

EPIC

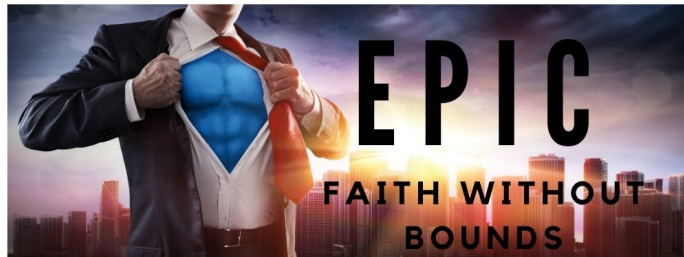
FAITH WITHOUT BOUNDS

Youth Ministry Lessons



Contents

EPIC-FAITH WITHOUT BOUNDS LESSON DESCRIPTIONS AND LINKS	3
FRIENDSHIP/FEELING LEFT OUT-LOKI	5
NEW SPECIES-SPIDERMAN	9
OLD IS GONE-SUPERMAN	13
EARTHQUAKE/DEALING WITH EMOTIONS-MARVEL'S AGENTS OF S.H.I.E.L.D. (SKYE).....	18
THE PROBLEM WITH REVENGE-SPIDERMAN	31
CHRIST'S AMBASSADORS-THOR.....	35
THIS WORLD LEAVES US HUNGRY-THOR	39
RIGHTEOUS VS. UNRIGHTEOUS ANGER-AVENGERS (HULK).....	43
CONTROLLING ANGER-HULK	47
USING YOUR PAIN TO HELP OTHERS-AVENGERS ENDGAME.....	52



EPIC-FAITH WITHOUT BOUNDS LESSON DESCRIPTIONS AND LINKS

OVERALL INFORMATION: The Epic curriculum uses superhero scenes from tv/films to share biblical lessons for youth and deals with: spiritual growth, emotional health, community issues, social situations, and physical needs. Throughout the year the gospel will be shared and invitations to follow Jesus will be given, while also providing discipleship for believers, all while being friendly to non-believers. All Scripture is from the New Living Bible translation unless otherwise noted.

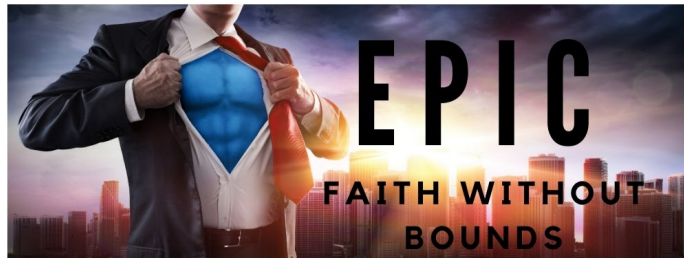
Each lesson has experiential games, a film/tv clip that leads to the main talk and small groups are used to discuss the topic in a deeper way and to discover personal application.

Film/TV clips are utilized under the Fair Use copyright law for teaching purposes. Each lesson has a media file that includes the already edited clip(s) (if able to be played), and the pictures of the main superhero characters for the lesson (if unable to play the clip), and any game videos. The picture of the superhero follows each lesson. You can either use the link to the Youtube video to stream the clip or download it from the [media folder](#). It is suggested that you download videos ahead of time in case of internet disruption. If you're unable to play videos at your location you can read the description of the video clip and show the picture of the superhero to the youth instead.

These lessons are written with the assumption that all leaders, including small group leaders, will have undergone Heart Bridge International's "Youth Ministry Skills Training". If your team has not gone through this training please email melissa.verdugo@heart-bridge.org to request a free virtual training.

LESSON DESCRIPTIONS

1. **FRIENDSHIP/FEELING LEFT OUT-LOKI:** How to be a better friend, not leaving people out. Rules for Club and small groups are created for the year.
2. **NEW SPECIES-SPIDERMAN:** When we accept Jesus as our Lord and Savior we become a new creation, you can't earn your salvation. The gospel is shared through this lesson and an invitation is given.
3. **OLD IS GONE-SUPERMAN:** Christians are no longer under the power of sin. You can't lose your salvation. The gospel is shared through this lesson and an invitation is given.
4. **EARTHQUAKE/DEALING WITH EMOTIONS-MARVEL'S AGENTS OF S.H.I.E.L.D. (SKYE):** Suppressing emotions damages us. Gives an opportunity to discuss feelings about any natural disaster, political unrest, or local tragedy being faced. When dealing with trauma/difficulties God can help and Jesus brings ultimate peace.
5. **THE PROBLEM WITH REVENGE-SPIDERMAN:** Revenge belongs to God, not us.
6. **CHRIST'S AMBASSADORS-THOR:** Heaven and angels are explained. And those that are Christians are challenged to be Ambassadors of Christ. The gospel and an invitation is given from upfront.
7. **THIS WORLD LEAVES US HUNGRY-THOR:** This world can leave us feeling empty both physically and figuratively, this world is not our permanent home, and how only God can ultimately fill that emptiness. The students will get an opportunity to respond to the gospel in small groups and are asked to share if they're struggling with hunger at home.
8. **RIGHTEOUS VS. UNRIGHTEOUS ANGER-AVENGERS (HULK):** Understanding the difference between righteous and unrighteous anger.
9. **CONTROLLING ANGER-HULK:** Youth will learn to recognize when they're angry, the typical reasons for unrighteous anger, and anger management techniques with an opportunity to practice.
10. **USING YOUR PAIN TO HELP OTHERS-AVENGERS ENDGAME**
God comforts us in our difficult times so that we can comfort others. Dealing with grief.



FRIENDSHIP/FEELING LEFT OUT-LOKI

Main Points: How to be a better friend, not leaving people out. Rules for Club and small groups are created for the year.

Supplies Needed:

- 12 empty soda cans or plastic cups
- Bag of rubber bands

GAMES

Slap, Slap, Snap, Snap

Break the group into preferably what will be your small groups for the year or at least two circles, they can either stand or have the chairs in a circle. If there are several new kids make sure you go around and have everyone say their names. There is a King or Queen who is the rhythm starter who sits on a “throne”. The first one on the throne starts the rhythm slowly and should be someone experienced at the game or a leader.

The rhythm is: hit your right leg, then you hit your left leg. Then you snap your right hand, and snap your left hand in a rhythm, hit hit snap snap. Every time the person on the throne starts they say their name on the first snap with their right hand. Then they say someone else’s name with the snap on their left hand. For example: hit hit Michael, Veronique. This then passes the game on to Veronique. Who also tries to say the names on the snaps. So for example: hit hit Veronique Robert. If the person messes up and does not say the names on the snaps they get up and move to the beginning chair or space to the right of the King/Queen on the throne. After the person leaves their chair moving to the 1st chair/space all other people move one to the right to fill the empty chair/space.

Rapid Fire-Minute to Win It Game

Get two volunteer contestants. Set-up ahead of time two 3-2-1 pyramids of 6 empty soda cans or plastic cups. Hand each contestant the same amounts of elastic rubber bands. The winner is the first to knock over all the cans by shooting the rubber bands at them in under one minute. Use the Minute to Win It countdown timer or another timer. Play the blueprint: <https://www.youtube.com/watch?v=xbhKbmmHDGE&t=6s>

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Hulk not allowed in the elevator:

<https://www.youtube.com/watch?v=TU3rLv45gWU>

Introduction for clip: Watch this clip from the opening scene of the Disney show Loki, and see what happens when the Avengers don't let Hulk take the elevator.

Description: In the opening scene of the Disney show Loki, the Avengers don't let Hulk take the elevator. Hulk gets mad and has to walk all the way down the stairs. He punches the elevator and a wall which knocks a briefcase loose from a guard. This allows the imprisoned villain Loki to grab the tesseract. The tesseract allows him to time travel and appear in different dimensions.

TALK

So apparently the Hulk doesn't like to take the stairs! I'm sure he probably also felt left out. We can all relate to feeling left out at points. Here at Club we want to make sure that everyone feels included and never feels left out. In this clip, we see that the Hulk's response to being left out causes the villain Loki to get the tesseract stone. This stone allows him to cause destruction as he time travels and goes through other dimensions.

