

# UPWARD BOUND

## Grades 4k–6 Teacher Guide

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“For God... has shown  
in our hearts to  
give the light of the  
knowledge of the  
glory of God in the  
face of Jesus  
Christ.”

II Corinthians 4:6

# UPWARD BOUND OVERVIEW

## Welcome to the Trek!

### What to Expect from Upward Bound

Children love Upward Bound; adults love its impact! By God's grace, here's what it will do in the lives of your children to lead them to love and worship Jesus Christ:

- ✿ deepen their knowledge of and love for the Word of God
- ✿ increase their enthusiasm for memorizing Scripture
- ✿ teach them the Gospel and equip them to share it

### Overall Focus and Bible Lesson Summary

Written with a passionate desire for children to see Jesus as He truly is—to know, love, and trust Him as they never have before, Upward Bound focuses on Christ's astonishing incarnate journey to win our salvation.

Tracking Jesus' perilous footsteps from the Courts of Heaven to the cross and back again to the Summit, your VBS "Backpackers" will learn from the gospel of Luke that

- ✿ for Jesus, being Upward Bound meant fully doing His Father's will, every step of the way
- ✿ all people are born with an Earthly Bound attitude and need to repent and be saved by grace
- ✿ having an Upward Bound attitude requires moment-to-moment reliance on the power of the Holy Spirit
- ✿ because Jesus undertook this journey for them, they, too, can reach the Summit through faith in Him

### Format

Upward Bound's unique format frees you as **Guide** (classroom teacher) to *focus on knowing your students!*

Guides *do not* teach the Bible lesson, lead recreation, give the Gospel presentation, etc., enabling you to concentrate on discipling the children under your direct care.



### Meet Upward Bound's Hiking Crew

- ✿ **Trail Guide**  
VBS Director
- ✿ **Guide**  
Classroom Teacher
- ✿ **Assistant Guide**  
Classroom Teacher Assistant

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## Typical Day

**Setting Up Camp**—Each day, Upward Bound begins with a rousing opening assembly of all Backpackers and Staff that includes singing, the missions focus, **Trail Instructions** (daily announcements), and **Crossover to Life** (Gospel presentation)—all with a skit woven through to add humor, fun, and truth.

**Trail Blazing**—Backpackers then head by Expeditions to their **Outposts** (classrooms) to meet in small groups with their **Guides** and **Assistant Guides** for activities focused around God's Word.

**On the Trail**—From that point, varied schedules have the Backpackers going to the Bible lesson, out for recreation, crafts, and snacks, and back to the Outpost for lesson application worksheets and memory work.

**Breaking Camp**—Each day concludes with a second all-group assembly filled with singing, a review of the day's Bible focus, and prayer—again with the day's skit woven throughout.

## Our Prayer for You

As you get set for this epic expedition, we at Reachout are upholding you, in our prayers, eagerly anticipating what God will do in you and Backpackers. May we all be astonished at the majesty of Jesus!

## “We must not cease

*to wonder at the great marvels of our God....Our incarnate God is to be worshipped as 'The Wonderful.' ...It is a miracle of grace indeed, that Jesus should forsake the thrones and royalties above, to suffer ignominiously below for you. Let your soul lose itself in wonder....Who can be astonished at anything, when he has once been astonished at the manger and the cross? What is there wonderful left after one has seen the Saviour?”*

