

# The Israelites Cross the Red Sea Exodus 13:17–14:31

The first- and second-graders in your group are just beginning to feel somewhat independent. While they still rely heavily on the safety of home and family relationships, they’re starting to value peer relationships. Since this lesson deals with fear, be sure not to let anyone ridicule a child for his or her fears. Use this lesson to emphasize that everyone has fears and that God is always there to help.



### ► Bible Point

God helps us when we’re afraid.

### Key Verse

“I will fear no evil, for you are with me; your rod and your staff, they comfort me” (Psalm 23:4).

### Weaving Faith Into Life

Kids will turn to God when they’re afraid.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p><b>1</b></p> <p>Getting Started</p>	<p><b>Let’s Get Outta Here!</b> <i>(about 10 min.)</i> Play a game of trying to get from one corner of the room to another.</p>	<p>1 copy per child of a map of your room, 1 treat per child, antibacterial gel (optional)</p>	<p>Create a map of your room. Draw a line indicating a path that goes all over the room. Make enough copies of the map for each child to have one. Set treats in your room, at the end of the path. Set up an obstacle along the path that’s difficult for kids to get past.</p>
<p><b>2</b></p> <p>Bible Exploration</p>	<p><b>God Guides the Israelites</b> <i>(about 15 min.)</i> Make “pillars” while hearing how God guided the Israelites.</p>	<p>Bible; My Bible Fun; 1 craft stick per child; cotton balls; red, yellow, and orange paper; several pairs of scissors; glue sticks <b>Teacher Pack:</b> Bible Timeline</p> 	<p>Tear out the Lesson 1 pages from each My Bible Fun student book.</p>
	<p><b>God Parts the Red Sea</b> <i>(about 20 min.)</i> Form groups of Israelites and Egyptians to act out the parting of the Red Sea.</p>	<p>Bible, 2 sheets of blue poster board <b>Teacher Pack:</b> “The Israelites Cross the Red Sea” (from the Big Bible Poster Pack)</p> 	

*Bold text within the lesson is spoken text.*

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p><b>3</b></p> <p>Weaving Faith Into Life</p>	<p><b>Where Is God When I'm Afraid?</b> <i>(about 15 min.)</i> Reflect on how God is there when they're afraid.</p>	<p>Bible, CD player, tape, 1 index card per child, crayons, 1 copy per child of the lyrics page (at the end of the lesson) <b>Teacher Pack:</b> CD, "Help, I'm Afraid" poster</p> 	
<p><b>4</b></p> <p>Lasting Impressions</p>	<p><b>Daily Challenges</b> <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.</p>	My Bible Fun, pens	
	<p><b>Weaving Faith at Home</b> <i>(about 2 min.)</i> Talk about how to share what they learned with their families.</p>	My Bible Fun	Tear out the letter to parents from the back of each My Bible Fun student book.

**Bold text** within the lesson is spoken text.





### Let's Get Outta Here! Supplies

1 copy per child of a  
map of your room  
1 treat per child  
antibacterial gel  
(optional)

### ! ALLERGY ■ ALERT

### Let's Get Outta Here! Easy Prep

Create a map of your room. Draw a line indicating a path that goes all over the room. Make enough copies of the map for each child to have one. Set treats in your room, at the end of the path. Set up an obstacle along the path that's difficult for kids to get past.

## 1 GETTING STARTED

### Let's Get Outta Here!

#### What You'll Do ■■■■■■

Welcome kids warmly as they arrive, and ask them how their week went.

Gather everyone together. Say: **Let's play a game. You'll all start in one corner of our room.** Indicate the starting corner according to your premade map. Then hand out the maps to kids and help them understand the map.

Say: **We'll use these maps of our room to follow a path that just might lead us to something special. It's very important that we follow the map exactly in order to get to the surprise.** Check for understanding, and then have kids gather with their maps at the starting corner.

Help the children navigate the map. When the children reach the difficult obstacle you placed along the path, invite them to return to the starting corner or to continue on. After kids reach the corner of the room where the treats are located, have them sit down, clean their hands, and eat.

