

# LESSON 1: THE SWEET LIFE



**COUNTDOWN VIDEO**



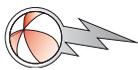
**WELCOME AND PRAYER**



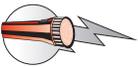
**OPENING VIDEO TRANSMISSION**



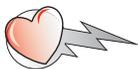
**MEMORY VERSE**



**GAME TIME**



**SUPPLEMENTARY 1: ACADEMY KITCHEN**



**OFFERING**



**PRAISE AND WORSHIP**



**LESSON VIDEO TRANSMISSION**



**LESSON OUTLINE**



**SUPPLEMENTARY 2: STORYBOOK THEATER**



**CLOSING VIDEO TRANSMISSION**



**PRAYER, ANNOUNCEMENTS,  
HANDOUTS**



**GAME REPRISE (IF TIME ALLOWS)**



**Memory Verse:** For I know the plans I have for you, says the Lord. They are plans for good and not disaster, to give you a future and a hope.

Jeremiah 29:11





## GAME TIME

## DIGGING FOR RAISINS



**Time Required:** 10 minutes



**Memory Verse:** For I know the plans I have for you, says the Lord. They are plans for good and not disaster, to give you a future and a hope.

Jeremiah 29:11



**Teacher Tip:** For safety, it's important to prescreen for food allergies, if choosing to allow the Cadets to sample the food items.



**Teen Tip:** Involving teen helpers is a great way to build their confidence and a fun, energetic teenager will keep younger Cadets involved and attentive.

**Supplies:** ■ 2 Bowls of cooked oatmeal (per round), 6 bowls if playing 3 rounds, ■ 2 Small plates (per round), 6 plates if playing 3 rounds, ■ 2 Bibs, ■ 1 Table, ■ 20 Raisins (per round), 60 raisins if playing 3 rounds  
■ Upbeat music to play during the game

### Prior to Game:

- Place two bowls of premade oatmeal on the table.
- Place raisins and bibs on the table.
- Next to each bowl of oatmeal, place a small plate.
- Two volunteers will be chosen to compete against each other.
- Each volunteer will wear a bib.
- Set a predetermined amount of time for each "Raisin Round" to be played.

### Game Instructions:

- Hello, Cadets!
- Today, our two volunteers will be challenging each other in a raisin-finding contest. Each volunteer will wear a bib because he/she will be finding the raisins, using only his/her mouth. Each player will place his/her hands behind his/her back as he/she searches for the raisins.
- Let's count together as we place 10 raisins in each bowl of oatmeal. (Stir the raisins into the oatmeal for an added challenge.)
- When the music starts, each player will begin searching for raisins, using only his/her mouth. Once a player has "dug up" a raisin, he/she will transfer it to the plate, using his/her mouth to spit the raisin on the plate. Players should not spit oatmeal onto the plate, only raisins.

### Game Goal:

Stop the game when one player finds all 10 raisins, or at the predetermined time. The player with the most raisins on his/her plate wins! If a tie occurs, the player with the least amount of oatmeal on his/her plate wins. If time allows, play additional rounds with new bowls of oatmeal and raisins.

### Final Word:

Today, we're talking about finding God's plan for our lives. Digging for raisins is fun, but it sure doesn't compare to finding the treasures Jesus has waiting for us.



## ACADEMY KITCHEN

## HIDDEN CUPCAKES



**Time Required:** 10 minutes



**Memory Verse:** For I know the plans I have for you, says the Lord. They are plans for good and not disaster, to give you a future and a hope.

Jeremiah 29:11



**Teacher Tip:** For safety, it's important to prescreen for food allergies, if choosing to allow the Cadets to sample the food items. Having the children's pastor or leader serve the cupcakes is a great way to demonstrate servanthood to the Cadets. Encourage the Cadets to thank their children's pastor or leader for following God's plan to share and sow into their lives!

**Supplies:** ■ 16 Paper baking cups, ■ Oven or toaster oven, ■ Hand mixer, ■ Power cord, ■ Mixing spoons, ■ Measuring cups and spoons, ■ Mixing bowl, ■ 2 cupcake pans

### Recipe:

(The recipe ingredients will need to be doubled to make a second batch of cupcakes for demonstration purposes. The recipe below makes eight cupcakes.)

