



POWER UP



RAISE YOUR GAME

TEAM

CEO

Reggie Joiner

**DIRECTOR OF
MESSAGING**

Kristen Ivy

**EXECUTIVE
DIRECTOR**

Amy Fenton

**PROJECT
MANAGERS:**Dana Anderson
Sunny Williams**WRITERS**Emily Meredith
Sharon Carey
Jodi Blackwell
Brandon O'Dell
Diane Dawson
Kellie Smith
Jacob York
Mike Tiemann
Logan Brunson
Kevin Litton
Greg Payne
Laura Milner
Megan Johnson
Julie TiemannAshley Pierce
Holly Crawshaw**EDITORS**Dana Wilkerson
Elloa Davis
Dana Anderson
Kathy Hill**CREATIVE TEAM**Mike Clear
Dan Scott
Elloa Davis
Sheeva Olyaie
Kathy Hill
Brittany Compton
Mike Tiemann**ART DIRECTION**

Sharon van Rossum

ILLUSTRATORSBrian Bascle
Mike Davis
Jacob Hunt
Sharon van Rossum**GRAPHIC DESIGNERS**Kaci Ariza
Kesley Swanson

USER AGREEMENT

The reThink Group, Inc., gladly grants permission to churches, schools, and other licensees to tailor Power Up materials to fit their unique leadership requirements, locale, format preferences, and physical environment needs. However, if you wish to edit the content substantially, including Bible stories, learning activities, scripts, and any other content in which biblical principles and concepts are presented, you are obligated to do so within the doctrinal guidelines expressed in our Statement of Faith.

Scripture is taken from the NEW INTERNATIONAL READER'S VERSION®.

Copyright © 1996, 1998, 2014 Biblica. All rights reserved throughout the world. Used by permission of Biblica.

These resources are intended to be printed for use by the purchasing entity only and may not be electronically transferred or duplicated by any other non-purchasing entities. Any unauthorized reproduction of this material or incorporation into a new work is a direct violation of U.S. Copyright laws.

GETTING READY

GROUPS: CREATING A SAFE PLACE TO CONNECT

CHOOSE AS MANY OF THESE ACTIVITIES AS YOU LIKE.

- Paper
- Pens

1. TAKE A SNAPSHOT

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Connect: an activity that invites kids to share with others and build on their understanding

WHAT YOU NEED:

- No supplies needed

2. BIBLE STORY EXTENSION

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body

WHAT YOU NEED:

- Bibles
- Cookie sheets; one for every two students
- Matchbox®-style cars; one for every two students
- Rolls of masking tape; one for every two students

3. DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Connect: an activity that invites kids to share with others and build on their understanding

WHAT YOU NEED:

- No supplies needed

4. VERSE TO TAKE WITH YOU

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

Made to Explore: an activity that extends learning through hands on experimentation and discovery

WHAT YOU NEED:

- Bibles
- Water bottles; one for each student

PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

Made to Reflect: an activity that creates space for personal understanding and application

WHAT YOU NEED:

- Print the "Power Up Prayer Cards" Activity Page on cardstock and cut apart; one set for each small group

NOTE: This Activity Page will be used each day of VBS.

LIVE FOR GOD

APPLICATION
ACTIVITY



CONNECT

an activity that invites kids to share and build on their understanding with others

BIBLE STORY

God Calls Abram
Genesis 12:1-4, 15:1-7

MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

BOTTOM LINE

God wants you to know Him.

1. TAKE A SNAPSHOT

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- **Invite** students to think of two things they know to be true about God and one lie or misconception people sometimes believe about Him.
- **Ask** them to take turns sharing their "Two Truths and a Lie." Then challenge the rest of the group to decide what's right or wrong about the statements.
 - They can agree or disagree with any of the statements but must explain why.
 - Encourage them to share any verses or stories from the Bible to back up their position.
- **Challenge** each person to come up with something different and not repeat statements others make.
- **Close** the activity by asking:
 - Why do you think there are so many different views of God?
 - How do you know what's really true?
 - How important is it for us to know God? Explain what you think.

