

Hero Academy: 4-Week Children's Ministry Curriculum

💡 **Big Idea:** Jesus trains everyday kids to live like Bible heroes—brave, resilient, wise, and protective—so they can love others and keep God's mission going.

📖 **Memory Verse:** 1 Corinthians 16:13–14 — "Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love."

🔍 **Theme Hook:** "Hero Academy: Boot Camp." Cadets report to training HQ, open a mission file from Scripture, complete a skill drill, and earn a Hero Badge. (can be nametags with awards written on them for a simple "badge")(Courage, Resilience, Wisdom, Protection).

Kids hear a lot about super heroes, but the Bible is full of real life heroes who can inspire their faith.

✝️ **Gospel Connection:** The greatest Hero is Jesus. He rescued us through His death and resurrection and gives the Spirit to form His courage, perseverance, wisdom, and protective love in us.

© 2026 The Sunday School Store

4-Week Lesson Overview

Week 1 — Invisible Power

- Bible Story: The Servant Girl and Naaman (2 Kings 5)
- Key Discovery: One child's brave faith and simple words can lead others to God's healing.
- Takeaway: I can speak up about Jesus and show kindness that points people to Him.

Week 2 — Wall Builder

- Bible Story: Nehemiah's Resilience (Nehemiah 4)
- Key Discovery: With God's help we pray, plan, and keep building even when it's hard.
- Takeaway: I can pray first, make a plan, and persist with my team.

Week 3 — Deborah's Wisdom

- Bible Story: Deborah (Judges 4)
- Key Discovery: God gives wisdom and courage to lead; wise leaders listen to God and act.
- Takeaway: I can listen for God and lead others to obey Him with courage.

Week 4 — Armor Up

- Bible Story: Jehosheba Saves the Heir (2 Kings 11)
- Key Discovery: God uses brave protectors to keep His promises.
- Takeaway: I can protect others and do what's right, even when it's risky.

© 2026 The Sunday School Store

📜 1 Corinthians 16:13 NIV

Be on your guard; stand firm in the faith; be courageous; be strong.

Scripture taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. Copyright © 1973, 1978, 1984, 2011 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.



Week 1 — Invisible Power

- Bible Story: The Servant Girl and Naaman (2 Kings 5)
- Key Discovery: One child's brave faith and simple words can lead others to God's healing.
- Takeaway: I can speak up about Jesus and show kindness that points people to Him.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series.
https://linktr.ee/HeroAcademyLessons

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.

© 2026 The Sunday School Store

Week 1 - Supply List

GROUP GAME: Message Mission Relay

- 3–4 small envelopes or index cards labeled “Mission File”
- Tape line or cones to mark start and finish
- Stopwatch or whistle (optional)
- Optional theme prop: clipboard or toy “radio” for teacher

OBJECT LESSON: The Hidden Power

- Small fan or hair dryer (set to “cool”)
- Lightweight items: tissue, paper strip, or balloon
- Table or open space for demonstration

BIBLE STORY: The Servant Girl of Naaman (2 Kings 5)

- Bible or printed NIV verses for teacher reference

CRAFT: Courage Badge

- Shield-shaped cardstock cutouts (1 per child) provided below
- Safety scissors if older children will be cutting their own badges
- Markers or crayons
- Safety pins or tape loops for attaching
- Optional: star stickers or metallic paper scraps for decoration

© 2026 The Sunday School Store

Introduction Game (5 minutes)
Message Mission Relay

SUPPLIES NEEDED:

- 3–4 small envelopes or index cards labeled **"Mission File"** (one per team)
- Tape line or cones to mark **start** and **finish**
- Stopwatch or whistle (optional)

TEACHER: Cadets, attention! Welcome to Hero Academy! Today's mission file is top secret. Your job is to deliver this message safely to HQ — without peeking inside or dropping it. It may look small, but inside is something powerful… just like the brave girl in our Bible story who spoke up and helped someone find God's healing!

1. Divide kids into **equal teams**. Each team lines up behind the start line.
2. Hand the first player on each team a **'Mission File.'**
3. When you say, **'Go!'**, the first cadet carries the message to the finish line, touches the wall/cone, and runs back.
4. They hand the file to the next cadet. Keep going until every teammate has completed the relay.
5. The first team to finish with their message still intact wins the round.
6. Optional second round: Add a simple "obstacle" (step over a rope, crawl under a chair) as part of the "training course."

TEACHER: "Nice work, cadets! You protected your mission file. Sometimes the most important messages aren't shouted — they're spoken with courage and kindness. That's how the servant girl helped Naaman. God can use *your* words to point people to Him!"

© 2026 The Sunday School Store

Object Lesson (5 minutes)
The Hidden Power

SUPPLIES NEEDED:

- Small fan *or* hair dryer (set to "cool")
- Lightweight items: tissue, paper strip, or balloon
- Table or open space to demonstrate

TEACHER: Cadets, today we're learning that God's power is invisible—but real! Let's test something. I have a fan here. Can you *see* the air it blows? No, but you can *feel* it move, and you can *see* what it does.

Turn on the fan and hold up a tissue or paper strip so kids can see it move.

You can't see the air, but it's strong enough to move things around. God's power is kind of like that. We can't see it with our eyes, but when we speak up with courage and kindness—like the servant girl did—God's power moves through us to help others.

When you tell someone about Jesus, or when you pray for a friend, you may not see what's happening inside their heart. But God's invisible power is working!

Let's remember today's takeaway: **I can speak up about Jesus and show kindness that points people to Him.**

© 2026 The Sunday School Store

Bible Story (15 minutes)
The Servant Girl of Naaman — 2 Kings 5

Key Discovery: One child's brave faith and simple words can lead others to God.
Takeaway: I can speak up about Jesus with kindness that points people to Him.

TEACHER: Cadets, today's mission file is called **"Invisible Power."** You don't need a cape or gadgets to be a hero. God can use *anyone* who speaks up with faith! Our story is about a young servant girl who helped a powerful man named Naaman find God's healing. She didn't have super strength—but she had courage and faith.

Naaman was a commander of the army in Aram. He was strong and important, but he had a painful skin disease called leprosy. No doctor could help him. The servant girl in his house had been taken from Israel, but she still believed in God and cared about others.

> **READ (NIV): 2 Kings 5:2–3** "Now bands of raiders from Aram had gone out and had taken captive a young girl from Israel, and she served Naaman's wife. She said to her mistress, 'If only my master would see the prophet who is in Samaria! He would cure him of his leprosy.'"

This girl was far from home, but she trusted God. She cared about her master even though he was from another country. Her words were small but full of faith. *That's invisible power!*

> **READ (NIV): 2 Kings 5:9–10** "So Naaman went with his horses and chariots and stopped at the door of Elisha's house. Elisha sent a messenger to say to him, 'Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed.'"

© 2026 The Sunday School Store

Naaman expected a big show—maybe fireworks or magic—but God's power often works in simple ways. The prophet Elisha didn't even come outside! God's message was clear: *Trust and obey.*

> **READ (NIV): 2 Kings 5:11–12** "But Naaman went away angry and said, 'I thought that he would surely come out to me… Are not Abana and Pharpar, the rivers of Damascus, better than any of the waters of Israel?' So he turned and went off in a rage."

Naaman got upset. He wanted to do things *his way.* Sometimes we all do. But God's power works when we listen and follow—even if it feels simple or strange.

