

# AT-HOME GUIDE

GET VBS STARTED ON THE RIGHT TRACK!



# WELCOME ABOARD

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Thanks for joining us for what is sure to be a fun, faith-filled adventure! We are so glad you have decided to participate in our first-ever virtual VBS! At Rocky Railway, kids explore Jesus' power in them and how we can trust Jesus—not our own strength—to pull us through life's challenges. COVID-19 has come through our lives like a freight train and derailed countless plans, routines, and expectations. This summer, more than ever, the Bible points for Rocky Railway are so relevant. We *all* need to trust Jesus' power to pull us through these unprecedented times.

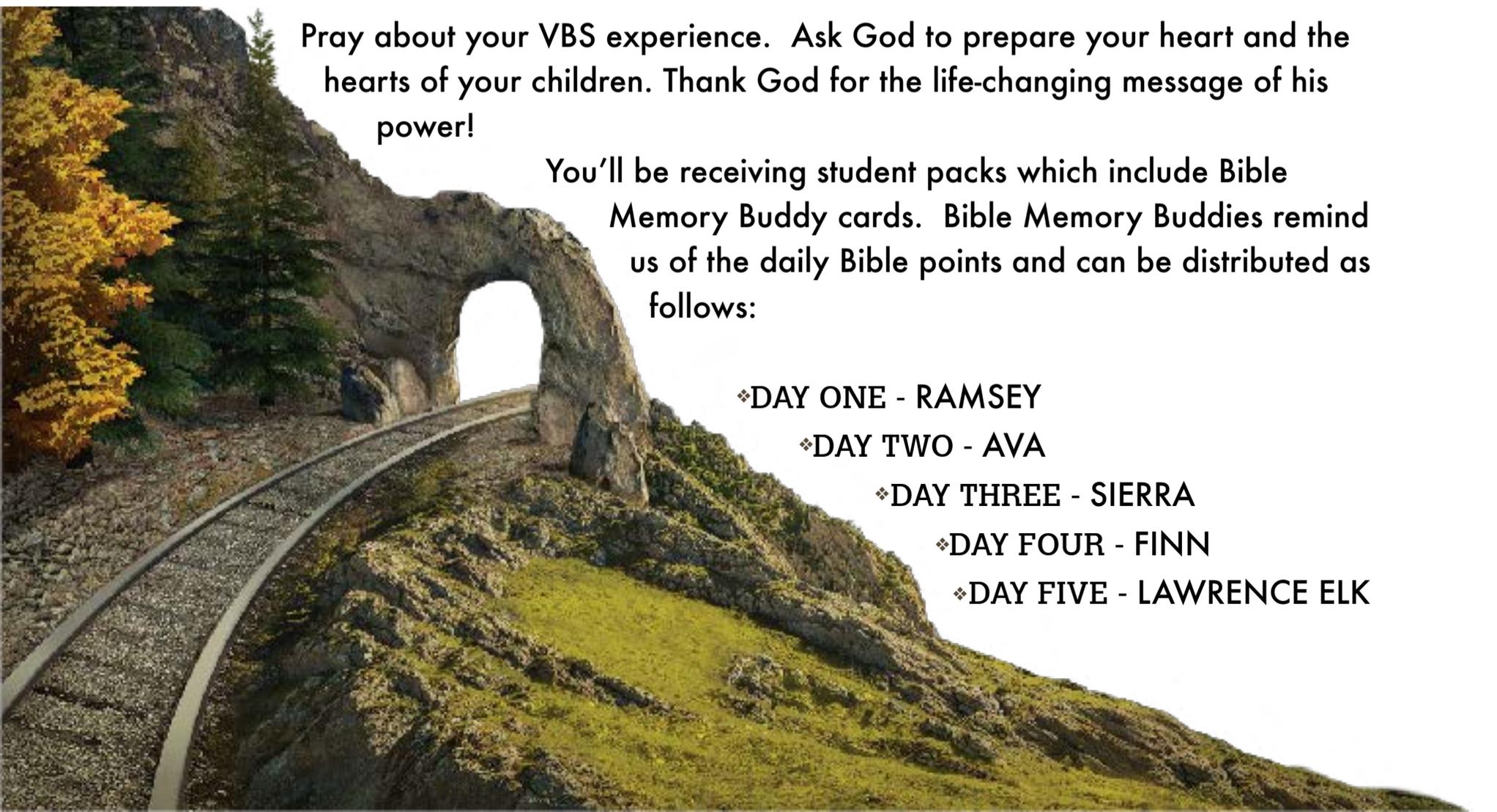
We know that families have been through months of online schooling, children and parents are missing connection and a sense of community, and parents are overwhelmed. At Ankeny First, our hope is that VBS will be simple for families yet interactive, engaging, and relational as we discover that trusting Jesus pulls us through life's ups and downs.

