

Unit 1: Lifeline

Faith Focus: God rescues us.

The LORD is my strength and my power; he has become my salvation. (Exodus 15:2)

SESSION 3

GROW IN FAITH

Moses Stands Up to Pharaoh—Exodus 5:1–13:9

This week's reading covers nine chapters of Exodus. It begins when Moses gets help from his brother, Aaron, and they go to Pharaoh to tell him to set the Israelite slaves free. It is important to remember that in the story of the burning bush, Moses told God he was not a talented speaker. So God has Moses take Aaron with him to help. However, despite efforts and persuasions, Pharaoh refuses to let the slaves go. Instead, Pharaoh increases the work of the Israelite slaves, demanding they work harder.

We probably know what happens next. There is the sending of the plagues. In order to convince Pharaoh to release the Israelites from slavery, God performs a series of powerful acts. The plagues are designed to change Pharaoh's mind, and it works. Pharaoh finally lets the people go. The freedom of the Israelites leads us to the celebration of the Passover. God's people remember where they have been and honor God, who acted to set them free.

- Explore supportive relationships.
- Share a snack and remember God.

SESSION OUTLINE

COME TOGETHER

Prepare to Learn

Faith Focus—God Rescues Us

Find the Plagues (Puzzle)

FAITH CONNECTIONS

Read the Story

Big Faith Video

Faith Response

FUN WITH FAITH

Unleavened Bread (Snack)

Thank You for Being Brave
(Writing)

SHARE YOUR FAITH

Big Faith Idea—Faith in God

SUPPLIES

crayons

CEB Bible storybook

TV and DVD player or
streaming device

sticky notes

pencils

mixing bowl

fork

water

flour

microwave

paper plates

measuring cups

wooden spoons

matzo or other
unleavened flatbread

leavened bread

plastic tablecloth

cardstock

markers

stickers

envelopes

COME TOGETHER

Prepare to Learn

Supplies: All-Ages Class Pack, Activity Sheets, Activity Stickers

Prepare Ahead: Set up your area with the supplies and activity pages needed for today's session. Display the Unit 1 Bible Verse Poster (Class Pack—pp. 10 & 15), Unit 1 Faith Focus Poster (Class Pack—pp. 2 & 23), and Unit 1 Faith Response Poster (Class Pack—pp. 11 & 14) to use later in the session.

- As children arrive, invite them to join you in a circle.
- Give each child a copy of the "Fall Sticker Page" (Activity Sheets—p. 29) and their own set of Activity Stickers. Have children place the frog sticker on the Session 3 space.

SAY: This month we are hearing stories about how God rescues God's people.

ASK: Do you know any stories about people who were rescued from something difficult?

Faith Focus—God Rescues Us

Supplies: All-Ages Class Pack, crayons

Prepare Ahead: Display the Unit 1 Faith Focus Poster (Class Pack—pp. 2 & 23). Photocopy "Preparing for a Journey" (Leader Guide—p. 28) for each child.

- Give each child a copy of "Preparing for a Journey."

SAY: Today we will hear how Moses helped the people of God escape from a bad situation. God sent Moses to rescue God's people. Moses told God's people they had to get ready for a journey.

ASK: How do you prepare for a journey? What things do you take with you?

SAY: The people prepared and followed Moses. God led Moses and Moses led the people.

- Direct children to circle the items that they think the family in the picture might have take on their journey. Then have the children color the page.

Find the Plagues

Supplies: Activity Sheets, crayons

Prepare Ahead: Tear out "Find the Plagues" (Session 3 Activity Sheet) for each child.

SAY: When God rescued the Hebrew people from Egypt, there were bad things that happened in the land called plagues.

- Give each child an activity sheet. Have them search for the frogs, locusts, and flies in the picture.
- Invite children to color the picture of the Bible story on the back of the sheet.

FAITH CONNECTIONS

Read the Story

Supplies: CEB Bible storybook

- Invite the children to join you in a circle.
- Read the story of Moses standing up to Pharaoh (Exodus 5:1–13:9) from your favorite CEB Bible storybook.

ASK: How do you think Moses felt when he stood up to Pharaoh? How do you think Pharaoh felt? How do you think God’s people, the Hebrews, felt when Moses stood up to Pharaoh?