> **READ (NIV): 2 Kings 5:13–14** "Naaman's servants went to him and said, 'My father, if the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, "Wash and be cleansed"!' So he went down and dipped himself in the Jordan seven times… and his flesh was restored and became clean like that of a young boy."

Naaman finally obeyed. The moment he did, God's invisible power healed him! And it all started with one small message from a brave young girl who spoke up.

SUMMARY: The servant girl didn't have special powers. She simply believed that God could help and said something kind and true. That's what real courage looks like! When you speak up about Jesus or show kindness, you never know how God might use it to change someone's life.

GOSPEL CONNECTION: The greatest Hero is Jesus. He healed people's hearts, forgave sins, and gave His life to rescue us. When we trust Him, His invisible power

© 2026 The Sunday School Store

lives in us through the Holy Spirit. He helps us be brave and kind—just like the servant girl.

When we speak up about Jesus, God's power keeps working in the world!

© 2026 The Sunday School Store



© 2026 The Sunday School Store

The Servant Girl of Naaman — 2 Kings 5



© 2026 The Sunday School Store

Discussion Questions & Prayer (5-10 minutes)

TEACHER: Cadets, let's review our mission file one more time. Our key truth is: One child's brave faith and simple words can lead others to God's healing. Let's remember that we can speak up about Jesus and show kindness that points people to Him.

DISCUSSION QUESTIONS

1. Why do you think the servant girl decided to speak up even though she was just a kid?
2. What might happen when you speak kind and faith-filled words to someone?
3. Can you name one way you can "speak up with faith" this week—at school, home, or church?

PRAYER: Let's pray together. You can repeat after me if you'd like.

Dear God,

Thank You for giving me courage.

Help me speak up about Jesus.

Let Your power work through my words and kindness.

Make me brave like the servant girl.

In Jesus' name, Amen.

© 2026 The Sunday School Store

Word Search Puzzle

NAAMAN – SERVANT – GIRL – COURAGE – FAITH

PROPHET – ISRAEL – HEALING – KINDNESS – SPEAK – OBEY – POWER – JESUS

E N C P R O P H E T F

K A O B E Y S I Q A X

W A U B R S E P G A L

Y M R R K S R R E S D

D A A F U P V G S A W

O N G S A R A E Q A K

O H E A L I N G P X G

L J D R Q D T X O D P

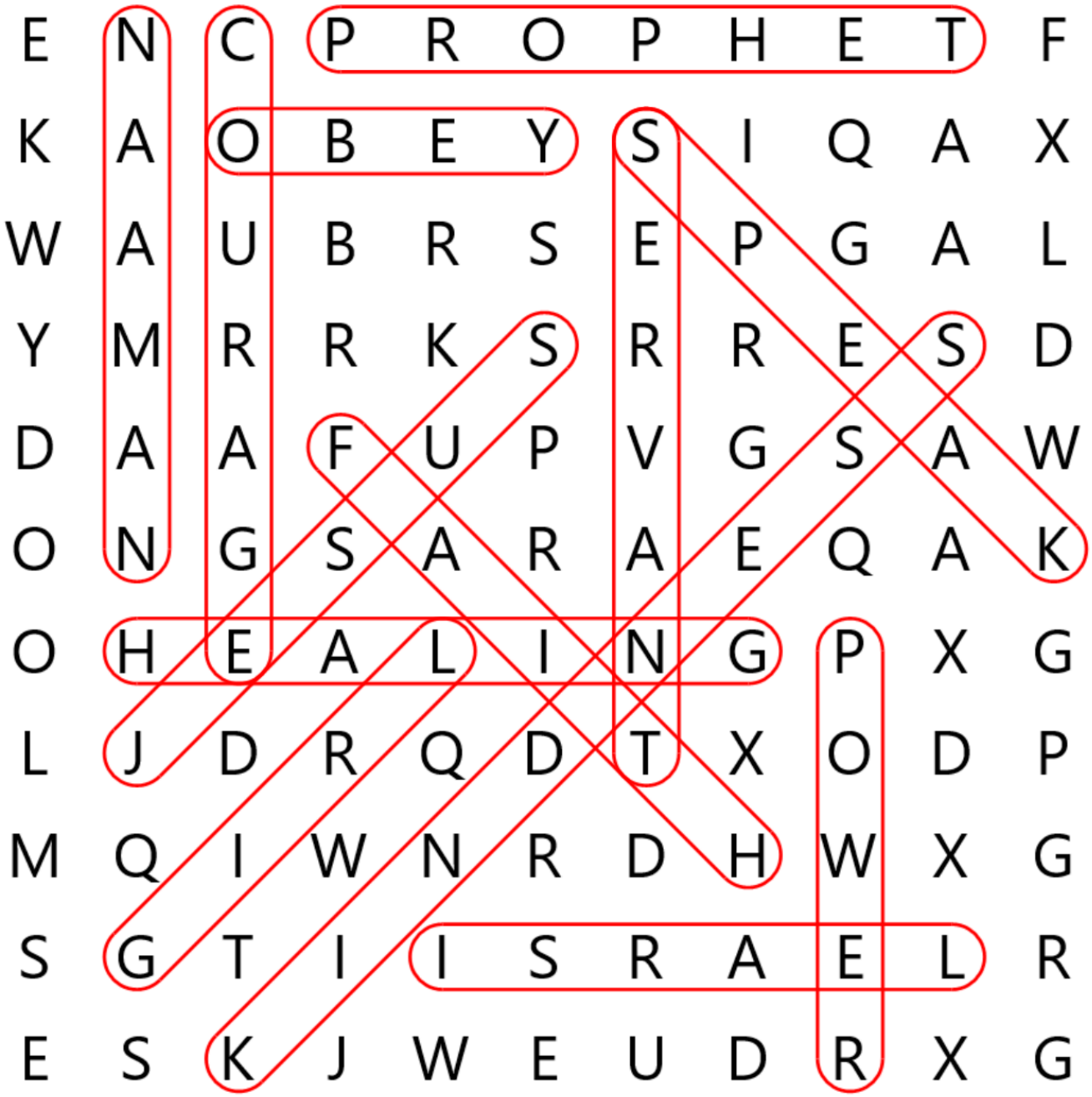
M Q I W N R D H W X G

S G T I I S R A E L R

E S K J W E U D R X G

© 2026 The Sunday School Store

Word Search Answers



© 2026 The Sunday School Store

Craft Activity (5-10 minutes)
Courage Badge

SUPPLIES NEEDED:

- Template of shield-shaped badge (1 per child) pre-cut for younger children or older students can cut with supervision
- Markers or crayons
- Safety pins or tape loops for attaching
- Child appropriate scissors
- Optional: star stickers or metallic paper scraps for decoration



TEACHER: Cadets, every hero at Hero Academy earns badges for their training. Today you'll design your **Courage Badge** to remind you that even small words of faith can make a big difference—just like the servant girl in our story.

1. Give each child a badge cutout. (older children can cut with supervision)
2. Invite them to color their badge and add stars or bright patterns.
3. On the back, they can write one phrase that reminds them to speak up, such as *"God gives me courage."*
4. Help them attach or tape the badge to their shirt, lanyard, or backpack.

TEACHER: Every time you wear your Courage Badge this week, remember:

When I speak up with faith, God's invisible power works through me!

