LESSON 1: THREE IN ONE

COUNTDOWN VIDEO (DVD)

WELCOME AND PRAYER

OPENING VIDEO TRANSMISSION (DVD)

MEMORY VERSE

GAME TIME: TRIATHLON

SUPPLEMENTARY 1: OBJECT LESSON: IT'S ALL HERE

OFFERING: LET GO OF THAT SEED!

PRAISE AND WORSHIP (DVD)

LESSON VIDEO TRANSMISSION (DVD: LENGTH—2:24)

WORD TIME: THREE IN ONE

SUPPLEMENTARY 2: REAL DEAL: FREEZE-DRYING

CLOSING VIDEO TRANSMISSION (DVD)

PRAYER, ANNOUNCEMENTS, HANDOUTS, DINNERTIME DEVOTIONAL HANDOUT (CD-ROM)

GAME REPRISE (IF TIME ALLOWS)

Memory Verse: *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.*

1 John 5:7 AMPC

GAME TIME

TRIATHLON

Suggested Time: *8-10 minutes*

Memory Verse: *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.*

1 John 5:7 AMPC

Teacher Tip: *Present the Memory Verse to the Superkids and allow them to repeat it.*

A suggested variation of this activity for smaller groups:

- Buy one of each station item or substitute another item that works better for a smaller group.
- Have 1 team perform the "Triathlon" and time the event.
- Reward the team with the fastest time.

Supplies: ☐ 2 Punch balls, ☐ 2 Jump-ropes, ☐ 2 Hula hoops, ☐ Upbeat music to play during activity

Prior to Game:

- Begin by blowing up and tying the punch balls. Place the punch balls, jump-ropes, and hula hoops in 3 stations at the front of the room.

Game Instructions:

Ask **Are there any Superkids who are good at jumping rope? How about using hula hoops? What about punch balls?**

Ask **Is there a Superkid who is good at ALL 3 activities? (Choose one Superkid to attempt all 3 activities at the same time.)**

Say **It's not so easy to perform <u>all 3 activities</u> at the same time! Today we're going to have a triathlon!**

- Proceed with the activity by choosing 2 teams with 3 cadets on each team.
- Place 1 player at each station: 1 player at the punch-ball station, 1 player at the hula-hoop station, 1 player at the jump-rope station.
- On "Go" the kids at the punch-ball station will pick up the punch balls and punch them 10 times. Have their teammates count out loud during each round. As soon as the first station is completed, each player will tag their teammate at the hula-hoop station.
- Next, the Superkid at the hula-hoop station will hula hoop 10 times before tagging their teammate at the jump-rope station.
- Finally, the Superkid at the jump-rope station will jump rope 10 times.

- When the last station is completed, the Superkid at the jump-rope station will tag the first player located at the punch-ball station.
- It's fun to play several rounds and reward winners with prizes!

Game Goal:

- Be the first team to successfully complete the Triathlon.

Final Word:

- It was very challenging for the first Superkid to attempt to do all 3 activities at 1 time. What's amazing about the Trinity is that God the Father, Jesus, and the Holy Spirit can work together to accomplish a lot of good at 1 time!

Notes:

OBJECT LESSON

IT'S ALL HERE

Suggested Time: 10 minutes

Memory Verse: *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.*

1 John 5:7 AMPC

Teacher Tip: For safety, it's important to prescreen for food allergies, if choosing to allow kids to partake in sampling (or handling) the food items.

Supplies: ☐ 2 Hard-boiled eggs (Only one egg is required for the lesson.), ☐ Small table, ☐ Paper towels, ☐ Plastic gloves (for volunteer to wear while holding the egg)

Lesson Instructions:

Ask **Does anyone know what's in my hand?**

- That was an easy question, it's an egg. Now this may be a more challenging question:

Ask **Who can describe the different parts of an egg? (Repeat until cadets have named all 3 parts: shell, white and yolk.)**

- Next, we'll need a volunteer to assist with taking apart this egg to reveal all 3 parts.
- We can see the outside of this egg, the part we call the shell, so we'd like our assistant to help reveal the egg white by cupping their hands together like they're holding a snowball. (Suggest having the assistant hold their hands over the table.)
- In order to reveal the egg white we'll have to crack the shell. (Crack the shell open, and start peeling. After the shell is removed, place the egg into the assistant's hand.)
- Ta Da!! Presenting…the egg white!
- OK, we've revealed two parts of the egg, so all we need to do is reveal the final part.