**Ingredients:** ■ 4 tablespoons of soft butter, ■ 1/4 cup of superfine sugar, ■ 1 large egg, ■ 5/8 cup of self-rising flour, ■ 1 tablespoon of unsweetened cocoa ■ 2 ounces of semisweet chocolate (broken evenly into eight squares), ■ Powdered sugar for dusting

1. Preheat the oven or toaster oven to 375 degrees.
2. Place 8 paper baking cups in a cupcake pan.
3. Combine all the ingredients (except for the semisweet chocolate squares) and mix, using a hand mixer, until smooth.
4. Pour 1/2 the batter into the 8 paper baking cups.
5. Using a teaspoon, make an indentation in the center of the batter in each baking cup.
6. Place 1 piece of the semisweet chocolate squares into the indentation in the center of the batter, and spoon the remaining batter on top of each chocolate square.
7. Place the cupcake pan in the oven and bake for 20 minutes.
8. Cupcakes are ready when they rise and are springy to the touch.
9. Let cupcakes stand for 2-3 minutes before serving or dusting with the powdered sugar.

The cupcakes are YUMMY when served warm.

For safety purposes, make sure the center of the cupcakes are warm, not hot.



## Prior to Segment:

- Combine ingredients to make the cupcake batter and mix the ingredients until smooth, using the hand mixer.
- If an oven or toaster oven is not available in the room or kitchen area, prepare the cupcakes prior to service and share the ingredients and procedure for making the cupcakes with the Cadets.
- If cupcakes are made prior to service, choose an assistant to help sprinkle the powdered sugar on the cupcakes and assist with serving the cupcakes to the other Cadets.
- If cupcakes can be made during service with the use of an oven or toaster oven, choose a volunteer to assist with combining all the ingredients in the bowl.

## Lesson Instructions:

**Ask** Who is ready to enjoy something sweet today? I have a great chocolate cupcake recipe. Is anyone interested in helping me out?

- (Choose one Cadet to be your helper)
- Talk about how you planned out your “In the Kitchen” lesson:
  1. Making your list
  2. Shopping
  3. Gathering your supplies
  4. Preparing everything for your Cadets
- (By reading the recipe you can gain momentum as you describe all the sweet things in the recipe and how delicious they are when combined together.)
- You know, Cadets, this recipe reminds me today about The Sweet Life God has planned out for you. There are no yucky parts in His plan. We just have to follow the recipe for our lives from beginning to end.
- (Have your helper combine all the ingredients and pour half the batter in the paper baking cups.)
- In this recipe today we are holding back half of the mix for now because we want to put something really yummy in the center of this batter.

**Ask** Can anyone guess what the ingredient is?

- That’s right: the chocolate!! Chocolate is so good when it melts in your mouth and that is exactly what is going to happen on the inside of these cupcakes.
- Make an indentation in each and have your Cadet put the individual pieces of chocolate in the center of each one and pour the remaining batter on top.
- Thanks for your help today. It looks like we are all done.
- Act surprised when you put the cupcake pan in your toaster oven and realize you forgot to preheat the oven, or you can act like you didn’t think that part through by having no heat source available.
- **(Very dramatic) OH NO!** I promised you we were going to enjoy something sweet today didn’t I? Let me start from the beginning and go over each step... (realizing you didn’t write down preheating the oven.) What am I going to do? This reminds me about Jeremiah 29:11. I am so glad God doesn’t say “**OH NO!**” when it comes to our lives. His plans for you are so big that He already planned out The Sweet Life for you to enjoy!
- At this time have an adult helper bring out the warm ones (you can heat them in the microwave for a few seconds if you prepared them at home beforehand).
- This would have been a disaster if someone hadn’t thought this all the way through. I am so thankful. And just like we enjoy the sweet surprises our Father plans for us, you can enjoy a bite of The Sweet Life that was planned for you today!



# OFFERING

# IT NEVER RUNS OUT!



**Time Required:** 10 minutes

**Offering Scripture:** ...And the homes of the upright—how blessed! Their houses brim with wealth and a generosity that never runs dry.