© 2026 The Sunday School Store



© 2026 The Sunday School Store



Week 2 — Wall Builder

- Bible Story: Nehemiah's Resilience (Nehemiah 4)
- Key Discovery: With God's help we pray, plan, and keep building even when it's hard.
- Takeaway: I can pray first, make a plan, and persist with my team.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series.
https://linktr.ee/HeroAcademyLessons

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.

© 2026 The Sunday School Store

Week 2 - Supply List

GROUP GAME: Wall Watch Builders

- Paper or plastic cups (10–15 per team)
- Small bell, chime, or metal spoon and cup for alert sound
- Flat table or floor space for building
- Optional: masking tape to mark team areas

OBJECT LESSON: Falling Wall, Strong Faith

- 5–6 paper cups
- 1 heavy book or block
- Table or flat surface for building

BIBLE STORY: Nehemiah Rebuilds the Wall (Nehemiah 4)

- Bible or printed NIV passages for teacher

CRAFT: Builder's Wall

- 1 sheet of cardstock or construction paper per child
- Several small rectangles of brown, tan, or gray paper (to look like bricks) precut for younger students or child safe scissors for older students
- Glue sticks
- Markers or crayons

© 2026 The Sunday School Store

Introduction Game (5 minutes)
Wall Watch Builders

SUPPLIES NEEDED:

- Paper or plastic cups (about 10–15 per team)
- Small bell, chime, or metal spoon and cup for the "alert" sound
- Flat table or floor space for building
- Optional: masking tape to mark team areas

TEACHER: Cadets, attention! Today's training challenge is all about teamwork and focus. Just like Nehemiah and his team built the wall of Jerusalem, you'll build your own wall using these paper cups. But there's a twist—sometimes the builders had to stop and pray when enemies tried to distract them. When you hear the alert bell, you must freeze, fold your hands, and whisper a quick prayer before you keep building.

Divide the class into teams of 3–5 cadets. Give each team a set of cups.

Ready, builders? When I say 'Go,' start stacking your cups into the tallest wall you can build. When you hear the bell, stop and pray. When I say 'All clear,' start building again!"

Ring the bell every 20–30 seconds to interrupt their progress. After about two minutes, call time and see which team built the tallest or strongest wall.

Great work, cadets! Nehemiah's team kept praying and building, even when things got tough. That's what heroes of faith do—they **pray, plan, and persist** with God's help.

© 2026 The Sunday School Store

Object Lesson (5 minutes)
Falling Wall, Strong Faith

SUPPLIES NEEDED:

- 5–6 paper cups
- 1 heavy book or block (heavier than the cup wall can support)
- Table or flat surface for building

SETUP: *Stack the paper cups into a small wall shape—three on the bottom, two in the middle, one on top.*

TEACHER: Cadets, do you see this wall? It looks strong, but let's test it.

Gently place the heavy book on top. Allow the wall to collapse.

Uh-oh! It didn't last very long, did it? Sometimes our plans fall apart just like this wall. Maybe people don't listen, or something gets in the way. But in our Bible story, Nehemiah didn't give up when things got tough. He prayed, planned again, and built the wall stronger than before.

Let's try again—this time, we'll remember to ask God for help first, let's say , *"God, give me strength to keep building."*

Then rebuild the wall carefully and place the book beside it instead of on top.

When we pray and trust God, we don't always make life perfect, but He gives us courage and wisdom to keep building. That's how Nehemiah finished his wall—and that's how we can finish our missions too. When things feel hard or fall apart, remember: **With God's help, I can pray, plan, and keep building.**

© 2026 The Sunday School Store

Bible Story (15 minutes)
Nehemiah's Resilience (Nehemiah 4)

Key Discovery: With God's help we pray, plan, and keep trying even when it's hard.

Takeaway: I can pray first, make a plan, and persist with my team.

TEACHER: Cadets, today's mission file is called **"Wall Builder."** Our hero is Nehemiah—a leader who trusted God and never gave up, even when people tried to stop him. Nehemiah wasn't a superhero with powers. His strength came from prayer, teamwork, and faith.

Nehemiah lived far from his home in Jerusalem. The city's walls were broken down, and the people were afraid. Nehemiah asked the king for permission to go back and rebuild the walls so God's people would be safe again. But as soon as he started the work, enemies mocked and threatened him.

> **READ (NIV): Nehemiah 4:6** "So we rebuilt the wall till all of it reached half its height, for the people worked with all their heart."

Nehemiah's team worked with all their heart! Even when the job was big, they stayed focused because they knew God had called them to rebuild.

> **READ (NIV): Nehemiah 4:7–8** "But when Sanballat, Tobiah, the Arabs, the Ammonites and the people of Ashdod heard that the repairs to Jerusalem's walls had gone ahead and that the gaps were being closed, they were very angry. They all plotted together to come and fight against Jerusalem and stir up trouble against it."

© 2026 The Sunday School Store

TEACHER: Enemies tried to scare them and stop the work. But Nehemiah didn't panic—he prayed!

> **READ (NIV): Nehemiah 4:9** "But we prayed to our God and posted a guard day and night to meet this threat."

TEACHER: Nehemiah's team didn't quit. They **prayed first**, then **made a plan**—some guarded while others built. They trusted God to protect them and kept going.

> **READ (NIV): Nehemiah 4:17** "Those who carried materials did their work with one hand and held a weapon in the other."

That's amazing! Imagine trying to build with one hand while holding your gear with the other. It shows how determined they were. They never stopped building, even when it was difficult.

SUMMARY: Nehemiah shows us what real resilience looks like—he prayed, planned, and kept building with God's help. When things got hard, he didn't give up or complain. He trusted that God would help them finish the job.

GOSPEL CONNECTION: Jesus also showed perfect perseverance. He faced hard things—mocking, pain, even the cross—but He never gave up on God's plan to save us. Because of Jesus, we can trust that God's Spirit gives us the strength to keep going when life gets tough.

