

The Israelites Cross the Red Sea

Exodus 13:17–14:31

Young preschoolers are afraid of many things: big dogs, life-size characters, and the dark, to name a few. But children generally have confidence that those they call out to—such as their parents or other caregivers—will save them from frightening things. Use this lesson to help your preschoolers know they can call out to God when they’re afraid and that he’s always with them.



► Bible Point

God helps us when we’re afraid.

Key Verse

“The Lord is my shepherd, I shall not be in want” (Psalm 23:1).

Weaving Faith Into Life

Children will ask God to be with them when they’re afraid.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started</p> <p><i>about 5 min.</i></p>	<p>Welcome and Celebrate</p> <p>Welcome each other, and praise God through music.</p>	<p>CD player</p> <p>Teacher Pack: CD</p>	
<p>2</p> <p>Key Verse Activity</p> <p><i>about 10 min.</i></p>	<p>All I Need</p> <p>Identify pictures of things they need.</p>	<p>Bible</p> <p>Teacher Pack: “Things I Need” cards</p> 	<p>Break apart the cards, keeping the categories separated.</p>
<p>3</p> <p>Bible Exploration</p> <p><i>about 15 min.</i></p>	<p>Puppy Pointers</p> <p>Tell Theo how he can be brave in the dark.</p>	<p>CD player, Theo puppet, flashlight, string</p> <p>Teacher Pack: CD</p>	<p>Tie the flashlight to Theo’s paw.</p>
	<p>Bible Time: Crossing the Red Sea</p> <p>Follow the “cloud” and the “pillar of fire” before crossing the “Red Sea.”</p>	<p>Bible, blue bulletin board paper, flashlight, pillow</p> <p>Teacher Pack: “The Israelites Cross the Red Sea” poster (from the Big Bible Poster Pack)</p> 	

Bold text within the lesson is spoken text.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life</p> <p style="text-align: center;"><i>about 20 min. (Choose 2 centers.)</i></p>	<p>Center 1: Through the Sea Walk their fingers across the “Red Sea.”</p>	<p>My Bible Hugs Teacher Pack: stamp pad</p>	<p>Remove the Lesson 1 pages from each My Bible Hugs student book, and write children’s names on them. Fold up the sides of the pages to make the “walls” of the Red Sea.</p>
	<p>Center 2: Yogurt-Split Snack Divide yogurt as God divided the Red Sea.</p>	<p>clear plastic cups, spoons, vanilla yogurt, blue powdered-drink mix, antibacterial gel (optional)</p>	
	<p>Center 3: Run With God Experience crossing the Red Sea as they play a game.</p>	<p>blue bulletin board paper</p>	
	<p>Center 4: Paint Impressions Make impressions and talk about how God uses people to help us.</p>	<p>paper, bowls of tempera paint, various objects</p>	<p>Choose objects kids can use to dip in paint and make impressions on paper.</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions</p> <p style="text-align: center;"><i>about 10 min.</i></p>	<p>Daily Challenges Choose a Daily Challenge to apply God’s Word.</p>	<p>My Bible Hugs</p>	
	<p>Action Prayer Walk through the Red Sea while thanking God for being with them.</p>	<p>blue bulletin board paper</p>	
	<p>Weaving Faith at Home Talk about how to share what they learned with their families.</p>	<p>My Bible Hugs</p>	<p>Tear out the Parent Letter in the back of each My Bible Hugs book to give to parents when they pick up their children.</p>

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



Welcome and Celebrate Supplies

CD player

Teacher Pack

CD: "We're at Church"
(track 2), "Wherever
You Go" (Joshua 1:9)
(track 4)

1 GETTING STARTED

Welcome and Celebrate

Tip Don't know the melodies to the songs in this guide? Download the 99-cent Kids Songs app by Alkeo and play the tunes for 200+ common children songs.

Tip Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do

As the children arrive, greet each one with a smile. When it's time to begin, use your signal to gather the children together in a circle on the floor.

