**Superhero assemblies**

Week One Gideon *Power* Judges

Week Two Joshua *Courage* Joshua

Week Three Jonah *Obedience*  Jonah

Week Four Elijah *Gentleness* 1 Kings 19

Week Five David *Doing right* 1 Samuel 24

Week Six Abram *Loyalty* Genesis 13

Week One

Gideon – Power

*Activity*

Ask the children for a volunteer. Say you are going to dress this person up like a superhero. What type of stuff do they wear?

*Introduction*

Introduce the idea of Superheroes. Ask the children if they have a favourite superhero. Explain that my favourite superhero is Spiderman. Explain that superheroes are different from ordinary people – not because they wear funny clothes but because they behave in a different way. Say that you think people like us can actually be superheroes and that over the next few weeks we are going to be looking at some of the qualities that superheroes have and how using them can make people different.

*Game*

Mr Universe

1. press ups 2. rip up telephone book 3. showing off muscles

*Story*

Gideon – every time I say Gideon you have to do the scared sign and every time I say God you do the strong sign. When I say the word Midianites you have to boo.

The bloke I’m going to tell you about today is called Gideon. Now Gideon wasn’t a very important person. He was the least important in his family. And his family was one of the least important in his country. Gideon was from Israel. Not many people liked Israel and the people (Israelites) were being attacked by some pretty nasty people called the Midianites. So anyway, back to the story…

Gideon, our not very important little fella, was working under a big oak tree when all of a sudden an angel appears and sits down next to him. Wow! An angel! This angel and Gideon start to have a conversation and the angel tells Gideon that God is with him. And then, the angel says that God is going to help Gideon beat the Midianites. Now this was pretty scary stuff for Gideon – he was from the weakest family in Israel and he was the smallest member of his family. How on earth could God use him? God’s reply? I will be with you.

To cut a long story short…

it was time for Gideon to fight the Midianites. Gideon had got an army together and was ready to fight, but God had different plans. He told Gideon that he had too many soldiers! Too many soldiers! Gideon knew that he was very small and thought, like most of us, that more soldiers meant a better chance of winning! But God had different ideas – you see he wanted the Israelites to know that it wasn’t them who beat the Midianites but that it was God. So God told Gideon to ask anyone who was scared to leave. 22,000 left!! That’s a lot of scared soldiers. And it only left Gideon 10,000 soldiers. But God still wanted Gideon to have less men. To cut a long story short, God left Gideon with only 300 men. 300 men to take on the huge Midianite army. It didn’t look good for Gideon, although he did have one thing going for him – God. Gideon was absolutely petrified but he knew he had to trust God. He took his men and they surrounded the Midianite camp at night. Can you guess what happened next? I’m sure you can – the 300 hundred men and God beat the Midianites. The Midianites legged it as fast as they could! Gideon had led his army to victory. Or was it Gideon?

Sometimes we look at a problem and think that there is no way around it – that it’s too big for us to solve. But God wants to help us through our problems. And if he can beat a whole army with 300 men then he can definitely help us with our problems. He is more powerful than anyone we can imagine. He won’t take our problems away, but he will be with us through them. Nothing is too difficult for God. I’m a friend of God and I know that even though I’m not very strong or powerful, God gives me power – not to beat people up or knock things over, but to help me through really difficult times.

Week Two

Joshua - Courage

*Recap*

*Video Clip*

Ice Age – Sid challenges Diego about his fear of water…

*Activity*

Have 3 boxes with holes cut in them. Select 3 volunteers and let them choose a box. They have to put their hand in and feel what is inside. Build up the fact that it could be very scary. In the last box put a hole in the back for your hand to fit through and grab the child’s hand when they put it in the box.

*Story*

Joshua.

We all have to face pretty scary situations don’t we!

Secondary school story

I want you to think of times when you are scared. Maybe its at school. Maybe at home or when you are outside playing?

God told Joshua to be brave. And with God’s help he did amazing things. You can be like Joshua. Superheroes have to brave. Even though they get scared they have to be brave enough to carry on.

Week 3

Jonah - Obedience

*Game*

Simon Says

*Story*

Jonah – tell the story of Jonah

Need signs of Nineveh and Tarshish

Who do we have to obey?

(Our parents, our teachers etc.)

Sometimes just like Jonah we think we know best.

Week 4

Elijah - Gentleness

*Activity*

Get 4 volunteers. “lie on the floor and the other 2 have to build towers out of shreddies on their foreheads. Whoever is most gentle will win!

*Story*

Elijah.

Elijah was a great man of God. He had done some amazing things in his life with God’s help. He had performed miracles and all the people knew him as a really powerful person.