It's inexcusable to have bad behavior like the Hulk did, even when we feel left out.. Still we also need to be kind and include others. But really we should go beyond just including others and have true loyal friendships. We want Club to be a safe place where everyone can have fun and so we have Club rules. (This is a good time to have the youth help come up with rules for Club for the year. Write down the suggestions and put it on the wall.)

When you make a list of great friendships in the Bible, you have to include Jonathan and David. If you remember, Samuel anoints a kid named David as king like God told him to do. The catch was that Israel already had a king, Saul. Right after that, David kills Goliath and he gets brought to see King Saul. In 1 Samuel 18:1-4 it says, "After David had finished talking with Saul, he met Jonathan, the king's son. There was an immediate bond between them, for Jonathan loved David. From that day on Saul kept David with him and wouldn't let him return home. And Jonathan made a solemn pact with David, because he loved him as he loved himself. Jonathan sealed the pact by taking off his robe and giving it to David, together with his tunic, sword, bow, and belt."

That was a huge deal! Giving his robe and prized weapons in ancient times was a way of sealing a pact of friendship, and because it was the robe of a prince was the highest honor that could be given a subject. Jonathan went on to keep his pact and even defied his father Saul, when Saul wanted David dead. You see God continued to be with David and made him super successful in stopping Philistine attacks.

David became a celebrity because of how God used him in battles and Saul got super jealous and scared that the people loved David more. In 1 Samuel 19:1 it says, "Saul now urged his servants and his son Jonathan to assassinate David". Crazy! Can you imagine your father telling you to kill your best friend? And poor David, he loved Saul and kept battling for him. Well Jonathan reminds Saul about how David's always tried to help him.

Saul promises not to have him killed but soon after throws a spear at him again and sends troops to try to kill him. Saul keeps coming after David for several chapters then we see Jonathan and David coming up with a code to try to communicate so that David can find out if it's safe or not.

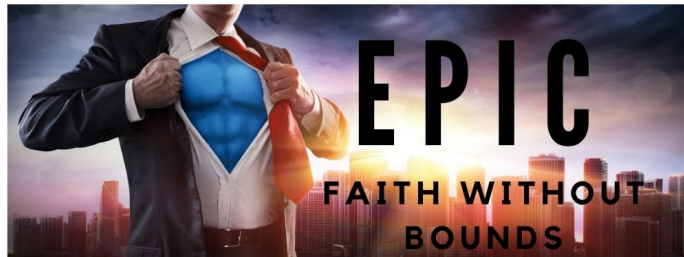
The code Jonathan uses is shooting arrows in a certain direction and shouting to his servant boy. "When the boy had almost reached the arrow, Jonathan shouted, 'The arrow is still ahead of you. Hurry, hurry, don't wait.' So the boy quickly gathered up the arrows and ran back to his master. He, of course, suspected nothing; only Jonathan and David understood the signal" (1 Samuel 20:37-39). The lengths these friends go to, to try to communicate and keep David safe. Now that's loyalty! Let's talk more about friendship in our small groups.

SMALL GROUPS

1. What did you do for fun over the break?
2. Tell us about the kindest thing a friend ever did.
3. What are some qualities you look for in friends?
4. What can you do to be a better friend?
5. How can we make sure that everyone feels included in our small group? Are there any additional rules you think we should have to make sure that our small group is a safe place to share what's going on in our lives?



Hulk And Loki



NEW SPECIES-SPIDERMAN

Main Points: When we accept Jesus as our Lord and Savior we become a new creation, you can't earn your salvation. The gospel is shared through this lesson and an invitation is given.

Supplies Needed:

- Several nails
- String or dental floss
- At least 2 Bowls

GAMES

Spider Tag (Snake Tag)

Start out with three to four in a group. Try to get as many groups as possible and leave a person as "it". Have the members of each group attach together by holding onto the waist of the person in front of them to form a spider. The person in front is the head and the person in back is the back legs of the spider. To start, the person that is "it" must catch the back legs of one of the spiders and attach to it. If he/she is successful, the head must come off and he/she is now "it". You are to twist and turn your spider to keep from losing your head.

Hanging By a Thread-Minute to Win It Game

Game example: https://www.youtube.com/watch?v=IQvA0DdFUSA&ab_channel=Outscor
Minute to Win It Blueprint: https://www.youtube.com/watch?v=2SA7N_WAKQk

Get volunteers for at least two teams with two players on each team. Players must pick up and carry nails (one at a time) across a room and drop into a bowl using two pieces of string or dental floss. The team to transfer the most nails into the bowl in 60 seconds wins.

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Peter Parker gets bit by spider-clip:

https://www.youtube.com/watch?v=rdro1Eq9VMg&ab_channel=TopMovieClips

Introduction for clip: Watch this clip to see what happens to Peter Parker when he goes on a school field trip to a laboratory.

Description: Peter Parker goes on a school field trip to a laboratory. At the laboratory the guide shows them some spiders that have been genetically designed to be super spiders. Well, one of them is missing. That spider winds up biting Peter and we see that it says that a new species has been created and all of the superpowers that come with it.

TALK

It's a little crazy that they realize that a genetically engineered spider is missing and no one freaks out! Then when Peter gets bit, he doesn't freak out, even though he had to have realized that it was by a genetically engineered spider, he just calmly looks at his hand. Peter's entire DNA was changed when he was bit by the spider. That is like what the Bible says happens to us when we accept Jesus' free gift of salvation, we become new. In 2 Corinthians 5:17 it says, "This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" Just like Peter became a new person, a new species, a superhero when he got bitten by the spider we become a new person when we accept Jesus as our Lord and Savior.

Sometimes people think that we get to go to Heaven by doing more good things than bad things, that is not what the Bible teaches. Other people think that they get to go to Heaven because they go to church or their family has always been Christians, again this is not what the Bible says. Let's talk more about this in our small groups.

SMALL GROUPS

1. What would be your dream school field trip?
2. What would you have done if you had heard that there was a spider loose?
3. How do you think you would have reacted if you were Peter and had been bitten by the spider?
4. Would Peter have been able to get his superpowers any other way? For example by trying to earn his superpowers? Or by a family member being bitten?

(Wait for the answers. Then saying something like this) No, just like neither of those things would have caused Peter to have superpowers, you also cannot earn your way to Heaven and you are not saved because your family is Christians.

5. So do you know what the Bible says you have to do to go to Heaven, to be saved?

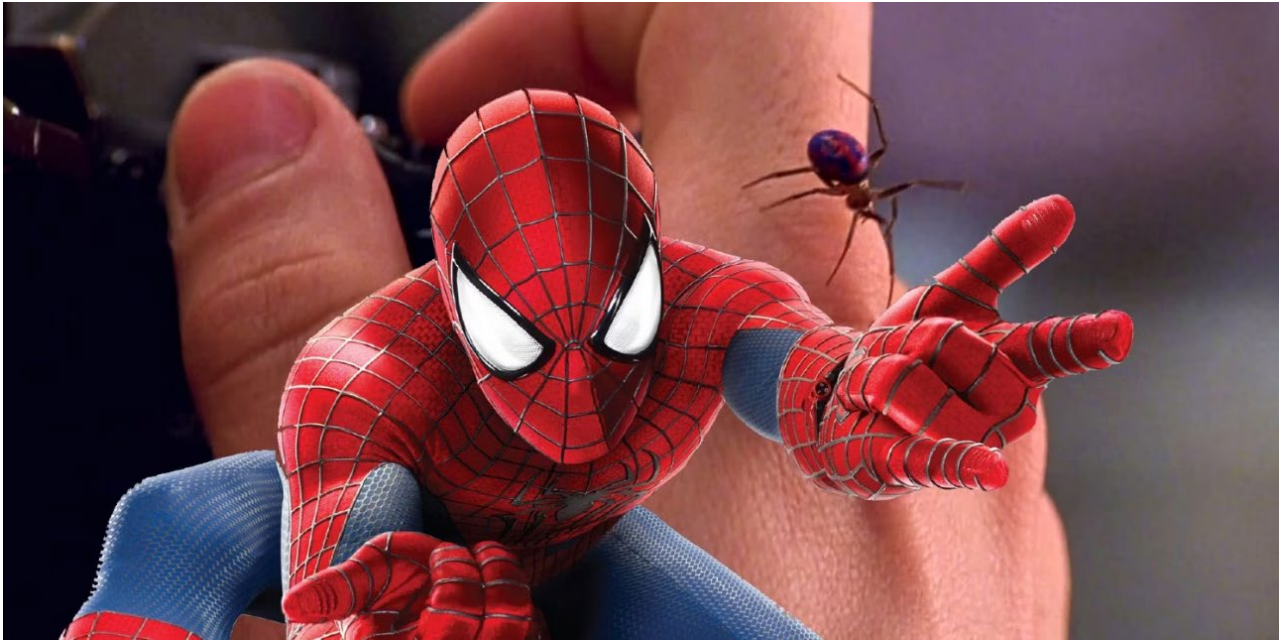
(Wait for the answers. Then share the gospel to clarify and/or correct.)