Lead children in singing "We're at Church" (track 2 on the CD). Encourage children to follow the motions in parentheses.

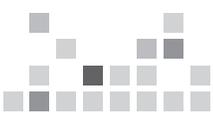
 **We're at church,** *(make a steeple with hands)*
We're at church *(make a steeple with hands)*
To worship God and learn his Word *(make a book with hands)*
With a prayer and a song and a Bible story too. *(make prayer hands)*
God loves me and God loves you! *(hug self; then point to others)*
(Repeat 3x.)

Say: **Welcome to church today! I'm so glad you're here. Today we're learning that
 ► GOD HELPS US WHEN WE'RE AFRAID. Let's sing a song about that.**

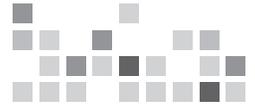
Lead children in singing "Wherever You Go" (Joshua 1:9) (track 4 on the CD). Encourage children to follow the motions in parentheses.

 **Have I not commanded you?** *(stand with hands on hips)*
Be strong and courageous. *(make muscles)*
Do not be terrified; *(make scared face)*
Do not be discouraged, *(shake head "no")*
For the Lord your God will be with you *(point up; then hug self)*
Wherever you go. *(point around the room)*
Wherever you go. *(point around the room)*
(Repeat 3x.)

"Wherever You Go" (Joshua 1:9) by Jay Stocker. © 2006 Group Publishing, Inc. All rights reserved.



Say: **God tells us in the Bible that he'll take care of us. In fact, we'll hear today how he helped some people who were afraid. And we'll also talk about how ► GOD HELPS US WHEN WE'RE AFRAID.**



2

**KEY VERSE
ACTIVITY**

All I Need

What You'll Do

Have children form a circle and sit down. Open your Bible to Psalm 23:1, and show children the words. Tell kids the Bible is God's special book.

Say: **Our Key Verse from the Bible says, "The Lord is my shepherd, I shall not be in want" (Psalm 23:1). That means God gives me everything I need. Let's say that together.** Lead the children in repeating the adapted verse with you: **God gives me everything I need (Psalm 23:1).**

Say: **Our Key Verse tells us that God knows what you need and takes care of you. He gives you a mom or dad to give you food and tuck you into bed at night. He gives you clothes and protects and loves you. He makes sure you have everything you need.** Invite children to talk about things they need.

Say: **Thank you for all your ideas. We all see things that we either want or need. Let's find out the difference between what we want and what we need.** Invite children to tell about things they want but might not need, such as toys or candy.

Say: **The things we need are important things because they help take care of us. The things we want are just extra things that we can definitely live without. Sometimes God gives us things we want, too, but God doesn't promise to give us everything we want.**

Stack the "Things I Need" cards, and show the stack to kids. Say: **Here are some things that we really need in our lives.**

Show the cards labeled "Food," and invite children to tell things they see in the pictures that they need. Repeat with each category of cards, ending with those labeled "Relationship With God."

Say: **God promises to give us all these things we need. God gives us food, clothes, family to give us love, and a safe place to sleep at night. He also helps us be friends with him. God is so good! Let's say our Key Verse together again: God gives me everything I need (Psalm 23:1).**

Let's play a game to remember our verse.

All I Need Supplies

Bible
Teacher Pack
"Things I Need" cards

All I Need Easy Prep

Break apart the cards, keeping the categories separated.





Place the pictures all around your room. Say: **When I say “Go,” find a picture of something you need God to give you. Maybe you’re hungry and you need God to give you food. Or maybe you feel sad and you need love from your family. Ready?** Check for understanding, and then say “Go” and help kids find pictures and stand next to them.

Once everyone is standing next to a picture, have children repeat the Key Verse: God gives me everything I need (Psalm 23:1).

Play a few more rounds so the children get to stand next to at least a few cards.

