

The Israelites Cross the Red Sea

Exodus 13:17–14:31

Third- and fourth-graders are beginning to worry about many different things, such as not doing well in school, being hurt by others, or even losing a parent. Kids may feel alone and not know what to do when they're afraid. Fear often comes from a belief that something stronger than us will overcome us somehow. The reality couldn't be further from that, though, since God is with you and each of the kids in your group all the time. Use this lesson to help kids understand that they aren't alone, even when they're afraid.



► 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
1 Getting Started	What Are You Afraid Of? <i>(about 10 min.)</i> Work in pairs to discuss scary things, and then pantomime them.		
2 Bible Exploration	From Fear to Victory <i>(about 20 min.)</i> Discover what the Israelites must have feared, and participate in running through the parted Red Sea.	Bibles, Bible Truth Sleuth, CD player, masking tape, index cards, marker, 16 inflated balloons, copies of the lyrics page (at the end of this lesson) Teacher Pack: CD, Bible Timeline 	Tear out the Lesson 1 pages from each Bible Truth Sleuth student book. Place masking tape on the floor to create a straight path leading from Egypt in one corner to the Promised Land in another corner. Write each letter of the word <i>righteousness</i> on a separate index card. Place the letter "R" at the Egypt corner. Hide most of the letters around the room, but keep the remaining letters with you.
	God Is With Me <i>(about 10 min.)</i> Read the Key Verse, and create staffs to remind them to trust God.	Bibles, CD player, 12x18-inch sheets of construction paper, markers, tape Teacher Pack: CD	

Bold text within the lesson is spoken text.





LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
3 Weaving Faith Into Life	Know Fear or No Fear? <i>(about 15 min.)</i> Compare being afraid with God helping them to not be afraid.	Bible Truth Sleuth, pens	
4 Lasting Impressions	Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.	Bible Truth Sleuth	
	Weaving Faith at Home <i>(about 2 min.)</i> Talk about how to share what they learned with their families.	Bible Truth Sleuth	Tear out the letter to parents from each Bible Truth Sleuth student book.

Bold text within the lesson is spoken text.





From Fear to Victory Supplies

Bibles
Bible Truth Sleuth
CD player
masking tape
index cards
marker
16 inflated balloons
copies of the lyrics page
(at the end of this
lesson)

Teacher Pack

CD: "Horses and
Chariots" (track 2)
Bible Timeline

BALLOON WARNING

To avoid choking hazards for younger classes meeting later, be sure to pick up pieces of any broken balloons promptly. Balloons may contain latex.

1 GETTING STARTED

What Are You Afraid Of?

What You'll Do ■■■■■■

Welcome kids warmly as they arrive, and ask them how their week went. Have kids stand on one side of the room.

Form pairs. Say: **People are afraid of lots of different things. Some people are afraid of heights, flying in airplanes, skydiving, spiders, snakes, and a variety of other things. Talk with your partner about something you both agree is scary. Allow time.**

Say: **Take a minute to decide how you'll both act out the thing you both agreed is scary for the rest of the group. Don't use any words. Everyone else will try to guess what you're acting out.**

Give pairs a minute to plan out their short skits, and then allow pairs to take turns acting them out for the group to guess. Continue until each pair has had the opportunity to share its fear.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- **Why do some people think the things you've acted out today are scary?**
- **What do you think might help you be less afraid in scary situations?**

Say: **Today we'll look at a situation the Israelites were in that was very scary for them. We'll see how God helped them and learn that ► GOD HELPS US WHEN WE'RE AFRAID, too. No matter what situation you face, God is always with you and he helps you all the time.**

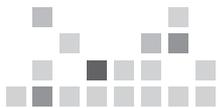
2 BIBLE EXPLORATION

From Fear to Victory

What You'll Do ■■■■■■

Point out the Israelites crossing the Red Sea on the Bible Timeline. Distribute the Bible Truth Sleuth pages.





Say: **God’s people, the Israelites, had waited a long time, and they were finally leaving Egypt! But they didn’t take the shortest route possible to the Promised Land.** Point to the masking- tape line, and explain that it’s the shortest route out of Egypt. **Instead, God led them around the desert to the Red Sea.** Make sure kids have Bibles, and invite a willing child to read aloud Exodus 13:17-22.