The Bible is very clear on what we have to do in order to be saved, which is going to Heaven. What you have to do to be saved is called the gospel. This is the gospel: We have to **A**dmit to God that we have done wrong things, sinned, and that we want to turn away from that way of life, which is called repenting. We have to **B**elieve that Jesus died on the cross to pay for the wrong things we have done and came back to life because He is God. We also have to **C**hoose to accept Jesus alone as our Savior, the One who paid for the wrong things you have done, and as Boss, Lord. We all have the opportunity to make a decision on whether or not to make this choice or not.

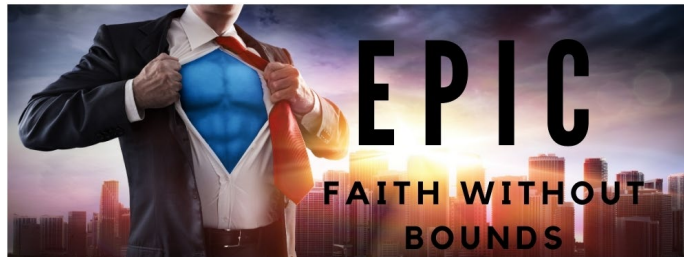
I'm going to give you the opportunity to make that choice right now and to tell God that you believe these things if you want to. If you believe these things and want to make this choice to accept Jesus alone as the One who paid for the wrong things you have done, and as your Boss you can do that right now. Everyone please close your eyes and I'm going to lead those of you who want to tell God these things in a prayer right now. If you believe these things please repeat after me to God silently. These are not some magical words, it is what you believe in your heart that saves you.

Pray something like this: Jesus I Admit that I have done wrong things and I want to turn away from that way of life. I believe that You died for me and came back to life because you are God. I Choose you alone as my Savior and the Boss of my life. In Jesus' name, Amen.

Everyone please keep your eyes closed for a minute and no one looks around. If you believe these things and just told God that you believe them and made the choice for Him to be your Savior and Boss please raise your hand so that I can be praying for you. (Take note of who raised their hands and let the leader know.)



Spiderman



OLD IS GONE-SUPERMAN

Main Points: Christians are no longer under the power of sin. You can't lose your salvation. The gospel is shared through this lesson and an invitation is given.

Supplies Needed:

- Ropes or tape for boundary markers and dividers
- Several soft large balls

GAMES

Kryptonite Dodgeball

Be sure to set up the game boundaries ahead of time and test how far the balls can be thrown to see where to place the boundaries (every area of in bounds someone should be able to be hit with a ball without getting hurt.) Break the group into 2 teams. Each team must remain within a marked boundary, place a rope or tape down the middle. If someone is hit by a ball they go behind the outside marked boundary of their team, if they catch a ball they can come back in the game. If someone within the boundaries catches a ball thrown at them without it bouncing the thrower is out. Explain that the balls represent kryptonite, like in a Superman, and our old sins. Last player in the game causes their team to win.

Place the balls on the middle rope/tape to start and all players must be touching their back boundary line. When you say go, they race to get the balls. No kicking the ball, no physical contact with others, no hitting people in the head or private parts-that makes the thrower automatically out with no chance of returning to the game.

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Luthor uses kryptonite on Superman: (shorter edited version is in the HBI-Epic Media folder)

https://www.youtube.com/watch?v=SgHHxDVU7i0&ab_channel=FlashbackFM

Introduction for clip: Watch this clip from Superman: the Movie, to see what happens to Superman when Lex Luthor tricks him into getting close to kryptonite.

Description: Luthor tricks Superman into opening a chest with kryptonite. Kryptonite is the only thing that can stop Superman from having any powers. It is from his home planet. Superman becomes weak when Luthor opens the chest and then Luthor puts it around Superman's neck with a large chain. Luthor pushes Superman into the water and he starts to drown because he is so weak from the kryptonite. Meanwhile Luthor sets off a missile to attack a town.

TALK

Sometimes it can feel like our old life, all the wrong things we have done are there just waiting for someone to shove it back in our face. It can also feel like the weight of everything wrong that we have done is weighing us down. Sometimes that weight is so strong that it can feel like we are drowning, just like Superman was with the kryptonite around his neck. And the reality is that we ARE drowning under the weight of the wrong things that we have done if we do not have a Savior to rescue us.

Later on in the episode, Superman asks Miss Teschmacher to help him and she dives in and rescues him. She removes the kryptonite from around his neck and throws it away. This is just like what Jesus did for us. We were separated from God because of our sin. Jesus died on the cross to pay for the wrong things we did and then three days later he came back to life because He is God.

Just like when Miss Techmacher removed the kryptonite from around the neck of Superman he was free and had power, we are free when we accept Jesus as our Lord and Savior. Our sin is paid for by Jesus and we are no longer under the power of sin, we are made new. In 1 Corinthians 5:17 it says, "This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" This is very different than what Luthor told Superman, when he showed him the kryptonite he said it was from his hometown, his past. That is not the last time that Superman will face kryptonite being used against him to take away his power. We will also be reminded of our sin, but it is very different when we become born-again by accepting Jesus' free gift. Let's talk more about this in small groups.

SMALL GROUPS

1. In real life what feels like “kryptonite” to you?
2. Do you remember when we spoke about how to accept Jesus into your life? Do you remember what you have to do in order to begin that relationship with Him?

(Wait for them to answer. If there were only wrong answers then share the points below. If there was a right answer, build on it by giving an invitation to accept Jesus as Lord and Savior and lead them in prayer.)

Here’s how we begin a relationship with Jesus: We have to **A**dmit to God that we have done wrong things, sinned, and that we want to turn away from that way of life, which is called repenting. We have to **B**elieve that Jesus died on the cross to pay for the wrong things we have done and came back to life because He is God. We also have to **C**hose to accept Jesus alone as our Savior, the One who paid for the wrong things you have done, and as Boss, Lord. We all have the opportunity to make a decision on whether or not to make this choice or not.

I’m going to give you the opportunity to make that choice right now and to tell God that you believe these things if you want to. If you believe these things and want to make this choice to accept Jesus alone as the One who paid for the wrong things you have done, and as your Boss you can do that right now. I’m going to lead those of you who want to tell God these things in a prayer right now. Everyone please close your eyes. If you believe these things please repeat after me to God silently. These are not some magical words, it is what you believe in your heart that saves you.

Pray something like this: Jesus I Admit that I have done wrong things and I want to turn away from that way of life. I believe that You died for me and came back to life because you are God. I Choose you alone as my Savior and the Boss of my life. In Jesus’ name, Amen.

Everyone please keep your eyes closed for a minute and no one looks around. If you believe these things and just told God that you believe them and made the choice for Him to be your Savior and Boss please raise your hand so that I can be praying for you. (Take note of who raised their hands and let the leader know.)

3. Sometimes we are reminded about our old sins, and also sometimes people are afraid that they can lose their salvation. Some people think that if they do something wrong and then die before they have a chance to pray and ask God for forgiveness that they will go to hell even though they’ve accepted Jesus as their Lord and Savior already. What do you think, is it true that you can lose your salvation? (Listen to their answers, and then say something like the following.)

When Jesus was on the cross He said, “It is finished!” Then he bowed his head and gave up his spirit.’ (John 19:30). *What do you think Jesus meant when He said this?*

He was saying that the price for our sin was finished being paid for. There is no further payment needed. This does not mean that we can do whatever we want or that we don't pray and ask God for forgiveness. It does mean that we can't lose our free gift of salvation though.

