Sample pages from Days 1 – 6

Please note that these are not consecutive pages from a single day.
Episode 6: Sweet Freedom *(whole episode)*

**Bible stories:**
- Moses and the Egyptian Slavemaster *Exodus 2:1-15*
- Saul on the Road to Damascus *Acts 9:1-18*

**What the Bible stories teach:** Standing up for right and choosing the right path

---

**Check List**

**Assembly**
- Badge template for each child (General Printable Resources)
- Printer labels for badges (see page 3)
- Crayons, colored pencils or markers
- Card stock for badges
- Tape
- Safety pins
- Conference badge holders

**Showing the DVD**
- DVD screening facilities and Friends and Heroes Episode 6

**Craft activities**

**Mask making**
- Coveralls to protect clothing
- Covers to protect tables/benches
- Plastic white face masks, readily available online. Size 6 1/2 x 9 3/4 in is suitable for children and small adults
- Acrylic paints and paint brushes
- Paper plates with eye holes cut out or mask template (Day 1 Printable Resources – page 13)
- Card stock for masks
- Scissors
- String or light elastic (to fasten masks in place)
- Appropriate paint (for use on card stock) and paint brushes, and/or markers and crayons

---

© 2012 Friends & Heroes Productions Ltd.
**Egyptian headband**
- Sheets of card stock cut into strips approximately 1 1/2 in wide
- Colored stickers and other items for decoration
- Cuttings from color magazines
- Scissors, glue and tape

**Picture painting**
- Large pieces of paper
- Paints and paintbrushes

**Games and snack time**

**Blindfold games**
- Blindfolds (you can use scarves, towels or appropriate lengths of fabric)
- Any other props that are required for your chosen activity(ies)
- Pin the tail on the donkey (Day 1 Printable Resources – pages 14-18)

**Who am I quiz**
- A copy of the Who am I? quiz (Day 1 Printable Resources – pages 19-20)

**Snack time**
- Cookies
- Cream cheese, buttercream and dairy-free alternative or icing
- Decorations, e.g., jelly beans, sugarcoated sweets, licorice shoelaces cut up for hair, etc.
- Blunt knives for spreading
- Plates
- Drinks
- Cups
- Drinking straws

**Bible search/Memory verse/Reflections**
- Bibles for the children
- Flip chart and marker pen
- Memory verse banner (Day 1 Printable Resources – pages 21-27)

**Song time**
- Right on! Vacation Bible School music track and song lyrics, *I'm Your Man* (Macky's Song) (Music Resources) and music player
- PowerPoint slideshow display facilities and the *I'm Your Man* PowerPoint slideshow (optional) (Music Resources)

**Closing assembly**
- Day 1 stickers for each child (General Printable Resources)
- Sticker page for each child (Day 1 Printable Resources – page 28)
- Take home puzzle sheet for each child (Day 1 Printable Resources – page 29)
Walking race (no running allowed)
Egg and spoon race (use small balls from the previous activities for the eggs)
Simple obstacle course race (e.g., through hoops and over benches)
Sack race
Beanbag relay race
Who can jump the farthest (feet together from a standing start)
Who can jump the most times on and off a low bench in 30 seconds (use partners or members of a competing team to count)

Snack time

**Materials**
- Fish-shaped snack crackers (be aware of any allergies)
- or
- Fish-shaped or fish-decorated party cakes (be aware of any allergies)
- Plates
- Drinks
- Cups
- Straws

**Fishy delights**

Small fish-shaped crackers are one way to remind the children of the fishy scene created today – you should be able to buy them from large supermarkets.

If you can’t get hold of fish-shaped crackers or you would prefer to have cakes as the snack, you could ask parents or volunteers to create fish-shaped or fish-decorated cakes or cupcakes which can be served to the children. The internet is a source of great inspiration for cake makers, with many examples of fish-decorated cakes. You could have parents/volunteers create a whole aquarium of different, decorated fish!

Note: Be aware of allergies, particularly dairy and gluten – any children suffering from such allergies should have been identified at registration via the completed Consent and Medical form and group leaders will need to note who they are.

**Mini-drama Rehearsal**

Take some time for a short rehearsal. You will need the narrative from Day 3 Printable Resources – page 22, or your own script based on the same idea.
Although you do not need them today, a small number of props and costumes will be needed for the final production.