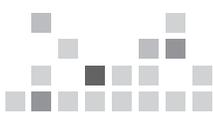
#### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What did you think about having to follow the path to get to the other corner of the room?**
- **Why did you or didn't you decide to continue on when you met the obstacle?**

Say: **Just as we followed a curvy path with obstacles in our game, life can sometimes feel like that. We don't always know why our lives are going in certain ways, but we can be sure that ► GOD HELPS US WHEN WE'RE AFRAID or unsure about where our lives are going. Today we'll hear how God led his people in a new direction and protected them even when they were afraid.**



2

BIBLE  
EXPLORATION

# God Guides the Israelites

## What You'll Do ■■■■■■

Open your Bible to Exodus 13, and show kids the passage. Say: **In the Bible today, we'll learn how God led his people, the Israelites, when they were very scared. We'll learn that ► GOD HELPS US WHEN WE'RE AFRAID.**

Show children the Bible Timeline, and point out "The Israelites Cross the Red Sea." Read aloud Exodus 13:17-22. Encourage kids to talk about times they've moved or traveled to places they'd never been before. Say: **The Israelites were leaving a place they'd lived in all their lives. Even though life was very hard for them in Egypt, it was a scary situation for them to leave and go to a place they didn't know anything about.**

Give each child a Lesson 1 My Bible Fun page. Say: **Even though it was a scary situation, God was always with them. He was in the pillar of cloud and the pillar of fire, guiding them. Let's make a craft to represent these pillars.**

Set out the supplies. Have kids cut out the "God's Pillars" section and glue their craft sticks to the "Pillar by Day" side. Have them glue cotton balls onto that side. Then have kids turn their "Pillars" over, rip up pieces of paper, and glue them to the "Pillar by Night" side.

## Talk With Kids ■■■■

Lead children in this discussion.

Ask:

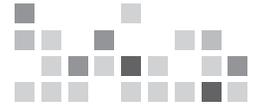
- What do you think of the way God led the Israelites?
- What are some ways God leads or guides you?
- How does knowing that God leads you help you when you're afraid?

Say: **Now you can take these pillars home to remind you that ► GOD HELPS US WHEN WE'RE AFRAID, just as he helped the Israelites. Let's look at the rest of the Bible passage to find out what else God did for the Israelites.**

# God Parts the Red Sea

## What You'll Do ■■■■■■

Turn in your Bible to Exodus 14, and show kids the passage. Say: **God told Moses to have the Israelites stop and camp for the night next to the Red Sea. God knew that the Pharaoh of Egypt would think the Israelites were lost in the desert and then chase after them. And that's just what happened.**



## God Guides the Israelites Supplies

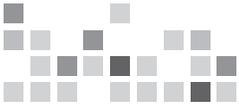
- Bible
- My Bible Fun
- 1 craft stick per child
- cotton balls
- red, yellow, and orange paper
- several pairs of scissors
- glue sticks
- Teacher Pack**
- Bible Timeline

## God Guides the Israelites Easy Prep

Tear out the Lesson 1 pages from each My Bible Fun student book.

## God Parts the Red Sea Supplies

- Bible
- 2 sheets of blue poster board
- Teacher Pack**
- "The Israelites Cross the Red Sea" (from the Big Bible Poster Pack)



Form two groups—the Israelites and the Egyptians. Say: **I need your help to tell what happened.** Lay the two sheets of blue poster board side by side near one end of the room. Have the Israelites sit next to them. Then have the Egyptians sit across the room.

Say: **When the king of Egypt heard that the Israelites left, he thought, “Oh no! What have I done? Now all of our slaves are gone!” So he sent 600 of the best chariots to chase after the Israelites.** Have the Egyptians pretend to ride chariots around the room. Then have them sit near the Israelites.

Say: **The Bible says that the Israelites were terrified when they saw all the Egyptians coming toward them.** Have the Israelites act scared with actions and words if they want to.

Say: **When the Israelites realized they were being chased, they started blaming Moses, asking him, “What have you done? Why did you bring us here to die?” They were really scared, but they weren’t thinking about the fact that ► GOD HELPS US WHEN WE’RE AFRAID.** Encourage children to think about a time they were afraid as they all repeat the Bible Point together: ► **GOD HELPS US WHEN WE’RE AFRAID.**

Say: **Then God did something miraculous for the Israelites. He parted the Red Sea so the Israelites could walk across on dry land.** Hold one of the blue poster boards so it’s standing up but touching the ground. Have another adult volunteer or a child hold the other one in the same way so there’s a narrow pathway. Then put down the poster boards, and show kids “The Israelites Cross the Red Sea” poster.

