



SESSION 1

BIBLE STORY

Samuel Anoints David
1 Samuel 16:1-12

HERO CODE

God's Heroes Have Heart

HERO VERSE

"Do good! Seek peace and go after it!" Psalm 34:14B

MATERIALS

Heart Relay-for room: *

- table
- timer

PLUS for each team:

- two large bowls
- large spoon
- foam or sponge hearts

GAMES

HEART RELAY

PREPARATION

Make sure the recreation area is safe and ready for play. For each team, place a bowl of foam/sponge hearts on a table, with an empty bowl beside it.

LET'S PLAY!

Say: **As we play this game, we will say our Hero Code. Be ready to scoop up the heart shapes with your spoon!**

1. Help the Heroes form two or three lines. Give the first child in each line a large spoon.
2. Set a timer for one minute. Each child tries to use the spoon to transfer the heart shapes to the empty bowl. As each shape makes it into the bowl, all Heroes repeat the Hero Code saying, "God's Heroes Have Heart!"
3. After one minute, let the next child in line take a turn.
4. Once all Heroes have had a turn, see which line has the most heart shapes in their second bowl.

COOL-DOWN CONNECTIONS

Great job! Today we learn a Bible story about a hero named David. God chose David because of the kindness in his heart.

- **How can we show kindness to one another?**



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MATERIALS

Hero Freeze

- VBS Hero Central Complete Music CD or mp3 tracks
- music-playing device

HERO FREEZE

PREPARATION

Make sure the recreation area is safe and ready for play. Cue up CD or music tracks and player.

LET'S PLAY!

Say: Today we are going to have fun listening to music and moving around. At the beginning of the game, I will say "Do good! Seek Peace and go after it!" and play music. When you hear the music, start singing and moving.

1. While the music is being played, move around and have fun.
2. When the music stops, all moving stops and Heroes freeze in place. Encourage them to freeze in a superhero pose.
3. Say "Do good! Seek peace and go after it!" and play the music again. Play as long as there is interest.

COOL-DOWN CONNECTIONS

Great job, Heroes! Now let's say our Hero Verse together as loudly as we can. (*Say the verse in unison.*) "Do good! Seek peace and go after it! Psalm 34:14b"

- What are some ways that we can do good?