Ask **Can anyone remember what the third part of the egg is called?**

- Great! You're correct, it's the yolk. (Carefully remove the white to expose the yolk.) Here it is, right in the middle.
- Now, this egg has been separated into three parts, which all came from one egg. Superkids, that's just like God.
- There is just one God, but He has three parts, like this egg.
- There is the Holy Spirit, who we'll compare to the shell of the egg, because the Bible says the Holy Spirit hovers around us. (Hover means to kind of "hang out" over something.)

- Then there's the Son of God, Jesus, who could be compared to the egg white because He's right next to God, who is the center of everything, like the yolk.
- That's really cool—to be 3 parts, put together, to make 1!
- And just like this egg, there is always more of God than can be seen with our natural eye. Here's something else to remember: God put more in YOU than most people see!

Notes:

OFFERING

LET GO OF THAT SEED!

Suggested Time: 10 minutes

Offering Scripture: There are those who [generously] scatter abroad, and yet increase more; there are those who withhold more than is fitting or what is justly due, but it results only in want.

Proverbs 11:24 AMPC

Teacher Tip: This is a perfect opportunity to express the importance of a generous and willing attitude. Choose a Superkid and allow him to set a good example by assisting with various activities. This will provide a sense of accountability and accomplishment for the Superkids. Remind and encourage cadets about choosing to be a generous giver with their time and service, honoring God with their actions and attitudes.

Supplies: ☐ A package of seeds, ☐ Watering can, ☐ Flashlight, ☐ Clay pot, ☐ Potting soil, ☐ Small table

Offering Instructions:

- Hello, cadets!
  The Offering Scripture for today is from Proverbs 11:24 and it says, "There are those who [generously] scatter abroad, and yet increase more; there are those who withhold more than is fitting..." (more than they should).
- Let's discover what this means:
- We'll need a Superkid cadet who loves to dig in the dirt, likes to work in the garden, and enjoys seeing things grow.
- *(Position the volunteer behind the table, facing the audience.)*
- Displayed on this table, is everything needed to grow a plant: a seed, a clay pot, some dirt, water and sunlight *(hold up your flashlight),* well, it's almost like sunlight.
- OK, cadets, let's have our assistant prepare the necessary supplies to plant this seed. *(Allow assistant to place soil in the clay pot and prepare to water the seed.)*
- Hold the seed up for all the kids to see and keep it clenched in your hand.

Ask **Cadets, are we ready to water and provide sunlight for our plant?**

- *(Keeping the seed in your hand, review your supplies with the kids, and encourage them to recognize the seed is still in your hand. Once the kids notice the seed is missing from the clay pot, place the seed in the pot and have fun with the flashlight [sunlight].)*
- This example relates to today's scripture regarding those who are not generous givers and only end up with more needs—like holding onto the seed and not putting it into the pot.

- There are people who are ready to give, ready to "plant their seeds," and be generous to those in need, who end up with more joy and goodness in their lives. Let's be kids who are generous givers, looking for ways to bless the lives of others and help those in need.

Notes:

WORD TIME

THREE IN ONE

Memory Verse: *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.*

1 John 5:7 AMPC

I. AN AMAZING MYSTERY SOLVED

a. God is three persons in One. 1 John 5:7

b. Our God is Father, Son and Holy Spirit.

c. The Trinity is in unity and agreement. 1 John 5:8

II. GOD'S WISDOM IS REVEALED TO US BY HIS SPIRIT 1 Corinthians 2:14

a. We are to seek wisdom and understanding from God. Proverbs 4:7

b. We walk in wisdom when we follow God's Word. Matthew 11:19

c. We seek the Spirit of wisdom to know God better. Ephesians 1:17

III. THE TRINITY

a. God is our heavenly Father, and the Creator of all. Genesis 1:1

b. Jesus is our Savior, our friend, and our way to God. John 14:6

c. The Holy Spirit is our helper. Romans 8:26

A Word From Commander Dana: *When teaching a challenging subject, it's important to allow input and questions from the kids. It's good to challenge the cadets to process what they are learning and explore ways to utilize the message in their everyday lives.*

Choosing to provide examples that appear in more than one form and discussing the different expressions of that element may be a helpful tool in relating to the Trinity (or the main point of each lesson).