Talk With Kids ■■■■

Say: **God will give you everything you need. You can be sure of that. He’ll take care of you. Let’s see how God took care of some people who were afraid, and how**
▶ **GOD HELPS US WHEN WE’RE AFRAID.**

3 BIBLE EXPLORATION

Puppy Pointers

What You’ll Do ■■■■■■

Say: **Listen, everyone, Theo’s coming! He has something to show us. Let’s find out what it is.** Play “Here, Theo” (track 3 on the CD), and bring out Theophilus the FaithRetriever.

Theo: Hi, everybody!

Teacher: Hello, Theo! It’s nice of you to come to church with us today. Do you have something to show us?

Theo: I brought my flashlight.

Teacher: Why did you bring your flashlight, Theo?

Theo: Because I’m afraid the lights will go out.

Teacher: Thanks for sharing with us, Theo, but do you know what?

Theo: (*Shivers and shakes*) What?

Teacher: We don’t need to be afraid because God always takes care of us, no matter what. Friends, let’s tell Theo our Bible Point for today. (*Lead children in saying the Bible Point for Theo:* ▶ **GOD HELPS US WHEN WE’RE AFRAID.**)

Teacher: Today we get to hear how God helped his people be brave when they were afraid.

Theo: So maybe God could help me be brave when I’m afraid.

Teacher: God can do anything, Theo!

Theo: I do feel better. I’m going to put my flashlight back in my house.

Teacher: That’s good. Let’s say goodbye to Theo.

Encourage the children to wave or say goodbye to Theo. Then put Theo away in a safe place for next week’s use.

Puppy Pointers Supplies

CD player
Theo puppet
flashlight
string

Teacher Pack

CD: “Here, Theo”
(track 3)

Puppy Pointers Easy Prep

Tie the flashlight to
Theo’s paw.

Talk With Kids

Lead children in this discussion.

Ask:

- What do you do when you're afraid?
- What do you like about having God's help when you're afraid?

Say: **It's great that ► GOD HELPS US WHEN WE'RE AFRAID. We don't have to carry flashlights around like Theo was. We can remember that God can do anything and that he's always with us. Let's find out how God helped his people be brave when they were afraid in the desert.**

Bible Time: Crossing the Red Sea

What You'll Do

Open your Bible to Exodus 13–14, and show children the words. Tell children that the Bible is God's special book.

Hold up the blue bulletin board paper. Say: **Let's pretend this is the Red Sea, a big body of water near where God's people, the Israelites, were.** Lay the paper on the floor, and have kids sit on one side of it. Say: **We'll pretend we're the Israelites.**

The Israelites were in the desert. They had just left a place where they were treated very badly, and they were very scared because they didn't know where to go. Invite the children to make scared faces.

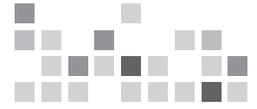
Say: **God knew that some of the Israelites were scared, so God led them with a big cloud during the day.** Hold the pillow above your head and walk near the children. **As the cloud in the sky moved, the Israelites knew where to go.**

Invite a child to gently toss the pillow, and have children walk to where it lands. Repeat this several times, giving several children a chance to toss the pillow.

Say: **Since it was dark at night, God led the Israelites with a tall pillar, or wall, of fire.** Turn off the lights, shine the flashlight on the floor, and have the children follow the light for a few seconds. Lead them back to the edge of the Red Sea, and have them sit down.

Say: **God helped the Israelites when they were afraid. And ► GOD HELPS US WHEN WE'RE AFRAID.**

Remember how I told you the Israelites left a place where the people treated them really badly? Pause. One day, those people came to catch the Israelites and bring them back. So when the Israelites saw those mean people coming, they were really scared! Invite the children to make scared faces.

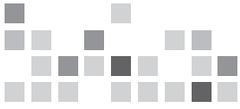


Bible Time: Crossing the Red Sea Supplies

.....
Bible
blue bulletin board
paper
flashlight
pillow

Teacher Pack

"The Israelites Cross the Red Sea" poster (from the Big Bible Poster Pack)



Say: **By this time, the Israelites were next to the Red Sea. Where could they go? They said to Moses, “We’re going to die!” But Moses told the people to be strong and brave.** Invite the children to make muscles.