Say: **Let’s act out what happened. God helped the Israelites by telling Moses to stretch out his hand over the water. When Moses did just as God told him to, God parted the Red Sea so the Israelites could cross on dry land! Let’s pretend to be Moses.** Let the Israelites stretch out their arms. When kids do this, lift your poster board and have your helper do the same—letting the Israelites hurry through the opening.

Say: **When the Egyptians tried to chase after the Israelites, God told Moses to stretch out his hand again.** Have the Israelites stretch their hands toward the “Red Sea,” and have the Egyptians enter into the path through the Red Sea (but not leave the pathway).

Say: **This time, God caused all of the water to come crashing down on the Egyptians so they couldn’t chase the Israelites anymore!** Cover the Egyptians with the blue poster boards.

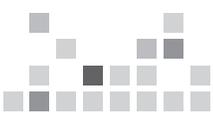
Let the children switch roles and briefly go through what happened again.

### Talk With Kids ■■■■

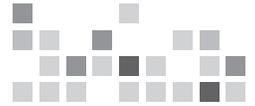
Lead children in this discussion.

Ask:

- **What were you thinking when you were the Israelites in this situation? the Egyptians?**
- **What’s so great about what God did?**
- **Tell about a time God did something great for you.**
- **How can what God did for the Israelites and us help when we’re afraid?**



Say: **God did an amazing thing to help the Israelites when the Egyptians were chasing them. He had a plan all along. ► GOD HELPS US WHEN WE'RE AFRAID, too. He knows what we're afraid of and always has a plan to take care of us.**



### 3 WEAVING FAITH INTO LIFE

## Where Is God When I'm Afraid?

### What You'll Do ■■■■■■

Say: **Today we're hearing how God was with the Israelites in a really scary time and how ► GOD HELPS US WHEN WE'RE AFRAID.** Have kids form pairs.

Show the "Help, I'm Afraid" poster. Say: **On our poster are several pictures of kids in scary situations. I want you to look at these pictures and share with your partner which ones are the scariest for you.** Give kids time to share with each other. Invite the children to share some of the things they discussed in pairs.

Open your Bible to Psalm 23:4, and show it to kids. Say: **There are times in our lives we're afraid, but we can know that God's always with us. Let's learn our Key Verse to help us remember that. Psalm 23:4 says, "I will fear no evil, for you are with me; your rod and your staff, they comfort me."** Have children repeat the simplified verse with you several times: **"I will fear no evil, for you are with me" (Psalm 23:4).**

**Think of a scary time.** Allow time. **"I will fear no evil, for you are with me" means that even when you're facing that really scary thing, you don't have to be afraid because God is right there with you.** Have the children picture God with them in the scary time they previously thought of.

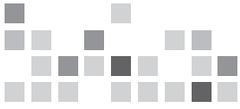
Say: **Isn't it wonderful to know that we don't have to be afraid because God will take care of us? Let's learn a song to help us remember that God is always with us.** Distribute copies of the lyrics page, and play "Psalm 23" (track 2 on the CD). Lead kids in singing and doing the motions.

 **The Lord is my shepherd.** (*point up, and then pretend to hold a staff*)  
(Repeat 4x.)

**The Lord is my shepherd;** (*point up, and then pretend to hold a staff*)  
**I shall not be in want.** (*shake head no*)  
**He makes me lie down in green pastures.** (*stretch arms out to sides*)  
**He leads me beside quiet waters.** (*wiggle arms*)  
**He restores my soul.** (*touch heart*)  
**He restores my soul.** (*touch heart*)  
**He guides me in paths of righteousness** (*put hand above eyes*)  
**For his name's sake.** (*point up*)

### Where Is God When I'm Afraid? Supplies

Bible  
CD player  
tape  
1 index card per child  
crayons  
1 copy per child of the lyrics page (at the end of the lesson)  
**Teacher Pack**  
CD: "Psalm 23" (track 2)  
"Help, I'm Afraid" poster



**Even though I walk through the valley** (*walk in place*)  
**Of the shadow of death,** (*point down*)  
**I will fear no evil, for you are with me;** (*wave hands over and across each other*)  
**Your rod and your staff, they comfort me!** (*put hands on hips and nod*)

**You prepare a table before me** (*move hand across in front of body with palm up*)  
**In the presence of my enemies.** (*stomp foot*)  
**You anoint my head with oil;** (*touch head*)  
**My cup overflows.** (*lean to the side*)  
**My cup overflows.** (*lean to the side*)

