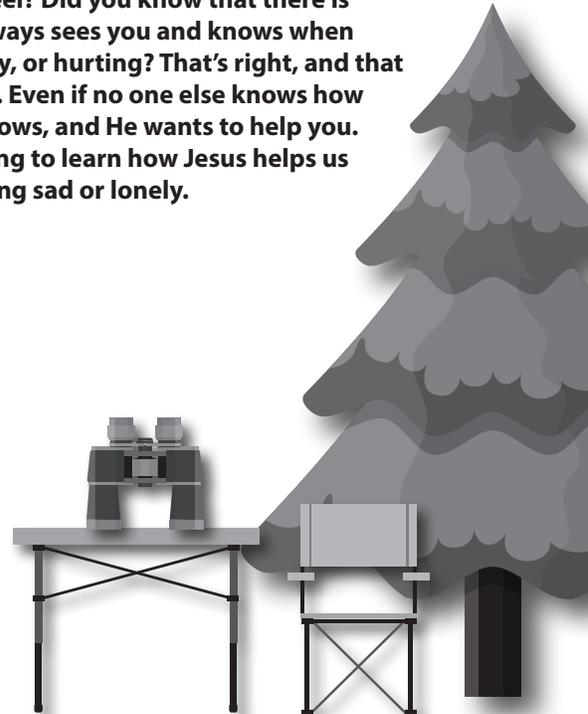
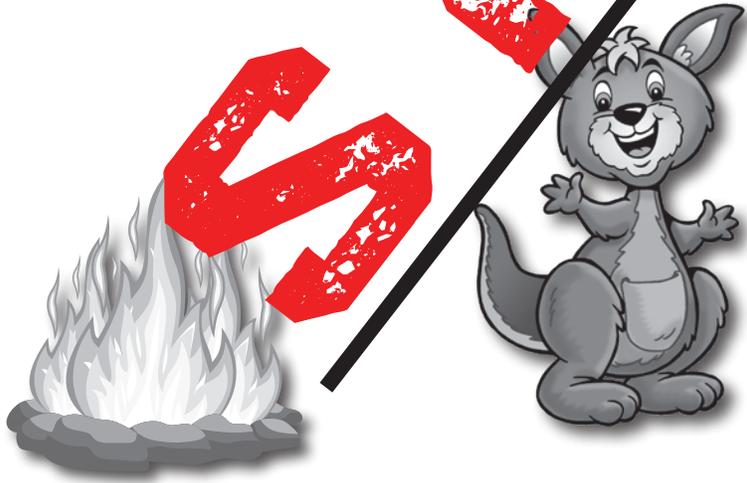
**Do you like to make faces? Raise your hand if you like to make funny faces.** (Response) **Great! Show me your best sleepy face.** (Response) **Wow! Those are great faces. Show me your best silly face.** (Response) **Those are some really silly faces.**

**I am going to make a few faces, and I want all of you to guess what type of face I am making. Okay? You will have to be good guessers, though, because I am going to make a face so that you cannot see it. Are you ready?** (Response) **Yes!** (Response) **Good! I will use a hood or mask to hide your face. Make a face that shows you are:** happy, sad, surprised, angry, excited, or any face you like. Allow the students to guess what emotion you are expressing. Then pull off the hood or mask to reveal your face. Repeat this action two or three times. Finally, repeat the action while making a sad face. Once you reveal your sad face, continue with the lesson.)

You can tell a lot about how others are feeling just by looking at their faces, can't you? It is hard to tell, though, how someone is feeling if we do not see them. Sometimes, people guess, and do not take the time to look around at others to see how they are feeling.

Have you ever been really sad about something, but no one else knew it? Have you ever felt really bad and thought that no one else even cared? (Allow responses, if any.) Sometimes, we feel like no one else can even see us, don't we?

Did you know that there is Someone who always knows how you feel? Did you know that there is Someone who always sees you and knows when you are sad, lonely, or hurting? That's right, and that someone is Jesus. Even if no one else knows how you feel, Jesus knows, and He wants to help you. Today, we are going to learn how Jesus helps us when we are feeling sad or lonely.



# 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! You are doing a great job of listening!

The sick people believed that the Pool of Bethesda could make them well. Even though they believed that, it was not working very well. There were still many sick and hurting people sitting around the edge of the pool. One day, while 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 38 years. Can you imagine not being able to stand or walk for 38 years? Like all the other sick and hurting people, he probably sat beside the pool for many days but still was not well.

