



# Heroes, Heroines, Champs and Chumps

Lessons from the Everyday People of the Bible



A 52 Week Curriculum for Children  
By  
Lynne Modranski










































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# Heroes, Heroines, Champs and Chumps

Lessons from the Everyday People of the Bible



## Overview



This curriculum provides an overview of scripture, teaching lessons from the lives of everyday people from the Bible. Some were heroes, heroines and champs, they did the right thing and followed God. At least one in every unit will be a “chump,” someone who made a bad choice or lived their life without their Creator. Fortunately, we can learn as much from the “Chumps” as we can from the “Champs.”



**Unit 1:** 13 Lessons from the Patriarchs and the Judges

**Champs:** Abraham, Isaac, Jacob, Joseph, Moses, Joshua, Deborah, Gideon, Ruth, Samuel

**Chumps:** Lot, Samson

**Themes:** Trusting, Following and Listening to God, Doing God’s Will,

**Special Features:** Mission moments in 3 lessons



**Unit 2:** 13 Lessons from the Kings & Prophets

**Champs:** David, Solomon, Elijah, Jehoshaphat, Elisha, Joash, Hezekiah, Jeremiah, Ezekiel, Daniel, Ezra, Nehemiah, Esther

**Chumps:** Saul, Ahaz

**Themes:** Kindness, Faithfulness, Wisdom, Stewardship, Bravery

**Special Features:** Mission Moments in 2 lessons



**Unit 3:** 13 Lessons from the New Testament

**Champs:** The Disciples, Jairus, Mary, Zacchaeus, One Leper, Saul/Paul, Dorcas, Lydia, Cornelius, Peter, Priscilla & Aquilla, Paul’s Nephew

**Chumps:** Wife of Zebedee, Nine Lepers

**Themes:** Faithfulness, Following Christ, Faith, Forgiveness, Thankfulness, Salvation, Service, Trusting Christ, Evangelism, Bravery



**Unit 4a:** 6 Holiday Lessons - Thanksgiving, Advent, Christmas, New Year



**Unit 4b:** 8 Holiday Lessons - Lent, Palm Sunday, Easter, Pentecost



3. **Making it Real:** Depending on your time frame, there may be more here than you can use each week. Choose the activities that you are most comfortable with. If you are the sole leader, mix up your choices a bit from week to week. If you're working with a rotating team, chances are you can choose your favorites every time because others in your rotation will probably have different favorites. Additionally, if you have another activity of your own that will reinforce the Key Phrase or Theme, use that instead. Don't skip "The Teaching Moment" even if you use your own idea. The Teaching Moments help reinforce the lesson and will help bring the lesson to mind every time the children encounter a similar activity.
4. **Wrapping It Up - Sending It Home:** Each week we'll ask the children if the main character in our story is champ or a chump. This will help the children understand what our real-life Bible person did right or wrong. Clean Up is a very important aspect. Being responsible for their own mess is a great lesson for every child. Encourage them to put things away and push in chairs. Finally, don't ever miss an opportunity to pray with the children. Your prayer not only blesses them, it also helps them learn to pray. When you move into prayer time, you can have all the children sit in their seats or gather in a circle and hold hands. If some children don't want to participate, that's OK. Don't force them to join in prayer time. However, help them understand that they must stay still and quiet during prayer time so all of the other kids can concentrate on their prayer. If you have time, ask the children for prayer requests or have them pray aloud at the end of your prayer. Encourage them to pray for each other. Don't be afraid to cut them short if they begin to get carried away with their requests. Remind them that they can tell you later or say their own prayer quietly because Jesus will still hear. You'll find a prayer at the end of every lesson; however, feel free to pray spontaneously if you feel comfortable.
5. **Leading a Child Monday through Saturday:** Each week you'll find suggestions on how you can develop real relationships with these kids. The more they know you care, the more they'll want to learn all that you know.

