



GETTING READY

1. Opener/Closer

What You Need:

- Host
- Two kid volunteers
- One Small Group Leader (to keep time)
- Sheet (to cover the balance beam)
- Two pieces of wood: 2" x 4" x 10'
- Two smaller pieces of 2" by 4" wood; each at least 1 foot long
- Drill
- Screws
- Masking tape
- Stopwatch or other timer (like the Small Group Leader's phone)
- Bicycle helmet (kid-size)

Music and Sound Effects (SFX):

- Upbeat music to use as kids enter and exit the room
- Upbeat music to use as kids play the game
- **AIR HORN**

Large Group Visuals (downloadable from the website):

- AMPED Theme Slide
- Confidence Slide

- Bottom Line Slide

What You Do:

- To build the stair-step balance beam: Cut one of the 2" x 4" x 10' pieces of wood into two pieces: one measuring 4 feet long and one measuring 6 feet long. (If you don't have access to a saw, Lowe's or Home Depot will cut this for you for free.) Place the 6-foot piece of wood directly on top of the 10-foot piece so that one short end is flush. Secure in place with two screws at both ends. Place the 4-foot piece of wood directly on top of the 6-foot piece, keeping flush at the same end. Secure in place with 2 screws at both ends.



- Place the balance beam on the stage, away from the edge of the stage and any stairs. Hide the bicycle helmet behind it and cover both with a sheet.
- Under each end of the beam, put one of the shorter pieces of wood to bring the beam off the ground and create supports for it. Do not secure these in place with screws.
- Tape start and finish lines a few feet from each end of the balance beam.

2. Bible Story

What You Need:

- Storyteller
- One Small Group Leader
- Balance beam (from the Opener)
- Prop box
- Basketball
- Backpack
- Books, paper, or other items to fill the backpack
- Helmet

Large Group Visuals (downloadable from the website):

- Bottom Line Slide

What You Do:

- Fill the backpack with the various items and zip it shut.
- Put the backpack and basketball in the box and place the box backstage.
- The balance beam will already be on stage from the Opener.

3. Worship

What You Need:

- We Are Royals
- Through It All

Thou Raise Me Up

Bible Story: Thou Raise Me Up (Jesus is the Cornerstone) • *Ephesians 2:20-21a*

Bottom Line: Jesus matters most.

Memory Verse: “I remain confident of this: I will see the goodness of the LORD in the land of the living.” *Psalm 27:13, NIV*

Life App: Confidence—Living like you believe what God says is true

Basic Truth: I can trust God no matter what.

Story: Communicating God’s Truth in Engaging Ways (Large Group, 35 minutes)

Engage kids’ hearts through a dynamic and interactive Bible story, worship, and prayer experience in a Large Group setting.

SFX: *Play high-energy music as kids enter.*

CG: *AMPED Theme Slide*

Host is on stage welcoming the kids as they enter.

Opener

HOST: “What’s up, everyone? My name is [Host’s name], and I am so AMPED to be with you today!

“If you like watching football on TV, pretend like you’re throwing a football. *(Pause for response and demonstrate.)* If you like basketball, pretend like you’re shooting a basket. *(Pause for response and demonstrate.)* He shoots; he scores! Any baseball fans out there? Pretend like you’re hitting a home run. *(Pause for response and demonstrate.)*

“Well, those sports are fun, but they don’t have anything on extreme sports! I’m talking about things like parkour, kite surfing, and BMX biking. Athletes who participate in these sports have to have a lot of confidence, and that’s our Life App this month: confidence!

CG: *Confidence Slide*

“**Confidence is living like you believe what God says is true.** We can read what God says in the Bible *(hold up Bible)*. Over the next few weeks, we’ll learn about some extreme stories in the Bible where people lived with extreme confidence in God. And guess what! YOU can live that way, too. **[Basic Truth] You can trust God no matter what.** You can live fully alive!

“To show you what I mean, let’s play a fun game that will take some confidence. Check out this extreme balance beam! Ta-da!

With gusto, remove the sheet from the balance beam.

“Impressive, I know. I call it the ‘Balance Beam to the Extreme’! I need two volunteers who think they have the confidence it takes to make it all the way across.

Choose two kids from the audience (of similar age) and bring them up on stage.

"I also need a Small Group Leader to help time our competitors.

Choose a Small Group Leader or other adult volunteer and give her the timer. (Or she can use the timer on her phone.) Have her stand at the finish line.

(To contestants) "One at a time, you'll each take a turn attempting to keep your balance as you walk down the beam. If you lose your footing and fall off, just hop back up on the beam and keep going. [Adult volunteer's name] will keep time, and whoever makes it across the fastest wins!

Choose one of the contestants to go first. Help him put on the bicycle helmet and have him stand at the starting line (at the low end of the beam).