Show “The Israelites Cross the Red Sea” poster. Say: **God helped the Israelites! He did something amazing. He made the water in the Red Sea part so the Israelites could walk to the other side.** Have an adult leader help you lift the blue bulletin board paper, and have kids walk next to the “wall of water.” Then say: **When the mean people came after the Israelites, the water came down on them.** Place the blue bulletin paper back on the floor.

Let the children repeat the process, this time with some of the kids pretending to be the Israelites and others the mean people. Let the paper go over the “mean people” as kids play. Repeat as time allows, having kids switch roles.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What seems most scary to you about what we just heard?
- Tell about a time you were scared.
- What can you say to God or do when you’re afraid?

Say: **God promises to give us what we need and to be with us, even when we’re afraid. God helped the Israelites when they were afraid, and ► GOD HELPS US WHEN WE’RE AFRAID.**

Center 1: Through the Sea Supplies

My Bible Hugs
Teacher Pack
stamp pad

Center 1: Through the Sea Easy Prep

Remove the Lesson 1 pages from each My Bible Hugs student book, and write children’s names on them. Fold up the sides of the pages to make the “walls” of the Red Sea.

4 WEAVING FAITH INTO LIFE

Choose at least two of the learning centers to help reinforce today’s Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you’re ready for them. Allow the children to choose which center they’d like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center’s description.

■ CENTER 1:

Through the Sea

What You’ll Do ■■■■■■

Give each child a Lesson 1 page from My Bible Hugs. Say: **Today we’re learning that ► GOD HELPS US WHEN WE’RE AFRAID, just as God helped the Israelites when they were afraid. Let’s use our My Bible Hugs pages to pretend to “walk” across the Red Sea.**

Show the children how to press their index and middle fingers onto the stamp pad and then “walk” their fingers on the area between the walls of the Red Sea to re-create the Israelites’ footprints.

When the children finish, have them wash their hands with warm water and soap to remove the ink from their fingers.

Talk With Kids ■■■■

Say: **God gives us everything we need, just as he gave his people what they needed a long time ago. ► GOD HELPS US WHEN WE’RE AFRAID, too. And we can trust that he can do amazing things when we need help.**

■ **CENTER 2:**

Yogurt-Split Snack

What You’ll Do ■■■■

Have children clean their hands and then sit down for the snack. Say: **God made water move to take care of the Israelites when they were afraid. Let’s make a snack to remind us that he helps us when we’re afraid, too.**

Give children spoons and cups. Fill half of each cup with vanilla yogurt, and then add about a teaspoon of blue powdered-drink mix. Let the children create “oceans” by mixing the two ingredients together. Encourage kids to separate their yogurt “seas” as they eat to imitate God parting the waters of the Red Sea.

Talk With Kids ■■■■

Say: **Even when the Israelites were afraid, God helped them walk bravely to the other side of the Red Sea. ► GOD HELPS US WHEN WE’RE AFRAID, too. He takes care of us, and he’s with us to help us be brave.**

■ **CENTER 3:**

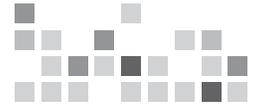
Run With God

What You’ll Do ■■■■

Say: **► GOD HELPS US WHEN WE’RE AFRAID. Let’s play a game to see how God helped the Israelites run on dry ground when they were afraid.**

Put the children in two groups. Lay the blue bulletin board paper on the ground, and then have one group of children stand around the paper, holding the edges across from each other. Say: **You’ll be “Water People” in our game.**

Have the other group of children stand at one end of the blue bulletin board paper. Say: **You’ll be the Israelites in our game.**



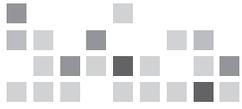
**Center 2:
Yogurt-Split Snack
Supplies**

-
- clear plastic cups
 - spoons
 - vanilla yogurt
 - blue powdered-drink mix
 - antibacterial gel (optional)

**! ALLERGY
■ ALERT**

**Center 3:
Run With God
Supplies**

-
- blue bulletin board paper



Say: **When the Israelites say ►“GOD HELPS US WHEN WE’RE AFRAID,” the Water People will hold the paper above their heads.** Have the children practice that step a few times.

