

# READY, SET, GO! | RESILIENCE



## OPENING

<b>Key Question</b>	How does God help us do tough things?
<b>Life Application</b>	I can get back up when something gets me down.
<b>Bottom Line</b>	We can do hard things with God's help.
<b>Basic Truth</b>	I can trust God no matter what.

## DAY 4: ESTHER

### How will God help us get back up?

**Supplies:** Chairs/stools & microphones

**Characters:** Esther

**Host:** Good morning VISTO CAMP! Day four already, and we have some incredible things in store. Who is getting really excited about our showcase tomorrow? Who is maybe feeling a little bit nervous? Both feelings are normal! As humans we experience a wide range of emotions every day and it's amazing when we're able to identify what emotions we're feeling. Our game this morning is going to help us get into the frame of mind of identifying how we feel about something.

If there are 40+ campers, split into 2 circles to start

We're going to play a game called Mime your Feelings. We're all going to stand in a big circle and one person will be in the middle. The person in the middle will act out an expression (for example: angry, confused, hurt, panicked, annoyed, happy, silly, etc), and if you want to guess the expression they're doing, you'll raise your hand! If the person in the middle points at you, you can take your guess at what the expression is and if you're right, you're the one to switch into the middle and mime a new expression. Try to be mindful if you're the person in the middle that you're choosing people in the circle who haven't gone yet!

Once game has been played long enough

**Host:** Thank you, campers! Come on over and take a seat as we dive into today's learning.

## DAY 3: RUTH & NAOMI

VERA walks in looking distressed.

**VERA:** Guys guys! I need your help! I need to leave the country!

**Host:** Hold on, what?! Why?!

**VERA:** I'm so embarrassed. I just found out that I'm competing in a 1000-metre run and not a 100-metre run. That's like, 10 TIMES AS BIG AS I THOUGHT, and get this- the race is TODAY!!

**Host:** Oh my, VERA, that does sound like a huge change.

**VERA:** YES! I'm so overwhelmed. I can't do this; I'll be so embarrassed. I have to leave the country and never show my face again!!

**Host:** Hold on there, [VERA] you are not the first one to feel overwhelmed by the task ahead of you. Do you know the story of Queen Esther in the Bible?

VERA shakes head no  
HOST turns to look at campers

**Host:** What about you guys?

Esther enters stage and ushers tells Vera to come sit with her  
on a blanket laid out on the stage

**Esther:** (smiling warmly) Hello, everyone! My name is Esther, and I want to share my story with you. It's a story about having resilience and trusting in God. It's a story about being able to back up and being brave even when I was feeling overwhelmed and scared.

I was just a young Jewish girl living in Persia with my cousin Mordecai, who took care of me after my parents died. One day, the king of Persia decided he needed a new queen. He invited all the beautiful young women in the kingdom to come to his palace, and I was one of them!

After many months of preparing, I was brought before the king, and to my surprise, he chose me to be his queen. But there was a secret I kept hidden—I was Jewish, and I didn't tell anyone because my cousin



## DAY 3: RUTH & NAOMI

Mordecai told me it was safer to not say so.

Everything was fine until we found out that Haman, one of the king's helpers, had a terrible plan to get rid of all the Jewish people. Mordecai came to me, asking for help. He believed that God had made me queen for this very reason, to save our people.

At first, I was scared. Approaching the king without being invited could mean death! But I knew I had to be brave. I asked Mordecai and all our people to pray for me.

After three days of praying, I went to see the king. I was so nervous, but the king was happy to see me and let me speak. I invited him and Haman to a special dinner.

At dinner, the King asked what I wanted and it would be granted. I invited him and Haman to come back a second time for dinner.

At the second dinner, I told the King the truth and Haman's evil plan against the Jewish people. The king was very angry with Haman and stopped his plan.

Because of God's help, my bravery, and the support of my people, we were saved. My story shows that even when we are scared, we can trust God and be brave. He has a plan for each of us, just like He had a plan for me.

So, remember, whenever you face something scary or difficult, trust in God and keep pushing through it. You never know how He might use you to do something amazing!

**Host:** [Talking to campers and Vera] Queen Esther faced something really scary didn't she? Her people were facing possible death... and only she could stop that from happening right?

Esther had no clue what would happen to her, but she trusted God and kept going with great courage. I know that can be the same for you [VERA], you might not have expected training for Track and Field to be this difficult, but you can trust God that he will give you the courage and strength to do it. Keep training and work hard, and don't forget our motto:

**When we're up or when we're down - - - READY, SET, GO!**

**VERA:** You're right, thanks VISTO campers! I'll see you around. My mom



## DAY 3: RUTH & NAOMI

got me a coach to help me, so maybe that will help more. Afterall, we did learn yesterday how two are sometimes better than one! I'm off to train with them now- bye VISTO Campers!

VERA EXITS

**Host:** You know, campers, our friends and VISTO Staff have similar messages and I know they are willing to share this with you today.

[Staff name], thank you for being brave & strong. Campers, before they share their story let's pray for them...

Dear God, We love that you have created a safe place for all of us to share our stories this week. Thank you for teaching us that we are not alone. You are always with us. Right now, I ask you to be with [staff name] as they share their story of resilience. Help each of us to hear their heart and know that you are working through them and in us right now. You're an awesome God! Amen

**Host:** Alright VISTO campers & [staff name] **When we're up or when we're down - - - READY, SET, GO!**

Staff member joins on stage and talks about an instance where they were worried about something / someone and their faith helped them be resilient and bold

**Host:** Thank you [Staff name], for being so open and sharing that incredible story with us.

As you go through the day, I want you to think of this question:

**CANVA ANIMATION**

**How do you think God can help you be more resilient?**

