

One Small Step

Week 1

BIG IDEA

Take the first step — believe in Jesus.

BIBLE

Jesus Goes Up to Heaven: Acts 1:1–11; 1 John 5:1–6

LARGE GROUP TIME

Ready to *launch* into a new series? "*One small step for man, one giant leap for mankind.*" Neil Armstrong said these words as he took his first steps on the moon and today we will talk about how believing in Jesus is the first step — the very beginning of our life with God!

WHAT? What are we talking about today?

QUESTION | "What is the moon?"

- **INSTRUCTIONS:** *Have kids pair up and ask each other questions about the moon.*
- There are a lot of things that we know about the moon through space exploration. Astronauts have even traveled to the moon after years of planning and training. **Can you imagine how the very first astronauts to the moon might have felt being the ones to take that first step?**
- Today's Bible story is about a group of people who were the first to take some first steps, too. Let's see how they did it!

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Acts 1:1–11 (Jesus Goes Up to Heaven)

- **INSTRUCTIONS:** *Read the Bible passage (or parts of it) then share the talking points below. You may also consider dressing up as an astronaut each week as a storyteller in space!*

- Hey, space explorers! I'm so glad you can join me today as we learn about true stories from the Bible that are sometimes even more unbelievable than the things we've learned about outer space! It's time to turn from stargazing to zooming into Scripture.
- **Let's read Acts 1:1–11.**
- In today's Bible story, we got to hear what it was like on the last day Jesus was on earth. Up until this point, his disciples have had an out-of-this-world experience. They had seen him do miracles and teach large crowds about following God. They also saw him get arrested and sentenced to death. But then Jesus came back to life!
- He was now telling them moments before he went up to heaven that even though he was no longer going to be on the Earth, he would always be with them . . . through the Holy Spirit. The Holy Spirit would be with them and give them power to go tell everyone about what Jesus had done!
- Then, as they were trying to wrap their minds around this, Jesus began floating away! He went up to heaven to be with God.
- They were all still staring up into the sky when they were told by the men in white (probably not astronauts) that Jesus would come back.
- They probably had a lot of figuring out to do, but the disciples did what Jesus told them. They waited for the promised Holy Spirit and then they went everywhere to spread the good news about Jesus. They didn't need to know all the details first . . . they started by believing in Jesus. They took that *one small step* that became a giant leap for the world to know God!

BIG IDEA | Take the first step — believe in Jesus.

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VIDEO | "Apollo 11 Moonwalk"

- **INSTRUCTIONS:** Play a short clip from a video [like this one](#) (0:25-1:33) of the *Apollo 11* moonwalk. For more information on how to legally use copyrighted material for educational purposes, [read this!](#)
- The *Apollo 11* moonwalk happened in 1969, more than 50 years ago. Many of your parents weren't even born yet!
- Even after seeing the footage for ourselves, it's hard for us to imagine that happening so long ago and so far away! But we can trust those who were there and experienced firsthand what it was like. We can hear it from even more recent sources as the *Artemis* mission to return to the moon is completed.
- Jesus walked this Earth, traveling from town to town, teaching everyone about God and how much God loves us. This was thousands of years ago! We weren't there, but we can trust the people who were there and experienced Jesus firsthand.
- **Take the first step — believe in Jesus.**

ACTIVITY | Meteor Shower

- **INSTRUCTIONS:** *Give everyone five sheets of paper. Have them draw a question mark on each sheet of paper. Then crumple their papers into meteorites. Make a line in the center of the room with neon tape and have kids stand on either side of the line. When you say, "Meteor Shower!" have them throw the paper across the line to the other side. Remind them the objective is not to hit the other players, it's to get it over the line. The challenge is to have the fewest number of "meteorites" on their side at the end of one minute. Repeat as much as time and interest allow.*
- When we believe in Jesus, that doesn't mean that we stop having questions about God. Sometimes, the more you know God, the more questions you might have! But that's completely okay. God wants to hear your questions and even wants you to voice doubts you have — like when it's hard for you to believe something about God.
- Whether you have a small question or a question the size of a meteorite, that doesn't mean you can't believe in Jesus. **Take the first step — believe in Jesus . . .** and you'll discover how amazingly loving and patient God is!