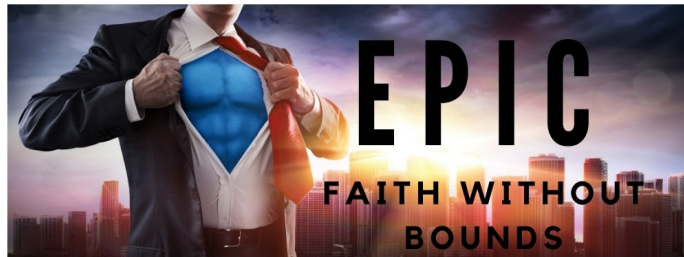
4. Jesus said in John 10:28, "I give them eternal life, and they will never perish. No one can snatch them away from me". What do you think that means? (Listen to their answers and then say something like this.) Jesus is saying He is the One who gives eternal life, the right to go to Heaven. And that if He gives someone eternal life they won't have eternal separation from Him or go to Hell, which is what perish means here. No matter what salvation cannot be taken away from us. No-one and nothing can take us away from Jesus. Once we accept Him as our Lord and Savior, we belong to Him forever.



Superman



Miss Teschmacher



EARTHQUAKE/DEALING WITH EMOTIONS- MARVEL'S AGENTS OF S.H.I.E.L.D. (SKYE)

Main Points: Suppressing emotions damages us. Gives an opportunity to discuss feelings about any natural disaster, political unrest, or local tragedy being faced. When dealing with trauma/difficulties God can help and Jesus brings ultimate peace.

Supplies Needed:

- 2 ropes
- 2 tissue boxes
- 2 ropes or belts to attach tissue boxes
- 16 ping pong balls
- 2 sets of feeling cards printed out (in the media folder, try to save for future lessons)
- tape

GAMES

Recognizing Feelings Relay Race



Before Club set-up feeling cards like hopscotch, with the feelings cards attached to the ground with tape if you are playing on a floor that the cards could slip-on. Break the group into two even teams and have them line up behind a starting line (preferably played with no shoes on). The caller calls out 2-4 emotions that the first person in line has to hop onto each of the feelings and then make a new line on the other side of the feelings. If they get it correct, the next person in line goes. If they get it incorrect they have to go to the back of the line and try again on their turn. The first team that has

everyone across to the other side of the feelings receives one point. The first team to 3 points wins. (Cards can be found on pages 21 through 28)

Junk in the Trunk-Minute to Win It Game

Two players have a tissue box tied to their lower backs. Inside are eight ping-pong balls. They have one minute to empty their boxes without using their hands by wiggling, shaking, or jumping. The player with the least balls left in their tissue box or the fastest time wins. Use the Minute to Win It countdown video or time the game. Play the blueprint:

<https://www.youtube.com/watch?v=ERme6SjNylk&t=2s>

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Skye and Jemma scenes season 2 episode 13:

<https://m.youtube.com/watch?v=vNGUK2Upy1k> (trimmed version in media folder)

Introduction for clip: Watch this clip from Marvel's Agents of S.H.I.E.L.D. where Skye tries to stop an earthquake by suppressing her emotions.

Description: In this scene Marvel's Agents of S.H.I.E.L.D., Skye is having a bad dream. Skye's superpower is causing earthquakes. The earthquakes happen because of her emotions. Because of a bad dream, she begins to cause an earthquake on the plane and the other agents rush in to try to wake her. Skye pushes her emotions down and that stops the earthquake but she sees terrible bruising on her arms. Doctor Jemma gives her medicine to help her sleep, when she wakes up she learns that she has multiple hairline fractures in her arms because she tried to stop the earthquake by suppressing her emotions. The doctor has put plasters on her arms to help heal the fractures.

TALK

When you watched this scene of the earthquake you may have related to the pain that Skye felt. You might have related to experiencing trauma that causes bad dreams. You may have even related to the fear of experiencing an earthquake or another natural disaster. (If there has been a recent natural disaster or major national/local traumatic event, take a moment to address it with careful acknowledgment of emotions.)

We all experience bad things in our lives. Some of us experience one tragedy after another. Life is difficult. Jesus told us it would be. In John 16:33 Jesus said, "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." Jesus is saying that we are going to face a lot of difficult times and sadness in this world but that there is hope and peace in Him, because He has overcome it.

Did you know that when Jesus died there was an earthquake? In Matthew 27:50-54 it says, "Then Jesus shouted out again, and he released his spirit. At that moment the curtain in the sanctuary of the Temple was torn in two, from top to bottom. The earth shook, rocks split apart, and tombs opened. The bodies of many godly men and women

who had died were raised from the dead. They left the cemetery after Jesus' resurrection, went into the holy city of Jerusalem, and appeared to many people. The Roman officer and the other soldiers at the crucifixion were terrified by the earthquake and all that had happened. They said, 'This man truly was the Son of God!'"

Jesus was hanging on the cross taking the punishment for our sins when He chose to release His spirit and He died for us. Can you imagine how crazy it must have been to have an earthquake, and then see people who had followed God come back to life?!? That same thing will happen again when Jesus returns to Earth, people's bodies that are buried will meet Him in the sky. The Bible tells in 1 Thessalonians 4:16-17, "For the Lord himself will come down from heaven with a commanding shout, with the voice of the archangel, and with the trumpet call of God. First, the believers who have died will rise from their graves. Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air. Then we will be with the Lord forever." If you have accepted Jesus as your Lord and Savior this is your hope too.

Jesus said we will face difficult times but that ultimately it will all end and we will be with Him. We can have hope even when things look dark that the difficulties will end, that there will be better times. Just like when Jesus died on the cross the sun went dark but the sun shone again. Jesus died but He didn't stay dead. Jesus has overcome everything bad in this world. Whatever you are going through right now, God knows and understands. He wants to bring peace and hope into your life, even while you are going through difficult times.

In this scene, Skye is trying to push her emotions down in order to stop the earthquake. She stops the earthquake outside of her but it continues on the inside. The same thing happens to us when we try to stop our emotions instead of expressing them, we just do damage to ourselves. In our small groups we are going to talk about healthy ways to express our emotions about the traumas and difficult things that we face.

SMALL GROUPS

1. If you were a superhero, what superpower would you like to have?
2. Skye got broken arms from trying to hold back her emotions, in real life what do you think holding back our emotions causes people to act like or what is the damage it causes?
3. What are some difficult emotions that you have experienced because of a difficult time in your life? (Note if there is a recent disaster, political unrest, or local traumatic event ask instead: What are some difficult emotions that you have experienced because of (event)?)
4. What are some ideas of how you can share your difficult emotions in a healthier way?
5. Do you think that God cares about our emotions? Why or why not? How can you increase the amount of emotions you share with God?
6. How do you think you would react to seeing dead people who followed God walking around suddenly, like what happened with the earthquake when Jesus died? How did you feel when (name of speaker) shared about how those of us who have accepted Jesus as Lord Savior our bodies will come back to life or meet Jesus in the air when He returns to Earth?
7. I'm going to give you the opportunity to accept Jesus as your Savior and Boss right now. Remember salvation is a free gift. You have to **Admit** you have done wrong things. **Believe** that Jesus died to pay for those wrong things and that He came back to life because He is the only true God. And **Choose** Him as the only One to pay for the wrong things you have done, your Savior, and as the Boss of your life, your Lord. If you want to accept Jesus into your life right now, I'm going to pray and you can repeat after me if you believe these things. (Pray the ABCs of the gospel.) If you accepted Jesus for the first time right now please raise your hand so that I can know and pray for you.
8. Today, we talked about how to express our emotions in a healthy way. If you are going through something difficult and would like to talk about it with me please let me know.



HAPPY



SAD



ANGRY



SCARED



FRUSTRATED



OVERWHELMED



DISAPPOINTED



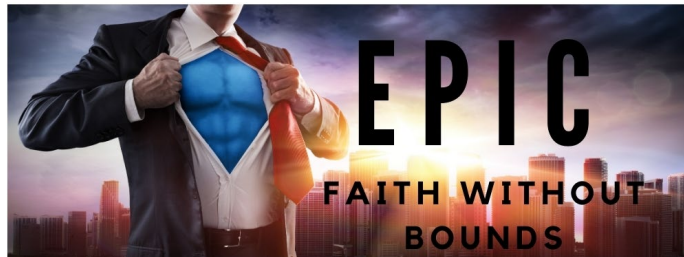
LONELY



Skye



Jemma



THE PROBLEM WITH REVENGE-SPIDERMAN

Main Points: Revenge belongs to God, not us.