Big Faith Video

Supplies: Big Faith DVD, TV, DVD player or streaming device

- Watch the Session 3 video on the Big Faith DVD or via your Amplify Media subscription.
- Share the questions on the screen with the children. You may also choose to add your own questions. Give children time to share their responses and ideas.

ASK: What was your favorite part of the video?

Faith Response

Supplies: All-Ages Class Pack, sticky notes, pencils

Prepare Ahead: Display the Unit 1 Faith Response Poster (Class Pack—pp. 11 & 14) and Unit 1 Bible Verse Poster (Class Pack—pp. 10 & 15) if you haven’t already.

- Invite children to wonder about the images on the posters.
- Encourage children to say the Bible verse with you.

SAY: God sent Moses to help God’s people. Moses stood up to Pharaoh and told him to let the Hebrew people go.

ASK: Have you ever had to stand up to a bully? How did you feel?

SAY: Moses knew that the right thing to do was to tell Pharaoh “no.” Moses knew that God was with him and would help him be brave.

- Lay the Faith Response Poster on the floor or a table and invite the children to gather around it.

- Give each child a sticky note. Encourage them to draw how they look when they feel brave.

ASK: What or who helps you be brave?

- As they share, invite children to place their sticky notes on the poster.

FUN WITH FAITH

Unleavened Bread

Supplies: mixing bowl, fork, water, flour, microwave, paper plates, measuring cups, wooden spoons, matzo or other unleavened flatbread, leavened bread, plastic tablecloth

Prepare Ahead: Cover a table or workspace in a plastic tablecloth.

SAY: When Moses told God's people to get ready to leave Egypt, they had to hurry! They didn't have time to pack all their things and had to leave some things behind. They didn't have time to let their bread rise, so they made a flat bread quickly.

- Show the children leavened bread and unleavened bread. Invite them to describe the differences between the breads (tasting, if desired).
- Have all the children wash their hands and help make microwavable unleavened bread.
- Mix 2 cups of flour with ½ cup water. Mix thoroughly, about ten minutes. Have children take turns stirring the mixture.
- When the mixture resembles an elastic dough, divide the dough in sixteen equal pieces. Press the dough flat to be about ½" thick. Prick each piece of dough with a fork three times.
- Microwave the dough for 1:45 minutes. Let cool before eating.

SAY: Sometimes making bread takes hours, but the bread we made today was ready very quickly. Even though the Hebrew people did not have microwaves to bake their dough, they used hot stones to cook the bread so it would be ready quickly for their journey.

Tip: Always check for allergies before serving food to the children.

Thank You for Being Brave

Supplies: cardstock, crayons, markers, stickers, envelopes

Prepare Ahead: Print out pictures of brave people (firefighters, police, doctors, and so forth). The people should be diverse in gender and race.

ASK: What does it feel like to be brave? Who in our community is brave?

- Show the children the pictures of first responders.

ASK: What do these people do that is brave?

SAY: God helped Moses do something very brave and stand up to Pharaoh. We can notice brave people and say “thank you” to people who do what is right to help others.

- Invite children to create thank-you cards for first responders and anyone else they want to who is brave. You may need to demonstrate writing “thank you.”

SHARE YOUR FAITH

Big Faith Idea—Faith in God

Supplies: All-Ages Class Pack

Prepare Ahead: Display the Fall Big Faith Idea Poster (Class Pack—pp. 4 & 21).

Photocopy the Unit 1 Family Faith Letter (Leader Guide—pp. 91–92) as needed.

- Show children the Big Faith Idea Poster.

SAY: Today we heard about how God helped Moses be brave.

ASK: What did Moses do to show he was brave?

SAY: God is with us all the time, helping us do challenging things. God helps us be brave.

ASK: When do you feel brave?

- Invite children to answer the question and do a pose of what it looks like to be brave. Invite all children to have a turn.

PRAY: Let’s pray together. Repeat after me: “Holy God, thank you for sending Moses to help the Hebrew people. Thank you for helping people be brave and stand up to bullies. Help us be brave and do what is right. Amen.”

- Send the Family Faith Letter and activity home with each child who has not yet received them. Also send home any activities or items made during today’s session.

REPRODUCIBLE

SESSION 3

Preparing for a Journey

Circle the items you think the people took with them on their journey. Then color the page.



Art: Carolyn Williams/Gwen Walters Artists' Representative