"[Contestant's name], when I say, 'Go,' you'll walk as fast as you can down the balance beam, but try not to fall off! When you reach the end, jump down and tag [adult volunteer's name]'s hand, and she will stop the timer.

"On your mark, get set . . . *(hesitate)* wait a minute. This is the 'Balance Beam to the Extreme.'" We can't just say, 'Go.' I have an idea!

Retrieve the stadium horn (vuvuzela) from backstage.

"Now we're ready. *(To contestant)* When it's time for you to go, I'll blow this extreme horn! *(To audience)* Everyone, cheer him on to boost his confidence. *(To contestant)* On your mark, get set . . .

Blow the stadium horn, and the adult volunteer should start the timer.

SFX: High-energy music

Encourage the audience to cheer for the contestant. When the contestant finishes, congratulate him and announce his time.

(To second contestant) "[Contestant's name], that's a hard time to beat. Do you have the confidence to take on this challenge? Let's find out.

Help her put on the bicycle helmet and guide her to stand at the starting line.

"On your mark, get set . . .

Blow the stadium horn, and the adult volunteer should start the timer.

SFX: High-energy music

Encourage the audience to cheer for the contestant. When the contestant finishes, congratulate her and announce her time.

“Both contestants did a great job. Our winner today is [kid’s name]!”

Collect the timer from the adult volunteer and the helmet from the kid contestant. Dismiss all the volunteers to their seats.

“Our contestants had the confidence to race across the beam and get to the finish. But confidence is so much more than just being sure we won’t fall off a balance beam or believing we can win a game. Before we jump in to today’s story, let’s get [Worship Leader’s name] up on the stage and confidently sing out praises to God!”

Host exits (with the sheet).

Worship

WORSHIP LEADER: “It’s so good to be able to sing praises to Jesus today. We can be confident that He has done great things, and that He’ll continue to do great things. Come on—let’s do this. Sing it loud, everybody!”

WE ARE ROYALS

Through It All

As Worship Leaders exit, Storyteller enters, carrying the box with the basketball and backpack.

SETTING UP THE STORY

STORYTELLER: “Hi, everybody! My name is [Storyteller’s name], and I’m so happy to be with you today.

“What’s the big word we’re talking about this month? *(Pause for response.)* Confidence! Right. Now, if you want to be confident, you’ve got to know where your confidence comes from in the first place. You have to know what matters most to you. Okay, I want to know: what are some things that matter to YOU? I bet you can think of a lot of them. Go ahead and shout them out.

Give hints to help the kids come up with answers or have Small Group Leaders help. Steer them toward the three categories you’re about to cover: activities, school, and friends. For example: “What about toys? Do you have a toy

that really matters to you?” “What about friends?”

“Those are some great examples! Some of you mentioned things that you do for fun—like playing with your toys, or playing video games. We spend a lot of time at school, and that matters a lot, too. Something else that matters a lot to us is our friends and family. Those are all really good things. They’re all important. They all matter in our lives.

ACTIVITIES

STORYTELLER: “Let’s talk about that first one: the things we do for fun.

“Raise your hand if you like to play with toys. *(Pause for response.)* How about video games? *(Pause for response.)* Raise your hand if you like to watch movies or videos. *(Pause for response.)* What about sports? If you like to play sports, like soccer or baseball or swimming, raise your hand. *(Pause for response.)* All of those things can be good and fun. But what if you built your life on those things? In other words, what if those things were the MOST important thing to you? What if you decided that video games or movies or sports mattered MOST and everything else was just extra?

Pick up the basketball.

“Let’s take this basketball, for example. Do you think if I removed the foundation from this side of the balance beam and replaced it with this basketball, the balance beam would stand up? *(Pause for response.)* Let’s try.

Remove the wooden support from one end of the balance beam and try to balance the beam on the basketball. The ball will roll out under the weight. (If it doesn’t, you can make it roll to prove your point.)

“This isn’t going to work. The basketball is round and just rolls away. The beam couldn’t stand on top of it. There’s no way someone could walk across the beam with the basketball as the foundation.

(Hold up the basketball.) “Our favorite activities are important. They matter. But they don’t really provide a good foundation for life. We shouldn’t build everything else on top of them. Maybe there’s something else that matters MORE that we can use as our foundation.”

Put the basketball back in the box. Put the wooden support back under the balance beam.

SCHOOL

Hold up the backpack.

STORYTELLER: “Another thing we sometimes try to build our life on is school. When we get a good grade, or if our teacher notices our good behavior, it makes us feel good. And we all want to succeed. We all want to make our teachers and parents feel happy about what we’re learning. That matters! It’s important. But sometimes we try and build our life on how well we do at school. We think that it’s ALL that matters.

“What do you think will happen if I use this backpack as a support for our balance beam? *(Pause for response.)* Let’s see what happens.