Supplies Needed:

- Ball
- Ropes
- 2 rubbish bins
- 2 dustpans
- Crumpled papers

GAMES

Steal the Bacon

Divide everyone into two to four groups; each team sits on a boundary line. Give each player a number; each group should have a one, a two, etc. Place the “bacon” (ball works well) in the center of the playing area and assign each team one goal line at either end of the playing area. The adult calls out a number, and all students with that number run to pick up the “bacon.” The person who gets the “bacon” first tries to run across his/her team’s goal line without being tagged. The person whose number was called who did not get the “bacon” should try to tag the other player before they get across the goal line. Once someone is tagged or gets across their goal line, the round is over.

Revenge is Rubbish

In this upfront game, two teams of two people compete to see how much rubbish they can get into a bin in one minute. Give each team a pile of crumpled paper; the rubbish thrower must then throw the crumpled paper (or launch if you have step bins) to their teammate who uses a dustpan to hit the paper into a rubbish bin. Play the Minute to Win It timer. The team with the most paper in the bin wins at the end of one minute.

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Aunt May Learns The Truth "Uncle Ben's Death":

<https://www.youtube.com/watch?v=w7PqGUABOqk>

Introduction for clip: In this clip from Spiderman 2, Aunt May will learn the truth about what happened to her husband.

Description: Aunt May tells Peter that her husband's death was her fault because Peter wanted to take the subway, and Uncle Ben wanted to drive Peter instead. She felt it was her fault because she didn't stop Uncle Ben from driving Peter. Peter explains that actually, he was trying to win some money to buy a car to impress Mary Jane, instead of being at the library like he was supposed to be. He won the money, but the guy wouldn't pay Peter. A thief then robbed that guy and then the thief ran towards Peter. But Peter wanted revenge, so he didn't stop him. The thief then tried to rob Uncle Ben for his car. Uncle Ben said no, and the thief shot him.

TALK

So Peter was mad that the guy didn't pay him the money he had won. He has no problem with the fact that the guy gets robbed by a thief. Peter could have stopped the thief, I mean, he is Spiderman, but Peter chooses not to because he wants revenge. The terrible part is that because Peter is looking for revenge on the guy who wouldn't pay him his money, he lets the thief go. The thief then goes on to do a terrible thing. He tries to steal Uncle Ben's car and kills him.

It's hard not to have the attitude about wanting to see people pay for what they've done to us. It's hard not to want revenge. It's part of our culture to want revenge and sometimes even to take it. The thing is, though, vengeance doesn't belong to us. The Bible tells us in Romans 12:19, "Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD."

When Jesus was in the Garden of Gethsemane praying with the Apostles, the soldiers came to arrest. Jesus had done nothing wrong. According to John 18:10-11, "Then Simon Peter drew a sword and slashed off the right ear of Malchus, the high priest's slave. But Jesus said to Peter, "Put your sword back into its sheath. Shall I not drink from the cup of suffering the Father has given me?" Jesus had a right to revenge. He could have been like, "you deserve it for coming after me!" But that's not what Jesus said. Instead, Luke 22:51 says, "But Jesus said, "No more of this." And he touched the man's ear and healed him." Jesus heals him instead of revenge! That's crazy! Let's talk more about revenge in our small groups.

SMALL GROUPS

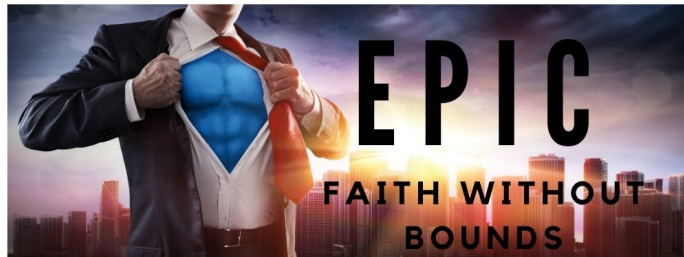
1. What would have happened if Peter had stopped the thief instead of being out for revenge?
2. Why do you think God tells us to “never take revenge” instead to “leave that to the righteous anger of God”?
3. What do you think your community would be like if people let God do the payback?
4. Why do you think that Jesus healed the soldier’s ear instead of letting Peter take revenge?
5. What are some scenarios that you might be tempted to take revenge on? What could you do instead?

CLOSING

If you are dealing with a situation that makes you want to take revenge and would like to talk about ways you could possibly deal with the problem, please see me after Club.



Aunt May And Peter Parker



CHRIST'S AMBASSADORS-THOR

Main Points: Heaven and angels are explained. The gospel and an invitation are given from upfront. And those that are Christians are challenged to be Ambassadors of Christ.

Supplies Needed:

- A small item to be a hidden treasure

GAME

Hidden Treasure

Hide a treasure somewhere in the space before the youth arrive at Club, making it very difficult to find. It can be any item; just tell the kids what it is. Separate the group into two teams and tell them the boundaries of where they can look and any rules (such as no going away from the group, no running).

Pull aside two kids from each team. One kid from each team is witness #1. Take both witnesses #1 aside and whisper to them a false clue to where the treasure is (don't tell them that it is false), but they cannot share with their team until you ask them to.

The other kid from each team is witness #2. Take witnesses #2 aside and whisper where the treasure is hidden, but they are not allowed to give any clues until you tell them they can. Do not let any of the other team members know what is happening.

Tell everyone to start looking for the treasure. After about a minute, tell the #1 witnesses to share their clues with their teammates. When confusion breaks out, tell #2 witnesses to share their clues with their teammates. The first team to find the treasure wins.

Explain to the youth that, "I gave the #1 witnesses the wrong information on where to find the treasure. This treasure hunt was just like how in real life, some people will give the wrong information about what you have to do to go to Heaven and be with God forever. The Bible is clear on what we have to do to go to Heaven, and we need to be careful to give people the right information about how to get there. We're going to talk more about this today."

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Asgard The Realm Eternal:

<https://www.youtube.com/watch?v=oSY83s-Snn0>

Introduction for clip: In this clip from the Marvel movie Thor, we learn about Asgard and its warriors.

Description: The narrator tells us about the evil frost giants. And how people used to believe the simple truth that they were not alone, that there was an eternal realm called Asgard. And that Asgard and its warriors brought peace to the Universe. And that Asgard serves as a beacon of hope.

TALK

In Thor, there is an eternal realm, Asgard. Of course, that is just a story, but there really is an eternal realm, Heaven. Heaven is the current place where God rules, angels live, and people who have died and accepted Jesus as their Lord and Savior live there with God. People like babies or very young children can't understand whether to accept Jesus or not so they go to Heaven when they die.

In the movie Thor, it said that the Asgard warriors bring peace to the Universe. In real life, Jesus offers peace to everyone who will accept Him. Jesus said in John 14:27, "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. " Jesus brought us the only way to peace with God. We had to have someone take our place in receiving the punishment we deserved. That person had to be completely perfect, which means that they had to be fully human and fully God.

That's why the only person who could ever fulfill those requirements is Jesus Christ. Jesus died for us on the cross to take our place, paying eternally for the wrong things that we've done. And He came back to life three days later, proving that God the Father accepted His payment for our sins. This personal peace with God is offered to everyone as a free gift of salvation, but the free gift has to be accepted. This is a simple truth, Jesus is the beacon of hope during all the challenges we face. Jesus prepared a place for us in Heaven but we have to accept Him, "Don't let your hearts be troubled. Trust in God, and trust also in me. ² There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare a place for you?" (John 14:1-2).

Everyone, please close your eyes. If you would like to accept Jesus' free gift of payment for the wrong things you have done, you can do that right now. I'm going to lead you in prayer. If you want to accept Jesus as your Lord and Savior, just repeat after me in your thoughts while believing in your heart. Jesus, I'm sorry for the things that I have done. Please forgive me. I believe you died on the cross to pay for the wrong things that I have done, and I believe that you came back to life. I choose You as my Savior and as the Boss of my life. Please help me do what You said to do and do the right things. In Jesus' name, amen.

