



Journey with the Avengers Vacation Bible School:

Captain America, Strong Even When Weak

Lesson Plan

Purpose:

Before he became Captain America, Steve Rogers was tiny, unhealthy, and weak. Yet in a military exercise, he is the first to jump on a practice grenade. Rogers character, not his powers, make him a great hero. Using Rogers as an example, discuss how God's power is made perfect in weakness.

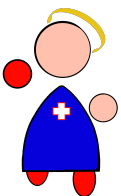
Scripture Reading:

2 Corinthians 12:6-10: The Power of God is Made Perfect in Weakness

- In this passage, Paul shows how God's strength is made known through weakness through Paul's own weakness.

Supplies:

- + Computer/Device to Stream (Something else to project to, depending on group size)
- + Bible
- + Clip from *Captain America: The First Avenger* when a fake grenade is thrown in the middle of an exercise and Steve Rogers jumps on it, thinking it is real, in order to save everyone else (Time Stamp 22:47-24:19).





+ Paper and coloring utensils

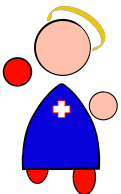
Note: if you have younger viewers, make sure you get signed permission from parents. This film has a PG-13 rating.

Pre-Presentation:

1. Go over the Scripture reading for the day. This can be done with a prayer service (example listed in the pages below) or separately.
2. For an arts and craft project, have participants draw or write anything they like based on a word or phrase that pops out at them from the Scripture reading. You can read the lesson over again to help them. You can even have participants take turn reading. Alternatively, you can give them a template of the Gospel according to Superheroes icon (provided in the pages below) and ask participants to draw in the colors of the first hero that comes to mind when they think of the reading.
3. Snack or Game Time can come before the presentation.

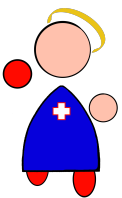
Main Presentation:

1. Show the clip from *Captain America: The First Avenger* when a fake grenade is thrown into a military exercise. Everyone jumps away instinctively, thinking it is real. Steve Rogers, however, before he even gets his powers, jumps on the grenade, telling everyone else to get a way. He does so to try to protect everyone else, even with his own life.





2. Ask participants what they think. Why did Steve Rogers do this?
What do you think of his decision? Would you have done the same thing?
3. Remind participants that Steve Rogers does this before gaining his powers as Captain America. Point out from the video how small and weak he is.
4. Then read the passage from 2 Corinthians 12:6-10. Point out how Paul focuses on his own weakness. Then focus in on 2 Cor. 12:9 when God says “my grace is sufficient for you, for my power is made perfect in weakness.”
5. Ask how this verse might apply to Steve Rogers. Point out that Rogers starts off as a really weak person who just wants to be able to protect others. You can even draw people back to the beginning of the film when Dr. Erskine asks him if he wants to hurt Nazis, and Rogers says he doesn’t want to hurt anyone. You can also point out that Erskine tells Rogers that the person who takes the Super Soldier Serum needs to be pure of heart, unlike the Red Skull.
6. Ask participants what it means to them that Rogers’ real power is his ability to care for others, even in his weakness. What does that mean for them?
7. Ask participants who in the Bible was willing to sacrifice himself for others. When “Jesus” comes up as an answer, discuss what Jesus’ sacrifice means for us and what it calls us to do in the world.



Example of Opening Prayer Session

+ Opening Prayer: “O God, you have taught us to keep all your commandments by loving you and our neighbor: Give us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.” *Amen.*

+ *Invite participants to offer up their prayers with these words:*

Lord, You hear all our prayers. We offer up our prayers to You at this time either aloud or within the confines of our hearts...

After some time has passed.