Psalm 112:2-3 MSG

**Supplies:** ■ A large purse , ■ Several packs of individually wrapped bubble gum (placed inside the purse)

## Offering Instructions:

- Hey, Superkids, check out this big purse! Today, I want to tell you a story about a big, old purse just like this one.
- There once was a sweet, old great-grandma who had a huge purse just like this one!
- Her name was Annie. How do I know this grandma was sweet? Well, she loved Jesus with all her heart and she was always talking to her family about how wonderful God is. This grandma had lots and lots of grandkids and great-grandkids. They all loved Grandma Annie's big purses because...
- (Begin digging in the large purse and pull out a piece of gum.)
- ...they knew every time they saw her, they'd get a piece of bubble gum from her huge purse. And even though Grandma Annie had lots and lots of grandkids, never once did she not have enough bubble gum for every one of them. That purse must have been pretty heavy just from all the gum inside!
- There is a scripture in Psalms that describes this grandma pretty well. It says this: "...And the homes of the upright how blessed! Their houses brim with wealth and a generosity that never runs dry."



### Don't you think this scripture describes Great-Grandma Annie?

- The Word teaches us that upright people who love God and obey Him, will be blessed. It also teaches us that the upright will have plenty to give AND they'll have generous hearts. Perhaps the most important part of this scripture says their giving will never run dry. Just like Grandma Annie's purse that never runs out of bubble gum!
- What can you do to be like Grandma Annie? Just have a generous heart that loves God. Be ready to give at any moment. When you do that, God will do His part and make sure you always have plenty to bless others with. Your supply will never run out!

Notes:

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## LESSON OUTLINE

## THE SWEET LIFE



**Memory Verse:** For I know the plans I have for you, says the Lord. They are plans for good and not disaster, to give you a future and a hope.

Jeremiah 29:11

### I. GOD HAS A GOOD FUTURE PLANNED OUT FOR YOU Jeremiah 29:11-14

- God's plan for your future is like a treasure. We call it The Sweet Life!
- God's Word tells us, "Seek for Me in earnest, you'll find Me."
- To find any valuable treasure takes determination and to live The Sweet Life requires a decision.
- The Father has laid out every moment of your life in advance. **Psalm 139:16**

### II. THE DEVIL IS A THIEVING PIRATE John 10:10

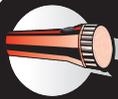
- The "pirate" wants to steal our treasure and destroy our future.
- The devil's weapons are like pirates.
- Some of his "pirates" are greed, selfishness, fear, doubt, strife, stealing, lying.
- Other "pirates" can be anger, sadness, jealousy, fear, hatred and death.

### III. DON'T LISTEN TO A PIRATE

- The pirate's plan is to steal, kill and destroy.
- God hates sin (pirates) because it keeps you from the treasure.
- God's plan is an exciting future, health, wealth and adventure. Treasure!
- The Sweet Life is a most awesome treasure hunt. **Ephesians 2:10 AMP**



**A Word from Commander Kellie:** This series of lessons is going to be very effective in getting some important core values across to your Superkids. Knowing about The Sweet Life and making a determination in their hearts can affect Superkids for a lifetime! This is the key to our success as believers (Ecclesiastes 12:13). When we teach our kids that God has an amazing life already planned out, we arm them with a tangible, understandable purpose to obey His instructions and directions. From this time forward, you can at any time refer to The Sweet Life and your Superkids will think, "God has an awesome plan for me." You've actually given them a way to understand "THE BLESSING"; that's what The Sweet Life really is. The other important core value to be grasped has to do with the pirates! This is a great way for the kids to understand how sin will keep them from walking in THE BLESSING! They'll say, "Don't let that pirate \_\_\_\_\_ defeat you. Fill in the blank (strife, fear, doubt, etc.), they'll catch the concept. This is a great place to partner with your parents too. When clued in to what is being taught, they'll love to reinforce it at home when the kids are letting the pirate "strife" come around. Kids change, families change, churches change, when they choose The Sweet Life plan!



## STORYBOOK THEATER **A SLAVE'S RANSOM**



**Teen Tip:** Reviewing the script prior to service and involving teen helpers is a great way to keep the Cadets involved and attentive.



**Teacher Tip:** Options are provided for story presentation.



**Artist Tips:** Cut the paper to fit on the board and tape it down. Lightly sketch the drawing with pencil prior to presentation during service. Time may not allow the picture to be completely drawn and colored on stage. Erase the pencil lines, so light lines are visible to the artist, but are not visible to the audience. Review the story ahead of time to determine the amount of time needed to complete the illustration while on stage. When the story begins, use black markers to “draw” the picture, following the sketched pencil lines. Next, apply color using the pastel chalk. Then, blend the color with the rags. Finally, cut the illustration from the board, roll it up with rubber bands and share it with a Superkid!