C.H. Spurgeon  
*Morning and Evening*

# FOLLOW CHRIST TO THE SUMMIT!

# BIBLICAL TRUTHS AT A GLANCE

Day	Bible Lesson	Daily Bible Reading	
Day 1	<p><b>The Surprising Journey —</b> <i>Born in the Likeness of Men</i> Luke 1:26–28; 2:1–40</p> <p><b>Character:</b> <i>Gabriel the Angel</i></p> <p><b>Alternate Character:</b> <i>Zechariah or Elizabeth, the parents of John the Baptist</i></p>	<p><b>Main Theme:</b> In the most wonderful and surprising journey ever taken, God the Son purposed with God the Father and God the Holy Spirit to leave the glories of Heaven to become a little baby in this broken world to rescue sinful people.</p>	Philippians 2:5–8
Day 2	<p><b>The Humbling Journey —</b> <i>The Form of a Servant</i> Luke 2:41–50</p> <p><b>Character:</b> <i>Mary, the mother of Jesus</i></p> <p><b>Alternate Character:</b> <i>Joseph, Jesus' earthly father</i></p>	<p><b>Main Theme:</b> Jesus had one driving purpose in his life: to do the will of his Heavenly Father. He humbly lived every moment of every day loving and learning to obey God his Father, and loving and serving the people around Him, even as a child!</p>	Luke 2:51–52
Day 3	<p><b>The Obedient Journey —</b> <i>Humbled Himself by Being Obedient</i> Luke 3:21–23; 4:1–15</p> <p><b>Character:</b> <i>Gilead the Gecko, "Gill"</i></p> <p><b>Alternate Character:</b> <i>(none)</i></p>	<p><b>Main Theme:</b> In all Jesus did, God the Father was fully pleased with Him. Jesus never, ever sinned or gave in to Satan's temptations. Because of his settled purpose to do the will of the Father, his having fed on the Word of God throughout his life, and his complete dependence on the power of the Holy Spirit, Jesus was able to be fully obedient.</p>	Luke 3:21–23a, 4:1–2
Day 4	<p><b>The Painful Journey —</b> <i>Obedient to Death on a Cross</i> Luke 22:47–Luke 23</p> <p><b>Character:</b> <i>Simon of Cyrene</i></p> <p><b>Alternate Character:</b> <i>Alexandra, the wife of Simon of Cyrene</i></p>	<p><b>Main Theme:</b> Jesus' complete obedience to the Father and selfless love for us led him to the Cross where he took our sins on Himself and died the painful death we deserved.</p>	Luke 23:13–16, 21
Day 5	<p><b>The Joy of the Journey —</b> <i>God Has Highly Exalted Him</i> Luke 24:1–12; 50–53</p> <p><b>Character:</b> <i>Mary Magdalene</i></p> <p><b>Alternate Character:</b> <i>Peter the apostle</i></p>	<p><b>Main Theme:</b> Jesus rose from the dead, conquering it forever, and returned to Heaven as the victorious God-man, where He reigns as King and Lord of all with the "name that is above every name" (Phil. 2:9).</p>	Philippians 2:9–11

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# Upward Bound Trail Talk

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Learning Upward Bound’s lingo is a key part of your preparation for VBS. Using backpacking jargon will contribute significantly in creating an atmosphere of fun and adventure for your Backpackers! Familiarize yourself with these terms, using them now as you plan for Upward Bound and, most importantly, during VBS itself.

## On the Trail

Assistant Guide.....	<i>Classroom Teacher Assistant</i>
Backpackers.....	Children
Base Camp.....	<i>Assembly Room</i>
Bible Exploration .....	<i>Daily Bible Reading</i>
Breaking Camp.....	<i>Closing Daily Assembly</i>
Crossover to Life.....	<i>Gospel Presentation</i>
Expeditions .....	<i>Grade Groups</i>
	<i>Expedition A—Grades 5 &amp; 6</i>
	<i>Expedition B—Grades 3 &amp; 4</i>
	<i>Expedition C—Grades 1 &amp; 2</i>
	<i>Expedition D—4’s–K</i>
	<i>Expedition E—2’s &amp; 3’s</i>
Guide.....	<i>Classroom Teacher</i>
Lead Guide.....	<i>Jesus</i>
Outpost.....	<i>Classroom</i>
Setting Up Camp.....	<i>Opening Daily Assembly</i>
Summit Celebration.....	<i>Closing Program</i>
Trail Discoveries.....	<i>Bible Lesson Worksheet</i>
Trail Guide.....	<i>VBS Director</i>
Trail Instructions.....	<i>Announcements</i>
Trail Log.....	<i>Student Book</i>
Song Guide.....	<i>Song Leader</i>
Trail Treats.....	<i>Snacks</i>

# TEACHING GRADES 4k-6

## Expeditions A, B, C and D



**LOOK ONLINE** for additional resources (music, artwork, and publicity information) are available on the Upward Bound portal. Talk to your Director for more information or visit: **portal.reachoutadventures.com**

### Gearing Up—*Getting ready for Upward Bound*

- ✿ study the trail
- ✿ attend training meetings
- ✿ decorate Outpost
- ✿ prepare your heart

### On the Trail—*Leading your Backpackers through Upward Bound*

- ✿ guide and disciple Backpackers through daily activities

### The Trek Beyond—*Life after Upward Bound*

- ✿ lay groundwork for follow-up
- ✿ contact Backpackers and parents

What	When	What's Happening
Registration	Pre-start	Registration; greeting arriving children and parents; staff prayer time
Setting up Camp	30 minutes	Opening whole-group assembly
On the Trail	middle 2 hours	Individual schedules for each Expedition
Breaking Camp	30 minutes	Closing whole-group assembly

## Guide Responsibilities

### You **are** responsible to:

- lead your Backpackers through the day's schedule
- sit with your Expedition during opening and closing all-group assemblies and Bible lessons
- oversee worksheet completion
- promote Upward Bound's tone and theme, reinforce Bible lesson truths