## BEFORE YOU GET ROLLING

Pray about your VBS experience. Ask God to prepare your heart and the hearts of your children. Thank God for the life-changing message of his power!

You'll be receiving student packs which include Bible Memory Buddy cards. Bible Memory Buddies remind us of the daily Bible points and can be distributed as follows:

- ❖ DAY ONE - RAMSEY
- ❖ DAY TWO - AVA
- ❖ DAY THREE - SIERRA
- ❖ DAY FOUR - FINN
- ❖ DAY FIVE - LAWRENCE ELK



Download the free “Rocky Railway Bible Buddies” app! It includes five games featuring the Bible Memory Buddies which let kids interact with the Buddies while exploring each day’s Bible verse! To download, simply search for “Rocky Railway Bible Buddies” in the Apple App Store or in Google Play.



One of the best parts about Rocky Railway VBS—award-winning music! Fun songs your kids will want to listen to again and again are sure to become a new family fave! We encourage you to play Rocky Railway songs throughout the week and let the music and lyrics fill your homes and your hearts.

Create your own Rocky Railway environment! Dig into your closets and get on Pinterest to turn your home into a mountain railroad. And don’t forget to take pictures and post on Facebook (@ankenfirst). What a fun way to build community when we can’t be together!



# GET STARTED ON THE RIGHT TRACK

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As you prepare for VBS week, we want to set you up for success! Beginning June 15, daily resources will be available at <http://ankenfirst.org/rocky-railway.htm> at 9 am. You are welcome to begin your VBS experience right away or wait until a time that works better for your family. All VBS materials will be available online until July 15. Each VBS day should take about an hour to complete, but feel free to take it at your own pace. We encourage you to go through the activities in the following order:

- ❖ **SING & PLAY EXPRESS** Praise God through upbeat songs, learn Bible points and Bible verses carefully crafted to be engaging and memorable, meet Bible Memory Buddies, and see Cam Track, an engineer who needs some power.
  
- ❖ **BIBLE ADVENTURES** Experience meaningful Bible stories with all five senses and learn Bible truths centered on the remarkable power of Jesus.
  
- ❖ **CABOOSE CRAFTS** Create fun projects as visual reminders of the Bible points. (See list of supplies below.)
  
- ❖ **LOCO MOTION GAMES** Play high energy games like On Track to Splash or Tunnel Run! (See list below.)
  
- ❖ **CHEW CHEW SNACKS** These aren't just any snacks. These tasty treats connect with each day's Bible verse. (See list below.)
  
- ❖ **KIDVID CINEMA** Watch stories about real kids living out their faith in really cool ways.
  
- ❖ **ROCKY WRAP-UP** The last station of each day reinforces the Bible points and Bible stories.

# MISSIONS

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Throughout VBS week, we have an opportunity to show Jesus' love and goodness to the community. Impact is an organization committed to helping low-income families meet their basic needs. Your generous gifts of shampoo will give families the power *they* need to make an Impact! You can drop off bottles of shampoo June 15-19 during the hours of 7am-6pm at the Uptown site of Ankeny First United Methodist Church (206 SW Walnut, Ankeny, IA 50023). Use the southeast doors, and look for the bins outside the main office.

## CHEW CHEW SNACKS

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All of this traveling will make your kids hungry! Add these Rocky Railway-themed snacks to your grocery list, or create your own tasty treats!



DAY ONE: Chew Chew Track (granola bars, Twizzlers)



DAY TWO: Bagel Tunnel (bagels, cream cheese)



DAY THREE: Coal Crunch (mini marshmallows, cocoa crisp cereal, butter, crushed Oreos)



DAY FOUR: Crunchy Crossbuck (pretzel braids, frosting)



DAY FIVE: Good Friend Fruit Pizza (graham crackers, whipped topping, fruit)

# CABOOSE CRAFTS

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Caboose craft leader, Molly, will guide children through some great projects that remind us of the Bible verse each day. You'll want to make sure to have these supplies on hand!

