

CHALLENGE ACCEPTED

WEEK 2

BIG IDEA

Jesus shows me the truth.

BIBLE

The Transfiguration of Jesus: Mark 9:2-9; (2 Corinthians 4:3-6)

ACTIVITY | Find the Truth

- Welcome to another week of Challenge Accepted! Our first team challenge is all about finding the truth!
- **INSTRUCTIONS:** Prepare two bins each containing 100 [golf tees](#). For each bin, write one letter from the word "TRUTH" on the top of five different golf tees, and mix them in with the rest of the blank golf tees. Give each team a [floral foam block](#). When you say, "Go!" instruct the teams to sift through the bin and look for the golf tees with letters on them, telling them there are five in total. Once they find them, they have to figure out what it spells. The first team to arrange the golf tees in the right order and stick them into their foam block wins 100 challenge points!
 - **PRETEEN HACK:** Cover everything in cool whip and let the kids get a little messy while finding the letters! Be sure to have some paper towels handy.
 - **SPECIAL NEEDS HACK:** Use golf balls to allow for visually impaired to participate as well. Write the letter on five golf balls and mix them in with about a dozen other blank balls. For some sensory fun, you could cover the balls with shaving cream! Have garbage bags ready to put over their clothes prior to start.
- In our world today, we are surrounded by a lot of things that look or sound true, but may not be true. To find the truth, we often have to dig

for it then recognize it when we see it.

LARGE GROUP TIME

WHAT?

MUSIC | "Born to Run"

- **INSTRUCTIONS:** Worship Time

ACTIVITY | True/False Challenge

- **INSTRUCTIONS:** Set up a [volleyball net](#) in the middle of the room (or just banner paper). Designate one side of the net as the "true" side and the other side as the "false" side. Tell the kids to listen carefully to the following statements and move to the side of the net that reflects their answer. If they answer the question correctly, they move back to the middle for the next question. If they answer incorrectly, they will take a seat. The game continues until there is only one kid left. Whichever team that kid belongs to will receive 10 challenge points!
 - **SPECIAL NEEDS HACK:** If you have kids with mobile accommodations create hand motions to represent "true" and "false." Ask the kids with the correct answer to stay in place and the incorrect to have a seat in another area and to root on the friends still at play.
- **List of true or false statements:**
 - A sneeze is faster than a blink of an eye. (True.)
 - Olympic gold medals are made of silver. (True.)
 - Chocolate is good for dogs. (False.)
 - Pigs cannot look up into the sky. (True.)
 - Some giraffes say "moo." (True.)

- Sharks don't blink their eyes. (*False.*)
- The word 'sandwich' is named after a person. (*True.*)
- An ostrich has the largest eyes in the world. (*False. Giant squids have the largest eyes.*)
- A baby has more bones than an adult. (*True.*)
- A shrimp's heart is in its head? (*True.*)

SO WHAT?

QUESTION | The Hard Truth

- **INSTRUCTIONS:** *Share, or ask another adult leader to share, about a time you were told the truth about something that was jarring or mind-blowing for you – maybe about an outfit that looked silly, not being talented in something you thought you were good at, the proper pronunciation of a word, etc. Keep the story lighthearted and age-appropriate.*
- **Has anyone ever told you the truth about something that was hard for you to hear?**
- Sometimes, the truth can be tough for us to handle. But knowing the truth about things helps us to make better choices, doesn't it?
- Today's Bible Story tells us about a truth that was revealed to everyone, and what that means for all of us.

SCRIPTURE | Mark 9:2-9

- **Does anyone remember from last week what Jesus' followers were called?** That's right, they were called disciples. One day, Jesus was with three of his disciples – Peter, James, and John. Jesus led them up to the top of a high mountain. Let's see what the Bible says happens next!
- **INSTRUCTIONS:** *Read Mark 9:2-6.*
- Jesus was God's Son sent to Earth to reunite us with God. But when Jesus was on Earth, Jesus looked like an ordinary human. But was

Jesus just another ordinary human? No, of course not! Jesus was God!

