



WEEK THREE – OCTOBER 2019 – PRETEEN

Bible Story: *Break on Through* • Exodus 13:17–14:31

Key Question: *How do you respond when things seem impossible?*

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: Next, we find out what happens after the Israelites escape from Egypt. We pick up their story in Exodus 13:17–14:31. Everything was looking up for the Israelites until Pharaoh changed his mind. Moses and the Israelites found themselves trapped between the Red Sea in front of them and Pharaoh’s army in hot pursuit. But with God’s help, Moses showed courage in a tough situation. God made the miraculous happen, parting the Red Sea and allowing the Israelites to escape.

PRE–SERVICE ACTIVITY

1. Get Your Head in the Game

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

What You Need: Blindfolds; paper cups; stopwatch

What You Do:

- Welcome kids and spend time engaging in conversation and asking about their past week
- Invite kids to place their offerings in the *For Everyone* box on the wall near the main entrance
- Form two equal teams and have them stand at opposite sides of the room.
- Blindfold each team member.
- Place 25 paper cups near each team.
- Explain that they will have two minutes to work together to form a circle of cups around their entire group while remaining blindfolded.
- When time is up, remove blindfolds and let kids see the results.
- Rearrange teams and play again as time allows.

What You Say:

*“Building a wall of cups while blindfolded is a challenge, but it’s nothing compared to the challenge God gave Moses in today’s Bible story. **[Transition] Let’s go to Large Group and see what’s next on Moses’ list of courageous tasks God has for him. Each one seems more impossible than the last!**”*

Lead your group to the Large Group area.

LARGE GROUP

OVERVIEW:

Key Question: *How do you respond when things seem impossible? It’s important for preteens to think about how they react in different situations, especially the ones that can be stressful. When things seem impossible, it’s easy to throw in the towel and give up. We hope that preteens leave with a plan to respond to stressful situations with courage and be reminded that God will help them.*

SMALL GROUP

1. Take a Snapshot

[Application Activity]

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

What You Need: “Gestures” Activity Page

What You Do:

- Give each kid a set of four different “Gestures” cards.
- Explain that they will place one or more cards on the floor in front of them to indicate how they might respond to each of the situations you describe.
- Read the scenarios below or let kids come up with other difficult situations they might face that require courage because their fear seems impossible to overcome.
- Allow time for the kids to explain their responses then share ways they would show courage in each situation.
 - I just found out that my parents are getting a divorce.
 - I have to improve my grades if I want to be on the basketball team.
 - All of my friends have been invited to a “harvest party” at a classmate’s house—except me.
 - We can’t go on vacation this summer because my dad lost his job.
 - I have to give a report in front of the whole class.
 - My friend wants me to explain what it means to follow Jesus.
 - My family wants to go horseback riding, but I’m terrified.
 - The tornado alarm just went off.
 - My dad’s job is transferring him to another state. We have to move.

What You Say:

“You may need courage for something others don’t and vice-versa. The situations that require courage are not always the same for each of us. Whatever you’re afraid of—give that fear to God. Talk to Him and ask Him to help you have courage. God does impossible better than anyone. He will give you what you need to do what you should even when things seem impossible.”

2. 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’s your first reaction or response when you’re faced with something that seems impossible?

- The Israelites witnessed some huge, amazing, miraculous, awesome stuff, right? Seems like it should have been EASY for them to have courage to trust God. Sometimes people demand to see a miracle from God before they will trust in Him. Do you think God needs to do something spectacular for us to trust in Him? Why or why not?
- Crossing the Red Sea on dry ground would be a memory you'd never forget. What is one of the first memories you have of seeing someone be courageous?
- Tell about a time in your life when something seemed impossible at first or on the first day, but after you were brave you found you got stronger or it got better. How did God help you?

3. Verses to Take With You

[Memory Verse Activity]

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

What You Need: Bibles

What You Do:

- Sit together in a circle.
- Ask each person to secretly choose one other person in the circle that he or she will watch.
- Tell everyone to close their eyes and strike a pose. If needed, suggest poses such as mannequins in a store window, superheroes, people at the park, actors on a stage, etc.)
- Explain that when you say “GO!” everyone will open their eyes and begin to copy the movements of the person they chose to watch. (Spoiler Alert: The whole team will slowly morph into the same pose!)
- Repeat the game if desired.
- Invite kids to have a seat.
- Turn their attention to Psalm 32:8 as you read it aloud or invite them to look it up in their Bibles or apps.
- Help kids grasp the meaning of the verse by putting it into their own words. Clarify as needed if their interpretation is not correct.
- Lead a brief discussion about God’s promise to watch over us and give us what we need to take on the challenges of life that seem overwhelming, confusing, and difficult.
- Ask:
 - What stood out to you in this verse?
 - When would remembering what God said in this verse be most helpful to you?
 - If you believe God is always keeping a kind eye on you, how might that change the way you see the situations you face? How does it impact the way you react?
 - How does this verse give you courage?

4. Make It Personal with Prayer

[Memory Verse Activity]

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

What You Need: Bible

What You Do:

- Remind kids of the value and importance of taking time to sit and think about the things God has said in the Bible.
- Provide a “quiet” atmosphere, if possible, in a corner of your small group space.
- Explain that you will read Joshua 1:9b to them and will pause after each sentence to give them time to silently answer the following question: “What is God saying to me in this part of the verse?”
- Ask kids to think of places they will go this week and then consider how the commands and promise of Joshua 1:9b might give them courage.
- Invite several kids who are willing to lead aloud in prayer to pray for themselves and one another as you close.

What You Say:

“Dear God, You’ve given us the command to be brave and unafraid. You’ve given us the promise that You will be with us. Now, we ask they You give us the courage when we need it most this week. In Jesus’ name, amen.”