

With a little bit of planning you can have an incredible evening with your family full of fun as you strengthen your child's faith. We all have heroes and the idea of being heroic is inspiring for kids and adults. With Superhero Family Night, you will have an inspiring time as you challenge your entire family to be heroic for God. With the Superheroes Family Night, you will be able to instill in your children how God measures a hero. For more and to share how your family night went, visit familymuscle.com.

gym setup (decor)

cost: \$5-6 time: 15 minutes

Decor

Purchase

- Superhero action figures to line tables
- Skittles or M&M's used to fill votive holders for the table
- Bamboo skewers

At Home

- Download hero pictures to color & hang up
- Use cardboard boxes to create a city scape.
- Download hero sayings online at "Living Locoruto" that you can glue to skewers and place in candy filled votives

Dress

Have your family dress in any superhero costumes or t-shirts

Music

Download Superhero theme songs.

diet (food)

cost: \$10-20 time: 30-45 minutes

Main Dish:

Hero Sandwiches or In a Jam Sandwiches

Deli Meats, Cheeses, Hoagie Rolls, Condiments: Have each family member assemble their own Hero Sandwich. Talk about how the food we eat can either make us healthy or can diminish our strength.

If your child does not like Hero Sandwiches, make peanut butter and jelly sandwiches and use a gingerbread cookie cutter to cut out the sandwich.

Side Dish:

Powersticks

Assemble and Cut vegetables that can be placed on a skewer such as: carrots, pickles, celery, black olives, broccoli, sugar snap peas. Assemble on a skewer. Have kids make their own. Talk about all the ways eating our veggies makes our bodies work properly and

Dessert:

Kryptonite

Make green jello or color vanilla pudding with a drop of green food coloring.

Drinks:

Powerade

For your drinks, you can rename your beverage of choice Poweraid or SuperJuice.

Talking Points:

During dinner, go around have everyone share what their superpower would be and why, who their favorite superhero is and why, their favorite villain, and what makes someone a superhero.

building muscle (costume)

Superhero Mask

Go to <http://www.livinglocurto.com/2009/01/super-hero-party/> to download a pattern. Using a craft knife, cut out masks out of several patterns of stiff felt. Have each child choose their own felt and decorate with stickers.

Discuss how when we go into battle, we have to prepare our hearts and our minds for battle against the things of this world that want to distract us from serving others and following Christ. Have each child tell you one way that strengthens their relationship with Christ.

cost: \$3 time: 20-40 minutes

Power Bracelets/Bands of Steel

Have your child cut out strips of yellow or grey construction paper that will fit around their wrist. Have them decorate it with stickers, markers, or crayons.

cardio (games)

Crashing Walls

Gather cardboard boxes or old appliance boxes and build a wall. You can decorate the boxes to look like a brick wall or cityscape. Have each child bust through the wall.

cost: free time: 10-20 minutes

Kryptonite Hunt

Decorate paper towel tubes with green construction paper. Hide them in your home or yard. Tell the kids that to save our strength, we have to find the Kryptonite before the villains do and use it against us. Have the kids bring each one back to you as they find them. In the tubes hide pieces of paper with a characteristic of a powerful superhero. Use words like faithful, dependable, wise, helps others, good friend....Talk about how we can be super in God's Kingdom by showing love and serving others.

strength training (family devotion)

How we choose heroes, whether fictitious or 'real-life', is as varied as all the hero comic books and movies available today. Is it the costume, the courage, drive for justice, a collection of special powers or something else? Is a hero made up of bulging muscles and valiant feats, or is it that person in the background just going about the normal yet doing what is right? *Spend time discussing as a family what each person thinks it takes to be a real super hero.*

How would God define a hero for His Kingdom? How do each of you think God determines real hero material? In Hebrews 11, we read about what some have called a "hall of fame of faith"...some real deal heroes of faith. Read the entire passage of Hebrews 11 or portions of it. Have each family member who can share about the faith heroes in Hebrews 11 (what is their story and how were they heroic for the Lord). The beginning of this chapter gives us a glimpse of how our Heavenly Father would prescribe heroism, read Hebrews 11:1-3. The true measuring stick of heroism is faith. Faith is complete trust, allegiance, belief. Faith as a hero for God is believing what He said is true, so much so we follow what He said, trust in those words and simply do what he says. Another great Scripture to read as we think about God's job description for a hero, Micah 6:8, "He has told you, O man,

time: 10-20 minutes

what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?"

So, it is true, we can all be a hero. It doesn't require the extraordinary or the incredible but the faithful and the humble. Our heroes of the faith in Hebrews 11 were ordinary people who God did the extraordinary, heroic through them. And that is his master hero plan, to use us to show how great He is by giving us the power and direction to do the brave and courageous. The New Testament passage 1 Timothy 4:12 gives kids and adults some encouraging heroic training, "Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity." Talk as a family and encourage each family member to point one area from 1 Timothy 4:12 where they can be more heroic by following what God says and being faithful.

Pray together as a family thanking Him for the true hero Jesus Christ for his faithfulness to our heavenly Father and his mission of going to the cross. Ask God to give each person in your family the faith you need to follow Him and be a true hero for Him.