

In your Savior kit you will receive your Bible, Shirt and Life Guard Workbook. Please bring your Bible with you every Sunday evening. If you have your own bible that is great! The one we provide will allow you to follow along with the workbook.

Don't forget  wear your Lifeguard shirt every Sunday evening!

You will be given special assignments and can earn rewards for completing them (Bible cover, hats and other cool Lifeguard stuff)!

Pre-Lesson..... Do children matter to Jesus?

Read Mark 10:13-15

Why did Jesus get angry at his disciples?

What did Jesus say belonged to anyone who is like these children?

What did Jesus do to the children?



Welcome to Lifeguards at Wave Church! First, the most important thing you need to know is:

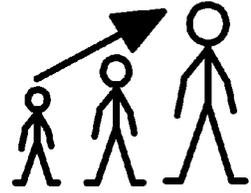


Jesus Christ is our Lord and Savior! As a Lifeguard you will gain a stronger personal relationship with Him!

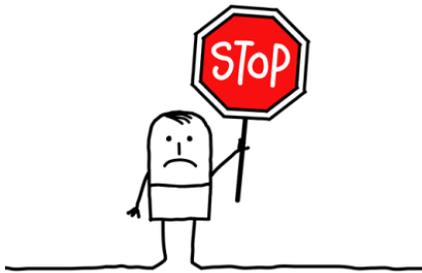
You will learn to teach other's about Jesus!

You will gain your confidence in Christ!

As a 4th and 5th grader you are no longer a “little kid”. You are about to transition into a really neat season of your life.



Let's dig a little deeper into the Bible and go on this fun adventure together!



Before we go any further....

1. Do you believe in God? Yes or No
2. Do you believe the Bible is God's word? Yes or No
3. Do you believe Jesus Christ died for you, He has risen and He is your Lord and Savior? Yes or No

If you answered “No” to any of the questions come talk to one of the teacher at the end of class so we can pray with you!

MISSION POSSIBLE: 1

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Find, highlight and read:

MONDAY: JOHN 3:16

TUESDAY: PSALM 68:20

WEDNESDAY: LUKE 19:10

THURSDAY: JOHN 12:47

FRIDAY: ISAIAH 25:9

What did all of these scriptures have in common?

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God's Family

God created us to be part of his family. When we make the choice to follow Jesus we become part of His family!

Ephesians 2:19

What does it mean to be part of God's family?

Not only do we become part of God's family but He forgives all the bad choices we made. This is called

_____ . **Romans 10:9-10 Luke 1:77**

God is our ultimate lifeguard! He sent Jesus as the life preserver to save us. **John 3:16,**



Give 3 examples of how Jesus saves you:

1. _____
2. _____
3. _____

MISSION POSSIBLE: 2

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Read the daily Bible verse:

MONDAY: Matthew 16:24

TUESDAY: Luke 9:23

WEDNESDAY: John 12:26

THURSDAY: 1 Corinthians 1:12

FRIDAY: Philippians 3:17

What does it mean to you to follow Jesus?

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What is a Lifeguard?

In your own words, describe the role a lifeguard plays at the pool or beach: _____



Who is Jesus Christ? Romans 10:9

Describe the role Jesus plays in your life:

How can I be a Lifeguard for Jesus Christ?

Mark 16:15

List at least 2 ways you can help others for Jesus:



People are our purpose
Jesus is our treasure



MISSION POSSIBLE: 3

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Read the daily Bible verse & place a marker beside it:

MONDAY: Romans 5:8

TUESDAY: Romans 10:9

WEDNESDAY: Acts 4:12

THURSDAY: John 1:9

FRIDAY: John 1:12

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WHO I AM IN CHRIST!

Now that we know who Jesus is and how he saved us, we now need to figure out who we are in Jesus Christ.

Ephesians 2:10, 2 Timothy 1:9-11

What does it mean to be a Christian?

Look up **CHRISTIAN** in the back of your Bible. Write down the meaning:

What does it mean to be a disciple? **John 13:34-35**

Look up **DISCIPLE** in the back of your Bible.