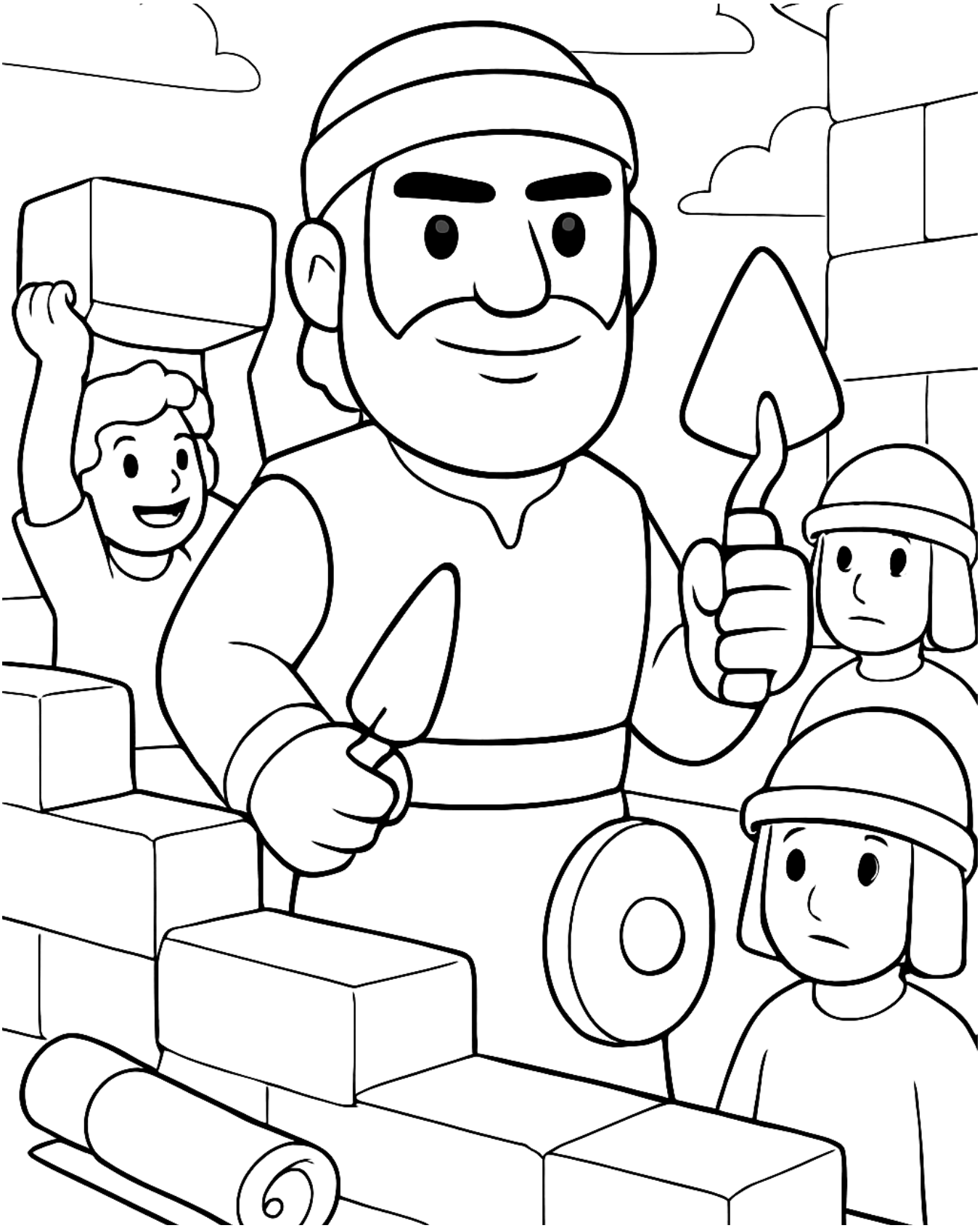
When we pray first, plan wisely, and persist with God's help, we're training as heroes of faith—just like Nehemiah.

© 2026 The Sunday School Store



© 2026 The Sunday School Store

Nehemiah’s Resilience (Nehemiah 4)



© 2026 The Sunday School Store

Discussion Questions & Prayer (5-10 minutes)

TEACHER: Cadets, you did great in training today. Let's take a few minutes to review our mission file. Our truth this week is: **With God's help, we pray, plan, and keep building even when it's hard.**

When Nehemiah faced trouble, he didn't quit—he prayed and kept working with his team. God gave him strength to finish what He started. God can help you do the same in your school, home, and church.

DISCUSSION QUESTIONS

1. What did Nehemiah do when things got hard?
2. Why do you think prayer helped Nehemiah's team stay strong?
3. What's something in your life that feels hard right now, and how can you ask God to help you keep going?

PRAYER: Let's pray together. You can bow your heads and repeat after me if you want to.

Dear God,

Thank You for helping me when things are hard.

Teach me to pray first and keep going.

Give me strength to do what's right.

Help me work with others as a team.

In Jesus' name, Amen.