- **Does anyone know what "transfigured" means?** Transfiguration is when something transforms or changes from what it was before to something completely different.
- As Jesus was transforming, Jesus' clothes became a dazzling white, and Elijah and Moses appeared and began talking with Jesus. Elijah and Moses were important men in the Old Testament of the Bible who followed and loved God very much.
- Peter was very afraid when he saw this because Elijah and Moses were not supposed to be alive anymore. But he knew they were experiencing something incredibly important. Let's keep reading to see what happens next.
- **INSTRUCTIONS:** *Read Mark 9:7-9.*
 - Suddenly, a cloud appeared and covered them all. A voice came from the cloud and said, "This is my Son, whom I love. Listen to Him!" **Who do you think this voice belonged to?**
 - When they looked around again, they only saw Jesus. As they came down the mountain, they were confused because Jesus told them not to tell anyone what they had seen and heard at the top of the mountain until the right time.
 - Jesus was the Son of God. And Jesus' transfiguration showed Peter, James, and John who Jesus truly was. When they heard God's voice, they had a better understanding of who Jesus was and what Jesus was on Earth to do.
- Jesus showed the disciples the truth. Jesus shows us the truth, too! All we have to do is ask Jesus for help!

THE BIG IDEA | Jesus shows me the truth.

- **INSTRUCTIONS:** *Like last week, have 2 volunteers hold up a giant banner with the words "Big Idea" written across it. Choose as many kids as there are words in the Big Idea and give each of them a piece of paper with their word written on it! Send them running through the banner one at a time to reveal this week's Big Idea! (Be sure to use paper that's easy to tear and/or perforate the paper a bit in the middle to make sure kids*

can tear through.)

- Everyone let's look at this Big Idea banner while clapping and cheering as loudly as we can.
- Shout the Big Idea with me: **Jesus shows me the truth!**

VIDEO | Challenge Accepted, Episode 2

- **INSTRUCTIONS:** Play this week's [teaching video](#).

POLL | Moses or Elijah?

- **Who appeared beside Jesus during the transfiguration?** Good memory! It was Moses and Elijah!
- Moses and Elijah were people from long ago that helped God's people during some hard times. They both talked directly with God and saw God do some really amazing things. Some of you might have heard their stories before.
- **How many people appeared on the mountain that night?** Jesus, Moses, Elijah . . . three! **How many disciples went with Jesus up to the mountain?** Peter, James, John . . . three! Let's use three of our fingers to try this next activity.
- **INSTRUCTIONS:** Have kids indicate the number three on their fingers using their index, middle, and ring fingers. For this poll, each time they think the answer is "Moses," have them make an "M" by pointing the three fingers downward. For "Elijah," have them point the three fingers sideways to make an "E."
 - Helped Israelites cross the Red Sea. (M)
 - Prayed for God to send fire down on his sacrifice. (E)
 - Met God in a burning bush. (M)
 - Met God in a gentle whisper. (E)
 - Was hunted by a queen named Jezebel. (E)
 - Was chased by a king called Pharaoh. (M)
 - His staff turned into a serpent. (M)
 - A woman and her son had never-ending flour and oil because of

him. (E)

- Went up to heaven in a chariot of fire. (E)
- Both Moses and Elijah followed God all the way to the end, even when almost everyone they knew had turned away from God. But they knew the truth, that only God was the real God, so they never gave up following God. No wonder they were important enough to appear next to Jesus during the transfiguration!