A few examples:

- *Water: can appear as a liquid (water), gas (steam) or solid (ice).*
- *Words: can be thought, spoken or written.*
- *God is unique; He is three in One—the Father, the Son and the Holy Spirit.*

REAL DEAL

FREEZE-DRYING

Suggested Time: 10 minutes

Concept: Highlighting an interesting historical place, figure, or event that illustrates the theme of the day. Today's theme is the mystery of the Trinity.

Teacher Tip: Entering in costume is an attention grabber for the Superkids. When presenting the information to the kids, it's helpful to have pictures available.

Teen Tip: Reviewing the script prior to class and involving teen helpers is a great way to keep the kids involved and attentive.

Costumes: Astronaut helmet, Astronaut suit

Supplies: ■ 1 Bag of freeze-dried ice cream or other freeze-dried food samples (available at most outdoor stores or camping sections in department stores)

Intro:

- Today we're talking about amazing mysteries. Now it's true that the greatest mystery ever is the Trinity. "Trinity" means God is 3 people at 1 time—Father, Son and Holy Spirit. But there is another cool mystery we're going to explore right now.
- Maybe this riddle will give you a clue: "By the 1960s our trips were long—to say the least. The only bad thing was we needed more to eat."

Ask **Any guesses?**

Lesson:

What Is It?

- During missions into space, scientists had to figure out how to send food that wouldn't need refrigeration or take up much space.
- When food is freeze-dried it weighs a lot less, shrinks in size, and lasts for a long time. Some space food can last up to 30 years!

Ask **Is there a cadet who knows how food is freeze-dried?**

How Do They Do That?

- Freeze-drying occurs in three steps:

- Scientists invented a freeze-drying machine that freezes food at 50-80 degrees below zero. Wow, that's cold! Just think, it only has to be 32 degrees *above* zero to snow.
- After the freeze-drying machine freezes the food, a high-powered vacuum sucks out all the ice crystals located inside the food. This process leaves little holes in the food, creating a sponge.
- Finally, the food is heated until it completely dries out. It's now ready to be placed in an airtight package.

Help—We're Hungry!

- The first American astronauts had shorter trips to space, and didn't require as much food. This was a good thing because early space food wasn't too appetizing.
- The early freeze-dried foods were a big step, but still needed some work. Early space food was in a "liquid" form and eaten out of aluminum tubes. It was a challenge to keep the tubes from crumbling, and if the astronauts weren't careful their crumbs could float away and get into their equipment. Not good!
- Eventually, NASA scientists were able to freeze-dry meals that tasted homemade. Astronauts can now enjoy meals like: lasagna, shrimp, chicken and vegetables, and even ice cream!

Teacher Tip: If any freeze-dried food was purchased, this would be a great time to present it to the kids. After it's been hydrated, allow Superkid cadets to see and smell it.

Let's Eat!

- So how is freeze-dried food prepared? The main component in freeze-dried food is water. Water was taken out of the food to make it last longer during the freeze-drying process, and water is needed to "bring it back to life."
- In the early days, astronauts used their saliva to bring freeze-dried food back to life. Yuck! That meant no hot meals. Imagine eating a cold dinner every night—not too fun.
- Eventually, NASA scientists created a device that carried hot water into space for astronauts to prepare warm meals. Using hot water to fix the "freeze-dried" meals took longer, about twenty to thirty minutes per meal, but who's complaining? Not the astronauts! They couldn't be happier about having hot meals for their long journeys into space.
- Today, the space shuttle menu contains 72 different foods and 20 different drinks.

Making History:

- Freeze-drying has actually been around for over 1,000 years. The Inca Indians in Peru were the first people to freeze-dry food utilizing high altitudes and extreme mountain temperatures. In the winter months, they would store their crops, and return in summer to find them perfectly unspoiled. Inca Indians used nature as their natural freeze-dryer.
- Today, freeze-dried food is the food of choice for many hikers and campers, because it is light to carry and takes up little space in a backpack.

Outro:

- There are many interesting mysteries in the world. The most amazing mystery is the Trinity—God the Father, Son and Holy Spirit.
- Today's "Real Deal" lesson provided information on one of the world's mysteries…freeze-drying food.
- We can look to God to help us with creative ideas and wisdom for any situation or understanding any mysteries or situations in our lives. Just like scientists discovered new ways to help the astronauts with space food, God can help us discover new ways to live lives that are pleasing to Him and a blessing to those around us.