Write down the meaning:



Explain the difference between a **CHRISTIAN** and a **DISCIPLE**:

MISSION POSSIBLE: 4

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Read the daily Bible verse & place marker next to it:

MONDAY: 2 Corinthians 5:17

TUESDAY: Deuteronomy 28: 1-14

WEDNESDAY: Matthew 5:13-14

THURSDAY: Ephesians 5:1-2

FRIDAY: Romans 8:17

Who are you in Christ Jesus:

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Purpose Driven

John 3:16 For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

Jesus is a gift from God to people.

What good does it do to have such an amazing gift and not share it? Jesus did

not come for just some people, or only the people we think deserve him. He came for all!



Write the verse **2 Corinthians 5:15**

Jesus came for **ALL** people, to give us eternal life.

John 4:14 But those that drink the water I give will never be _____ again.



Write something nice you've done for someone within the last month:

Why did you want to do this good deed?

WAY TO GO!!! That was you being driven by a purpose!

If you can make God's people your purpose, the Holy Spirit will give you all the courage and strength you need and drive you forward!

The most exciting purpose God gave us is to give Jesus to other people!

If you could not answer the question above this Week, it's OK! Try to do nice things for others, Like hold a door, or help someone carry something, or even do dinner dishes before you're asked!





BIBLE

Psalm 119:105 Your word is a lamp to guide my feet and a light for my path.

The Bible is our guide book to life. One way we hear from God is by reading the Bible. We can find any answer to any question we have or situation we might go through in God's word. It's a BIG book with lots of BIG words and can seem like a lot, but when you open it you will find that it is broken down in small parts for us.



The Bible is broken down into BOOKS, CHAPTERS and VERSES. Soooo lets start at the beginning.

List 5 BOOKS of the Bible: _____

Pick one of the BOOKS and find CHAPTER 3. Write down the page number:

Choose a VERSE in CHAPTER 3 and write it down: _____

2 Timothy 3:14-17



MISSION POSSIBLE: 5

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Look up a verse using the back of the Bible for the following subjects, read it and write down the scripture you found:

MONDAY: Blessed _____

TUESDAY: Faithful _____

WEDNESDAY: Impossible _____

THURSDAY: Listen _____

FRIDAY: Pray _____

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PRAY

SPEAK

BE

LOVE



Why do you pray?

Write a bible verse about prayer:

Prayer is our way to communicate with God. When we pray we thank God for everything he has and will do for us.

Prayer is also our way of asking from God.

The more we communicate the stronger our relationship is with Him.

List a few topics we can pray about:

Philippians 4:6-7, 1 Thessalonians 5:17-18, Colossians 4:2

There is no right or wrong way to pray.

You can also pray in any position! You can sit, kneel, stand, walk even spin in circles.

Communication is very important in all relationships, especially with God.



- Can you think of a place that needs you to pray for it? _____
- Can you think of at least one person who needs you to pray for them? _____
- Can you think of one thing you'd like to ask God for?

Prayer is so powerful! It is how we have a direct line of communication with our almighty Lord!

Let's use it **EVERY** chance we can!

So, now you know how to pray, let's learn how to listen...

During your prayer time, remember to have a moment to listen. God loves to communicate and answer you!

MISSION POSSIBLE: 6

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Read the daily Bible verse:

MONDAY: Read Colossians 4:2. Write what you have prayed to God about today _____

TUESDAY: Read Mark 11:24. Write what you have prayed to God about today _____

WEDNESDAY: Read Psalm 95:7. When you pray make sure you take a moment to listen also.

THURSDAY: Read James 5:16. Write what you have prayed to God about today _____

FRIDAY: Read Luke 6:27-28. Write what you have prayed to God about today _____

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God's Promises

Isaiah 55:8-9

What does that mean: _____

We have learned that the Bible is how God speaks to us and Prayer is how we talk to him, so how do we put the 2 together? Why do we put the 2 together?



When we speak what the word of God (the Bible) says than we are repeating what God says. When we pray what the word of God says we are agreeing with God by raising our thoughts and words higher.