© 2026 The Sunday School Store

Word Search Puzzle

NEHEMIAH – WALL – BUILDER – PRAY – PLAN – PERSIST

TEAMWORK – RESILIENCE – STRENGTH – GUARD – FAITH – WORK – GOD

I E A P S T R L S W E

P D R A N E G E K S K

W E E W D A F R H T O

F G S L G M O W J R X

F A I T H W A L L E P

U U L G G O D U X N E

B Y I M U R P O I G R

R V E T A K R L K T S

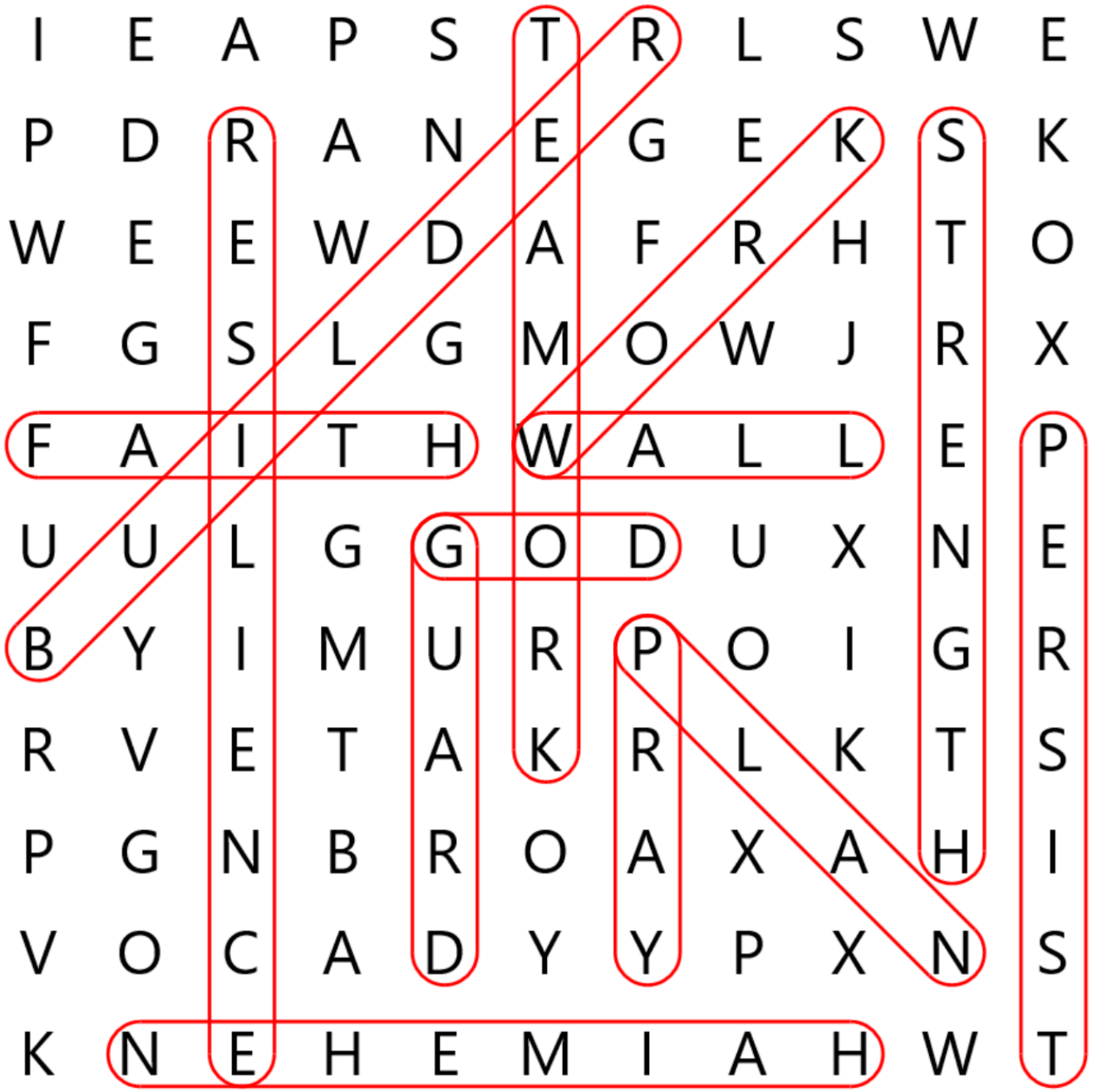
P G N B R O A X A H I

V O C A D Y Y P X N S

K N E H E M I A H W T

© 2026 The Sunday School Store

Word Search Answers

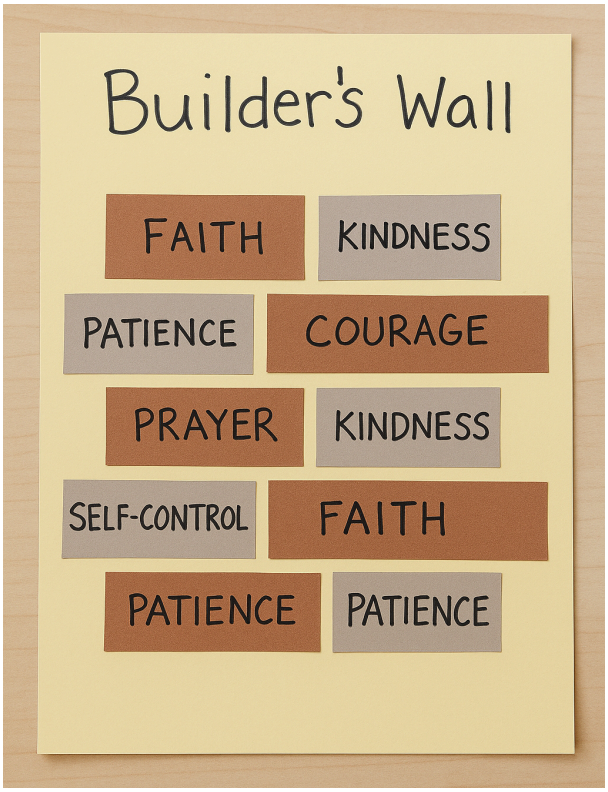


© 2026 The Sunday School Store

Craft Activity (5-10 minutes)
Builder's Wall

SUPPLIES NEEDED:

- 1 sheet of cardstock or construction paper per child
- Several small rectangles of brown, tan, or gray paper (to look like bricks) prescut or provide child safe scissors to allow older children to create these bricks as part of the teamwork it takes to build the wall
- Glue sticks
- Markers or crayons



TEACHER: Cadets, Nehemiah's team worked together to build a real wall, but today you'll build a paper wall that shows what God is building inside you.

Give each child a sheet of paper and a handful of paper "bricks."

Write or draw one thing God helps you build on each brick—like **faith**, **kindness**, **self-control**, or **courage**.

Walk around to encourage the kids and help them think of ideas.

When you're ready, glue your bricks in rows to make your wall strong and steady.

When everyone finishes, let them hold up their "walls."

Nehemiah's wall kept growing because the people prayed, planned, and kept working. God is doing the same thing in you—He's building strong hearts that don't give up! With God's help, we can pray, plan, and keep building—just like Nehemiah!

© 2026 The Sunday School Store



Week 3 — Deborah's Wisdom

- Bible Story: Deborah (Judges 4)
- Key Discovery: God gives wisdom and courage to lead; wise leaders listen to God and act.
- Takeaway: I can listen for God and lead others to obey Him with courage.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series.
https://linktr.ee/HeroAcademyLessons

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.

© 2026 The Sunday School Store

Week 3 - Supply List

GROUP GAME: Wisdom Walk

- Short printed Scripture phrase cards (1–2 lines each)
- Masking tape or floor cones to mark walking path
- Paper "listening headsets" (optional Hero Academy prop)

OBJECT LESSON: The Listening Mirror

- Small mirror (hand mirror or unbreakable classroom mirror)
- Bible

BIBLE STORY: Deborah's Wisdom (Judges 4)

- Bible or printed NIV passages for teacher reference

CRAFT: Wisdom Shield

- Shield-shaped cardstock cutouts (template provided)
- Crayons or markers
- Gold and purple paper scraps or stickers for decoration
- Glue sticks
- Optional: tape loops or safety pins for wearing

© 2026 The Sunday School Store

Introduction Game (5 minutes)
Wisdom Walk

SUPPLIES NEEDED:

- Short printed Scripture phrase (1–2 lines, e.g., *"Listen to God and walk in His ways."*) template provided below to precut these phrases
- Masking tape or floor cones to mark a walking path
- Paper "listening headsets" (optional Hero Academy prop)

SETUP: Mark a simple walking path on the floor—start line to finish line.

TEACHER: Cadets, today we're training to listen and lead—just like Deborah! In our game, one "leader" will give step-by-step instructions to help the team walk the path safely. The team must keep their eyes on the leader and listen carefully.

> *Choose one leader to begin and hand them the short Scripture card.*

Read the verse quietly to yourself first. Now, as you lead your team down the path, give short, clear directions—like "Take two steps," or "Turn left," or "Stop." Everyone else, listen carefully and move only when you hear the command.

> *Play a few rounds to let the group take turns as leader and followers, swapping roles after each round.*

Deborah was a wise leader because she listened to God first. When we listen and lead with kindness, God gives us wisdom too!

Wisdom means hearing God's voice and following His ways—just like Deborah did.

© 2026 The Sunday School Store

“Be on your guard; stand firm in the faith.” (1 Corinthians 16:13–14)
“Be courageous; be strong.” (1 Corinthians 16:13–14)
“Speak up with faith.” (2 Kings 5:3)
“Pray, plan, and keep building.” (Nehemiah 4:6)
“Listen and lead.” (Judges 4:4–5)
“Protect the promise.” (2 Kings 11:2)

© 2026 The Sunday School Store

Object Lesson (5 minutes)
The Listening Mirror

SUPPLIES NEEDED:

- Small mirror (hand mirror or unbreakable classroom mirror)
- Bible

TEACHER: *Hold up the mirror so kids can see their reflection.*

Cadets, who do you see when you look into this mirror? That's right—you see yourself! The mirror shows what's really there, even the parts we might miss, like messy hair or a smudge on our face. Now, what if we never looked in a mirror? We might not notice what needs to change. That's a lot like our hearts. When we don't stop to listen to God, we might miss what He's trying to teach us.

Hold up the Bible next to the mirror.

God's Word is like a mirror for our hearts. It helps us see what's true, what's kind, and what's wise. Deborah listened to God's voice before making big decisions. That's why people trusted her as a leader—because she listened first and then led with courage.

Invite kids to imagine looking in a "wisdom mirror."

When we pray or read God's Word, it's like holding up this mirror. We can ask, "God, what do You want me to do?" Then we listen quietly for His direction. When we take time to listen to God, He gives us wisdom to make good choices and lead others in the right direction. Let's remember, "Wise leaders listen first, then lead with courage."

© 2026 The Sunday School Store

Bible Story (15 minutes)
Deborah's Wisdom (Judges 4)

Key Discovery: God gives wisdom and courage to lead; wise leaders listen to God.

Takeaway: I can listen for God and lead others to obey Him with courage.

