

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 six "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 literature referenced in the lesson.
3. Make sure that all materials are prepared for the students' use. The following materials will be required for this class:

- Student Papers
- Student Bibles (same Bible Book)
- Student Masking Tape (Block Two)
- Lesson One—Lesson One Memory Verse Poster; Lesson One Theme Statement; Lesson One Focus Boomerangs

- Bible
- masking tape (Block Two)



INTO THE OUTBACK!

- Welcome students.
- Record attendance.
- Introduce the theme, **Turnabout Pointe**.

A. Begin by welcoming the students to Turnabout Pointe. Be sure to introduce yourself and each of your co-teachers as trekking guides. If time permits, allow each student to introduce himself to the class and tell something special about himself such as his favorite color, hobby, sport, etc.

B. Explain the theme of the VBS. **In this VBS, we will be hiking through Australia. 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. Do you know some ways Australia is different from the States?

Allow students to share their ideas.

- 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.
- The seasons are opposite from our seasons. When it is summer here, it is winter in Australia.
- They have a lot of animals that we don't have in the States: koala, kangaroo, wombat, dingo, Tasmanian devil, duck-billed platypus, echidna, kookaburra.
- They speak English, but the language is different.

Australians speak English, but it's different. It's definitely, unlike any English you may have heard before. For instance, Australians are called Aussies for short. And instead of saying the full Australia, Aussies shorten it to Straya. Have some fun with the students teaching them some Australian slang:

- **Does anyone know how Aussies say, "Hello?"** Aussies say, "G'day!" And sometimes they add, "mate" meaning *friend*. **G'day, mate!** Allow the students to greet each other and you by saying, "G'day, mate!"
- **Here's something else—to say, "Good job!"** Aussies say, "Good on ya!" **Do you know any other ways Aussies speak differently from us?** Allow the students to share any other Australian things they may know.
- **There's one more important Aussie word you need to know, bushwalker.** *Bushwalker* is how Aussies say, *hiker* or *trekker*. That is what we are going to be during this VBS as bushwalkers trekking through the Land Down Under.

Review the VBS theme of transformation (or complete change). **Just as many things in Australia are opposite from things in the States, we often live our lives in a way that is opposite from the way Jesus wants us to live. The Land Down Under is the perfect place to learn about Jesus. When Jesus met people, He turned their lives upside down and inside out. He completely turned their lives about. 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.**

Introduce the VBS theme verse. "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." **When Jesus turns our lives about, we become a new creation.** Have students repeat the last part of the verse, "All things have become new." **Are you ready to learn how Jesus can Turnabout your life?**





OUTBACK OBJECT LESSON

HELPLESS

HOPEFUL

- Discover that sometimes you have to get low to get rise high.
- Learn that Jesus can help us **Turnabout**.
- Introduce the focus of the lesson: Helpless to Hopeful.

A. To present this object lesson, you will only need a roll of masking tape. The students' bodies will be used to illustrate the point. On an open wall, place a few strips of masking tape. The first strip should be about four feet high. The second strip should be about four and a half feet high, and so on. You will also need the Lesson One Focus Boomerangs, *Helpless* and *Hopeful*. Cut these out before class. When directed, display them and affix them to the wall with some reusable adhesive or to a bulletin board.

B. Present the following object lesson: **Bushwalkers, who believes they can jump really high?** (Response) **Show me how high you can jump. See these marks on the wall? One at a time, I want you to jump up to see which is the highest piece of tape you can touch. There is one rule you must follow. You cannot bend your knees when you jump.** Allow each student a turn at jumping without bending his knees. After each student has had a turn, allow them to try again. This time, allow them to bend their knees a little bit. **Everyone able to jump a little higher when you bend your knees a little bit? Okay, let's try it again. This time you can bend your knees as much as you wish.** Allow the students a third attempt at jumping. This time, they can bend their knees as much as they want.

C. Explain the object lesson. **Raise your hand if you were able to jump higher when you could bend your knees.** (Response) **When we bend really low, it helps us to jump really high, doesn't it? Did you know the same thing happens in our lives? Have you have ever felt really sad or lonely on a really bad day? (Response) Sometimes, we all feel sad, lonely, and sometimes, we all have a really bad day. Sometimes we feel *helpless*.** Display the *Helpless* Boomerang. **No one likes those types of days, but have you know what those days can actually help us? That's right, just like in jumping, sometimes we have to get really low, but we are able to soar really high. You see, Jesus can take those days when we are really low and use them to change us and to make us into what He wants us to be. He can make us feel full of hope, hopeful.** Display the *Hopeful* Boomerang. **We must remember that, when we are feeling really sad or low, Jesus sees us and is right there with us, working on us so that we can become better people. He can help us Turnabout from Helpless to Hopeful.**



BIBLE STORY TIME

- Discover what happens when Jesus Meets a Man by a Pool.
- Explore how Jesus can help us **Turnabout** from Helpless to Hopeful

The Bible stories in this lesson are about when Jesus met someone who needed His help to Turnabout. Each person came to Jesus with a problem, but Jesus was able to change each one into a better person, a new creation. Jesus can do the same for you. Have the Story Time Bible Book from the Visual Aid Packet. Turn to the first group of pictures, and show the corresponding pictures. Then read the following story. Scriptural reference: John 5:1-9

JESUS MEETS A MAN BY A POOL

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. 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 were blind. Others were deaf. And some 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.

