



## WEEK ONE – OCTOBER 2019 – PRETEEN

**Bible Story:** *Basket Case* ▪ Exodus 2:1–10 (Supporting: Exodus 1)

**Key Question:** *What do you worry about?*

**Memory Verse:** “Be strong and brave. Do not be afraid. Do not lose hope. I am the Lord your God. I will be with you everywhere you go.” Joshua 1:9b (NIRV)

**Life App:** *Courage—Being brave enough to do what you should do, even when you’re afraid*

**Basic Truth:** *I can trust God no matter what.*

**Summary:** We kick off October in Exodus 2:1–10 where we meet Moses and his family. Moses was born in a time when Pharaoh commanded that all Hebrew baby boys be killed. Moses’ mother and sister had courage to keep him alive. God rescued Moses through Pharaoh’s daughter who ended up bringing him into the palace as her own son and raising him as an Egyptian.

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## PRE-SERVICE ACTIVITY

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### 1. Get Your Head in the Game

*Create: an activity that explores spiritual ideas through the process of drawing, building, and designing*

**What You Need:** Paper; markers

**What You Do:**

- Set out paper and markers.
- Invite kids to draw a picture of themselves as a baby without letting others see what they're drawing.
- Collect the drawings.
- Hold up the drawings one at a time and let kids guess whose picture it is.
- Reveal the artist by having him or her imitate the cry or coo of a baby.
- As time allows, let kids share stories about themselves as babies or funny things their younger family members have done.

**What You Say:**

*“Babies are cute and cuddly, and when they aren’t crying or needing a diaper change, they’re pretty fun to be around. One thing all babies need is to be cared for and protected.*

***[Transition] In today’s story we’ll hear about the way God protected a certain baby in a very unique way.”***

*Lead your group to the Large Group area.*

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## LARGE GROUP

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**OVERVIEW:**

**Key Question:** *What do you worry about?* We wanted to start the month on courage helping preteens think about the times they feel scared or anxious. When we can identify what makes us scared, we can figure out a plan to help us through those moments.

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## SMALL GROUP

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### 1. Take a Snapshot

**[Application Activity]**

*Move: an activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** Painter's tape

**What You Do:**

- Designate or tape off a rectangular area of the room to serve as a “stage” that is large enough for all the kids to stand inside.
- Explain that you will describe a situation and invite them to stand in an area of the stage in response to how worried or scared that situation might make them feel.
  - Center Stage (front and center) = a big worry for me
  - Stage Left (actor's left as they face the audience) = sometimes a worry for me
  - Stage Right (actor's right as they face the audience) = sometimes a worry for someone I know
  - Backstage (behind the lines of the stage area) = never a worry for me
- Share scenarios such as the following or others your kids can relate to.
  - You have a math test today.
  - A tornado siren just went off.
  - You're up next to give your speech in front of the class.
  - The dentist says you have two cavities.
  - You're alone at home and you hear some creepy sounds.
  - You hear the smoke alarm going off.
  - It's your first time on a roller coaster.
  - You're getting your hair cut.
  - You're in charge of taking care of the neighbor's dog while they are on vacation.
  - You just moved and it's your first day at a new school.
- Encourage kids to share why they would or would not feel worried in each of the situations you name. If they have stories or examples they want to talk about, allow them to do so.

**What You Say:**

*“We all face situations that make us nervous, worried, or just plain freaked out. Not everyone is afraid of the same things, but we all face times when we need God to give us courage. We can call out to Him for help anytime. It doesn't always mean that our fears will instantly melt away or that everything will turn to sunshine. It does mean that God will see us through. He will give us what we need to trust Him and do what we should even if we don't know what will happen next.”*

## **2. Bible Story Extension**

**[Bible Story Review]**

*Imagine: an activity that promotes empathy and facilitates biblical application through role-play*

**What You Need:** “Sound Effects” Activity Page, Bible

**What You Do:**

- Give each kid a “Sound Effects” card, but ask him or her to not let others see what it says.
- Explain that each card has a sound that relates to something that happened in today’s Bible story.
- Ask kids to begin making the sound described on their card while also listening to the sounds others are making.
- Challenge the group to form a “Story Line” based on the sound effects (no talking).
- The order should follow the flow of the story as much as possible. For example:
  - CRACKING WHIP (Israelites were forced to work hard)
  - GRRR! (Pharaoh grumbling as he realizes how huge the Jewish population is becoming)
  - CRYING BABY (baby Moses crying)
  - STOMPING FEET (soldiers coming to take all the babies)
  - SNIFFLE. SNIFFLE. (Jochebed crying at the thought of her baby being killed by Pharaoh)
  - SHH! SHH! SHH! (hushing baby Moses so the soldiers don’t hear him)
  - GURGLING WATER (baby Moses floating in a basket in the water)
  - FEET RUNNING (Miriam running to get Jochebed)
  - AWW! WOOK AT DA WIDDLE BABAY! (princess seeing and tickling a cute baby)
  - PHEEW!! (a sigh of relief as baby Moses is safe)
- Once the “Story Line” is complete, let kids share the part of the story their sound went with. Let them adjust the line if needed to make the flow of events coincide with Exodus 2:1–10.
- Discuss:
  - Who would you say was the most courageous person in this story? Why?
  - Name some parts of the story in which someone didn’t know what was going to happen next.
  - When we don’t know what will happen next or how something is going to turn out, how might God use that to help our faith grow?
  - When you’re scared and don’t know what to do—but you want to do SOMETHING—what is most helpful?
- Remind kids that courage is being brave enough to do what they should do, even when they’re afraid.

### 3. Discussion Questions

#### [Application Activity]

*Connect: an activity that invites kids to share with others and build on their understanding*

**What You Need:** N/A

#### What You Do:

- Ask:

- What do you think is the main reason people worry?
- Is there ever a time when it's good to be scared? Why or why not?
- What's something a follower of Jesus never has to worry about?
- How might worry help our faith and faith help our worry?

## 4. Make It Personal with Prayer

### [Prayer Activity]

*Reflect: an activity that creates space for personal understanding and application*

**What You Need:** Bible

### What You Do:

- Remind them that the best way to crush worry is by asking God for help and courage to do what's right even in the face of uncertainty.
  - Let them know that every hero in the Bible was afraid at some point.
  - Those who stood strong were the ones who trusted God to help them do what He wanted them to do even though they didn't know how it would all turn out.
- Read aloud Joshua 1:9b, asking kids to listen for a command to follow and a promise to believe.
- Close by reading the verse again and pausing after each sentence as you invite kids to respond in prayer to God's command and to put their trust in His promise.

### What You Say:

*“Joshua 1:9 says, Be strong and brave. Do not be afraid, (NirV). Lord, give us the courage we need to be strong and brave when we are faced with the situations we wrote down and placed inside these soda cans.” (Pause to let kids pray silently about the specific things they wrote down.)*

*“Joshua 1:9 ends with an amazing promise: Do not lose hope. I am the Lord your God. I will be with you everywhere you go, (NirV). Give us hope as we believe Your promise to be with us wherever we go.” (Pause to let kids pray silently then have them pick up their cans to indicate that they've finished praying and ready to go forward with courage.)*

***As adults arrive to pick up, don't forget to hand out this month's content overview to each parent!***