... for these and all other things in our hearts and minds, we hold them up to You. We ask all this in Your Most Holy Name. *Amen.*

+ The Lord’s Prayer

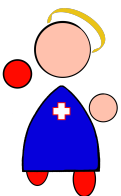
+Reading from Scripture

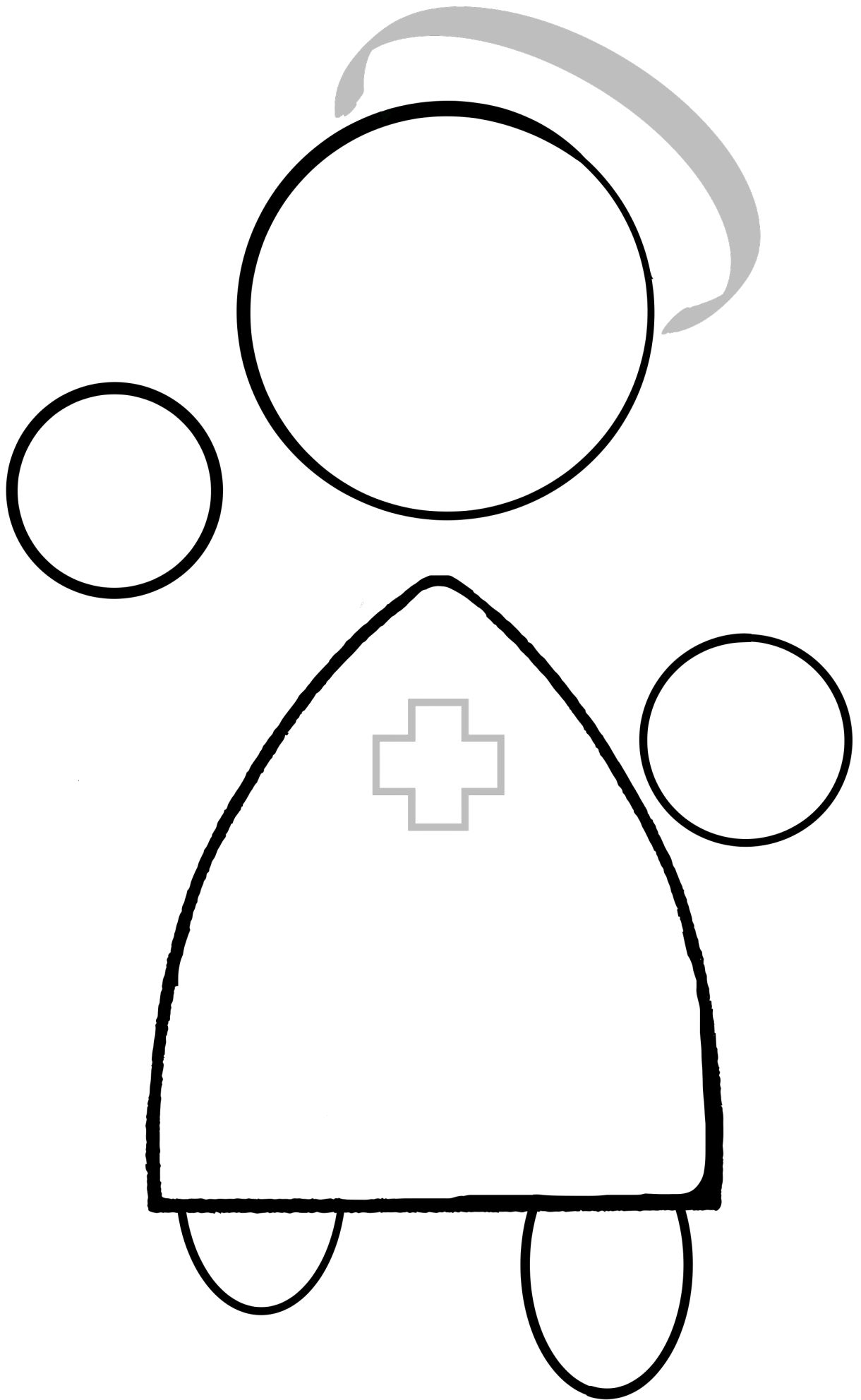
+Brief overview of the day

+Singing

+Final Prayer: “Give us, O Lord, the presence of Your Holy Spirit and an inquiring and discerning heart, the courage to will and to persevere, a spirit to know and to love You, and the gift of joy and wonder in all Your Works.” *Amen.*

Please note that all prayers in quotations are adapted from The Book of Common Prayer.







Lesson Plan Written by The Rev. Trey Kennedy

Please use this lesson plan freely while giving credit to The Rev. Trey Kennedy

Check out <http://gospelaccordingtosuperheroes.weebly.com>

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