Jesus looked over and saw the man, and He wanted to help. Jesus walked up to the man and asked him, "Do you want to be made 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!

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## REVIEW QUESTIONS

1. Why do many sick and hurting people in Jerusalem sit by the pool of Bethesda? They believed the pool could heal them.
2. Whom did Jesus see by the pool of Bethesda? A man who could not walk.
3. How long had the man been crippled? 38 years.
4. What did Jesus ask the man? "Do you want to be made well?"
5. How did the man answer Jesus' question? He said he had no one to help him.
6. What did Jesus do for the man who could not walk? He healed him, enabling him to walk.



# 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.

## JESUS SEES ME

**Materials needed:** blanket

This activity works best for classes with a large number of students. Have your students stand in a circle, facing inward. Choose one student to pretend to be "Jesus." This student should leave the circle and close his eyes so that he cannot see what the other students are doing.

Select one student to hide. This student should sit on the floor with a blanket draped over her. While "Jesus" still has his eyes closed, the other students should switch places within the circle so that everyone is standing in a different place. Once this has been done, instruct "Jesus" to open his eyes, walk around the circle, and try to guess which student is missing. When he thinks he knows the answer, he should say: **I see you (Nora). Get up and walk.**

If "Jesus" guesses correctly, the hiding student should remain where she is. If "Jesus" guesses incorrectly, (Nora) should throw off the blanket and jump up. It is then Nora's turn to be the next "Jesus." Play until everyone has had a turn to be "Jesus."

**ASK:** What if we had more children who was missing? What if we had many more children in the circle? Would it have been more difficult for Jesus to find the missing child? In our Bible story, the man who could not walk had been sitting beside the pool for many years! He had no friends to sit with him. During that time, many people probably walked right by him, never even looking at him or noticing him. But when Jesus walked by, even among the great crowd of people, Jesus saw the man. Jesus sees each one of us, too. Even in a large crowd of people, Jesus sees us. He always knows when we are sad or hurting. Isn't that good news?



# 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 me to get up and walk!** You should tell the man to, **“get up and walk!” I’m going to walk around the circle. If you don’t want to get up and say, “Stay,” you should stay where you are. If I touch your head, you should get up and walk,” you should follow me around the circle.**

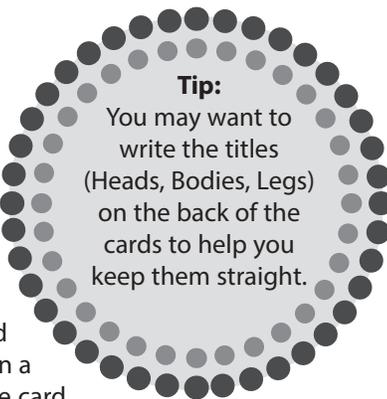
Move around the circle, choose a student by saying, **Get up and walk** when you tap their head, and lead them around the circle. When you get back to their spot in the circle, help them to recite the Memory Verse. Then have them say it on their own again. Move through the activity several times, until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



**SAY:** **Jesus changed everyone He met. He turned their lives about. Let’s see what happens when we change lives. Turnabout People.** Choose six students, and instruct them to draw three cards: one head, one body, and one pair of legs. Instruct the students to place their cards in the proper order (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. Jesus stopped to help a man who was blind. (Stop!)
2. Jesus stopped to help a man who could not walk. (Hop!)
3. The man told Jesus to leave him alone. (Stop!)
4. The man told Jesus he had no one to help him. (Hop!)
5. Jesus helped the man to go down into the water. (Stop!)
6. Jesus helped the man by telling him, "Get up and walk," healing him. (Hop!)
7. Jesus did not change the man's life. (Stop!)
8. Jesus knows when I am sad and lonely. (Hop!)
8. Jesus always sees me and wants to help me. (Hop!)



Does anyone remember our Memory Verse? "May the Lord hope all you with all joy and peace in believing," Romans 15:13. I am filled with hope. I know Jesus loves and cares for me. Because I believe that He cares for me, I know He will always be my friend and help me when I am feeling helpless. Let's sing our Memory Verse to thank Him for 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.