In order to speak and pray God's word we need to know it! Lets learn some of His promises to get us started.

What is the promise?

John 15:7-8 _____

Matthew 18: 19-20 _____

Luke 6:37-38 _____

When we follow God's word we will live an amazing life and are prayers can be answered!

“Opportunity”



Now that we've established Jesus loves us so much that he died and rose from the dead for us, what's next?

Read the following questions and answer them in your head...to God.

What kind of life should I live?

What type of words should I speak?

How can I be a “fisher of men”, and what does that mean anyway?

Let's read **Mark 1:16-18**

How do you think you are supposed to fish for people? _____

So how do we find the courage, the words and the people?

SAY THESE WORDS:

GOD WILL PROVIDE THE OPPORTUNITY!



God gives us every resource we need when we are serving him!

Think about this....without giving a deep thought, write down a guess of how many people a day you come in contact with: _____

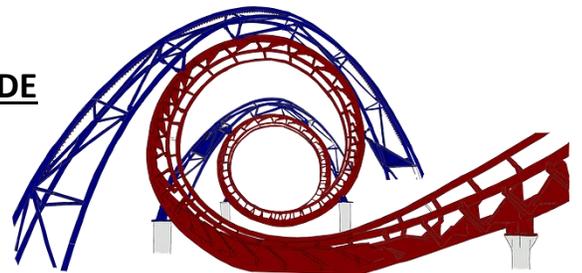
These is your fish

Now make a list of all the places you go throughout the week:

This is your pond



MUST BE THIS TALL TO RIDE



Think you're just a kid? You are too small

to do anything? Those are both lies and here's your proof:

Open the Bible to **Luke 18:16**...now turn to **Matthew 18:2**... lets check out **Mark 10:15**

This last scripture should seal the deal for you! What if it read this, "Children come as an adult", then you could say "I'm too young or little", but God calls everyone to be **LIKE YOU!** So you get a head start in the game, a head start from God!

God is calling you for His purpose, and you are not too young or small. You are capable of doing His work, today!

MISSION POSSIBLE: 7

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Read the daily Bible verse:

MONDAY: Read 2 Corinthians 9:6. In 1 word describe what you would read this verse for: _____

TUESDAY: Read Matthew 17:20. In 1 word describe what you would read this verse for: _____

WEDNESDAY: Read John 3:16. In 1 word describe what you would read this verse for: _____

THURSDAY: Read Ecclesiastes 4:9-10. In 1 word describe what you would read this verse for: _____

FRIDAY: Read Ephesians 6:1-2. In 1 word describe what you would read this verse for: _____

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ARE YOU A DISCIPLE?

What is a disciple? _____

Hint – look in the back of the Bible

Who were Jesus' first disciples? _____

Hint – Matthew 4:18

What did they do after Jesus choose them? _____

What does it mean to follow someone? _____

Jesus chose these men to live and walk with him.

To witness His ministry and to be able to teach it to others.



Before we can teach something we have to know it.

What are some things you feel like you need to know in order to be a disciple? _____

Where can you go to find the answers? _____

Mark 3:14-15, Matthew 28:18-20, Acts 1:8

Imagine walking with Jesus.

Imagine seeing Him walk on water, **Matthew 14:11**.

Eating dinner with Him, **John 6:53**.

Praying with Him, **John 17:1**.

Watching Him do miracles, **John 2:1-11**.

Crowds celebrating Him, **Matthew 21:9**.

Crowds yelling crucify Him, **Matthew 27:22-23**.



Imagine being one He calls by name and says

“Come, walk with me!”

Good News!!! He knows you by your name and is calling you to do great things! He has a specific plan for you!