Notes:

HANDOUT

THREE IN ONE

Memory Verse: *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.*

1 John 5:7 AMPC

Superkid Handout Grades 1-3

In today's Object Lesson, what did the three parts of the egg represent?

1. Match the egg parts to the correct answer.

Shell: _____ (Answer: b)	a. Jesus
Yolk: _____ (Answer: c)	b. Holy Spirit
Egg white: _____ (Answer: a)	c. God

2. The Trinity represents which of the following? Circle correct answer.

Jesus Bible Holy Spirit God church

3. Fill in the blanks.

   1. There is just one _____ but He has _____ parts like the egg. (Answer: God, three)
   2. God is the center of everything, like the _____ of the egg. (Answer: yolk)

4. Learn the Superkid Creed! Memorize this part, and soon you'll know the whole "Superkid Creed"!

I am a Superkid—servant and child of the Most High God.

Jesus is my Savior and my Lord. I am filled with His Holy Spirit.

Also available on the CD-ROM.

HANDOUT

THREE IN ONE

Memory Verse: *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.*

1 John 5:7 AMPC

Superkid Handout Grades 4-6

1. In today's Object Lesson, what did the three parts of the egg represent?

   Shell: _____ (Answer: Holy Spirit)

   Yolk: _____ (Answer: God)

   Egg white: _____ (Answer: Jesus)

2. What is the Trinity?

   _____

   _____

   _____

3. How does what you learned today about the Trinity, change your relationship with the Father, with Jesus, and with the Holy Spirit?

   _____

   _____

   _____

4. Learn the Superkid Creed! Memorize this part, and soon you'll know the whole "Superkid Creed"!

   I am a Superkid—servant and child of the Most High God.

   Jesus is my Savior and my Lord. I am filled with His Holy Spirit.

Also available on the CD-ROM.

DINNERTIME DEVOTIONAL HANDOUT

THREE IN ONE

Memory Verse: *So there are three witnesses in heaven: the Father, the Word and the Holy Spirit, and these three are One.*

1 John 5:7 AMPC

Ask **Your Superkid to name the chapter and verse of the above memory verse.**

Three in One:

God is three persons in One. 1 John 5:7

The Trinity is in unity and agreement. 1 John 5:8

God's wisdom is revealed to us by His Spirit. 1 Corinthians 2:14

The Holy Spirit is our helper. Romans 8:26

Family Review Questions:

1. What's an example of something that's three in one? (Hint: Us! Spirit, soul, body) 1 Thessalonians 5:23
2. What are some ways your family can work together in love, like the Trinity?

Tips for Parents: *This Dinnertime Devotional can be used at any mealtime, and is designed to reinforce the truths being taught at Superkid Academy.*

Make sure you set the example by reading the verses out loud from your Bible. (We use the New Living Translation with most of our lessons, but reading from other translations can also provide a great teaching opportunity.)

Take a few minutes to read any other scriptures listed in the lesson so you can reinforce the main theme.

Let your questions guide the discussion time. In other words, allow your kids to do most of the talking. We've provided some questions here, but feel free to add more, using examples from your own life. (Remember to avoid asking questions that only require yes or no answers, since they do not foster conversation.)

Also available on the CD-ROM.

SUPPLY LIST

THREE IN ONE

Game Time: Triathlon

- [ ] 2 Punch balls
- [ ] 2 Jump-ropes
- [ ] 2 Hula hoops
- [ ] Upbeat music to play during activity

Object Lesson: It's All Here

- [ ] 2 Hard-boiled eggs (Only one egg is required for the lesson.)
- [ ] Small table
- [ ] Paper towels
- [ ] Plastic gloves (for volunteer to wear while holding the egg)

Offering: Let Go of That Seed!

- [ ] A package of seeds
- [ ] Watering can
- [ ] Flashlight
- [ ] Clay pot
- [ ] Potting soil
- [ ] Small table

Real Deal: Freeze-Drying

- [ ] 1 Bag of freeze-dried ice cream or other freeze-dried food samples (available at most outdoor stores or camping sections in department stores)

Costumes:

- [ ] Astronaut helmet
- [ ] Astronaut suit

Also available on the CD-ROM.

Notes: