



## LEGACY - “HEROES WANTED”

### WE ALL NEED A HERO.

Leader’s Guide, Issue one, Lesson 1, pages 1-6

This lesson focuses on the idea that asking for help is not a weakness. At times it is the strongest thing we can do – to realize that there are situations beyond our ability to handle and that we need to reach out to others for help. We also need to remember to reach out to God. It is a humble, but honest person, who realizes we need God’s guidance every day. **Heroes are made when ordinary people call out for and respond to the needs of others.**



#### ENGAGE (ABOUT 20 MINUTES)

*[This section is designed to introduce the major topic in an interesting and exciting way. A few options are provided to use based on the dynamic of your group. Feel free to use one of them, a combination of them, or none at all and skip straight to the discussion question below.]*



**ACTIVE OPTION – “Life Guard”:** this is an interesting variation of dodge ball. *(Please note: this is our version of a well-known game. We did not create the game concept.)*

Split your group into two teams (Team A and Team B). Team A starts on the defensive. They choose a person to stand in the middle, this is **the Civilian**. This is the person Team A is attempting to guard. The rest of the team (**the Heroes**) circles around them (at least four large strides away from the Civilian—adjust depending on your group and room size) facing outward (away from the Civilian).

Team B is on the offensive. They create another circle on the outside of Team A (at least three large strides away from the circle of Team A – again, adjust as needed) facing inward.

Team B starts with a few dodge balls and their goal is to get the Civilian out by hitting them with a ball. The Heroes of Team A try their best to protect the Civilian (by catching the balls or deflecting them with their own bodies).

The Heroes can only move side to side around their circle (they cannot move back and forth, and they cannot pass another Hero that is beside them). Team B – can only move side to side around their circle and cannot pass another team member either. The Civilian can move anywhere as long as he/she stays within the boundaries of the inner circle.

**Regular Dodge Ball rules apply:** if a person gets hit with a ball they are out, etc. Add rule variations that work best for your group and location. Protecting the Civilian gets more and more difficult as the Heroes get knocked out. If Heroes are getting knocked out too quickly, you can vary the rules by stating Heroes are only knocked out if they get hit with the ball below the knee (including on bounces). This will add more challenge to the offensive team and more help to the defensive team.

Once the civilian is hit with a ball and/or once you reach a time limit you specify (three minutes is usually a good time to start with) the round is over and the teams switch sides (Team A is now on the offensive and Team B is now defensive with their own Civilian chosen). The teams choose a new Civilian each time they are on the defensive.

At the end of the game, calculate the total amount of time each team had their own Civilians stay in. The team who had their Civilians stay in the longest wins. Highlight the fact that the Heroes had to sacrifice a lot (at times even themselves) to protect the Civilian. Use that to transition into the discussion question.



**Media Option -** Obtain and play the music video “Hero” by Skillet. Ask: In the video, various people with different occupations are shown. Do you think some people would consider them “Heroes”? If so, why might they think of them as “Heroes”?



## Use the answers to lead into the following discussion.

### Discussion Question:

Ask the question below and then give the group some time to think and respond. Some sample answers are provided below if needed. **Who do we consider to be “Heroes” in today’s world?**

- Maybe someone who makes a big difference in the lives of others (i.e. Mother Theresa).
- Maybe someone who puts their life on the line for others (i.e. police officers, firefighters, other first responders).
- Maybe someone who is popular, or others look up to (i.e. sport stars or celebrities).
- Maybe someone who just showed us kindness (i.e. a teacher, grandparent, other sibling).



**Transition – Say:** We may have different thoughts on who a “hero” might be, but when in major trouble most of us would call on them for help.

For example, if there is an emergency like in a house fire or serious injury, many would call “911”. So why is it that some of us find it difficult to ask for help when dealing with the everyday challenges the we can also encounter??



### EXPLORE (ABOUT 20 MINUTES)

[This section is designed to explore the topic more. Highlights from the related section in the comic book are given. Followed by an examination of what God. Says about the topic through Scriptures. The video lesson provided by Shattered Studios can also be used alongside or substituted in for this section as the video lesson will cover similar material].



**Say:** In this part of the comic, Tyrone has some major problems with those who might be branded “heroes” in general and this guy called “The Guardian” in particular. We will find out more about the Guardian and where Tyrone’s dislike for him comes from later on in the series, but it is clear that this attitude is impacting other areas in his life.

When the security guard, Officer Landon Scott, comes over to offer help after Tyrone has gotten pushed around by Alex, Tyrone stubbornly refuses his aid. He declares he can handle things on his own. He doesn’t seem to be permanently harmed in this situation, but such an attitude can actually prove to be dangerous at times in our own lives.

[Have students read the following passages and share what they think each means. After all passages have been read, ask which one had the most impact on them today and why. (If students are quiet, be willing to share your own choice and what God might be revealing to you concerning a current life situation).]



**Say:** The Bible teaches us we need others to rely on and help us through difficult times.

- Galatians 6:1-3 share each other’s burdens.
- James 5:13-16 – confess your sins to each other so you may be healed.



**Say:** The Bible also teaches that we need to constantly rely on God to sustain us in this life. God offers His guidance and protection to those who follow Him. Additionally, the Bible teaches that we all make mistakes and that we need God’s forgiveness to help us become better people.

- Psalms 121 – our help comes from God above
- Romans 5:6-8 – while we were still sinners Christ died for us.



**Say:** The major idea of this lesson is that we are not supposed to handle life on our own. That’s not how we were created. We all need help from time to time and need others we can rely upon. We should also remember that others need our help as well.



### ENCOUNTER (ABOUT 10 MINUTES)

[This section helps make the topic more “real” by applying it to everyday life. Ask the question and then give the group some time to think and respond. Some sample answers are provided below if needed. Please know that these answers are not exhaustive.]

What are some situations people might experience where it would be wise for them to ask for help?

- Struggling with addictions to things like drugs or alcohol.
- Dealing with serious family, financial, or relationship issues..
- Getting bullied or abused.
- Dealing with a learning disability, depression, or suicidal thoughts

What are some reasons people in these situations may not ask for help?

- **Pride** – they believe they can handle it themselves.
- **Embarrassment** – they don't want people to know they do not have a perfect family or relationship.
- **False guilt** – maybe they think that they deserve the hard time that they are going through.
- **Discouragement** – maybe they know what they should do, but just feel like they don't have the strength to continue to work for the positive.
- **Doubt** – maybe they don't feel they have someone they can trust that will positively help them through their situation. Or, they may not have hope that their situation will ever change.

What are some dangers that can occur if a person doesn't seek help when they should?

- Their problems (addictions, abuse, finances, relationships, etc.) may continue or can get even worse.
- They can feel isolated, alone and more depressed.
- Serious harm to themselves or others can result from unwise decisions.



#### EMPOWER (ABOUT 10 MINUTES)

*[This final section, helps make the topic personal by providing some specific ways a person can apply this lesson to bring about positive change in their own life and the lives of others.]*

Take a few minutes to slowly go over the following questions.

These questions can simply be asked to the entire group. Or, (possibly even better) break into small groups or even partners for more personal discussion.

If you choose to have discussion groups you may want to display the written questions so groups can go at their own pace.

What is one thing you are struggling with that you should seek help for? Are you currently getting help for that issue? If not, what is holding you back?

List some of the positive people in your life (it doesn't have to be someone you know super well, maybe you just think highly of them because of their positive reputation with others).

Who is one person from that list that you can share with this week and get some help and encouragement for whatever you may be going through?

Can you think of someone who might need help now? What can you do to encourage them to seek help for their issue?

*[As an option, you can also follow up with the students the following week to see if they applied the lesson during the week.]*



**Say:** We all have a loving Creator who cares about the details of our life. And He is always willing to give us the help we need (whether through Scripture, prayer, a personal word, the experience of helping others) if we are willing to ask for help (James 1:2-8).

#### END YOUR TIME IN PRAYER.

#### LEGACY

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