Remove the wooden support from the end of the balance beam and try to balance the beam on the backpack. The fuller your backpack, the harder it will be for the beam to become stable. If you happen to get the beam to rest on the backpack without falling over, kneel behind the beam. Press down on the beam with both hands and wobble it to show that it’s not stable.

“This doesn’t look safe. If I tried to walk across this, I know I’d fall off and end up on the ground. I don’t have a lot of confidence that this backpack would make a good foundation.

(Hold up the backpack.) “School matters a lot. We should always do our best. But school isn’t what you should build your life on. It’s not the MOST important thing. There has to be something that matters more that we can put our confidence in.”

Put the backpack back in the box. Put the wooden support back under the balance beam.

FRIENDS AND FAMILY

STORYTELLER: “Another place we look for a solid foundation is with our friends. Our friends make us laugh. They make everything more fun. They give us love and support, too. Friends are so important! To illustrate this, I need a Small Group Leader to come up and help me.

Choose a Small Group Leader from the audience.

“[Leader’s name] is strong—way stronger than I am. I think he’s going to make a great foundation for our balance beam. And I’ve known him for a while, so I know I can trust him. What do you guys think? Are you confident [Leader’s name] will be a good foundation? *(Pause for response.)* Let’s give it a try.

Ask the Leader to get on all fours and try to rest the balance beam on his back. The beam will be at a drastic angle, if it stands up at all.

“Let’s see. Our balance beam kind of rests on [Leader’s name]’s back, but I certainly don’t trust it enough to walk across it. In fact, I know if I tried to walk across our beam, I’d fall on my face and probably crush [Leader’s name].

“Now, [Leader’s name] is an awesome person. He’s a good friend, and friends are important! People—both friends and family—really matter in our lives. But still, they aren’t what matters MOST. Because people aren’t perfect and sometimes let us down, you wouldn’t want to build your LIFE on them. Let’s give [Leader’s name] a round of applause. *(To Leader)* Thanks for your help, buddy!”

Dismiss Leader back to his seat. Put the wooden support back under the balance beam.

WRAPPING UP THE STORY

STORYTELLER: “Let’s look at what Paul said in the Bible in a letter that he wrote to a group of people called the Ephesians. (*Hold up Bible.*) Listen close and see if you can hear what we REALLY need to build our lives on.

Open the Bible to Ephesians 2:20-21a and read.

“Paul said: *You are a building that is built on the apostles and prophets. They are the foundation. Christ Jesus himself is the most important stone in the building. The whole building is held together by him (NirV).*

“Did you catch it? Our lives are like a building. We’re built ON something. We’re part of a story that has been going on for hundreds and hundreds of years—ever since the prophets and the apostles. ALL the people who have ever believed in Jesus have decided that there’s one thing that will always be MOST important. It’s our relationship with Him!

“Jesus is the ‘most important stone in the building.’ He holds our whole lives together. There are lots of things that matter to us—like the things we do for fun, doing well in school, and having close friends and family. But those things shouldn’t be the MOST important thing in our lives. The most important thing in our lives should always be Jesus.

CG: Bottom Line Slide

[Bottom Line] “Jesus matters most. Say that with me.”

STORYTELLER and KIDS: **[Bottom Line]** “Jesus matters most.”

“When you put your trust in Jesus, you know He’s with you. You can live with confidence. You can live fully alive.

Put on the bicycle helmet and stand on the balance beam.

“Let’s pray and thank God for giving us a solid foundation in Jesus.”

Pray

STORYTELLER: “God, thank You for this great reminder that **[Bottom Line] Jesus matters most.** There’s nothing in life that’s more important than Him! We have lots of good things that are important to us—like fun activities, doing well in school, and having friends. But help us to remember to build our lives on Jesus, because He’s MOST important. We love You, and we ask these things in Jesus’ name, amen.”

Storyteller steps down from the beam and exits. Host enters.

Closer

HOST: “Whoa. I’m glad [Storyteller’s name] didn’t walk across the balance beam when it was on [Leader’s name]’s back!

“Like [Storyteller’s name] said, when you make Jesus your foundation, nothing can topple you over or knock you off balance. With Jesus as your foundation, you’ll be a better athlete because you’ll have a good attitude. You’ll be better at school because you’ll respect and obey your teacher. And you’ll be a better friend because you’ll look for ways to serve others.

“But this truth is even bigger than that! When we all live like **[Bottom Line] Jesus matters most**, we can do something bigger together than we ever could on our own. When you make Jesus your foundation and when I make Jesus my foundation, we are the church! And Jesus holds all of us together.

“Here’s the one thing we need to remember today.

CG: Bottom Line Slide

[Bottom Line] “Jesus matters most.

“When you really believe that, you can live with true confidence every single day. And now you get to talk about that some more in your small groups. Have fun!”

Dismiss kids to their small groups.

SFX: Play high-energy music as the kids exit.