Let read **Jeremiah 29:11-13** together

What is your role as a child of God? As a Christian? What is your role as a disciple? _____

MISSION POSSIBLE: 8

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Jesus taught in parables or stories to help the people understand what he was trying to teach them. Read the following parable and see if you can figure out what Jesus is teaching about:

MONDAY: Read Mark 4:21. What was Jesus saying: _____

TUESDAY: Read Luke 6:43. What was Jesus saying: _____

WEDNESDAY: Read Luke 15:1-7. What was Jesus saying: _____

THURSDAY: Read Luke 18:1-8. What was Jesus saying: _____

FRIDAY: Read Luke 15:8-10. What was Jesus saying: _____

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Training

Before the disciples were sent out they were in training. Jesus taught them with parables and actions. **Luke 6:40**

We are also in training. As lifeguards we are learning how to help others through Jesus Christ...

What would happen at the beach if the lifeguard did not go through training? What if he/she had the hat and the whistle but could not swim?



It is the same for us. We can carry our Bible and go to church but if we don't know God and His word how can we share Him and tell others about Him? **1 Timothy 4:8-13**

What are the 3 things Timothy tells us to focus on:



WE talked a lot about the 1st one, how do we do the other 2?

List 2 ways we can teach others: _____



List 5 encouraging statements you can give someone:

1. _____
2. _____
3. _____
4. _____
5. _____

When someone is training for a race they don't just train 1 day. They might train by running everyday for several months to be ready for the race. We can't just read the Bible once and be ready to use God's word to help someone.

As a disciple we need to train everyday!

What are 3 things that will motivate you to train as a disciple everyday:

Lets read **John 8:31** together!

**** Don't forget the Bible instructs our parents to train us... that means being obedient to our parents is part of our training! ****

Proverbs 22:6



THE POW! ER OF WORDS

Have you ever thought about the impact your words have?

Words can heal and they can hurt, they can create happiness and they can cause pain.

Have you ever said something that made someone feel good? Have you ever said something you wish you could take back?



Words are not like chewing gum, you cannot blow them in and out of your mouth!

Once your words leave your mouth you cannot take them back!

Check out this cool Bible verse....**Proverbs 12:18** WOW! **That's such a great verse, let's write it down:** _____

There is POWER in the name of _____!

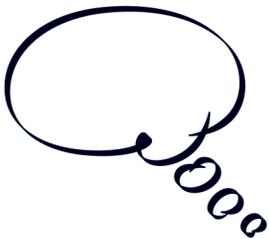
words
have
power

How neat is it to think that God’s word, our Bible, gives us so many great tools that it even teaches us a small word can actually be powerful when used with the greatness of Him!

Make a list of words that can be powerful words:

What are 2 ways we use words to talk to God in church?





Think about how many times we speak too fast



Mark 13:11

Lets read **Proverbs 29:20** – Seems easy, think before we speak, right? Sometimes it may seem like you have all the right things to say, but if you have a feeling in your heart that you should be quiet – that is the Holy Spirit telling you to “shhhhhh”.

This week try real hard to let God guide your words. Speak words like Jesus...words of kindness and love!

MISSION POSSIBLE: 9

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Read the daily Bible verse:

MONDAY: Read Proverbs 16:24. What kind word did you give today?

TUESDAY: Read Proverbs 16:32. How can you use self-control with your words? _____

WEDNESDAY: Read Matthew 22:37-40. How do you treat your friends?

THURSDAY: Read James 4:11-12. What should you do if you say something hurtful? _____

FRIDAY: Read Proverbs 18:21. Think about what this verse means.

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Say WHAT!!



Proverbs 18:21

The tongue can bring _____ or _____; those who love to talk will reap the consequences.

WORD
POWER!

We have been talking about how our words have power and what powerful words are. Lets dig a little deeper!

What does it mean that they can “bring life or death”? Did you realize that what you say can become what happens?

Mark 11:23

If we speak to the problem in our life we can change the whole situation. We are not to speak about our _____, but we should speak _____ our _____!

But wait the bible tells us we have to believe it with no doubt in our heart. ❤️

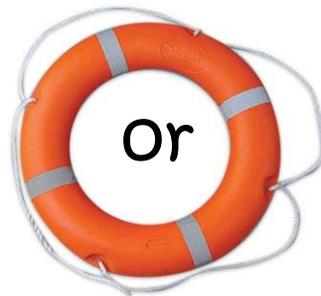
What do we use to believe with no doubt in our heart? _____

That’s a great word but how do we do that?

