

LESSON ONE



HIKE: HELPLESS TO HOPEFUL

Memory Verse:

Romans 15:13

*"Now may the God of hope fill you with all kinds of peace in believing,
that you may abound in hope by the power of our Holy Spirit."*

Bible Story:

Jesus Meets a Samaritan at a Well
(John 4:1-9)

Songs:

The Great Love of the Lord
I Have Found a Friend in Jesus
I've Got Peace Like a River
There's Within 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 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
Lesson One—Lesson One Memory Verse Poster;
Lesson One Focus Boomerang; Helpless to Hopeful Definitions;
Complete the Picture reproducibles (3) and Solution (1)

- Bible
- Bonzer Backpack (Block One)
- scissors (Block Four)
- Pointe Pencils (Block Four)
- masking tape (Block Four)



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.

1. **In this VBS, we will be hiking through Australia. Australia all the way on the other side of the world. That's why most folks call it the Land Down Under.**

2. **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 seasons are opposite from our seasons.
 - When it is summer here, it is winter in Australia.
- The constellations are different.
 - Southern Cross, the Jewel Box cluster; the Emu in the Sky, the Large and Small Magellanic Clouds
 - We see constellations in different seasons: Ex. We see Orion in the winter, but Australia sees it in the summer.
 - Our stars move from left to right; in the States they move right to left.
- The competitive sports are different.
 - cricket instead of baseball, rugby instead of football, soccer is called football, etc.
- Measuring systems are different.
 - Australians use the metric system: kilometers/miles, Celsius/Fahrenheit, liters, etc.
- They have a lot of animals that we don't have in the States:
 - koala, kangaroo, wallaby, dingo, bushman, man devil, duck-billed platypus, wombat, crocodile, kakaburra, emu
- They speak English, but the language is different.
 - G'day=Hello, Mate=Friend, Yeh=Yes, Yekka=actual or true, Tuckers=food, Good on ya!=Good job!, Australia=Straya, Aussie=Australian, United States or America=States, bush=bushwalk

C. Review the theme of the transformation (or complete change) that **Jesus makes when in Australia are opposite of 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 our 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. **For as 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?**

D. Before class, move the *Helpless to Hopeful Definitions* visual and *One Focus Boomerangs* visual from the *Visual App Package*. Cut apart the definitions, and place them in the *Boomer Backpack*. Cut apart the boomerangs, and place them on the table. One at a time, allow students to pull a boomerang from the backpack, decide if it defines *Helpless* or *Hopeful*, and place it with the appropriate boomerang. Work with your students to help them gain an understanding of both terms. ASK:

- **Have you ever felt helpless?**
- **What are some times when we might feel helpless?**
- **What does it mean to have hope?**
- **In what ways are the words *helpless* and *hopeful* different?**
- **What part might Jesus play in helping a person's life Turnabout from helpless to hopeful?**



UNABLE TO HELP ONESELF	SURE IN ONE'S ABILITY TO ACCOMPLISH A TASK OR REACH A GOAL
DEPRIVED OF STRENGTH	
UNABLE TO MANAGE ALONE	PROMISING ADVANTAGE OR SUCCESS
LACKING PROTECTION	EXPECTING TO GET WHAT ONE WANTS
VULNERABLE AGAINST ATTACK	FEELING OR SHOWING HOPE
POWERLESS	INSPIRING OR GIVING HOPE
INCAPACITATED	CREATING HOPE
VULNERABLE	EXPRESSING HOPE
SUSCEPTIBLE	KEEPING THE FAITH
UNPROTECTED	LOOKING FORWARD TO OVERCOME
DEFENSELESS	PEACE IN BELIEVING
DESERTED	PROMISING
OVERCOME	COMFORTABLE
ABANDONED	CONFIDENT
REJECTED	EMBOLDENED
DISCARDED	REASSURED
POWERLESS	ENCOURAGING
DEPENDENT	HEARTENING
STRANDED	OPTIMISTIC
CAST ASIDE	
INFIRM	OUTCAST
FRAIL	DISABLED
UNSAFE	FEEBLE
SAD	LONELY
LOW	WEAK
	EAGER
	CALM
	CONTENT
	FAITHFUL
	AT EASE
	JOYFUL
	UPBEAT
	ASSURED





JESUS MEETS A MAN BY A POOL

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

A. The Bible stories in this VBS are about people who needed Jesus' help to Turnabout. Each of them had different needs, but, despite the origin of their needs, Jesus was the answer. He was able to change each one for the better and make them a new creation. Have

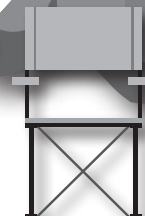
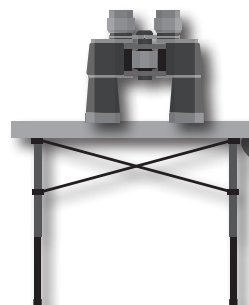
students turn to page 1 of their Travel Log (Student Book) where the lesson text has been written. Allow students to take turns reading from the Bible Story. Text is taken from John 5:1-9