**Art Supplies:** ■ Easel (To set foam-core board on), ■ Large piece of foam core (Recommend a 30” x 48” size from an art store), ■ Roll of white, banner-size paper (Teacher’s supply or art store), ■ Black markers (For initial drawing and outlining), ■ Pastel chalks (From art store), ■ Rags (To blend chalks), ■ Scissors (To cut paper to size), ■ Tape (To tape paper to foam-core board), ■ Rubber bands (To roll up paper for giveaway), ■ Small table (To set art supplies on during story), ■ Pencil & eraser (Art pencils work best), ■ Art smock (To keep your artist’s clothes clean)

### Prior to Segment:

Choose which story presentation option fits best with your team.

#### 1. Storybook Theater:

Select people ahead of time (these can be team members or Superkids who are good readers, dramatic and expressive) to read “spoken” lines of characters. The number of people you select to be your character voices will depend on how many characters have lines in your story, and how many people you have available. If you are limited on people, you can have readers play two or more characters. Just be sure they can make the voices distinctly different! Make copies of the story and highlight their “lines.” We suggest doing a practice read before service to make sure delivery is smooth. For added fun, dress your characters in costumes! At the beginning of your story, introduce your cast of characters.

#### List of Characters/Costumes:

Michael:	Cabin-boy hat (red and white cap, or a bandana)
Joshua:	Tattered hat, wig, chains
Captain Tyrus:	Captain’s hat, eye patch
Deven:	Silk shirt; gold, clip-on, hoop earring
King:	Crown
Parrot “Firebrand”:	Beak

#### 2. Illustrated Story:

If there is an artist in the house, this is a great addition to your story time! While the story is being read, the artist can illustrate a large picture relating to the story, to give as a prize at the conclusion. Use the picture giveaway as an incentive for Superkids to be extra quiet and pay close attention. Initially, there will be a few supplies to purchase but don’t let this be a deterrent from using the illustrated story option! Once the supplies have been purchased, they’ll be long-lasting and reusable.



Young Michael had been a slave of the ferocious pirate ship *Infernus* all of his days—about 12 years. But nobody's been counting, for he was but a lowly cabin boy. He whistled as he swabbed the lowest deck of the ship. It was the one job that gave him comfort as of late. His only friend in the world was a prisoner of one of the cells he took extra care in mopping. It was curious to think that Michael did not even know the name of his best friend. But no one had ever shown him the kindness that this young man did now. As Michael worked, his friend joined in to whistle a tune until the captain hollered from above as he usually did.

"Orphan!" The captain's growl pierced the air.

"I gotta go," Michael whispered to his friend.

"Orphan! Where is that scrawny brat?" The shout came again.

"Why do you let him treat you like that?" asked the prisoner. Michael's face paled white in fear as the captain suddenly appeared at the door. Captain Tyrus was the picture of ultimate cruelty with a hook nose and a sneer that never went away. His one good eye was blacker than sin. And though shorter in stature, his appearance was gruesome enough to bring any One-Eyed Jack to his knees.

Captain Tyrus grabbed Michael by the collar. "Where ya been, boy?"

"I been swabbin' the deck, sir..." Michael replied, barely able to speak.

"Ya been swabbin' your gums with the prisoner, Orphan. Now get back to work or I'll throw ye to the sharks." The captain threw Michael backward and went back up on deck. With his head pounding, Michael picked himself up off the floor.

"Tyrus is awful," the kind prisoner said. "We've got to get out of here."

"That'll never happen. I'm in a stronger prison than you are," Michael retorted in defeat.

"There is a way. But you'd have to trust me..."

"I dunno..." Escape had never even occurred to Michael.

"Come on, Michael, what have you got to lose?"

"I don't even know your name and you want to talk mutiny." Michael began to worry about the unexpected rebel.

"Shhh...just trust me...and I'll trust you."

"Huh?" Michael answered, confused.

"I know I can trust you, Michael, but you have to follow my instructions..."

"All right." Michael agreed, realizing that he really didn't have anything to lose.

"My name is Josh," the prisoner began. "My father sent me on a quest to bring home some treasure. He gave me a map, but my ship was attacked and Captain Tyrus stole it. But he doesn't know how to use it. We're nearing the island now and you can take back the map and the treasure. I'll tell you where the map is and how to use it if you promise to return for me."