**Surely goodness and love will follow me** (*touch heart*)  
**All the days of my life,** (*move hand across in front of body with palm up*)  
**And I will dwell in the house of the Lord** (*touch hands above head like a roof*)  
**Forever, forever!** (*shake hands above head*)

**The Lord is my shepherd.** (*point up, and then pretend to hold a staff*)  
 (*Repeat 4x.*)

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Distribute index cards and crayons. Have kids each draw a picture of a time God helped them when they were afraid. Then say: **In our Key Verse, God tells us that we don’t need to be afraid because he is with us. I want you to pick out the one picture on the poster that you think is the scariest and tape your picture over it.** Let kids put their cards over the pictures.

### Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- What do you think about knowing that God is always there for you?
- What can you do when you are afraid?

Say: **Whenever you’re afraid, ask God to comfort you. He’s always there with you, and he hears you, so you just have to ask him. Just like God helped the Israelites,**  
 ► **GOD HELPS US WHEN WE’RE AFRAID.**

## 4 LASTING IMPRESSIONS

### Daily Challenges

#### What You’ll Do ■■■■

Say: **Let’s think about how** ► **GOD HELPS US WHEN WE’RE AFRAID.**

Daily Challenges  
Supplies

My Bible Fun  
pens

Have kids find this week's Daily Challenges in their My Bible Fun pages and choose one to do this week. They can choose one or more of these three options:

- **Tell a parent one thing you're afraid of, and then tell him or her that God wants us to trust him when we're afraid.**
- **Draw a picture of something that makes you afraid, and then ask God to help you trust him when you're afraid.**
- **Before you go to bed, tell a parent what happened in this week's Bible passage. Remember that you can trust God to take care of you in the dark.**

Make sure you choose a Daily Challenge as well, and tell kids what you chose. Kids will be more inclined to follow through on their commitments when they see you doing the same.

### Talk With Kids

Lead kids in this discussion.

Ask:

- **What's a practical way you're going to do your Daily Challenge? Include a time, a place, and other ideas.**

Say: **God did something really amazing for the Israelites, and he'll do amazing things for us, too. No matter what, we can remember that ► GOD HELPS US WHEN WE'RE AFRAID** as we follow through on our Daily Challenges.

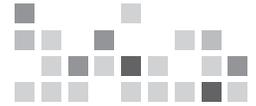
## Weaving Faith at Home

Send the letter to parents home with your kids or give it to parents when they pick up their children. This is a great way to show families they're important to your church and to support their role as spiritual leaders to their children.

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about how God helps us when we're afraid. Kids can also do the activities in the "HomeConnect" section of their My Bible Fun pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at [group.com/digital](http://group.com/digital).

Take a couple of minutes to pray with your kids, thanking God that he's always with us and he's strong enough to help us, even in really scary times. Let each child share a situation he or she is scared of. Then pray: **Dear God, please help us always remember that you are always with us. Help us turn to you for help whenever we are afraid. Thank you, God, for helping us and loving us. In Jesus' name, amen.**

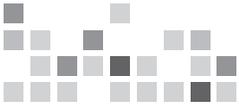


### Weaving Faith at Home Supplies

.....  
My Bible Fun

### Weaving Faith at Home Easy Prep

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Tear out the letter to parents from the back of each My Bible Fun student book.



## Lyrics ■■■■

# Psalm 23

**The Lord is my shepherd.** (*point up, and then pretend to hold a staff*)  
(Repeat 4x.)

**The Lord is my shepherd;** (*point up, and then pretend to hold a staff*)  
**I shall not be in want.** (*shake head no*)  
**He makes me lie down in green pastures.** (*stretch arms out to sides*)  
**He leads me beside quiet waters.** (*wiggle arms*)  
**He restores my soul.** (*touch heart*)  
**He restores my soul.** (*touch heart*)

**He guides me in paths of righteousness** (*put hand above eyes*)  
**For his name's sake.** (*point up*)  
**Even though I walk through the valley** (*walk in place*)  
**Of the shadow of death,** (*point down*)  
**I will fear no evil, for you are with me;** (*wave hands over and across each other*)  
**Your rod and your staff, they comfort me!** (*put hands on hips and nod*)

**You prepare a table before me** (*move hand across in front of body with palm up*)  
**In the presence of my enemies.** (*stomp foot*)  
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**Surely goodness and love will follow me** (*touch heart*)  
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(Repeat 4x.)

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