Say: **Hidden around this room are letters on index cards. The letters will spell righteousness. Your job is to find the letters in the correct order. To see how to spell righteousness, look at the left side of your Bible Truth Sleuth page beside the “Know Fear” column. Stick together as a group the way the Israelites did. If you find a letter that comes later in the word, you can put it back and keep looking.**

As kids go through this process, pretend to be Pharaoh and slowly count down from 20, ensuring you count quickly enough that kids feel just a bit of pressure. This will help them understand the urgency of the Israelites’ departure. When they finally find all the letters that you’ve hidden, let them look a little longer and then say: **It looks like you’re stuck. You can’t seem to find the next letter. The timer is running out, and you can’t get to the end.** Allow kids to feel a little frustration, and then invite them to sit down.

Say: **God didn’t have the Israelites wandering in circles for nothing! God had a plan. He wanted to show Pharaoh and the Egyptians that he was the one true God!**

Have a willing child read aloud Exodus 14:1-4 and Exodus 14:10-12.

Say: **The Israelites were trapped at the edge of the Red Sea. Let’s try to imagine what it must have sounded like as the Israelites stood at the Red Sea.**

Have kids form two groups. One group will be the Israelites, and the other group will be the Egyptians. Play the “Horses and Chariots” segment (track 2 on the CD), and have the “Israelites” stand next to a wall designated as the Red Sea. Have the “Egyptians” move in toward the Israelites to trap them. The kids will follow along with the CD and act out the things their groups do.

Say: **The Egyptians had caught up with the Israelites, and the Israelites were trapped. They thought they were going to die. But God had a plan to help them. Our Bible Point tells us that ► GOD HELPS US WHEN WE’RE AFRAID. Let’s find out how God helped the Israelites!**

Read aloud Exodus 14:13-20.

Say: **Let’s look at what God did for the Israelites in this scary situation.**

Have kids switch roles from the previous activity. The Israelites will now become the Egyptians, and the Egyptians will now become the Israelites.

Say: **God was with his people in the cloud and in the fire, but God didn’t stop there. He went on to help the Israelites even more. The Red Sea was still an obstacle that kept the Israelites from continuing on their journey.**



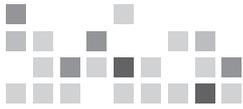
From Fear to Victory Easy Prep

Tear out the Lesson 1 pages from each Bible Truth Sleuth student book.

Place masking tape on the floor to create a straight path leading from Egypt in one corner to the Promised Land in another corner.

Write each letter of the word *righteousness* on a separate index card. Place the letter “R” at the Egypt corner. Hide most of the letters around the room, but keep the remaining letters with you.





Ask for two willing kids from each of the two groups to be the Red Sea. Have two kids stand facing the other two kids. Give each person in the Red Sea two balloons to hold in each hand so each Red Sea child has four balloons. Help kids hold on to the tied-off ends so they can easily hold two balloons in each hand. Have the Red Sea kids hold the balloons out in front of themselves and touch the balloons of the other side of the Red Sea.

Have the Israelites stand at one end of the Red Sea.

Say: **God told Moses to raise his staff over the water and the water would part. So Moses raised his staff over the water, and it parted! Then the Israelites crossed over on dry land!**

Have the Red Sea pull the balloons apart so the Israelites can pass through. Then have the Israelite group run through to the other side.

Say: **The Egyptians were getting ready to follow the Israelites! So God told Moses to hold up his staff again, and when Moses did, the water came crashing down on the Egyptians!**

Have the Egyptian group start to run through, but have the Red Sea push the balloons back together again so that they can't get through.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- What was this experience like for you?
- How does your experience relate to what the Israelites went through?
- What do you usually do when you're afraid?
- How do you think you can trust God to help you even when it seems impossible?

Say: **There are all kinds of times we can rely on God to help us. We know that ► GOD HELPS US WHEN WE'RE AFRAID, and we can rely on him at all other times, too. The Israelites learned from a really incredible experience that God was always with them, and he helped them in a difficult and scary time.**

God Is With Me

What You'll Do ■■■■

Make sure each child has a Bible. Say: **Our Key Verse today is Psalm 23:4.**

Have kids find the verse in their Bibles, and ask a willing child to read the verse aloud: "I will fear no evil, for you are with me; your rod and your staff, they comfort me" (Psalm 23:4).