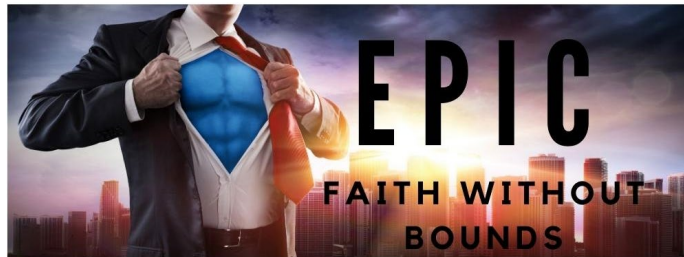
Everyone, please keep your eyes closed, and no one looks around. If you've just accepted Jesus' free for the first time, please raise your hand so that I can know and be praying for you. Please, let your small group leader know, as well, so that they can be praying for you and help you to grow in your new relationship with Jesus. We're going to talk more about Heaven and being a warrior for Christ in small groups.

SMALL GROUPS

1. Have you ever read Thor comic books or watched a Thor movie? If yes, what is your favorite part?
2. What do you think Heaven will be like? (no pain, restful, mansions, worshipping God)
3. Do you think people become angels when they die? What makes you think that? Despite what you might see in movies, the Bible is clear that people stay people when they die. Angels are a completely different creation of God.
4. In Thor, the Asgard warriors were to bring peace to the Universe. It also said that Asgard was a beacon of hope for the universe. In 2 Corinthians 5:20, it says, "So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, "Come back to God!" For those of you that are Christians, you are like an Asgardian warrior. What do you think it would like for you to share about the free gift of salvation with others?
5. How are you going to try to be Christ's ambassador this week? Is there someone God makes you think about that you could share how to accept the free gift of salvation with?



Asgard Realm Eternal



THIS WORLD LEAVES US HUNGRY-THOR

Main Points: This world can leave us feeling empty both physically and figuratively. This world is not our permanent home, and how only God can ultimately fill that emptiness. The students will get an opportunity to respond to the gospel in small groups and are asked to share if they're struggling with hunger at home.

Supplies Needed:

- Cookies
- Ropes
- Bags of small balls-50-100 balls

GAMES

BALL TOSS

Divide the group into two teams and place them on opposite ends of the space that is divided by a rope line on the floor. On "go," leaders will dump bags of small balls. The students' job is to keep their side of the space empty. The youth can only use their hands, no kicking them, and no trying to hit the opposite team.

At the end of one minute, have leaders stand on the line to keep the kids from continuing to throw balls. Have a leader on each side estimate the number of balls on their side: complete three one-minute rounds. At the end of the three rounds, the team with the lowest number of balls wins.

Face the Cookie-Minute to Win It Game

Get 2-4 volunteer contestants. Each contestant must move two cookies from their forehead to their mouth and eat the cookie, using only their facial muscles. If a cookie falls, the contestant can restart with another cookie to try again. The first contestant to eat two cookies in under a minute wins. Use the Minute to Win It countdown or a timer. Play the blueprint: <https://www.youtube.com/watch?v=THXXPe4O1bl&t=27s>

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Thor diner scene: <https://youtu.be/Gbw8Ek95QNE>

Introduction for clip: In this funny clip from Thor, we see Thor, who is from another world, wanting more and more to eat.

Description: Thor is from another world, Asgard. He has just finished eating a whole box of breakfast food, Pop-Tarts, but he's still eating a crazy amount of food. He keeps wanting more coffee too, and just breaks his mug, asking for another.

TALK

Thor was acting like he was starving, just eating and drinking more and more. It was like he couldn't get full. I mean, he had just eaten an entire box of Pop-Tarts, that should have been enough breakfast for days, and he still wanted more! He loved coffee, and who could blame him!

Thor was so hungry because he was not from our world; he was from Asgard. The same thing happens to us. For some of you, the world leaves you hungry and thirsty too.

Jesus understands the physical hunger that you have gone through. Matthew 4:2-4 tells us this about Jesus, "For forty days and forty nights he fasted and became very hungry. During that time, the devil came and said to him, 'If you are the Son of God, tell these stones to become loaves of bread.' But Jesus told him, 'No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God'". When people are physically hungry, they can be tempted to do the wrong thing to meet their needs. If you regularly do not have enough food at home, please take your small group leader aside and let them know. And we will see how we can get you help.

For all of us, the world can leave us feeling hungry and thirsty figuratively in life, unable ever to feel satisfied. People often try to fill themselves up on things in this world that leave them feeling dissatisfied and empty; with things like social media, music, and alcohol, the list could go on and on. And sometimes, they try to have other people fill that emptiness in their lives through relationships they know are not good for them or by doing things like being sexual with someone they're not married to.

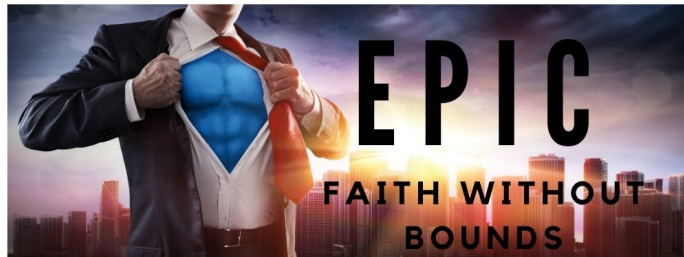
Thor is not from this world, just like this world is not our permanent home. Hebrews 13:14 says, "For this world is not our permanent home; we are looking forward to a home yet to come." We are going to talk more about what this means in small groups.

SMALL GROUPS

1. If you could eat only one food every day for the rest of your life, what would it be?
2. (Name of the speaker) talked about some of the ways that people try to fill the emptiness in their lives. What are some other ways you can think of?
3. Why do you think these kinds of things leave people feeling dissatisfied, empty, and lonely? What are some other ways it can leave people feeling?
4. What are some healthier ways to try to fulfill our needs? People will let us down at points; God never will. Ultimately only God can leave us feeling fully satisfied, and He is always with us so we can turn to Him when we feel lonely.
5. What do you think it means in Hebrews 13:14 when it says, "For this world is not our permanent home; we are looking forward to a home yet to come"?
6. Is it automatic that everyone's home is Heaven? How do we get there? (If the gospel is not explained correctly by a youth, share the ABCD's of the gospel. Then give an invitation to accept Jesus and lead the group in a prayer of the ABCD's of the gospel. Ask anyone who accepted Jesus for the first time to raise their hand and let you know.)
7. Today, we talked about how this world can leave us feeling empty, how this world is not our permanent home, and how only God can ultimately fill that emptiness. If you are struggling with physical hunger, temptation to fill that emptiness with things you know aren't good, or you want to find out more about how to accept Jesus' free gift of salvation, please stay behind and talk to me.



Thor Diner Scene



RIGHTEOUS VS. UNRIGHTEOUS ANGER-AVENGERS (HULK)

Main Points: Understanding the difference between righteous and unrighteous anger.

Supplies Needed:

- Multiple empty boxes or pieces of cardboard
- At least two rolls of tape
- Rope
- 2 Bags of small balls (50-100 balls)

GAMES

Free the Prisoner

Divide the group into 2-4 teams, with a dividing line down the middle. Give each team empty boxes and tape to build a fort and a bag of balls. Half the team is on offense and half on defense. Give each team five minutes to build their fort and strategize. Have each team choose one prisoner to send to the other side to be inside their opponent's fort.

On go, the offensive players must try to get to the other fort and rescue the prisoner by tagging them and bringing them back to their fort without the prisoner being hit by a ball. The prisoner can only move as long as they are holding the hand of one of their own teammates. Any player hit by a ball must return to where they started: the offensive players to their fort and prisoners to the enemy's fort. Encourage honesty if hit. Have leaders help judge if a kid has been hit and send them back. No kicking, hitting, wrestling; only balls can be thrown. Set a timer for 5 minutes; the team with their prisoner closest to their fort or the first team with their prisoner back to their own fort wins.

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Bruce Banner/Hulk-I'm always angry, Avengers assemble:

<https://youtu.be/TEJCnQWXlik>

Introduction for clip: Watch this clip where the Avengers prepare to fight Loki and Bruce Banner. The Hulk uses his anger.

