

# Rescued! Lesson 1

**SuperTruth:** I can trust God to rescue me.

**SuperVerse:** *God is our refuge and strength, always ready to help in times of trouble.* Psalm 46:1 (NLT)

**Bible Story:** Daniel 3:1–30; Daniel 6:1–28; Jonah 1–2

**Superbook Video:** Rescued!

## LARGE GROUP / GRADES 1–6

Today's exciting video contains not one, but three exciting Bible stories that reveal how God miraculously rescues people in desperate circumstances!

- Chris, Joy, Gizmo, and Professor Quantum travel on a mission trip along with Pastor Aaron and the youth group. The children encounter a young boy named Mateo who is trying desperately to cover the roof of his family's home with a tarp as the rains come.
- Superbook whisks Joy, Chris, Gizmo, and Mateo off just as a huge boulder loosens and begins to roll down the hill directly toward Mateo's house! The children revisit past encounters with Jonah, Daniel, Shadrach, Meshach, and Abednego. They are reminded that God hears and answers prayer and has the power to rescue His people in miraculous ways.

### Game Materials Needed:

- Four pieces of cardboard or rugs
- Two 12-foot ropes or strings
- Painters tape or masking tape

### Teaching Materials Needed:

- Picnic Shelter sign
- Severe Weather sign
- Two sheets of cardstock
- Whiteboard and markers or chalkboard and chalk
- Bible or device with the Superbook Bible App
- GizmoNote (optional take-home note)

### SuperVerse Materials Needed:

- Whiteboard and marker or chalkboard and chalk
- Eraser
- Bibles or the Superbook Bible App

### Prayer Materials Needed:

- Bibles or the Superbook Bible App

## SMALL GROUP / GRADES 1–6

**Game:** Help! (15 minutes)

*Objective:* Play a game to rescue each other from trouble.

- As we saw in the video, God can rescue anyone out of any situation. Let's play a game about rescuing each other from trouble!

*Game Instructions:*

- Pretend that the two rectangles on the floor are deep pits, and the other two rectangles are the solid ground. You will take turns tossing a rope to rescue your teammates in trouble!

**Teaching:** Always Ready (15 minutes)

*Objective:* Discuss how God can be trusted to rescue us.

- God is ready, willing and able to rescue us at all times. There is nothing too big or small for Him—all we must do is trust in Him!

**SuperVerse:** Superbook Erase (5 minutes)

*Objective:* Memorize the SuperVerse with a group activity.

- God is our place of safety and strength, and He always hears your prayers for help, even silent prayers! He is always ready to respond.
- As children look down or close their eyes, erase a word. Then, have the children raise their hands to tell you what you erased. Write the word(s) back on the board as the children answer. As the activity progresses, erase more than one word at a time.

**Prayer:** Rescue Prayers (5 minutes)

*Objective:* Communicate with God.

- God promises to rescue us and do His part that only He can do. However, we are expected to love God and trust in Him as He works on our behalf.
- With eyes closed, take a moment to think of something you need God to rescue you from. Then with eyes still closed, express to God your love for Him and your trust in Him to answer your prayer for help in His timing.

## ADDITIONAL ACTIVITIES (REFER TO THE LESSON GUIDE FOR DETAILED INSTRUCTIONS)

**Throwing Game:** Play a game about God's amazing rescue. | **Grades 1–6** | 15 min

**Drawing Activity:** Children make pictures about God's presence. | **Grades 1–6** | 15 min

**Coloring Activity:** Color a scene from the Superbook video. | **Grades 1–3** | 10 min

**Bible Activity:** Race to find verses about our loving God who protects us. | **Grades 4–6** | 15 min