WRAP UP AND SAY:

"God is amazing, powerful, compassionate, patient, kind, and AWESOME in every way. That's no lie! What's even more amazing is that He wants a relationship with US. He made a way for us to know Him, and that's one of the reasons we're here at Power Up: to get to know God better. Even though we won't ever know EVERYTHING about Him, we want to keep learning what's true and grow closer to Him every day."

TALK
ABOUT GOD

BIBLE STORY
REVIEW



MOVE

an activity that increases the oxygen in their brain and taps into the energy in their bodies

BIBLE STORY

God Calls Abram
Genesis 12:1-4, 15:1-7

MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

BOTTOM LINE

God wants you to know Him.

2. BIBLE STORY EXTENSION

WHAT YOU NEED: Bibles, masking tape, cookie sheets, Matchbox cars

WHAT YOU DO:

- **Pair up** and give partners a cookie sheet, a roll of masking tape, and a car.
- **Ask** them to use the tape to make the letters "T" and "F" anywhere on the cookie sheet. The letters should be about four inches tall.
- **Tell** them to place the car at one end of the cookie sheet. Instruct each partner to hold opposite sides to keep it level.
- **Explain** that you will read a statement about today's Large Group.
 - If they agree that the statement is true, they should work together to tilt the cookie sheet just enough to move the car onto the "T" and then stop.
 - If the statement is not true, they should roll it onto the "F" and stop.
- **Review** today's story by asking the questions listed below or others you'd like to add.
- **Pause** after each answer to let students share what they remember. Then tell students to place the car back at one end of the cookie sheet before asking the next question.
 - In the beginning, God created everything. (T)
 - Adam and Eve had a close relationship with God until they broke His rules. (T)
 - Abram lived in the Garden of Eden with Adam and Eve. (F)
 - Abram was a young man when God told him to go to another land. (F)
 - Abram and his wife, Sarai, refused to move to the land where God told them to go. (F)
 - Isaac was Adam and Eve's first son. (F)
 - God promised that Abram's family would have so many children that he wouldn't be able to count them all. (T)
 - Jesus was a direct descendant of Abram. (T)
- **Set** the cookie sheets aside for the moment.
- **Hand out** a Bible to each student or let students open a Bible app on their phones.
- **Invite** one partner to look up Jeremiah 29:13 and the other to look up Proverbs 8:17.
- **Allow** students to share their interpretation of the verses by putting them into their own words.
- **Dig deeper** through discussion.
 - How do we go about seeking God "diligently" or with "all our heart?"
 - If we "half-heartedly" seek God, will we find Him? Explain what you mean.



POWER UP

DAY
ONE

POWER UP VBS

ELEMENTARY
PRETEEN

SMALL GROUP

TALK ABOUT GOD

BIBLE STORY
REVIEW



MOVE

an activity that increases the oxygen in their brain and taps into the energy in their bodies

- **Place** the cookie sheets on the floor with partners sitting at each end.
- **Invite** one partner to name a way kids can get to know God and then let the other partner respond by tilting the cookie sheet to roll the car onto the "T" if it's a way he or she gets to know God or "F" if they don't agree or it's not a way that works for them to get to know God.
- **Switch and repeat** several times while encouraging them to come up with unique and creative ways to read the Bible, pray, and live out their faith.

**TALK
ABOUT GOD**

**BIBLE STORY
REVIEW**



CONNECT

an activity that invites kids to share and build on their understanding with others

BIBLE STORY

God Calls Abram
Genesis 12:1-4, 15:1-7

MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

3. DISCUSSION QUESTIONS

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

Ask:

- Why do you think some people don't care whether they have a relationship with God or not?
- What are some results or consequences of not knowing God?
- What are some results or benefits of being in a relationship with God?
- If someone asked you how they could know God, what would you tell them?
- How does it make you feel to know that God wants a relationship with you?

BOTTOM LINE

God wants you to know Him.

HEAR FROM GOD

MEMORY VERSE
ACTIVITY



EXPLORE

an activity that extends learning through hands-on experimentation and discovery

BIBLE STORY

God Calls Abram
Genesis 12:1-4, 15:1-7

MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

BOTTOM LINE

God wants you to know Him.