Description: In this opening scene from the Avengers, we see the Avengers come together to battle Loki. Captain America tells Dr. Banner, "Now might be a really good time for you to get angry." Because anger is what turns him into the Hulk. He answers, "That's my secret, captain. I'm always angry."

TALK

"I'm always angry," the Hulk said. How many of you know someone who is always angry? Maybe it's even you. Anger isn't good or bad; it's what we do with it that makes it a sin or not. The Bible tells us in Ephesians 4:26-27, "In your anger do not sin': Do not let the sun go down while you are still angry, and do not give the devil a foothold" (NIV). This verse tells us that not all anger is wrong.

We even see that God is angry at times. In 1 Kings 11:9-10, it says, "The LORD was very angry with Solomon, for his heart had turned away from the LORD, the God of Israel, who had appeared to him twice. He had warned Solomon specifically about worshiping other gods, but Solomon did not listen to the LORD's command." Righteous anger is about following what God says to do, and it often moves us to do what is right or defend someone.

We see this in Nehemiah when he hears that there is a famine and that poor people are being made slaves just so that they can gather some food to eat. Nehemiah responded in Nehemiah 5:6, "When I heard their outcry and these charges, I was very angry." He goes on to tell the leaders what they're doing is wrong and that they should be obeying God. And then he tells them to give the people back their fields immediately. This is righteous anger because it is about obedience to God, and it moves Nehemiah to do what is right and defend the slaves.

In the scene, the Hulk uses anger for good. He used his anger to fight off Loki and defend the city. Who remembers the scene where Hulk got angry about having to take the stairs, though? He punched the elevator and wall, and Loki was able to get the tesseract stone? How many of you think that was righteous anger? How many think that was unrighteous anger? It was unrighteous anger.

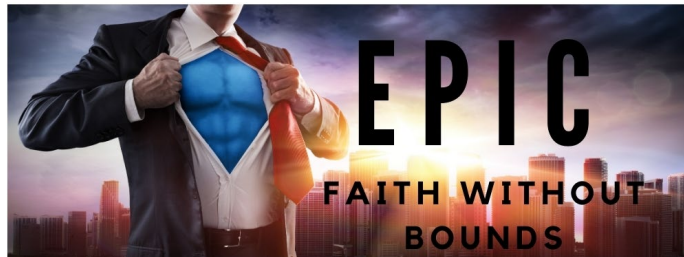
Although the Avengers mistreated him, his anger did not drive him to obedience to God, to do what is right, or to defend others. Instead, his anger caused him to disobey God. God tells us in James 1:19, “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.” When the Hulk had to take the stairs, he was not slow to anger, he was quick to anger. We will talk more about anger in small groups and how to deal with it better next week.

SMALL GROUPS

1. How do you see yourself as an angry person or not?
2. What is a good question to ask yourself when you feel angry so that you can discern whether it is righteous or unrighteous anger?
3. We're going to play a game. You're going to take turns answering whether something is righteous anger or unrighteous anger, and then you will need to explain why you answered that way. Please don't speak when it is not your turn to answer. (Try to ask each group member at least one question.)
 - You hit someone for trying to steal your lunch. (A. Unrighteous, God says to give freely when someone tries to steal from us.)
 - You tell a bully to stop beating up a smaller child, or you will have to fight them. (Righteous, God tells us to defend the weak.)
 - You see on tv that someone was murdered and feel angry. (A. Righteous, God says don't murder.)
 - You call someone an idiot because you don't like what they said. (A. Unrighteous, God says not to call people idiots.)
 - You hear that the government is withholding food that was supposed to go to poor people, and you join a peaceful protest. (A. Righteous, God tells us to take care of the poor.)
 - During that same protest, people start to loot the government building, and you join in because you feel the government owes you. (A. Unrighteous, God says don't steal.)
4. James 1:19 says, “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.” This verse tells us some ways that will help us be slow to become angry. What are some ways to avoid being unjust in anger?
5. What are some steps you will take this week to try not to sin in your anger?



The Avengers



CONTROLLING ANGER-HULK

Main Points: Youth will learn to recognize when they're angry, the typical reasons for unrighteous anger, and anger management techniques with an opportunity to practice.

Supplies Needed:

- 2 ropes

GAMES

Red Light, Green Light

One person is the traffic light, and they stand on the other side of the space behind a rope, the finish line, with their back to the group. The rest of the group starts behind a rope on the other side of the space, the starting line.

Before each round, the traffic light or adult leader announces how players must move on "green light" and "yellow light"-for example, crawling, hopping, etc. When the traffic light calls "green light," the other players move towards them quickly, but there is no running. If the traffic light calls "yellow light," the group must move in slow motion. If a player moves quickly during a yellow light, they must return to the starting line. When the traffic light calls "red light," all players must immediately stop all movements. Anyone who moves must return to the starting line. The players must remain frozen until the next "green light" or "yellow light" command is given.

Play continues in this manner until someone reaches and tags the traffic light. The tagger becomes the new traffic light, and the game begins again.

CLIP

(Either play the clip and say the introduction or share the description and show the character picture.) Hulk (2003) - First Transformation Scene:

<https://www.youtube.com/watch?v=anQ48lIKlyE>

Introduction for clip: In this clip from the 2003 Hulk movie, you'll see when Bruce Banner first became the Hulk. Just before the clip, Bruce remembers what his lab partner Betty had told him about being left alone by her father as a small child, and his father abusing

and killing his mother. Then he received a message from Betty telling him that a group wants to take over the lab. Bruce knows they want to experiment on army personnel.

Description: In the clip from the 2003 Hulk movie, Bruce Banner becomes the Hulk for the first time. Bruce remembers what his lab partner Betty had told him about being left alone by her father as a small child, and his father abusing and killing his mother, which he fully remembers for the first time. Then he received a message from Betty telling him that a group wants the lab. Bruce knows they want to experiment on army personnel.

Bruce grows in anger as he thinks about these things, and then he turns into the Hulk. He starts destroying his lab in anger. His father comes out and touches his face. He remembers his father grabbing his mother, and he gets even angrier.

TALK

Wow, the Hulk almost completely destroyed the lab because of his anger! Do you remember when we talked about the fact that there are two kinds of anger? What are they? That's right, righteous, and unrighteous anger.

Righteous anger is when we are angry because something is unrighteous according to God's standards. And righteous anger should cause us to do the right thing and often leads to us helping or defending others.

Matthew 21:12-14 says, "Jesus entered the Temple and began to drive out all the people buying and selling animals for sacrifice. He knocked over the tables of the money changers and the chairs of those selling doves. He said to them, 'The Scriptures declare, 'My Temple will be called a house of prayer,' but you have turned it into a den of thieves!' The blind and the lame came to him in the Temple, and he healed them." In these verses, we see Jesus destroy the corrupt money changers' booths and set the animals free, and then he healed people.

Was Jesus' anger righteous or unrighteous? It's righteous anger. Of course, we already know that Jesus was sinless but it's still good to understand why it was righteous anger. God wants everyone to be able to come to Him and talk to Him for free and come into a relationship with Him for free through faith in Jesus. The money changers and people selling animals for sacrifice were causing people to have to pay money to come and pray and make a sacrifice to be in a relationship with God. And the blind and lame couldn't come into the temple. Jesus made it so these disabled people could come into the temple and be healed by Him.

Many things cause unrighteous anger. It can be because of things like our selfishness, a lack of self-control, and not listening to or understanding someone else. In James 1:19-20, it tells us, "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness

God desires.” Often we get angry before we take the time to fully listen to someone and before we take the time to fully understand the other person. That’s why James says be quick to listen and slow to speak. We can’t have righteous anger by ourselves; we can only do that with God’s help.

Sometimes like Bruce Banner, who is the human form of the Hulk, trauma or past hurts that we have not healed from can lead us to be quick to become unrighteously angry. In the Hulk, we learn that Bruce and his mother were physically abused by his father. And that his father eventually kills Bruce’s mother. (If you have a personal story of trauma or past hurts and how God has healed you from it but how it used to lead to anger in the past. This is a good time to share briefly.)