OBJECT LESSON | See The Truth

- **INSTRUCTIONS:** *Place three jars on a table in front of you. Before kids arrive, fill two jars with water and dark food coloring or iodine so that you cannot see through the water. Place a small sports-related toy (like [this](#)) inside one of the jars. Label both of them with "surprise inside." Fill the third jar with liquid bleach and label it with "Jesus."*
 - **PRETEEN HACK:** *After this object lesson, ask preteens to come up with some things that try to look like truth but are not. These can include false advertising, imitation products, artificial ingredients, etc. Discuss with kids why it's important to tell apart the truth from the rest.*
- Do you see these two jars here? They both say "surprise inside," but actually, only one of them has a surprise inside and the other one is empty.
- **How do you think we can figure out which jar has something hidden inside of it?** Those are all great ideas, but remember what our Big Idea says: **Jesus shows me the truth.**
- I have this other jar here. This jar represents Jesus. We are going to fill the first two jars with the stuff in the jar that represents Jesus. Let's see what happens!
- *[Pour the bleach from the "Jesus" jar into the first two jars.]*
- Just like what was inside this third jar showed us which jar was "telling the truth," Jesus reveals to us the truth. Sometimes we might come across things that look like the truth, but only Jesus knows and shows us the actual truth.

NOW WHAT?

OBJECT LESSON | Mirror, Mirror

- **INSTRUCTIONS:** *Bring in a [fun house mirror](#) and a regular mirror for kids to take turns looking into. Or use a photo app on a tablet or computer (e.g., Photo Booth on Macs works really well) for the same purpose.*
 - **SPECIAL NEEDS HACK:** *Find photos of someone in a wheelchair or with a hearing aid looking into the mirror to continue the normalcy of those with diverse abilities. As the kids look into the mirror*

themselves, affirm them with encouraging words like, "The truth is, God loves you" or "Jesus loves you and that's the truth."

- Fun house mirrors can make us look so silly! They change our reflection. What we see in those mirrors doesn't show us what's real.
- However, when we look inside of a regular mirror, our true reflection is staring back at us.
- The world is sometimes like a fun house mirror. We will never really find the truth if that's all we look to. Jesus is like a regular mirror. Jesus shows us the truth about anything we need and want to know and what is really there!
- To see the truth, we have to look in the right place. There are many things and people out there that try to twist the truth, but we can always count on Jesus to show us the truth!

MEMORY VERSE | Jump It Out

- **INSTRUCTIONS:** *Put the memory verse on a screen or board at the front of the room where all the kids can read it. Tell everyone to find a partner. Give each pair a jump rope. Instruct the kids to jump rope one at a time as their partner recites the verse, then switch. Do this back and forth a few times.*

PRAYER

- Dear Jesus, You transformed to show us the truth! We are so glad that God loves us, God cares about us, and God forgives us. We know all of this is true because You have shown them to us! Help us to always search for and only follow the truth. Amen.

SMALL GROUP TIME

REFLECTION | Let Your Light Shine

- **INSTRUCTIONS:** *Re-read 2 Corinthians 4:6. Turn the lights off, give each kid a glow stick, and instruct them to break it.*
 - **PRETEEN HACK:** Ask kids to think about who they can direct their light at. Do they know of anyone that doesn't know Jesus? How can we show them Jesus?
- God's light shines in our hearts and give us knowledge through Jesus, just like these glow sticks bring light into the darkness!
- We can shine the light of truth when we show love to those around us. We shine the light of truth when we follow God's Word.
- **Can you think of some ways we can shine the light of truth every day?**

DISCUSSION

- **Who came with Jesus to the top of the mountain?**
- **Who appeared at the top of the mountain?**
- **Who spoke through the cloud?**
- **Re-read Mark 9:7. Why do you think God told James, John, and Peter that Jesus was God's son?**
- **What is the truth Jesus shows us?**
- **Who else do you think helps us see the truth?**
- **Why is it more appealing sometimes to tell a lie rather than the truth? Why should we always choose truth?**

ACTIVITY | Game Plan

- **INSTRUCTIONS:** *Use the mini chalkboard from last week. Have them write down one thing they know is true about God/Jesus. Once everyone has written their truths down, tell the kids to sit in a circle and pass a ball around the circle. When each person gets the ball, have them read their statements aloud, and have the rest of the group say, "Truth!"*
- Our game plan for this week is to go out and live out the truth Jesus shows us: that Jesus is the Son of God and loves us – and everyone – very much!

- **What is something you can do this week to show someone else this truth?**

MEMORY VERSE | I John 5:5 (NIV)

- **INSTRUCTIONS:** *Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.*