

# “I’ve Got This! With Jesus” One Hour VBS

UMI has created a one-hour VBS lesson that can be modified to meet your class’ needs.

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## Preplanning Checklist

\*Teacher Resource Kit (Student and Teacher book, Life Application Poster, Bible Verse Poster, and Black Heritage Poster)

Supplies for lessons, arts and crafts, snacks, and games

Share your VBS class via social media platforms and email to welcome and announce VBS dates, theme, and contact information to reach you or the director of VBS

Small-Group VBS, in-person gathering of nine students and only one adult (outside or another location) Weekly or bi-weekly gathering

Determine if the location can be in a large backyard, patio area, or church building, or another location. If student needs require more than one adult to teach and supervise, decrease the number of students. Remember, social distancing and governing local, city, and state rules and regulations.

*\*Check with your church for pick-up of the Teacher Resource Kit at your church, home, or another designated area.*

## **VBS Lesson Outline Description and Times – Adjust to your VBS schedule**

### **Welcome 3 Minutes**

Welcome to Vacation Bible School 2020, “I’ve Got This! With Jesus.”

Let’s say loudly and proudly as we point our thumbs to ourselves, “I’ve Got This! With Jesus.”

Our title and theme for VBS are based on Philippians 4:13. Suggestions: Read the Scripture or ask a student or play an audio of the Scripture.

“I’ve Got This! With Jesus,” shares how Victory – Strength – Prayer – Praise in Christ are blessings and opportunities for families, individuals, churches, and communities to declare who Jesus is in their lives.

### **Prayer 30 seconds**

Read, speak, or show a prayer

### **Icebreaker 30 seconds**

Select an icebreaker from your teacher’s book and modify it to meet the time limit of your lesson.

### **Life Application Story 10 minutes**

The “I’ve Got This! With Jesus,” Life Application Story is an engaging story for students to apply to their everyday life situations. Questions are available for students to discuss.

### **Bible Verse Poster (Mastering Memory Verse)**

These posters reinforce Scripture memorization using colorful visuals. They can also serve as your “classroom” decorations. Teachers can utilize these posters to create games for the students that will aid in memory review.

### **Introduce the Lesson 20 minutes**

- Summarize the lesson and the aims of the lesson.
- Share the Memory Verse Poster for the lesson – use a teaching example from the teacher book to emphasize the Memory Verse Poster
- Scripture options: Read aloud, play audio, or read the Scripture reference and summarize the Scripture
- Highlight the biblical character, the theme of the lesson, background, and the key points

## Life Application Poster and Principles 3 minutes

- Review and discuss how the selected Life Application principle and Scripture from the poster can be applied to the students' lives. Ask the student to give comments on how the principle and Scripture apply to their lives. Encourage students to provide examples to support their responses.
- These fun posters can also be used for decorative purposes to reinforce desired Christlike qualities.

## Arts Crafts or STREAM Activity 10 minutes

- Select arts and crafts Activity, videos are available on YouTube to demonstrate how to do the activity.
- Or select a STREAM Activity, you can purchase from the VBS catalog or download STREAM activities at [umivbs.com](http://umivbs.com).
- Complete the activity you have chosen in the amount of time it takes to complete.

## Snack 7 minutes

- Select a snack suggestion and prepare the snack.
- Complete the snack you have chosen in the amount of time it takes to complete.

## Music 3 minutes

Music is celebrated in the "I've Got This! With Jesus" Leader's Songbook with an accompanying CD (sold separately) containing the theme song. Whether your gift is singing or not, you can play the CD for students of all ages to listen to, sing-along, and enjoy.

- You can decide when to add music to your lesson either as your ice breaker, after the lessons, or during the lessons for a change.

## Closing Activities 5 minutes

- Ask a student to summarize or recap the lesson in 10 words less without using the words um or like.
- Share a Mission Focus Activity the class can do as a group or individually. Post pictures and information about the completed Mission on your church's website and share it with UMI via social media or our website [umivbs.com](http://umivbs.com).
- Closing prayer – Have you or a student give the closing prayer. Plan different ways to close in prayer.
- End the class by thanking students for coming. Then, have students say with excitement, **"I've Got This! With Jesus."** Have students point their thumb toward their chest and their index finger toward the sky.