You may have experienced trauma too, and God is always there to help you heal from it. We are also here to listen and help you in any way we can to heal. When we are healed from past hurts or trauma, God can better use us to help others who have also suffered. We’ll talk more about this in the future, but we will focus on anger management today.

When Bruce Banner started to get angry, he started thinking about all of the bad things that had happened rapidly. He started breathing rapidly, his heart started beating quickly, and he got frustrated easily when he ran into the mop bucket. The same things happen to us when we begin to get angry; our pulse increases, our thoughts get negative, we start breathing quickly, and often we feel other emotions like sadness or frustration that we then hide behind anger.

Just like when we were playing Red Light, Green Light, the first step in controlling our anger is to stop everything, the red light. Stopping allows us time to evaluate the situation and to make any changes needed. Then yellow light is next. That’s where we take several deep breaths and pray and ask God for help. That will slow down our breathing and our pulse so that we can think better. Then we need to ask ourselves, “What am I feeling? And what made me feel that way? So, for example, if I were Bruce Banner before he destroyed the lab, I would stop and take deep breaths and say to myself something like, “I feel sad and angry when I remember how my father abused my mother.” If we are in the middle of an argument, we should ask ourselves questions like, “What assumptions am I making? What is their point of view?”

If the yellow light is not helping you calm down, then going back to the red light by telling the other person, “I need to calm down and think for a minute,” is a great idea. You should then go back to yellow light by taking more deep breaths, praying again, and either pushing against a wall, doing push-ups, or even going for a run. These physical things help release hormones that will help you calm down and think clearer.

When you can be calm, and you notice you are breathing normally, your pulse is regular, and your thinking is normal, then continue the conversation healthily. Our green light should start with listening to the other person and trying to understand them before making

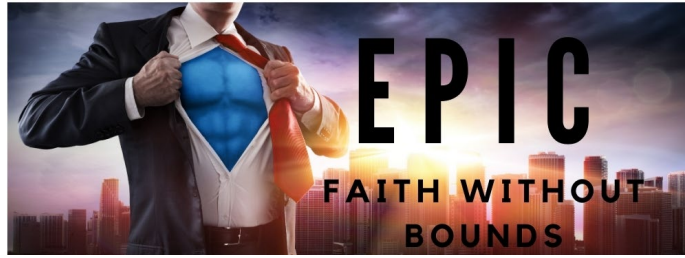
ourselves understood, just like we learned in James 1:19. We will talk more about this and practice in our small groups.

SMALL GROUPS

1. When the Hulk gets angry, he turns green. If you were the Hulk, what color do you think you would turn when you're angry, and why?
2. (Speaker's Name) talked about some of the different things that can cause us to have unrighteous anger. What were they? (A. Selfishness, no self-control, not listening, not understanding someone, past hurts, or trauma.) What are some of the reasons that you get angry? If you have experienced something that you don't feel you have entirely healed from and would like some help, please let me know, and we can set a time to talk it through just between the two of us.
3. We learned about the red, yellow, and green light steps to controlling our anger today. What are the red light things to do? The yellow light things to do? The green light things to do?
4. Today, for small groups, we are going to do something different. We're going to practice some anger management techniques through role-playing. I'd like everyone to participate. (Break the group into groups of 2-3 people.)
(Assign a group to create a role-play where they are arguing and demonstrate red light steps, another to show yellow light steps, and another to demonstrate green light steps. Give them 5 minutes to create their role-play. Be sure to visit each group as they practice and help them as needed. If there is time, have the groups come back together and, one at a time, show their role-play to the small group.)



The Hulk



USING YOUR PAIN TO HELP OTHERS-AVENGERS ENDGAME

Main Points: God comforts us in our difficult times so that we can comfort others. Dealing with grief.

Supplies Needed:

- 2 ropes
- 4 pieces of cloth or scarves big enough to use for the three-legged race

GAMES

Three-Legged Race

Set up a starting and finishing line. Get eight volunteers with four pairs of youth that are similar in height. Have the pairs stand next to each other behind the starting line. And then, have a leader tie the inside legs of the pairs together with a scarf or piece of cloth. Each pair of players must run together to the finishing line. If a pair falls down, they must get up while their legs remain joined. The first team with all their pairs completing the race first wins. Play as many times as time allows with additional volunteers.

Human Relay

Set up a starting and finishing line. Have the group break into 2-4 teams. Suggest the teams line up according to who needs to carry who. It works best to go from the person. Each team stands in a straight line at the starting line.

When the relay starts, the first team member has to carry the second team member across to the finish line. Once there, the person that was carried has to run back to the team and carry the next person across to the finish line. The team that has all team members over the finish line first wins.

CLIP

(Either play the clip and say the introduction, or share the description and show the character picture.) <https://clip.cafe/avengers-endgame-2019/i-cant-do-this-s1/>

Introduction for clip: in this clip from the Avengers we see Thor sharing with Rocket Raccoon about how he's lost his family.

Description: In this scene from the Avengers, Thor shares with Rocket Raccoon how he's lost his family. I'm going to read you the dialogue. Thor says, "I can't do this. I shouldn't be here. I shouldn't have come. It's a bad idea!" Rocket Raccoon says, "Come here." Thor responds, " No, no, no. I think I'm having a panic attack." Rocket Raccoon says, "Come here. Right here." Thor, "I shouldn't be here. This is bad." Rocket, "You think you're the only one who lost people? What do you think we're doing here? I lost the only family I ever had. Quill, Groot, Drax, the chick with the antenna all gone. I get you miss your mom...but she's gone. Really gone. And there are plenty of people who are only kind of gone...and you can help them."

TALK

Everyone experiences difficult times, and eventually, everyone has someone close to them die. In the scene, we see that Thor has lost his family, and he's stuck in his grief, so he can't help anyone else. Rocket the Raccoon tells Thor, "I get you miss your mom, but she's gone. Really gone. And there are plenty of people who are only kind of gone, and you can help them."

When we experience loss or trauma, we need to grieve and heal from it. 2 Corinthians 1:3-4 says, "All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." God will bring us comfort and healing in our loss and trauma. He often uses other people to bring us comfort. Sometimes God even brings people into our lives to challenge us to heal so that we can help others like Rocket challenged Thor in the clip.

Some people stay stuck in their grief like Thor was in the video clip. They can't move on to complete healing sometimes because they try not to experience the grief and instead stuff their feelings down to try to avoid feeling them. But feelings can't be avoided. When not to feel our emotions, they're still affecting us.

There is something called the grief cycle, and when we experience a loss or something traumatic, we usually experience the grief cycle. The grief cycle has these five emotions: denial, anger, bargaining, depression, and acceptance. Sometimes people get stuck in the grief cycle for years, and this is called complicated grief.

Complicated grief is often caused by feeling guilty for something they think they did to cause the trauma, or because they said or did something they regret to their loved one before they died. The other common reason that someone could have complicated grief is because they have unforgiveness towards someone else they feel is responsible for the trauma. In the case of Thor in this scene, he is stuck in grief because he feels guilty because he couldn't save his family.

Instead, when we deal with grief, it is essential to allow ourselves to feel and express our emotions. We need to be open and honest with God with how we're feeling. God already knows what we're feeling and thinking, but He wants us to share with Him because He is our friend and Father. And because God wants to bring us comfort. In Psalm 56:8, King David talks to God, and he says, "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book." God knows everything you have gone through, and He knows all of the pain. God cares so much about your sadness that He counts every single tear that you have ever cried. I don't know how many tears I've cried; I doubt you do either, but God knows.

God wants to bring you comfort when you're going through difficult times. And He wants you to help someone else who has gone through something difficult too. We're going to talk more about this in small groups.

SMALL GROUPS

1. If you were going to create a character like Rocket Raccoon, what kind of animal would they be? And why?
2. What emotion do you think Thor is experiencing in the scene we discussed?
3. The speaker talked about the grief cycle. What were the five emotions experienced in the grief cycle?
4. Have any of you experienced grief recently that you would like to share?
5. How can you let God comfort you when you're going through difficult times?
6. Share about how God comforted you when you experienced something difficult or used someone to comfort you. How can you comfort someone else like you were comforted?
7. If you feel like you're struggling with grief, please let me know after group so I can try to comfort you or find someone who can help you.



Rocket Raccoon And Thor