Say: **Find a partner, and tell each other the three main words that stand out to you in this verse.** Allow time.

God Is With Me Supplies

Bibles
CD player
12x18-inch sheets of
construction paper
markers
tape
Teacher Pack
CD: "Psalm 23" (track 4)





Say: **Today we saw how God helped the Israelites when they were in a difficult situation and were very scared. God had Moses use his staff to part the Red Sea. Our Key Verse tells us that when we're afraid, God's staff comforts us. That means God's with us and he's strong enough to help us in any situation. Let's make our own staffs as a reminder of how God helps us whenever we're afraid.**

Give each child one sheet of construction paper, and have kids roll the sheets into tubes lengthwise and fasten with tape. Play "Psalm 23" (track 4 on the CD) while the kids work.

Say: **Use markers to write our Key Verse on your staffs, and decorate them in a way you think will remind you that God helps you when you're afraid. Show the importance of the words you told your partner earlier.**

When kids finish decorating their staffs, have them each bend the top part of the tube to form a crook to resemble a shepherd's staff.

Say: **Hang your staff up someplace where you'll see it at home to help you remember that you can place your trust in God whenever you're afraid.**

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- How do you think this staff will help you remember to turn to God when you're worried or afraid?
- What's one way you can let your trust in God take the place of fear in your life?

Say: **The staffs you made can be a good reminder of our Key Verse, which tells us that ► GOD HELPS US WHEN WE'RE AFRAID. When we give our fear to God, he can give us courage and help us in those scary times. God did miracles to show the Israelites that he would always be with them. That same amazing God wants to be part of your everyday life.**

3 WEAVING FAITH INTO LIFE

Know Fear or No Fear?

What You'll Do ■■■■

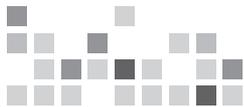
Have kids form pairs. Say: **We all know what it's like to be afraid. Earlier we talked about things that are scary to us. But we can turn to God when we're afraid.**



Know Fear or No Fear? Supplies

Bible Truth Sleuth pens





Have kids take a minute to tell partners about a way they were comforted the last time they were afraid.

Say: **One way God helps us when we're afraid is with his words and promises in the Bible. When we read the Bible, we see many verses that promise God's help when we're afraid. Let's look at some of those verses today and at how they can help us with some of our fears.**

Make sure everyone has a pen, and have kids turn to the "Know Fear/No Fear" activity on their Bible Truth Sleuth pages and complete it.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- How can reading Bible verses help you when you're afraid?
- What's easy or difficult about trusting God when you're afraid?
- What can you ask God to replace your fear with?

Say: **These verses help us see how God has a lot to say about fear, and we need a lot of reminders to trust God instead of being afraid. ► GOD HELPS US WHEN WE'RE AFRAID, and there's no better help than that! The Israelites faced a truly impossible situation, but God was with them and brought them through it.**

4 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■

Say: **Consider this week how ► GOD HELPS US WHEN WE'RE AFRAID.**

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

- **Pay attention this week to areas of your life in which you feel afraid. Pray and ask God to help you learn to trust him instead of being afraid.**
- **Look up *fear* in the dictionary. Write down the definition. Then look up antonyms of *fear*. Write those down, and pray that God will help you become more filled with trust and hope in God. Put these definitions in your journal or Bible to remind you to ask God for help when you're afraid.**
- **Use yarn to make yourself a bracelet. As you make the bracelet, pray that God will help you when you're afraid. Anytime you feel afraid, let the bracelet remind you to trust God instead.**

Daily Challenges
Supplies

Bible Truth Sleuth





Make sure you choose a Daily Challenge as well, and tell the 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: **Let’s follow through on our Daily Challenges and remember that ► GOD HELPS US WHEN WE’RE AFRAID.**

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 trusting God instead of being afraid. Kids can also do the activities in the “HomeConnect” section of their Bible Truth Sleuth pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church’s families. Available at group.com/digital.

Have kids form groups of three or four and pray for the person on their right. Remind kids to pray for God to help them trust him when they’re afraid.



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