"Buried treasure! I just wanted to get out of here alive!" Michael exclaimed.

"Well you'll do more than that. We'll split that treasure fifty-fifty. Deal?"

"You bet." Michael and Josh shook hands between the prison cells as they quietly conspired the map's return.

The next day Michael could tell that Josh's treasure island was within rowing distance. That night he stole into the captain's desk and retrieved the treasure map. Then he reported back to Josh as planned. "Now," Josh said, "the captain doesn't know that he's missing the key to the map."

"Which is?..."

"My pet parrot...you have to tell him the clues on the map and he will tell you what they really mean. Kind of like an interpreter. His name is Firebrand. Just call for him and he'll come to you. But most important: Firebrand doesn't know you. So, you need to give him my name so he will talk to you."

Suddenly, a thought dawned on Michael. "So that's why you haven't told anyone your name."

"Exactly. And here, take my compass," Josh said, moving the compass from his pocket to Michael's hand.

"Don't worry. I'll return it as quickly as possible."

“I know. Now hurry out before they catch you.”

With lantern, compass and map in hand, he tiptoed out of the prison and snuck into one of the longboats. The night was so black that he could barely see the boat slip. But he lowered the boat into the black sea and began his row to freedom. Even in the darkness of the night, he felt lighter and freer than any time in his past.

As he reached the beach, he was so overcome with joy to be away from the *Infernus*, he wished to shout and run in his newborn freedom. But he knew that his future freedom still hung delicately. So, the moment he hopped onto the shore, he went straight to work. He called for Firebrand a few times, and it didn’t take long for the red and yellow cockatoo to come flapping in. The beautiful bird mounted on the boy’s shoulder with a loud squawk.

“Shh...,” Michael quieted the bird, still fearful of any pirate company.

“Eat more bananas,” the parrot said loudly.

“Quiet now...,” Michael whispered.

“Eat more bananas,” Firebrand interrupted him.

“Shh...no more banana talk. We have got to hurry or the pirates will...”

“Eat more bananas,” the parrot interrupted him again.

“Is that all you can say—Eat more...”

“Bananas!” Firebrand finished.

Michael had gotten so caught up in finding the treasure he had forgotten Josh’s instruction. “I know,” Michael remembered with a start. “Josh—he sent me to talk to you.”

“First clue?” Firebrand squawked.

Michael read off the first clue and together the two began to follow the map to a “T.” As Michael read off the clues, the parrot interpreted their meaning and led him to each new point. Every so often a booby trap would arise, but Firebrand always knew the best way to dodge them. The two worked long into the night, until neither could go any farther. They fell asleep beside a large palm tree, planning to begin again at first light.

The next morning, the pirates of the *Infernus* awoke in a fury. Just as the sun was rising, an angry growl resounded from below deck, “WHO STOLE MY TREASURE MAP?”

Infuriated, the captain bounded onto the top deck, shattering anything in his way. He bellowed angry threats to every pirate aboard, “Every knave to the poop deck or be shark’s bait!”

As the crew hit the deck, it didn’t take long to discover who was missing. “ORPHAN!” Tyrus called in a rage. Tyrus unsheathed his cutlass as both sword and voice sliced the air, “Return me map, Orphan, or be cut in two!”

The crew spread out to search for Michael until a pirate shouted, “Thar be a longboat missing.”

“Set sail for the island. Make haste, ye blackguards!” the captain barked as he returned to his cabin, followed by his crafty first mate, Deven.

Captain Tyrus never took a liking to being followed by the sound of Deven’s peg leg. In his addled state, Tyrus was looking for something to shoot. The moment his cabin door creaked a’close, he aimed his pistol at Deven’s good leg.

“Wait!” Deven shouted with hands in the air. “Ye be lookin’ at the boy’s stealin’ yer map the wrong way.”

“What ye mean?” Tyrus questioned, lowering the pistol.

“I been watchin’ that orphan boy makin’ friends with yer prisoner and me thinks he discovered how to decode yer map.”

“And how the blazes is that goin’ to help us?” Tyrus retorted, throwing his dagger, just missing Deven’s skull.

Deven gulped at the knife’s nearness, and finished his plan. “If the boy knows how to find the treasure, we don’t have to. We find the boy, we find the treasure.”

“Har, that be a better plan then getting it meself.”

***TO BE CONTINUED NEXT WEEK...***

Written by Lyndsey Swisher