SUPPLIES NEEDED:

- Bible or printed NIV passages for teacher reference

TEACHER: Cadets, today's hero is **Deborah**, one of the wisest leaders in Israel's history. God gave her courage and understanding to help His people when they were in trouble. Let's open our mission file and learn how Deborah listened to God and led others with wisdom.

The Israelites were in a tough time. Their enemies, led by a man named Sisera, had strong iron chariots and were hurting God's people. But God had a plan! He chose **Deborah**, a prophet and judge, to lead His people back to Him.

> **READ (NIV): Judges 4:4–5** "Now Deborah, a prophet, the wife of Lappidoth, was leading Israel at that time. She held court under the Palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites went up to her to have their disputes decided."

Deborah listened to God and shared His wisdom with others. People trusted her because they knew she was fair and kind.

> **READ (NIV): Judges 4:6–7** "She sent for Barak son of Abinoam from Kedesh in Naphtali and said to him, 'The Lord, the God of Israel, commands you: Go, take

© 2026 The Sunday School Store

with you ten thousand men… I will lead Sisera, the commander of Jabin's army, with his chariots and his troops to the Kishon River and give him into your hands.'"

God gave Deborah a plan for victory. She passed the message to Barak, a brave soldier. Barak believed her but said he wanted her to come along.

> **READ (NIV): Judges 4:8–9** "Barak said to her, 'If you go with me, I will go; but if you don't go with me, I won't go.' 'Certainly I will go with you,' said Deborah. 'But because of the course you are taking, the honor will not be yours, for the Lord will deliver Sisera into the hands of a woman.'"

Deborah agreed to go, showing true courage and trust in God's plan. She didn't need to be famous—she just wanted God's people to win and follow Him.

> **READ (NIV): Judges 4:14** "Then Deborah said to Barak, 'Go! This is the day the Lord has given Sisera into your hands. Has not the Lord gone ahead of you?' So Barak went down Mount Tabor, with ten thousand men following him."

When the time came, Deborah gave the command with confidence because she knew God was leading them. God's power caused a storm that stopped the enemy's chariots, and Israel won the battle!

SUMMARY: Deborah shows us what a wise hero looks like—she listened to God, shared His truth, and acted bravely. God used her wisdom and courage.

GOSPEL CONNECTION: Deborah reminds us of Jesus, the perfect leader who listens to His Father and leads us with love and truth. When we follow Jesus, He gives us wisdom through His Spirit so we can make good choices and guide others toward Him.

© 2026 The Sunday School Store



© 2026 The Sunday School Store

Deborah’s Wisdom (Judges 4)



© 2026 The Sunday School Store

Discussion Questions & Prayer (5-10 minutes)

TEACHER: Cadets, today we learned about Deborah—a hero who listened to God and led with courage. She didn't need armor or a sword. Her greatest strength was *wisdom* that came from God. When we take time to listen and follow His voice, God helps us make wise choices too.

DISCUSSION QUESTIONS

1. How did Deborah show wisdom and courage?
2. What did Barak learn from following Deborah's leadership?
3. What are some ways you can listen to God this week?
4. Why is it important for a leader to listen before acting?

PRAYER: Let's pray together. I'll say a line, and you can repeat it after me if you'd like.

Dear God,

Thank You for giving us examples like Deborah.

Help me to listen for Your voice every day.

Give me wisdom to make good choices.

Help me to lead with kindness and courage.

In Jesus' name, Amen.

© 2026 The Sunday School Store

Word Search Puzzle

DEBORAH – BARAK – WISDOM – LISTEN – LEAD

COURAGE – PROPHET – JUDGE – ISRAEL – FAITH – OBEY – GOD

G A P E U W H D Q Y B

E L M L S L I S T E N

J U D G E Y S S Q X Y

A C P A O R V Q D A E

M B R H M D B K J O F

L S O C O U R A G E M

I A P P F D B P R F L

C L H Q D E B O R A H

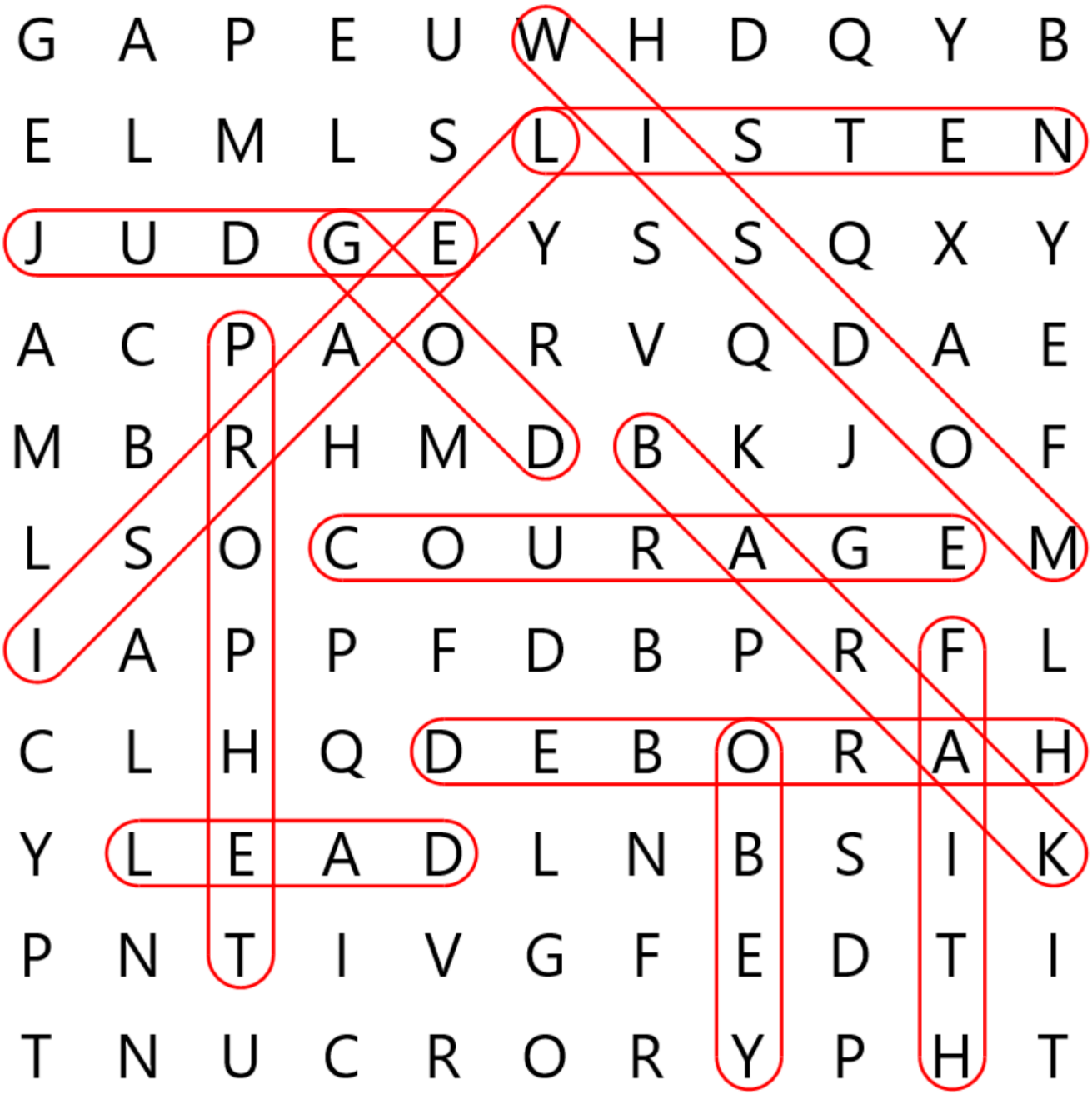
Y L E A D L N B S I K

P N T I V G F E D T I

T N U C R O R Y P H T

© 2026 The Sunday School Store

Word Search Answers



© 2026 The Sunday School Store

Craft Activity (5-10 minutes)

SUPPLIES NEEDED:



- Shield-shaped cardstock cutouts (1 per child) template provided below
- Crayons or markers
- Gold and purple paper scraps or stickers for decoration
- Glue sticks
- Optional: tape loops or safety pins for wearing

TEACHER: Cadets, today you'll earn your **Wisdom Shield!** Deborah was a wise leader because she listened to God and guided others with courage. Your shield will remind you that God gives wisdom to those who ask.