4. VERSE TO TAKE WITH YOU

WHAT YOU NEED: Bibles, water bottles

WHAT YOU DO:

- **Give** each student a water bottle and a Bible. (They can use a Bible app on their phone if preferred.)
- **Ask** them to look up Psalm 63:1.
- **Tell** them to indicate that they have found and read the verse by taking a drink from the water bottle, putting the lid back on, and setting it down in front of them.
- **Discuss** what they think it means to "thirst" for God.
 - What does it look like in the life of a kid your age to be "thirsty" for God?
 - In what way is being thirsty for water the same or different from thirsting for God?
 - How do we seek God?
- **Challenge** the group to a Bottle Flip Competition.
- **Explain** that they will have a designated amount of time to see how many times they can flip their water bottle in the air and successfully land it in an upright position.
 - They should bend down or kneel so that they are flipping the bottle from about knee-height rather than from a standing position.
 - *Note: If you have access and room for tables, this activity can be done while standing and using the top of the table as a landing surface for the bottles.*
- **Tell** them that after each successful flip, they must take one swallow of water. The person with the most flips AND least amount of water when time is up is the winner.
- **Decide** the amount of time students will have to complete the challenge. Then begin.
- **Return** to the Bible after the competition and look up 2 Peter 1:3a.
- **Compare** 2 Peter 1:3a with Psalm 63:1. (Allow them to look up Psalm 63:1 if they don't remember what it says.)
- **Ask:**
 - What does God do to help us have a relationship with Him?
 - What does God do to help us live in a way that pleases Him?
 - If someone doesn't seek God, will God keep seeking him or her? Explain.
 - Would you say that you are seeking God? Why or why not?

**HEAR
FROM GOD**
MEMORY VERSE
ACTIVITY



EXPLORE

an activity that extends learning through hands-on experimentation and discovery

WRAP UP AND SAY:

“God put inside of us an awareness that He exists, and He gives us a desire to seek Him. If God didn’t help us in that way, we would never find Him. Thankfully, God wants us to know and follow Him. He promises that anyone who seeks Him will find Him.”

PRAY TO GOD

PRAYER
ACTIVITY



REFLECT

an activity that creates space for personal understanding and application

BIBLE STORY

God Calls Abram
Genesis 12:1-4, 15:1-7

MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

BOTTOM LINE

God wants you to know Him.

5. MAKE IT PERSONAL WITH PRAYER

WHAT YOU NEED: "Power Up Prayer Cards" (Activity Page), paper, pens, Game Map (optional), Game Map Stickers (optional)

WHAT YOU DO:

- **Give** students the "Power Up Prayer Cards."
 - **Invite** them to choose one of the prayer options that the group will use today. If students can't decide on one option, let them form groups based on their choices.
- NOTE: The "Power Up Prayer" options listed below will be repeated each day.*
- **Download:** Kneel and pray silently at the same time with one or more friends.
 - **Upload:** Pray standing with hands raised in the air.
 - **Live Chat:** Choose one student or adult to lead in prayer while pausing to let others echo the same words.
 - **One-Up:** Pop up and pray one-sentence prayers with a friend or in a group.
 - **Offline:** Write a short prayer for someone else to pray.
 - **Online:** Write out a prayer and include the words HELP, THANKS, and LOVE.
 - **Triple Play:** Three kids, three minutes, three prayer requests.
 - **Blitz:** Write out a prayer request, wad up the paper, sit in a circle, and volley the paper wads to one another for ten seconds. Then grab a paper wad and pray silently for whatever is written on it.
- **Direct** them to focus their prayers around this statement: "God wants you to know Him."
 - If you're using the Game Map and Game Map Stickers, provide one for each student.
 - **Ask** them to write one word they believe best describes God and then attach the sticker to the map for Day One.
 - **Collect** the maps to use again tomorrow. Make sure students have written their names on the maps.

WRAP UP AND SAY:

"Dear God, thank You for creating a way for anyone who seeks You by faith to have a close relationship with You. How amazing it is that WE can know YOU. Help us get to know You better this week at Power Up."

**PRAY
TO GOD**
PRAYER
ACTIVITY



REFLECT

an activity that creates space for personal understanding
and application

Travel Time

As you travel to the next track, use the following questions to keep the conversation going and to keep kids thinking about what they're learning!

- How do you get to know someone?
- How did you get to know your best friend?
- In what way is getting to know God the same or different from getting to know a friend?