SCRIPTURE | 1 John 5:1–6

- **INSTRUCTIONS:** *Read the passage together.*
- Sometimes taking the first step towards something can be hard and even a bit scary — even if we are really excited about it. When the first astronauts got in a spaceship and took off to the moon, they must have been at least a little scared — but they did it.
- To follow Jesus, you have to take the first step and choose to believe. Believing in Jesus means knowing that he, the son of God, came to Earth to save the world from the power and consequences of our wrongs. Because of this, we have forgiveness and a way to be connected to God. We also know that the power of Jesus is still at work in our lives.
- The cool thing is, like this Scripture reminds us, as soon as you take that first step, you are a part of God's family forever!
- Just like how you can overcome a fear when you take the first step toward facing it or healing from it, you can overcome your doubts and worries when you take your first step toward Jesus and remember all the ways he loves you. So, don't be shy . . . **take the first step — believe in Jesus!**

VIDEO | One Small Step, Episode 1

- **INSTRUCTIONS:** *Play this week's episode of [Press Play](#).*

NOW WHAT? What does God want us to do about it?

REFLECTION | Gravity With God

- **INSTRUCTIONS:** Play ambient music ([like this](#)) as kids reflect, but make sure you have purchased any licenses required to do so. For more information, [read this!](#) Give each kid [a star cutout](#) (or make your own) and have them write their name on it. Invite kids to listen quietly as you read these Bible verses: Isaiah 26:3, Isaiah 41:10, Philippians 4:6, 1 Peter 5:7, Proverbs 3:5–6, Psalm 56:3, Luke 19:10, John 3:16–17, John 8:12. You can also use this time to talk to kids about choosing to follow Jesus for the first time. Set aside time to walk them through this decision and make sure you send home a note or pamphlet your ministry has prepared to let parents know that their child has started their faith journey.
- **Who knows what gravity is?** That's right, it's what keeps us on Earth! Otherwise, we'd all just float away.
- God is always with us, but sometimes it just doesn't feel like it — it feels more like we are floating away by ourselves.
- That's when we can turn to the Bible. The Bible is full of verses that keep us grounded, like gravity! When we have questions or doubts, we can always find words of knowledge and comfort that help us **take the first step — believe in Jesus.**
- **Take your star and place it somewhere you can see it.** Whenever you look at it, remember that God is with you. Whenever you feel like you're floating away, remember why you choose to believe in Jesus!

RESPONSE | Mission Log

- **INSTRUCTIONS:** Give each kid a copy of the [printable](#) printed double-sided (flip on short edge) and stapled in the middle. Have them respond to the prompts you give them each week with words or pictures. Feel free to pass out fun stickers once they complete their log.
- Every astronaut logs their activity while on a space mission. That way, they can look back and learn from the things they experienced. As we take a new step every week in our faith mission, we can log what we are learning, too! Logging our status and communication with Jesus is one way we can keep growing.
- **Write down a few words or draw some pictures that will help you remember what you learned today.** Don't forget to include the Big Idea: **Take the first step — believe in Jesus.**

MEMORY VERSE | Psalm 19:1 (NIV)

- **"The heavens declare the glory of God; the skies proclaim the work of his hands."**

PRAYER

- God, thank you for giving us your only son to bring us closer to you. Help each of us to have the courage to take our first step by believing in Jesus. Be with us through the questions and doubts. Guide us as we take the next steps in our new life with you. Amen.

SMALL GROUP TIME

DISCUSSION

• SCRIPTURE QUESTIONS

- **What did Jesus tell the disciples would happen when they were filled with the Holy Spirit?** *They will be witnesses and messengers for Jesus all over the world.*
- **What do you think it means to be a witness for Jesus?** *To tell others about Jesus and everything he has done.*
- **What promise were the disciples given after Jesus went up to heaven?** *That he will come back in the same way.*
- **Read 1 John 5:5. How do we overcome the world? What do you think it means to overcome the world?** *By believing Jesus is the son of God. To not be defeated by the pressures, fears, and worries of life but to hold onto our trust in God.*

• APPLICATION QUESTIONS

- **What are some questions you have that would help you believe in Jesus?**
- **What is one thing you love about Jesus?**
- **How can you help others take their first step and believe in Jesus?**

ACTIVITY | Space Telescope

- **INSTRUCTIONS:** *As kids make their own cardboard tube [telescope](#), show a video ([like this](#)) of images from the Hubble telescope or another video ([like this](#)) to introduce kids to the newer James Webb telescope.*
- When we look into the sky we see stars. A space telescope goes far into the galaxy and captures things we can't see or would even know to exist.
- The Bible is kind of like our telescope to see Jesus up close and personal because the people who spent time with Jesus left a record of their life with him. When we examine the things they learned and then went on to do, we can be encouraged to **take the first step — believe in Jesus.**