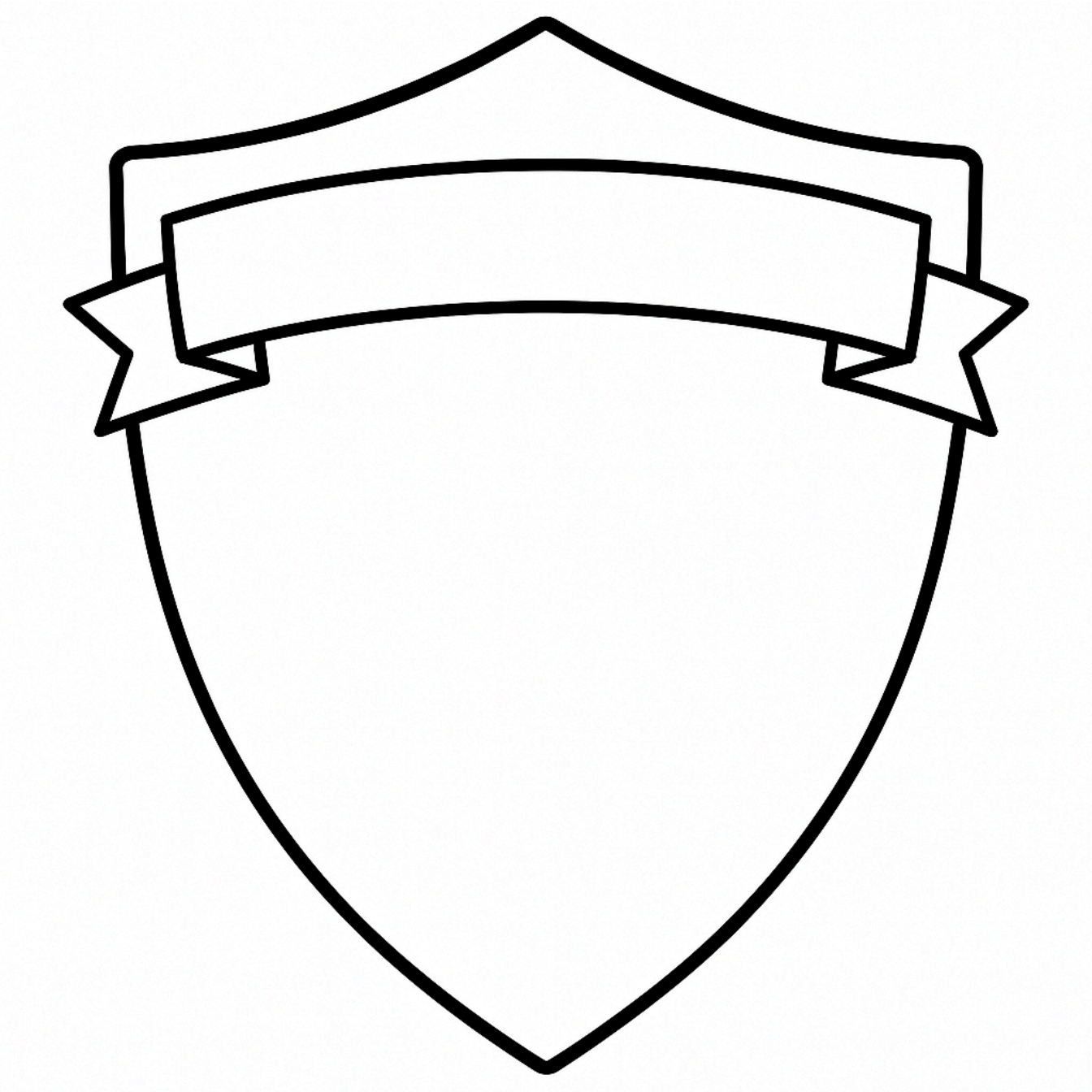
Distribute shield cutouts and art supplies.

On your shield, write **"God gives me wisdom"** in the center. Then decorate your shield with gold and purple—colors that remind us of God's power and leadership.

Walk around the room as students work. Encourage them to add patterns or symbols that show wisdom—like light rays, hearts, or a Bible.

Deborah didn't fight with weapons—her strength was wisdom from God. Every time you see your shield this week, remember: **Wise leaders listen first and then lead with courage.**

© 2026 The Sunday School Store



© 2026 The Sunday School Store



Week 4 — Armor Up

- Bible Story: Jehosheba Saves the Heir (2 Kings 11)
- Key Discovery: God uses brave protectors to keep His promises.
- Takeaway: I can protect others and do what's right, even when it's risky.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series.
https://linktr.ee/HeroAcademyLessons

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.

© 2026 The Sunday School Store

Week 4 - Supply List

GROUP GAME: Stand Like a Guard

- Open floor space
- 2–3 foam or cardboard shields (one per guard)
- Soft cone or small marker to represent the “king” spot

OBJECT LESSON: The Hidden Crown

- Small toy or paper crown
- Box, basket, or cloth for hiding the crown
- Bible

BIBLE STORY: Armor Up — Joash Protected and Crowned (2 Kings 11)

- Bible or printed NIV passages for teacher reference
- Optional: toy crown or paper armor pieces (helmet, shield)

CRAFT: Crown of Promise

- Pre-cut crown templates (black-and-white printable provided)
- Cardstock or yellow/gold paper strips
- Crayons or markers
- Star or jewel stickers (optional)
- Tape or stapler (teacher use only)

© 2026 The Sunday School Store

Introduction Game (5 minutes)
Stand Like a Guard

SUPPLIES NEEDED:

- Open floor space
- 2–3 foam shields or cardboard shields (one per guard) — or use paper plates as shields

SETUP: *Set a clear boundary for the play area and place a cone/chair as the "king" in the center. Choose 2 or 3 children to be the guards and give each a shield.*

TEACHER: Today's game is about standing guard even with strong distractions. Stand tall like a guard. Feet shoulder-width apart. Hold your shield in front of you. Eyes forward. When the guards are ready, the rest of the cadets will try to make the guards laugh or break focus using funny faces, jokes, or silly noises. *Remind kids to use only words/faces — no touching, no tickling, and keep jokes kind.*

Guards should not push, dodge, or touch other kids — they simply hold their position and try not to laugh. When a guard laughs or moves their feet, they step out and choose a new guard from the group. Keep the rounds short so everyone gets a turn.