**LEADING A CHILD TO CHRIST** - One of our main goals in leading children is to bring them to a real relationship with Jesus Christ. You'll be amazed at how young a child can accept Christ as his Savior. Never dismiss a child as too small to understand. It's proven that the majority of children who don't accept Christ before age 17, never will. I would venture to say that age is growing younger by the minute. So, to help you in your efforts, this is a simple plan to help children make a decision for Christ:

1. Make sure that they understand that God created them, and they are special to Him.
2. Help them see that no matter how hard we try to be good, we can't be good enough all by ourselves. (Romans 3:23)
3. Be sure they understand that Christ was perfect, and only a perfect sacrifice can make us good enough to live with God forever. (Romans 5:8)
4. Tell them that if we believe in Christ's death on the cross for our sins, if we believe that He died and rose again, and if we ask God to forgive our sins, we can be saved. (1 John 1:9—Romans 10:9)
5. Lead them in a prayer that includes something like this: "I believe that you died for my sins. Forgive me for . . . . Please be my Savior." There are no special words or magic formula, just a sincere heart.
6. It's very important we share our new faith with someone. Tell them to make sure they tell the Pastor, their parents or grandparents or their friends.

*Note: Blank pages are intentional - These will allow all lessons to start on a separate page to avoid two teachers needing the same page (one the front and the other the back).*

# Heroes, Heroines, Champs and Chumps

Lessons from the Everyday People of the Bible

## Unit I: Patriarchs & Judges

### Week 1: Abram Left Home to Follow God



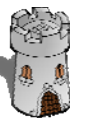
#### Lesson Overview



Abraham is the original patriarch of the nation of Israel. Before he was known by this more familiar name, the father of the Israelites was known as Abram. He lived in the town of “Ur of the Chaldeans.” It’s commonly thought Ur was in southern Mesopotamia near the mouth of the Euphrates River (check out the map on the last page of this lesson); however, much like modern day towns, there was more than one Ur, and Abram and his family may have lived closer to Haran. Either way, everyone agrees that Abram and Sarai, along with his father, Terah and nephew, Lot, moved to Haran (a town probably named after Abram’s deceased brother, also Lot’s father). Terah died in Haran, but God spoke to Abram and told him to leave everything he knew and move to a land he knew nothing about. This is the lesson we’re going to emphasize today.



Without knowing where he was going, Abram packed up everything he owned and moved more than 400 miles to a new land just because God told him to. And because God knew Abram would be obedient, He pronounced a bold blessing on this ancestor to the Savior of the world. We want the children to learn that trusting God means obeying Him.



**KEY PHRASE:** Abram Trusted and Followed God

**THEME:** Trusting God



#### SETTING UP THE LESSON

5 Minutes

Packed up and Ready to Go

**Supplies:** Huge Suitcase with some clothes, maps, several pair of shoes, canteen or water bottle and other things you may need for a long trip.



#### PRESENTING THE LESSON

10-15 Minutes

**Scripture Basis:** Genesis 12-13



#### MAKING IT REAL TO KIDS TODAY

*(Choose as many as you have time for)*

**Game:** Follow the Leader or Suitcase Relay

5-10 Minutes

**Supplies (for Suitcase Relay):** Two suitcases with exactly the same number of pieces of clothing in each.



**Craft:** Travel Journal

15 Minutes

**Supplies:** Construction paper, white paper, stapler (long stapler if you have one), crayons or markers



**Song:** My Lord Knows the Way through the Wilderness

3-5 Minutes

**Illustration:** Mission Moment

5 Minutes



#### WRAPPING IT UP—SENDING IT HOME

5-7 Minutes

Wrap Up, Clean Up & Prayer Time

# ABRAM LEFT HOME TO FOLLOW GOD

KEY PHRASE: Abram Trusted and Followed God



## SETTING UP THE LESSON

5 Minutes

### Packed up and Ready to Go

**Supplies:** Huge Suitcase with some clothes, maps, several pair of shoes, canteen or water bottle and other things you may need for a long trip.

As the children enter, bring out your suitcase and tell them you're ready to go. Hopefully they'll ask where. If they do, tell them you don't know. Either way, pull out your maps, unfold them and ask the kids if they know where you might be going. Show them all of your shoes. Let them know you're walking wherever you're going, you just wish you knew where it was. Tell them you may need several pair of shoes because it might take a long time to walk there. Show them your water bottles and anything else you may have brought for your "walk to wherever."