- Appropriate football jerseys (for fans)
- Ball or tin can
- Tracksuit and training bag (for trainer)
- Notebook and pen (for newspaper reporter)

**Bible search/Memory verse/Reflections**

**Materials**
- Bibles
- Flip chart and marker pen
- Memory verse banner (Day 4 Printable Resources – pages 16-22)

Include a short Bible search time (as on previous days) to lead up to introducing today’s memory verse. Here are some suggested verses to start you off:

Acts 3:6
Malachi 4:2
Ephesians 4:16
Psalm 25:9

Write the verse down on your flip chart and take some time together to recite it. We suggest the following verse.

"I walk in righteousness, in paths of justice." Prov 8:20

We have included a memory verse banner of today’s memory verse which can be glued together, then colored and decorated as you and the children wish.
**Reflections**

Ask the children to think about what it must have been like to be put in prison time and time again for simply doing what you knew to be right.

This happened to Jesus’ friend, Peter, several times. What made him keep on going? Why didn’t he just give up?

Encourage the children to focus on the importance of truth and doing the right thing. Some things are so important, you can’t let them go. If you were to give them up, you know you would be disappointed in yourself for a long time. Peter had once, in the past, lied and said that he didn’t know Jesus – and afterwards he knew he was SO wrong to have done that. He had seen Jesus do amazing things and he had heard Jesus say equally amazing things about how to live life properly, and how to understand and get to know God better and better. He knew from everything he had experienced, being in Jesus’ company, that Jesus truly was the Son of God. Jesus was so enormously special, so enormously important, that it didn’t really matter to Peter that he got into trouble telling other people about Jesus. Peter just knew it was the right thing to do. And because he did it (and other Friends of Jesus, too), we today now know about Jesus’ life here on earth. We too can discover the importance and uniqueness of Jesus; and when we do, it changes our lives.

Invite the children to ask any questions they have about Jesus, and answer them as best you can. Afterwards pray together.

Suggested prayer:

_God in Heaven,_
You sent your son, Jesus Christ, to this world to let us know how to live our lives properly and well. We recognize that Jesus truly was your son – and was, and is, truly holy. Thank you that Jesus is the person who helps us come back to you, so that we can be close to you. We thank you for your wonderful Grace towards us, and your love for us at all times. We will do our best to serve you well, to love one another and to love you._

_Amen_
Sample take home pages
Meet... Portia

Hello. My name’s Portia. I’ve only known Macky for a short time, but I find him and his family very interesting. They haven’t got much money, unlike me and my family but they have got something that I don’t have. They know so many interesting stories that teach you things – like how to treat one another fairly, and what’s really important in life. I really want to know Macky and his family better and better, and find out more and more!

What happened today...

I went round to Macky’s house, but his mother, Diana, didn’t seem to want me there. She was busy and the others were at the marketplace, so I left. Little did I know then that Leah was getting herself in difficulty! She’d seen someone who looked like her father and chased after him. Macky and Rebecca eventually realized that she was missing. I do hope she’s all right...

Today’s Bible story...

Today’s Bible story was about Ruth and Naomi. Naomi was originally from Bethlehem, but she lived in a foreign country with her husband and her two sons. Unfortunately her husband and sons died, and so she decided to return to her homeland. Ruth had been married to one of Naomi’s sons, and even though she’d never been to Bethlehem before, she wanted to go with Naomi – and she did. She gave up everything she knew, simply because she loved Naomi so much. Eventually everything worked out well for the two women – and Ruth even found a new husband.
Puzzle sheet 5

Macky told Leah and me the story of Meshach and his two friends, when we were stuck in prison and it looked like we might be sent to the mines! It taught us that we must always do the right thing – and that God will look after us.

Can you find the names of Meshach’s two friends from the Bible story in the puzzle squares?

Write their names on the line below each puzzle. Then, in the boxes write as many words as you can create from each name. You can’t include names or plurals and each word must have at least three letters!

The Bible character is Daniel 3:26

Then Nebuchadnezzar came as close as he could to the door of the flaming furnace and shouted: “Shadrach, Meshach, and Abednego, servants of the Most High God, come out! Come here!” So Shadrach, Meshach, and Abednego stepped out of the fire. (NLT)

Find out more about Friends and Heroes at www.friendsandheroes.tv

© 2012 Friends & Heroes Productions Ltd.

www.friendsandheroes.com www.friendsandheroes.tv