B. Review the Bible story by asking the following questions:

- **In what city does our Bible story take place?** Jerusalem
- **What was the name of the pool by which Jesus walked in our Bible story?** The Pool of Bethesda
- **Who gathered each day at the Pool of Bethesda?** The sick, the blind, the lame, the paralyzed, etc.
- **Why did they gather at the Pool of Bethesda?** They believed the pool had miraculous healing powers.
- **When Jesus passed by the pool, whom did He see?** A man with an infirmity who could not walk
- **How long had the man been sick?** 38 years
- **What was the first thing Jesus said to the man?** Do you want to be made well?
- **Why do you believe Jesus asked this question?** He did not know what Jesus was thinking, but it is hard to think that a person who had been lying in a pool for 38 years might have no desire to be made well. Perhaps the man liked his life just as it was. It is difficult to help someone who does not want to be helped.

- **How did the man respond to Jesus' question?** The man responded to Jesus by telling Him he had never had anyone to help him, and after all these years, he had lost hope.
- **How did Jesus turn the man's life about?** He told him to pick up his bed and walk. He healed him.
- **What do you think the man might have done after Jesus healed him? What do you think he might have done?** Life was different for this man. He was no longer stranded by himself every day, every day, with no choices. He could work and make new friends. He could take long walks and play with children. He could do almost anything he wanted. For the first time in 38 years, he had hope and joy because Jesus stopped and helped him.

C. Display the Memory Verse Poster for Lesson One in preparation for Week Three.





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. **“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.” (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.

God wants to take us from our lowest point and 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. You will be using the *Lesson One Focus Boomerangs* visual that you used in Block One. As VBS progresses, all ten boomerangs will be displayed on the wall. If you wish, you can display them on a bulletin board with a heading such as *Life Turned About*.

A boomerang is a throwing stick used by the aboriginal (or native) people who live in the Outback of Australia. The boomerang’s unique design causes it to turn about a central axis. Some are designed to be thrown straight, whatever one wishes to hit. The shape of the return boomerang causes it to return to the thrower. The flight of a skilfully thrown boomerang will curve back to where it started.

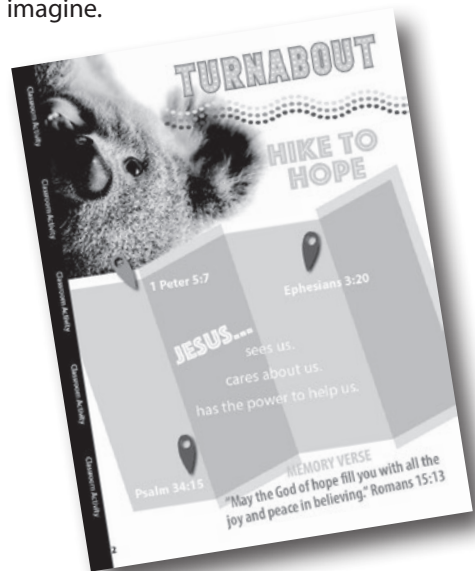
There are times in our lives when we are like a boomerang. We are headed with great speed in one direction, but we are headed in the wrong direction, spinning out of control. The good news that when we return to Jesus when He is the focus of our lives, He will help us Turnabout, and send us in the right direction.

Show the *Helpless Boomerang* to students. **What made the man by the pool feel helpless?** The crippled man probably felt very alone and very invisible. He may have sat in the very same spot for 38 years, and no one ever came to help him. He felt that anything would change.

Show the *Hopeful Boomerang* to students. **How did Jesus help the man Turnabout to become hopeful?** In the crowd of people, Jesus saw him and cared about him. With a single command, Jesus turned his whole life around and gave the man hope for his future.

C. Place the boomerangs on a wall or bulletin board. **Our Memory Verse tells us that when we believe in God, we will be filled with joy and peace. But what should we believe in? Why? How?** Instruct the students to turn to page 2 in their Bibles and go to the section titled, *Turnabout*. Here you will find the Bible verses that give us reasons why we can have hope through Jesus. As a class, look up and read aloud each verse, then discuss the verses. Have students draw a line on the map from the verse to the correct answer.

- **Jesus sees us.** Even among the crowd of sick people, Jesus saw one man who needed Him. Whatever troubles 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 cares about us and our needs. He takes the time to help each of us as individuals.
- **Jesus has the power to help me.** The man who could not walk had spent 38 years trying to find help by the Pool of Bethesda. Jesus was the One who had the power to heal him. Jesus’ power is greater than we can ever imagine.