### You're **not** responsible to:

- teach the Bible lessons
- give the Gospel presentation
- lead recreation or crafts
- direct singing
- serve snacks
- conduct assemblies

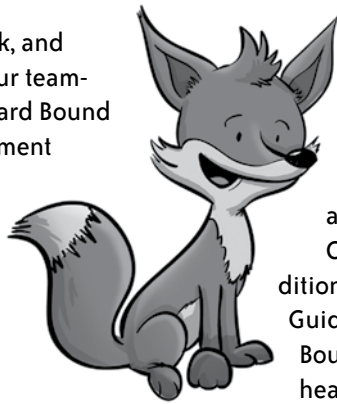
# What Upward Bound is All About

— A Letter to the Backpackers, Trail Log

**B**ackpacker, the most fantastic adventure of your life is about to begin! The greatest Explorer in the whole world has come to take you on an amazing spiritual journey. It's true! Our Lead Guide Jesus Christ, God Himself, is here at Upward Bound. He wants you to follow Him to the true Summit of the world—Heaven itself! Here's how to get started.

Using the Bible as your Guidebook, and your Trail Log (this book!), you and your teammates will trek along the exciting Upward Bound trail. You'll receive backpacking equipment stickers to outfit the backpacker at the center of this book as you:

- memorize verses from the Bible (Gospel Presentation)
- complete worksheets (Trail Log)



- do things to help and love others
- read your Bible (Bible Explo)

Trail Treats (snacks) & Trail Break (recreation) will keep you in top shape.

Most important of all, you'll get to know our Lead Guide, the One True Lord and Savior, Jesus Christ. He loves you so much that He left the Courts of Heaven to journey on earth as a man. His journey took Him to the cross where He died so that you could be saved from your sins and begin your Upward Bound journey to the Summit and be with Him forever.

Come follow Jesus on the most epic expedition of all time! Keep your eyes on our Lead Guide and your feet in His footsteps. Upward Bound Backpackers, we're heading out!



## Gearing Up

Getting Ready for Upward Bound

### Study the Trail

Knowing Upward Bound well—catching its vision and understanding its theme, format, and curriculum content—is directly proportional to your ability to guide your Backpackers and *enjoy* your role. The above letter to the Backpackers will help you get off to a good start!

#### **Format**

Upward Bound is typically a five-day, three-hour-a-day VBS for 4 year olds through Grade 6 completed (plus a class for 2 & 3 year olds of VBS staff, if desired). Ideally the week concludes with the *Summit Celebration*, a final closing program for family and friends.

#### **Backpacker Assignments**

##### **★ Grade Level Expeditions**

Backpackers are divided into Expeditions as follows:

Grades 5 & 6 completed . . . . . Expedition A





## Tips for Simplifying

The use of PowerPoms is optional, especially for Expedition D. Follow these suggestions to keep your 4's–K in the contest, but reduce Teacher responsibilities:

- award stickers for completed work
- drop the use of PowerPoms
- have Record Keeper award 1,000 points daily per Backpacker to their respective teams for attendance only



Grades 3 & 4 completed .....	Expedition B
Grades 1 & 2 completed .....	Expedition C
4's–K completed .....	Expedition D
2's & 3's .....	Expedition E

## Backpacker Gear

Each Backpacker needs to bring the following “gear” to Upward Bound every day:

### Bible

Backpackers are asked to bring Bibles each day to:

- complete Bible lesson worksheets
- foster daily reading of the Word
- familiarize them with their Bibles

### Trail Log (student book)

The Upward Bound Trail Log is:

- a key element of the Backpackers' day throughout the week and quickly becomes a prized possession
- used continually for activities on-site and at home
- taken home each day
- Trail Blazing (worksheets)

A parent letter on the inside cover explains how they can help their children throughout the VBS week.

## Biblical Content

Upward Bound's deep biblical content is the heart and unifying thread of this VBS. Every component of the program centers around the Bible lesson truths to draw the children into a deeper relationship with God through a fuller understanding of them.

### Bible lessons

Upward Bound's exciting Bible lessons

- set the pace for an adventure-filled week exploring God's Word
- show who Jesus really is, why He came, what He did, and how that changes everything
- reveal God's love and grace in His plan of salvation through Jesus Christ

“Eyewitness” Storytellers bring Christ's journey to life through their unique perspectives as

- **Gabriel, the angel:** The Surprising Journey (*the Incarnation*)
- **Mary, Jesus' mother:** The Humbling Journey (*Jesus' sinless childhood of always doing the Father's will*)