But now Queen Jezebel was after Elijah. She wanted to kill him. And Elijah had run away and was moaning and groaning. Suddenly God spoke to him. He told him to stand up and watch and listen for God.

First a great and powerful wind tore the mountains apart and shattered rocks. But God didn’t speak.

Second there was an earthquake.

But God didn’t speak.

Third there was a fire.

But God didn’t speak.

Elijah waited… and waited… and waited…

Then there was a noise. A very quiet noise. But a noise. Elijah listened very carefully. What was it? He listened again. It was a whisper. A gentle whisper. God was whispering gently to Elijah.

Elijah knew that God was really, really powerful. He knew that He could speak in any of those amazing things he sent. But God chose to speak through a very gentle whisper. And that gave Elijah the strength to get up and start again.

If want to be a superhero who is gentle then we have to be careful about how we talk to people. We should try and be like God and speak gently to people. Sometimes its easier to speak angrily because we think that makes us feel better. The problem is that that often makes the other person feel worse. Treating people gently makes them feel really good and really special.

Your challenge is to be a superhero who is gentle. Someone who speaks gently and kindly to other people.

Week 5

David - Doing Right

*Recap*

*Intro*

Talk about doing right. Explain that doing right is sometimes really difficult but it is always the right thing to do. Explain that sometimes people want you to do the wrong thing because it looks good but it is still wrong. Examples = taking something that isn’t yours, picking on someone, copying someone’s work

*Activity*

Mark out (in as big letters as possible) a start and finish. Get three volunteers and say we are going to have a race around the hall. The winner will be the person that crosses the finish line first. Then say that they can choose where to start… If all 3 start at the start then award the sweets to the winner, but if all 3 start somewhere else award the sweets to the person who started at the start. If none of them start at the start then give the sweets to the teacher.

*Talk*

Story of David not killing Saul. 1 Samuel 24

Everyone was telling David to kill Saul. David wanted to kill Saul but at the last moment he couldn’t do it because he knew it was wrong. Sometimes doing wrong looks really good but we need to remember that it is always wrong. Superheroes always do the right thing even though sometimes it is difficult for them. It means that they have baddies chasing them, it means they don’t get to have a nice cosy life but they do what they do because they know it’s right.

The next time you feel like you want to do something wrong, remember David and how he did the right thing even though he wanted to do wrong. I believe that we can ask God to help us do the right thing and he always will. We just have to ask.

WEEK 6

Abram - Loyalty

*Recap*

Talk about the assembly from the week before.

*Intro*

Explain that today's superhero quality is a word that we might not have heard before but that is very important. The word is loyalty and it means sticking by our friends whatever happens.

*Activity*

Arm wrestle challenge. Before the assembly put 2 balloons up your jumper to make it look like you have big muscles. Invite someone out to the front who thinks they are really strong. Say that you are going to have a bit of an arm wrestle. Explain that the winner will get to break an egg over the head of the loser.

Do one wrestle (obviously you will win), then give them a second chance but invite them to ask a friend out to help them. Play another wrestle with 2 of them against you. This time, make sure the 2 wins! Get them to break the egg on you but make sure it is hard boiled!

Talk

Did you notice how much easier it was when \_\_\_\_\_\_\_ had a friend helping them. Doesn't it feel great when your friends are there when you need them. Today's story is all about exactly that.

Story

Abram and Lot had big families and they were both really rich. They were farmers and were doing very well! But there was a problem. You see, they both lived on the same land and there just wasn't enough room for the both of them.

Some of their family members had started to argue about little things – mainly the lack of space. So Abram and Lot decided something had to be done. Because they were such good friends they decided they would split the land and Abram said that Lot could choose first. Lot decided he was going to have the land that was the most fertile so that he could grow food and look after his animals the best.

Abram agreed and time passed.

Unfortunately for Lot, somebody else liked the look of his land. In fact they liked it so much that they decided they should take it from Lot. And that's exactly what they did. They took everything that Lot had. What Lot really needed was a good friend.

Abram heard about what had happened to Lot and it was now that he had a decision to make. What was he going to do? Help Lot and risk having all his stuff taken too, or leave Lot to it and protect what he had.

Abram knew there was only one thing to do and that was help his friend. He got as many members of his family as he possibly could and he crept up on the robbers. They took all of Lot's stuff back and chased them as far away as they could.

What a friend!

Challenge

Abram showed us what it means to be loyal, to stick by our friends. He could have been so mad that Lot took the best bit of land that he wouldn't have helped Lot but Abram knew that his friend needed him.

Would you do something similar for your friends?

Are you there for them when they need you even if it was risky for you?

Are you always there for your friends even if they have annoyed you?

If you want to be a good friend then you need to be someone that is loyal, that sticks around in the hard times as well as the good times