AUSSIE ACTIVITIES

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

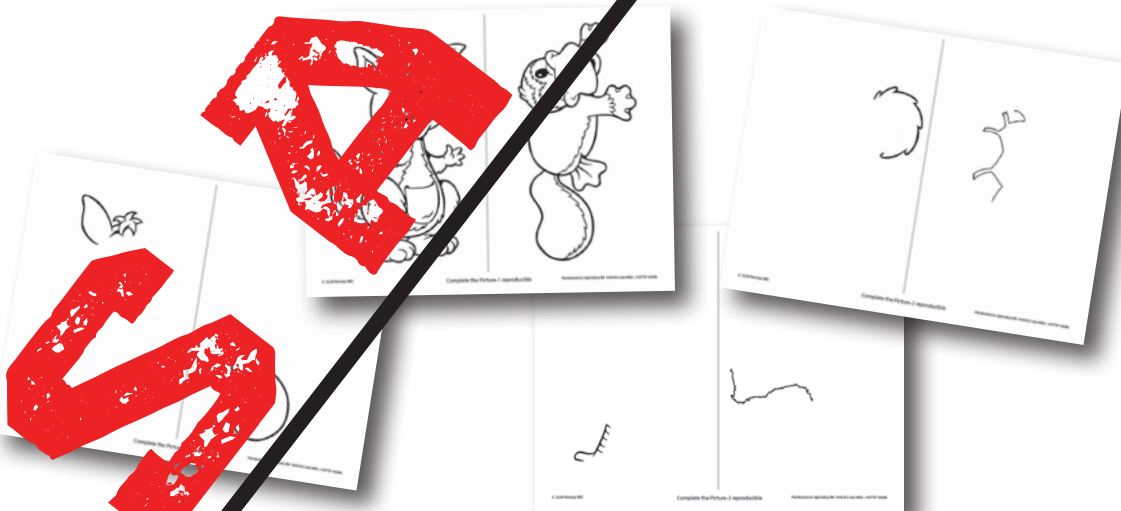


COMPLETE
THE PICTURE

Materials needed: Visual Aid marked Lesson One—Complete the Picture (3); Solution Complete the Picture
scissors
Pointe Pencils

Before class, make several copies of the three *Complete the Picture* reproductions. Cut them apart. Make sure that you have more pieces of paper than you have students. Tape the papers on the wall of the classroom at students' eye level. Give each student a pencil, and have them find a piece of paper on which to work. The object of this activity is to incorporate the scribble into the picture they will draw, thus making something good or useful out of something messy or insignificant. After the students have completed their pictures, give them a chance to talk about the pictures they have drawn. ASK: **Was it difficult to make something good or beautiful out of a scribble? In our lives, do we sometimes feel like a beautiful, completed picture or do we sometimes feel like a complete, insignificant, or like a scribble? How did Jesus change the life of the man by the pool and make him complete? What some ways Jesus can do the same?**

The scribbles are taken from Turnabout Pointe artwork. If you want to see the completed pictures, you will find them on the **Turnabout Pointe Multimedia CD.**



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 lame man in the story today, He can change us today. What are some ways He can change us and make us better.**



FREEZE

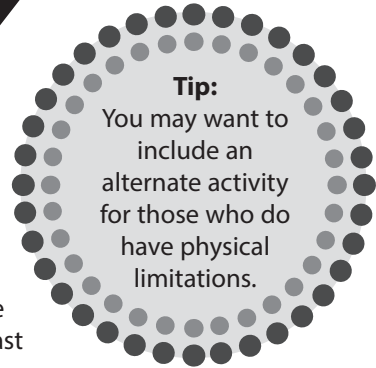
FREEZE

FREEZE

FREEZE

FREEZE

FREEZE



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

FREEZE TAG

Materials needed: masking tape

Clear a large open area, and place a strip of masking tape at one end of the area and a strip at the other end of the area. The area in between is the playing area. This is best if the playing area is at least 20 feet across.

Choose two students to be the "Freezers." If your class is small (fewer than seven), you may choose to play with only one "Freezer." The two Freezers will stand inside the playing area. All the other students must stand together outside the playing area behind one of the strips of tape. The object of the game is to get the entire team of students from one side of the playing area to the other. The Freezers will attempt to stop the other students. A Freezer can only tag a student inside the playing area. When a student leaves the playing area, he is safe but cannot reenter the playing area from the starting position. When a Freezer tags a student, that student can no longer walk but must remain in place. At any time, any of his teammates can rescue him by tagging him. (You may decide to make it so that the tagged student must step outside the playing area every 15 seconds to keep the Freezers from being able to stand beside a frozen teammate.) Play as long as you wish. ASK: **How did it feel to be unable to walk? How did it feel when one of your friends helped you to walk again?** Relate their feelings to the probable feelings of the man Jesus healed.

TRAVEL LOG



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