VBS Crafts – 2020 Rocky Railway

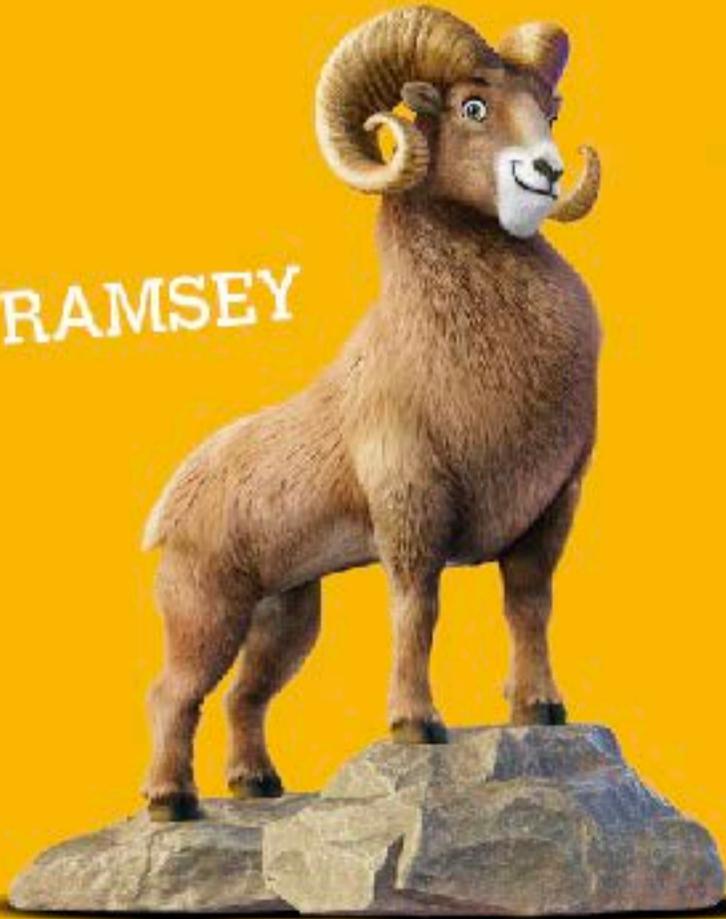
Day	Craft	Supplies
<u>Day One</u> Ramsey Jesus' power helps us do hard things.	Ramsey the Bighorn Sheep	Paper plate Markers, Crayons or Colored Pencils Scissors Glue Googly Eyes (Optional)
<u>Day Two</u> Ava Jesus' power gives us hope.	Mountain Scene	Water color paints or crayons or colored pencils White Paper Gray or black construction paper Cotton Balls Scissors Glue
<u>Day Three</u> Sienna Jesus' power helps us be bold.	Name Train	Colored Paper Scissors Glue Markers Cotton Balls
<u>Day Four</u> Finn Jesus' power lets us live forever.	Weaving Rainbow Trout	White construction Paper Colored Construction Paper Scissors
<u>Day Five</u> Lawrence Elk Jesus' power helps us be good friends.	Friendship Bracelet *One for you and one to send to a friend	Yarn Beads Scissors

# LOCO MOTION GAMES

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Loco Motion Games are a great way to burn off some energy! Watch the daily videos to see how to engage in these fun activities you can do right at home! Here's what you'll need!

- ❖ DAY ONE: ON TRACK TO SPLASH Supplies: two buckets filled with water, yarn, 3 water balls
- ❖ DAY TWO: TUNNEL RUN Supplies: none
- ❖ DAY THREE: BOLD BOPS Supplies: lightweight ball
- ❖ DAY FOUR: CROSS THE DIVIDE Supplies: lightweight ball
- ❖ DAY FIVE: NOODLE TRACK Supplies: pool noodles



**RAMSEY**

## DAY ONE

**Bible Point:**  
**Jesus' power helps us do hard things.**

**Key Bible Verse:**  
**"For I can do everything through Christ, who gives me strength." (Philippians 4:13)**

**Bible Story:**  
**Ananais helps Saul. (Acts 9:1-19)**

## DAY TWO

AVA



Bible Point:  
**Jesus' power gives us hope.**

Key Bible Verse:  
**"So be strong and courageous,  
all you who put your hope in  
the Lord!" (Psalm 31:24)**

Bible Story:  
**Paul encourages others in a  
storm and shipwreck. (Acts 27)**

## DAY THREE

SIERRA



Bible Point:  
**Jesus' power helps us be bold.**

Key Bible Verse:  
**"He gives power to the weak  
and strength to the  
powerless." (Isaiah 40:29)**

Bible Story:  
**Peter and John teach about  
Jesus. (Acts 3:1-4:31)**

# DAY FOUR



FINN

Bible Point:

**Jesus' power lets us live forever.**

Key Bible Verse:

**"The Spirit of God, who raised Jesus from the dead, lives in you."** (Romans 8:11)

Bible Story:

**Jesus' death and resurrection.** (Matthew 26:17-28:10)

# DAY FIVE

LAWRENCE  
ELK



Bible Point:

**Jesus' power helps us be good friends.**

Key Bible Verse:

**"Love each other in the same way I have loved you."**

(John 15:12)

Bible Story:

**The church is united.** (Acts 2:42-47; 4:32-35)

# GET READY TO RIDE THE RAILS!

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Thanks for praising God and celebrating with your kids! Remember - you're not just providing entertainment—you're sharing a time of family spiritual growth. Having parents and siblings involved allows for discussion, and that's where connections and deep discoveries are made. Ready? Let's help kids discover that Jesus' power makes all the difference! Let's TRUST JESUS!

