

HELP!

WEEK 3

BIG IDEA

God helps us when we're in trouble.

BIBLE

Exodus 7:14-10:29, 12:21-30

ACTIVITY | Who Can Help?

- **INSTRUCTIONS:** Tell the kids to stand up with some space between them so they have plenty of room. Give them a scenario and ask them to act out who they would call for help.
- Alright, everyone! I want you to act out who would be helpful in each situation. Let's try one!
- Oh, no! There is a fire at the store! **Who can help?** Yes! A firefighter. Let's pretend to be firefighters.
- There's a boy swimming in the lake and he looks like he's in trouble! **Who can help?**-Yes! A lifeguard! Let's pretend to be a lifeguard.
- Oh, no! My sister fell off her bike and got hurt.-**Who can help?**-Yes! A doctor or a parent! Let's pretend to be like this person.
- There are a lot of people who can help us when we're in trouble!

SCRIPTURE | Exodus 7:14-10:29, 12:21-30

- **INSTRUCTIONS:-**
- Today, we are continuing with Moses' story. So much has already happened in his life! So far, we have heard about how God had a special plan for Moses, starting when he was a little baby. When Moses was a grownup, God asked Moses to do a very important job – to help free the Israelites from mean Pharaoh. Moses didn't think he could do it, but God helped him. Now, let's see what happens next in the story.

- [Divide the group into two.] - I need help with my story today. I need the left side of the room to say, "Let my people go!" when I point to you. Then when I point to the right side of the room, I need everyone on that side to shout, "No!"
- [Hold up pictures of Moses and Pharaoh.] Moses obeyed God and went to Egypt to see Pharaoh, just like God told him to do. The people of Israel were being treated unfairly and just wanted to be free. So, Moses had one message for Pharaoh-[Point to the kids on the left.] - "Let my people go!" - But Pharaoh said-[Point to the kids on the right.] - "No!"
- Then, a bunch of terrible things, called plagues, happened. There were ten plagues in all.
 - First, all the water turned into blood. Moses said-[Point to the kids on the left.] - "Let my people go!" - But Pharaoh said [Point to the kids on the right.] , "No."
 - Second, there were frogs everywhere.- Moses said [Point to the kids on the left.] , "Let my people go!" But Pharaoh said [Point to the kids on the right.] , "No."
 - Third, the dust turned into gnats, or little tiny bugs that filled the air.-Moses said [Point to the kids on the left.] , "Let my people go!" But Pharaoh said [Point to the kids on the right.] , "No."
 - The fourth plague was yucky flies!-Moses said [Point to the kids on the left.] , "Let my people go!" But Pharaoh said [Point to the kids on the right.] , "No."
 - For the fifth plague, all the horses, cows, and sheep died.-Moses said [Point to the kids on the left.] -"Let my people go!" But Pharaoh said [Point to the kids on the right.] , "No."
 - In plague number six, the people and animals of Egypt got these things called boils, which are like painful sores, all over their skin.-Moses said [Point to the kids on the left.] , "Let my people go!" But Pharaoh said [Point to the kids on the right.] , "No."
 - Seventh, it rained ice, which is called hail.-Moses said [Point to the kids on the left.] , "Let my people go!" But Pharaoh said [Point to the kids on the right.] , "No."
 - Eighth, bugs, called locusts, ate up all the plants.-Moses said [Point to the kids on the left.] , "Let my people go!" But Pharaoh said-[Point to the kids on the right.] ,

- "No."
- Ninth, everything went dark and no one could see for three days!-Moses said *[Point to the kids on the left.]*, "Let my people go!" But Pharaoh said *[Point to the kids on the right.]*, "No."
 - Finally, the tenth plague came and it was the worst one. All the oldest sons in each Egyptian home died in their sleep.-
- But God knew what was going to happen, so God sent Moses to tell the Israelite people to protect themselves.
 - Moses told the Israelite people to take the blood of a lamb and put some of it on the top and each side of the door frames of their homes, death would pass over the homes and save the people inside.
 - This is why, even today, people celebrate Passover every year. It's to remember the time when the plague of death "passed over" God's people and spared their lives.
 - After the tenth plague, Pharaoh said – you guessed it – yes. The Israelites were finally free! Let's all cheer for the Israelite people!

THE BIG IDEA | God helps us when we're in trouble.

- **Who helped the Israelites when they were in trouble?** God.
- **Who helps you and I when we're in trouble?** God and God's helpers on Earth.
- That's right! God helps us when we're in trouble. Let's all shout it out together, **God helps us when we're in trouble!**

ACTIVITY | Big Idea Bridge

- **INSTRUCTIONS:** *Play this modified version of , "London Bridge is Falling Down." Take turns having two people be the bridge, or in this case, door frame by facing each other and holding each others hands up above them. While you sing this song have the rest of the family go through the "door frame"*
- We are going to sing our Big Idea to the tune of "London Bridge" as you

go under the door frame!

God helps us when we're in trouble,
When we're in trouble,
When we're in trouble,
God helps us when we're in trouble,
God...helps...us!

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *Print and distribute this week's coloring page along with crayons or markers. Review today's Bible story and Big Idea as they color.*

ACTIVITY | Lego My People

- **INSTRUCTIONS:-** *Using building blocks- to make as large of a "door frame" as they can! Ask the kids to tell you why the door frame was important in today's Bible story.*

PRAYER

- God, thank You for reminding us that You are always with us and that You help us when we're in trouble. Thank You for always helping us!
Amen.