> *Start the round (30–45 seconds). Rotate guards quickly so many kids have a turn — aim for 3–4 short rounds in five minutes.*

TEACHER: Great job, cadets. Real protectors stay steady and calm even when others try to distract them. That's how we protect what's right—by staying focused, brave, and respectful. With God's help, we can stand strong and guard the promise.

© 2026 The Sunday School Store

Object Lesson (5 minutes)
The Hidden Crown

SUPPLIES NEEDED:

- Small toy crown or paper crown
- Box, basket, or cloth to hide the crown
- Bible

TEACHER: (*Hold up the crown*) Cadets, what does this crown stand for? That's right—**a king**. In our Bible story, there was a young boy named **Joash** who was meant to be king. But a very mean queen named Athaliah wanted to stop God's plan. So the priests hid Joash in the temple where he would be safe until it was time for him to become king.

Place the crown in the box or cover it with the cloth.

Right now, we can't see the crown, but it's still there. It's being **protected** until the right time—just like God's promise was protected in the temple. Even when no one could see it, God's plan was still working.

Hold up the Bible.

God always keeps His promises. Sometimes we can't see what He's doing, but His truth is still there, waiting to be revealed.

Lift the cloth or open the box to reveal the crown again.

When the time came, Joash was crowned king, and everyone shouted with joy. God's promise was safe, and His plan came true!

TEACHER: Cadets, this crown reminds us that we can trust God's promises and protect what is right. Even when others forget, **God never breaks His word**—and He gives us courage to stand strong and keep His truth safe in our hearts. Let's remember, "God keeps His promises, and we can help protect what's right."

© 2026 The Sunday School Store

Bible Story (15 minutes)
Joash Protected and Crowned (2 Kings 11)

Key Discovery: God uses brave protectors to keep His promises.

Takeaway: I can protect others and do what's right, even when it's risky.

SUPPLIES NEEDED:

- Bible or printed NIV passages for teacher reference
- Optional: toy crown, simple paper armor pieces (helmet, shield)

TEACHER: Cadets, today's mission file is called **"Armor Up."** We'll learn about a brave priest, a hidden prince, and a powerful promise that God protected. Even when danger surrounded them, God's plan could not be stopped.

After King Ahaziah died, his mother, Queen Athaliah, tried to destroy the whole royal family so that she could keep power. But God had promised that a descendant of David would remain on the throne. God used a courageous woman named **Jehosheba** to hide the baby **Joash**, the true heir to the throne. She and her husband, the priest **Jehoiada**, kept him safe in God's temple for six years.

> **READ (NIV): 2 Kings 11:2–3** "But Jehosheba, the daughter of King Jehoram and sister of Ahaziah, took Joash son of Ahaziah and stole him away from among the royal princes, who were about to be murdered. She put him and his nurse in a bedroom to hide him from Athaliah; so he was not killed. He remained hidden with his nurse at the temple of the Lord for six years while Athaliah ruled the land."

© 2026 The Sunday School Store

God's people took great risks to protect Joash. They knew they were guarding something bigger than a crown—they were protecting God's promise to send a Savior one day through David's family line.

> **READ (NIV): 2 Kings 11:11–12** "The guards stood, each with his weapon in his hand, around the king—near the altar and the temple—from the south side to the north side of the temple. Jehoiada brought out the king's son and put the crown on him; he presented him with a copy of the covenant and proclaimed him king. They anointed him, and the people clapped their hands and shouted, 'Long live the king!'"
>
> *(Hold up the toy crown or paper crown.)*

After six years of waiting, it was finally time! God's people gathered in the temple, placed the crown on Joash's head, and celebrated the victory of God's promise.

> **READ (NIV): 2 Kings 11:17** "Jehoiada then made a covenant between the Lord and the king and people that they would be the Lord's people."

The people promised to follow God again. God's promise had been protected, and now His people were ready to live under His rule.

SUMMARY: Through all the danger and hiding, God's plan never failed. Jehosheba, Jehoiada, and the guards protected the promise, and Joash became king at just seven years old. God keeps His promises, and He gives us courage to protect what's right—even when it's risky.

TEACHER: Joash's story points forward to Jesus—the true King who would come to save us. Just as Joash was protected so God's promise could continue, Jesus was protected when He was a baby and later fulfilled every promise of God.

© 2026 The Sunday School Store

When we follow Jesus, He gives us His armor—truth, faith, and righteousness—so we can stand strong and protect the good news wherever we go.

© 2026 The Sunday School Store



© 2026 The Sunday School Store

Joash Protected and Crowned (2 Kings 11)



© 2026 The Sunday School Store

Discussion Questions & Prayer (5-10 minutes)

TEACHER: Cadets, you did an amazing job today learning how God's people protected Joash and kept His promise safe. They were brave, loyal, and trusted God's plan even when it was dangerous. That's what it means to "Armor Up." With God's help, we can stand strong and protect what's right too.

When we trust God, He gives us the strength to make good choices, even when others around us are doing wrong.

DISCUSSION QUESTIONS

1. How did Jehosheba and Jehoiada protect Joash?
2. Why do you think it was important for them to keep God's promise safe?
3. What does it mean for us to "protect what's right"?
4. Can you think of a time when you had to stand strong for what was right?

PRAYER: Let's pray together. You can repeat after me if you'd like.

Dear God,

Thank You for always keeping Your promises.

Help me stand strong and protect what's right.

Give me courage to follow You, even when it's hard.

Thank You for sending Jesus, our forever King.

In Jesus' name, Amen.

© 2026 The Sunday School Store

Word Search Puzzle

JOASH – JEHOSHEBA – PROMISE – PROTECT – CROWN

KING – TEMPLE – PRIEST – GUARDS – ARMOR – COURAGE – GOD

Y	P	C	Z	R	H	H	W	C	I	H
P	R	O	M	I	S	E	K	E	I	H
N	I	G	U	A	R	D	S	J	I	A
J	E	C	O	U	R	A	G	E	R	I
L	S	J	Z	O	M	N	C	H	U	Q
M	T	E	M	P	L	E	G	O	D	P
Z	P	R	O	T	E	C	T	S	C	T
G	A	C	B	N	A	W	R	H	R	D
J	U	C	J	G	K	S	E	E	O	P
O	L	Q	K	I	N	G	N	B	W	S
D	L	O	M	O	W	W	Q	A	N	J

© 2026 The Sunday School Store

Word Search Answers



© 2026 The Sunday School Store

Craft Activity (5-10 minutes)
Crown of Promise

SUPPLIES NEEDED:

- Pre-cut crown templates or long strips of cardstock (to fit around each child's head)
- Crayons or markers
- Gold or yellow paper (optional for layering or accents)
- Star or jewel stickers (optional decorations)
- Tape or stapler (for teacher use only)



TEACHER: Cadets, today we're creating our **Crown of Promise** to remember how God protected Joash and kept His word. This crown reminds us that God keeps His promises and makes us part of His plan too!

Give each child a crown template or strip of cardstock.

On the inside of your crown, write one promise from God—something true that you can always remember. I.e. *God is always with me, God helps me be brave.*

Now, decorate the outside of your crown with bright colors, jewels, or stickers. Make it royal! When you're finished, I'll help you tape or staple it to fit your head.

Look around, cadets—you all look like God's royal team! Just like Joash, you are part of God's promise. Remember to **protect what's right** and trust that **God always keeps His word.**

© 2026 The Sunday School Store

© 2026 The Sunday School Store