These people spent their days at the Pool of Bethesda because they believed that the water in the pool could heal them. Even though they believed this, it was not always very well. There were still many sick and hurting people sitting at the edge of the pool. One day, while Jesus was in Jerusalem, He came 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. The Bible tells us 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 saw the man, and He wanted to help him. 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 38 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 you think 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 at 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.



LIFE TURNED ABOUT

- Introduce Memory Verse.
- Explore how Jesus can help us **Turnabout** from Helpless to Hopeful

A. Introduce the memory verse for Lesson One. **“May the God of hope fill you with all joy and peace in believing,” (Romans 15:13). 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.**

- **What happens when we believe in God?** We will be filled with joy and peace. This verse tells us that God wants to fill that empty space with His hope.

Our memory verse is just the first part of this Bible verse. Let’s look at the whole verse. “Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”

- **What does *abound* mean?** It means to have a large amount of something.
- **Do you know what *bound* means?** It means to leap or jump.

Remember our object lesson from earlier when you were leaping as high as you could? When you bent low you were able to *bound* high. We should remember that God wants to take us from our lowest point and help us to *bound* high. He wants to fill us with joy and peace so that we are *abounding* in hope, or full of hope. Our God is a God of hope. He wants to give that hope to us.

B. Make a brief application of the lesson. **Our Memory Verse tells us that when we believe in God we will be filled with joy and peace. But what should we believe about God? Instruct the students to turn to page 2 in their Travel Logs to the section titled, *Turnabout*. **Bushwalkers fill in the blanks as I read to you. There are three things we can believe about Jesus that will give us hope whenever we are sad or in trouble.****

- **Jesus *sees* me.**
Even among the crowd, sick people, Jesus saw one man who needed Him. When you doubt, we may face, we can know that Jesus sees us when we are in need.
- **Jesus *cares* about me.**
Jesus loved and cared about the man who could not walk. Jesus cared about us and our needs. He takes the time to help each of us individuals.
- **Jesus has the *power* to help me.**
The man who could not walk had spent 38 years trying to get healed at the Pool of Bethesda. Jesus was the One who had the power to heal him. Jesus’ power is greater than we can imagine.

C. Have students turn to page 2 in their Travel Log. In the section titled, *Helpless to Hopeful*. **SAY: How can Jesus help you Turnabout a bad day? Draw or write your ideas below.**

AUSSIE ACTIVITIES

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



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) Good on ya! He told the man to, “get up and walk!”** Touch the top of the circle. **If I touch your 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 let them chase you around the circle. When you get back to their spot in the circle, recite the Memory Verse with them. It is now their turn to be *It*. Continue as long as you wish.

Tip:

If students are having trouble reciting the Memory Verse, you can all recite the verse together.

CHANGE ME

Have students stand in a tight circle, facing inward, and tell them to close their eyes. Walk around the outside of the circle, and touch one student on the back. This student will be the *Changer*. He will change the other students into a designated object. The designated object can be anything from a tree to a kangaroo to a ballerina. Be sure to change the object before each round and inform the students.

Once the students have opened their eyes, they will then begin walking randomly around the room and shaking hands with other students. When the *Changer* shakes another student's hand, he should scratch the palm of the other student's hand with his finger. (You may need to show the students how to do this.) The other students should not give away the identity of the *Changer*. Instead, they should wait until they have shaken the hand of one more student before changing into a tree, kangaroo, ballerina, etc. At any time, any of the other students can stop the game and guess the identity of the *Changer*. However, if they are wrong, they must sit out for the duration of that round. Continue playing until the identity of the *Changer* has been revealed. Choose another *Changer*, and play again. SAY: **Just as Jesus changed the heart of a man in the story today, He can change us today. What are some ways He can change us and make us better.**



WHAT IF...

Gather students in a large, open area. SAY: **What if you were like the man in the story today? What if you could not move like everyone else. Let's play a game of tag. But this game is a little different.** Explain that everyone is *It*, meaning any student can tag another student at any time. The first time a student gets tagged, he must reach up and hold one ankle, and hold his ankle as he moves around. He can still move around the room, but he will be slower in doing so. If a student gets tagged a second time, he must sit down on the floor. He can still attempt to tag other students, but he may not move to do so. If a student who is seated on the floor successfully tags another student, he may get up again and run. Play as long as you wish. When the game is over, ASK:

- Was it more difficult to play a game when you had to hold your ankle?
- How did you feel when you could not move like the other students?
- What if you were unable to move your ankle?
- How can we show kindness to people who cannot run and play like us?
- Most of us can use our legs, but some things can make us feel sad or helpless. What makes you feel sad or helpless?
- How can Jesus help us when we feel sad?

Tip:
You may want to include an alternate activity for those who do have physical limitations.

TRAVEL LOG

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