## PRESENTING THE LESSON

10-15 Minutes

Scripture Basis: Genesis 12-13

*Use this synopsis of the scripture or put it in your own words*

Do you think you'd like to walk to move to a place you'd never seen before? *(allow for answers then show them your suitcase again)*

Do you think it would be hard to carry my suitcase a long way? *(allow for answers)* Let me tell you a story from the Bible about a man who moved a long way and probably walked or rode on a wagon to get there.

Every week this year we're going to talk about a hero, a heroine, a champ or a chump. Do you know what those names mean? *(allow for answers)* A hero or a heroine is someone who does something brave. A champ is a winner, and a chump is someone who is a coward, follows the crowd and makes bad choices. Today we're going to learn about a hero.

How many of you have heard of Abraham? *(allow for answers)* Abraham was one of the most famous men in the Bible. Abraham was a hero because he did something very brave. We read his story in the first book of the Bible. Do you know what the first book is? *(allow for answers)* The first book of the Bible is Genesis. Did you know that Abraham had another name and used to live in a different country? *(allow for answers)* Abraham's name was once Abram until God changed it. And while his name was still Abram, he lived a long way from Israel. *(there is a map on the last page of this lesson you can show to the children to illustrate where he once lived)*

When Abram was 75, he lived in a town called Haran. While he was there, he heard God talk to him. God told Abram, "Leave your country and your family and go to a new country where I'm going to lead you." Then God told Abram, "I'm going to bless you and make you great. I'm going to make you a blessing. Everyone on earth will be blessed because of you." Abraham was 75 when God told him this. Do you know anyone who is 75? *(allow for answers)* Do you think they would want to walk a long way to go to a place they'd never heard of? *(allow for answers)*

Because God asked him to, Abram took his wife, Sarai, and his nephew, Lot, and headed out. They traveled more than 400 miles. From here it would be like traveling to New York City. It probably took Abram 10 days or more to get to the new land called Canaan. He ended up in a town near Bethel, and he lived in a tent there. Would you like to live in a tent? *(allow for answers)*

After he'd lived there for a while, it quit raining and there wasn't any food, so Abram, Sarai and Lot traveled another 250 miles and went to Egypt. When it started raining again, they moved back to the place that God told Abram to live, and they lived there from then on for the rest of their lives.

Where do you want to live when you grow up? *(allow for answers)* Do you want to move far away from your mom and dad and friends? *(allow for answers)* Even though it was hard to do, Abram loved God and followed God in everything God asked him to do. It's important that we always try to be like Abraham and follow God in everything he asks us to do.

## KEY PHRASE: Abram Trusted and Followed God

### MAKING IT REAL TO KIDS TODAY

(Choose as many as you have time for)



**Game:** Follow the Leader or Suitcase Relay

5-10 Minutes

**Follow the Leader:** Play this familiar game with an adult as the leader. Have the children form a line behind you. Remind them to mimic all of your motions. Try scratching your head and hopping on one foot. If you have a lot of freedom to move around your building or the weather is good, lead them out of your children's ministry area to a place they won't expect.

**The Teaching Moment:** We had fun playing this game. Did you wonder where I was going or what I was going to have you do next? (*allow for answers*) Did you trust me that I wouldn't take you any place dangerous or do anything that would cause you to be hurt? (*allow for answers*) God is like that when He asks us to follow Him. We can trust God. We just have to obey Him.



**Suitcase Relay:** Fill two suitcases with adult sized clothes - have similar clothes in each suitcase. Shoes could be included. Divide the children into two teams. Put the suitcases at one end of the area with the teams at the other end. When you say, 'go,' the first person on each team hurries to the suitcases. Each person puts on every piece of clothing in the suitcase. Then have them do something to signal they've finished (clap, stomp, turn around three times, etc.) They must then disrobe, put everything somewhat neatly back into the suitcase and come back to tag the next person on the team who will then complete the activity. The first team with all players to complete the activity wins.

**The Teaching Moment:** Packing and unpacking a suitcase isn't usually this much fun. What would it be like to have to pack up all you own to move to a new place? (*allow for answers - then share how you would feel about it*) It would be especially hard if I didn't know where I was going, but Abram trusted God to lead him to the place God had promised. We need to trust and follow God like Abram did.