List 3 people you trust:

Why do you trust these people? _____

LIFE



Death

Yikes! That can be a little scary if we think about it. Sometimes the words we say are very negative and hurtful.

Now that we know how important the words we speak are we can do something about it!



The scripture says "life **OR** death" that means we have a choice! We get to choose what comes out of our mouth...and that is going to take a lot of self control!



Luke 6:45

What you _____ flows from what is in your _____!

So if what is in our heart is what comes out of our mouth, what part should we be working on?



What can we do to change the words we say?

1. _____
2. _____
3. _____

**** If there are areas in your heart that you think need some work so that the right things are coming out of your mouth, then the 1st step is to pray and ask God to help you with those areas!**

MISSION POSSIBLE: 10

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

MONDAY: Find a scripture in the book of **John** where someone prays:

TUESDAY: Read **John 14:13-14** Fill in the blank: You can _____ for _____ in my name, and ___ will do it, so that the _____ can bring _____ to the _____. Yes, _____ me for anything in _____ name, and I _____ do it!

WEDNESDAY: Write down:

1 person who needs prayer: _____

3 things you are asking God for: _____

Your best friends name that you can pray for: _____

THURSDAY: Find and Read **Proverbs 15:8**. Think about what this verse means.

FRIDAY: Find and Read **Proverbs 15:29**. Think about what this verse means.

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JESUS INSIDE OUT



If you put an apple seed in the ground what kind of tree will grow? You wouldn't expect to get tomatoes if you planted seeds for watermelon. What you plant is what will grow right?

Matthew 7:15-20

Have you ever eaten too much candy and it made you feel a little sick...it's not pretty what comes out! We work the same way, whatever we put in is what will come out.

This is not just about food (our belly) this applies to our eyes and our ears also.

Matthew 6:22-23



How do you think that works? _____



When we are little our parents say words over and over to teach us how to talk. What we hear is what we repeat. What goes in is what comes out!

What do you allow in?

List 3 ways we allow things into our soul, our spirit, our life:

List 3 people who you listen to, who speak into your life:

Why are these things and these people important? _____

(hint: remember what goes in comes out)

Matthew 12:33-37

What kind of words do you want to come out of your mouth? _____

How do you make sure your actions honor God? _____

Sometimes we have to plug our ear or ignore words that we don't want to allow into our life. Words that are not positive or kind can trip us up and cause us to fall or get hurt. If that can happen to us than the same is true for the words we speak. They can either be positive and kind or they can be negative and hurt someone.

Remember you are in control of what you hear and watch. Make choices today to listen to positivity and correction...to God's word!

Joshua 1:8-9

What you see is what you think about...what you think about is what you do!

Helping Hands



What does it mean to serve or be a servant? We hear that word and think it is a bad thing...that it means we are less than or below someone.

Look up SERVE in the back of the bible and write the definition _____



Now that's not so bad...to meet someone's need!

Where are 4 places you can meet the needs of others:

John 13:12-17

Jesus is the best example of how to serve others and he tells us if we serve others God will bless us!



Read Romans 12:6-8

The bible tells us that serving others is a _____ from _____.

How do you feel when you get a gift? _____

1 Peter 4:10-11

So we should get excited to serve and help others!



Matthew 20:28

Our goal is to be more like Jesus and he came to serve!

List 5 people you can serve (who's need can you meet) and how you can serve (meet their need) them:

1. _____

2. _____

3. _____

4. _____

5. _____

MISSION POSSIBLE: 11

YOUR ASSIGNMENT...IF YOU CHOOSE TO ACCEPT IT:

Read the daily Bible verse:

MONDAY: Read Joshua 24:15. What does it mean to serve the Lord as a family? _____

TUESDAY: Read Matthew 20:28. What is something you can give up to help someone else? _____

WEDNESDAY: Read Romans 12:6-8. What are some gifts God has given you? _____

THURSDAY: Read Galatians 4:13-15. Why is it important to love yourself? _____

FRIDAY: Read James 4:13-15. Pray for someone you know who needs healing.

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