Say: **Now, when the paper is up high, if you’re an Israelite, move quickly under it to the other side.** Have the children practice that step a couple of times.

Say: **This time, Water People, when you raise the water, say “Run, run, God’s helping you.”** Have the children practice all the steps together a few times. Then let them switch roles.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What was it like to escape to the other side under the water?
- Tell about a way God helps you when you’re afraid.

Say: **It was exciting and maybe a little scary to move under the water in our game. Sometimes in life we have times when we’re scared, even if we might be a little excited, too—like when we try something new. But we can always remember that just as God helped the Israelites, ► GOD HELPS US WHEN WE’RE AFRAID.**

■ CENTER 4:

Paint Impressions

What You’ll Do ■■■■■■

Say: **One thing God gives us is people who love us and can help us when we’re afraid. Think of one person you love. Pause. God gave that person to you! God uses that person to help you.**

Set out the various objects and paint. Say: **Sometimes God uses people in our lives to help us, kind of like how we can use these objects to make impressions.** Invite the children to make impressions on paper by dipping the objects in paint and pressing them on their papers.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- How do the impressions you made on your papers look like the real objects?
- Tell about a time a person helped you.
- Why are you thankful God gave you that person?

Center 4: Paint Impressions Supplies

paper
bowls of tempera paint
various objects

Center 4: Paint Impressions Easy Prep

Choose objects kids can use to dip in paint and make impressions on paper.

Say: **God helped the Israelites when they were afraid. And ► GOD HELPS US WHEN WE'RE AFRAID.** Sometimes he helps us by giving us people to help us. This week when you look at your paint impressions, remember we can see God's help when we see how God is using the people to help us.

5 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

After the children have cleaned up their centers, bring everyone back to a circle area on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they remember about what they learned from the Bible today.

Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives this week. Use this challenge for encouraging your children's growing relationships with Jesus.

Talk With Kids ■■■■

Say: **Today we learned that ► GOD HELPS US WHEN WE'RE AFRAID.** I would like each of you to choose a way to go to God for help this week.

Give kids these two challenges to choose from:

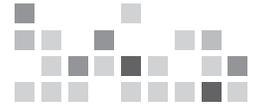
- **Place a small night light next to your bed. Turn it off and on before you go to bed, and ask God to help you when you're afraid.**
- **Ask your mom or dad to pray with you. Curl up into a ball and ask God to help you when you're afraid. When you're done praying, stand up and stretch while thanking God for giving you everything you need to be brave.**

Say: **If you want to put a night light next to your bed, circle the choice with one dot. If you want to pray, circle the choice with two dots.** Check that each child circled a choice on his or her My Bible Hugs page. Make sure you tell kids the challenge you choose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as in theirs!

Action Prayer

What You'll Do ■■■■■■

Say: **► GOD HELPS US WHEN WE'RE AFRAID.** Let's pray and thank him. As we pray, we can walk past the Red Sea like the Israelites did.

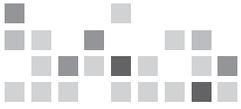


Daily Challenges Supplies

My Bible Hugs

Action Prayer Supplies

blue bulletin board paper



Weaving Faith at Home Supplies

My Bible Hugs

Weaving Faith at Home Easy Prep

Tear out the Parent Letter in the back of each My Bible Hugs book to give to parents when they pick up their children.

Hold up the paper and invite each child to walk under it and thank God for something. If children don't know what to say, encourage them to say, "Thank you for being with me when I'm afraid."

Close the prayer by saying: **God, we're all so thankful you're with us when we're afraid. Help us to trust you this week. In Jesus' name, amen.**

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.

Have children take home their My Bible Hugs pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the "Daily Challenges" activity. Encourage the parents to help their kids fulfill this commitment during the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

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