**Craft:** Trip Journal

15-20 Minutes

**Supplies:** Construction Paper, white paper, stapler (long stapler if you have one), crayons or markers

Give each child one piece of construction paper. Fold the construction paper in 1/2. Have each write on the "front" side of their booklet, "MY TRAVEL JOURNAL" The children may put their name on this and decorate it any way they wish.

Now give them each 2 or 3 sheets of plain paper (or lined paper). Have the kids fold each sheet in half and nest the pages inside the construction paper. If you have a long stapler, saddle staple the booklet. If not, staple very close to the fold.

**The Teaching Moment:** Abram traveled a long way. I'm sure he had a great story to tell at the end of his journey. You can save this booklet for the next time you travel in the car with your parents. Draw pictures of what you see and write about your trip (if you can write). Remember to thank God all during your trip for your safety and for the people you get to travel with.



**Song:** "My Lord Knows the Way through the Wilderness"

3-5 Minutes

This song by Sidney Cox will make a great addition to this lesson. You'll find it on one of the last pages of this lesson.

**The Teaching Moment:** This song reminds us that God always knows the right way. And if we follow Him, He'll lead us in the right direction. God wants to make us strong every day and take us on the best path. We just have to follow him.

## KEY PHRASE: Abram Trusted and Followed God



**Illustration:** Mission Moment

5 Minutes

If your church sponsors missionaries, ask them to share the story of their journey to the far away land where they now minister. On page 15, you'll find a story from Ken and Sue Sawka. They are missionaries from Ohio who have been translating the Bible in Africa for many years. They are part of "Word for the World Bible Translators." You can find out more about Ken and Sue at [www.KenandSue.org](http://www.KenandSue.org) or [www.theWordfortheWorld.org](http://www.theWordfortheWorld.org)

**The Teaching Moment:** Missionaries are people who travel far from home to follow God, much like Abraham did. Many people come to know Christ because missionaries are willing to move far from home to tell others how much Jesus loves them. Even though it's hard sometimes, it's important that, just like Abraham and the missionaries, we always listen to God.



## WRAPPING IT UP—SENDING IT HOME

5-7 Minutes

Wrap Up, Clean Up & Prayer Time

### Wrap Up - Hero, Heroine, Champ or Chump

*Tell the children:* Every week you're going to have a chance to tell me whether the main person in our Bible story was a Hero or a Heroine or a Champ or a Chump. Do you know what a Hero or Heroine is? (*allow for answers*) What about a champ? (*allow for answers*) A Hero and a Heroine are the same thing. A hero is a boy and a heroine is a girl. These are people who do brave things. A champ is a lot like that. A champ is a winner, someone who does the right thing. So, what is a chump? (*allow for answers*) A chump is someone who cheats or lies. It's a person who is selfish and doesn't really care about doing the right thing.

So, this week, tell me. Was Abram a Hero, a Heroine, a Champ or a Chump? (*allow for answers*) Well, he's a man, so he can't be a heroine. Abram was brave because he moved away from his home just because God asked him, and he didn't even know where he was going. So, I'd say he was definitely a hero. He was also a champ because he did the right thing. Abram listened to God and went where God asked him to go. When we are brave and follow God, we can be a champ and a hero, too.

### Clean up

Take a few minutes and have the children help put everything away and push in their chairs. Learning to respect property and understanding that others will have to clean it up if they don't are excellent lessons for the children.

### Prayer Time

Use your own prayer or this one:

Father in heaven, we praise you that you know what is best for us. Sometimes it's difficult to do what you ask us to do, but we know, Lord, that you only have good planned for us. Help us to be like Abram and trust you enough to follow wherever you lead. Be with each of these kids and bless these things they'd like to pray for. (*pause here to allow the children to pray and then end:* ) In Jesus name, Amen

## LEADING CHILDREN MONDAY THROUGH SATURDAY

The more contact you have with the children between Sundays, the more likely they are to trust you and the lessons you will teach them. Keep an eye on the newspaper. If you see one of the kids in your program mentioned for some achievement, cut out the article and mail it to the child with a note of congratulations.



