

PRETEEN

TODAY'S SUGGESTED SCHEDULE

TODAY'S BIBLE STORY

Deliver Us

Burning Bush and the 10 Plagues Exodus 3-6:12, 7-12:42

TODAY'S KEY QUESTION

When have you been through a hard time?

HOST SUPPLIES

- Three volunteers (do not need to be preselected)
- Three backpacks
- Box of adventure gear such as: (enough to put one of each in the 3 backpacks)
 - Flashlights
 - Canteen
 - Water bottles
 - Ropes
 - Shoes
 - Carabiners
 - Trail mix
 - Compasses
 - Maps

STORY SUPPLIES

- Communicator
- Bible
- One fully-filled backpack from the Opener game.
- October Week 4
 Timeline Image
- Clothesline and clothespins for the timeline in your room

PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today. In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

SMALL GROUP



SOCIAL: Providing time for fun interaction

Just for Fun
Opening Activity

LARGE GROUP

35 MIN STORY: Communicating God's truth in engaging ways WORSHIP: Inviting people to respond to God

Welcome/Opener

Worship ("Over and Over" from Everything to Me, "The Power" from Everything to Me, and "You Are Faithful" from This Love)

Bible Story (Communicator Script)

Key Question

Prayer

SMALL GROUP



GROUPS: Creating a safe place to connect

Application Activity: Take a Snapshot Bible Story Review: Bible Story Review and

Discussion Questions

Memory Verse Activity: Verses to Take with You Prayer Activity: Make it Personal with Prayer

HOME: Prompting action beyond the experience

Parent Cue Card (print or email) Devotional for Kids Parent Cue App

SOCIAL

STORY

WORSHIP

GROUPS

HOME

25 MINUTES

10 MINUTES

TODAY'S BIBLE STORY

Deliver Us

Burning Bush and the 10 Plagues Exodus 3-6:12, 7-12:42

TODAY'S KEY QUESTION

When have you been through a hard time?

TODAY'S BOTTOM LINE

Hold on because God knows what you're going through.

MONTHLY MEMORY VERSE

"Let us not become tired of doing good. At the right time we will gather a crop if we don't give up." Galatians 6:9, NIrV

MONTHLY VIRTUE

Grit—Refusing to give up when life gets hard

BASIC TRUTH

I can trust God no matter what.

LARGE GROUP

ENGAGE KIDS' HEARTS THROUGH A DYNAMIC AND INTERACTIVE BIBLE STORY, WORSHIP, AND PRAYER EXPERIENCE IN A LARGE GROUP SETTING.

AUDIO: PLAY HIGH-ENERGY MUSIC AS STUDENTS ENTER.

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP

WORSHIP

Worship Leaders enter

WORSHIP LEADER:

AUDIO:

AUDIO:

Host enters . . .

OPTIONAL VIDEO (MEDIA PACKAGE): COUNTDOWN (30- OR 60-SECOND VERSION)

OPTIONAL VIDEO (MEDIA PACKAGE): THEME

WELCOME

Host has lots of energy as he or she welcomes everyone to [Name of Environment]. Host is relatable and inviting. Host can talk about something that happened culturally throughout the week like a big sports game, movie opening, a viral video on YouTube, etc. Host tells them how excited he or she is that they're there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what's happening.

OPENER

HOST: "Hey, friends! Great to see all of you here today! Welcome back to [Name of Environment] where all month we're taking a closer look at how God can give us the grit we need for any cliff-hanging adventure we might take. And in the spirit of cliffhanging, we have another adventure-filled week in store for you. And it starts with a challenge that will test the limits of your grit. Who thinks they have what it takes to play a little game I like to call Grit and Bear It?

SLIDE: GRIT AND BEAR IT







PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

25 MINUTES

10 MINUTES

Choose three volunteers for the endurance challenge. Host takes out a hiking backpack.

"(Holding up a hiking backpack) I have a few hiking backpacks here. Pretty light, right?

Tosses backpacks to the volunteers.

"(To volunteers) Each of you needs to hold the backpack above your head. (Volunteers holds them up) Not that hard, right?

Host goes backstage and brings out a box. They dump it on stage.

"But we're not done yet. Here we have a whole bunch of adventure gear. (Sorting through it and naming it out). Let's see how you do as we pack those bags with some gear. Every 10 second, we'll add something to each of your packs. The person who can hold their pack the longest wins! When I say go, I'll start the timer and you can start holding up the backpack.

Host continues adding gear to the packs. Comment as you place gear into the pack. "Here's some more gear. Great job showing grit. Keep it up!" After the host places all of the objects into the packs, see how long they can hold up the pack. If you are running out of time, call it a tie and celebrate everyone who competed. Make sure you keep the timer going through to the end of the last contestant. The kids will need to remember their time for the Communicator Script.

Note: Make sure you keep at least one of these fully filled backpacks on stage for the Communicator to use later.

"(After the endurance challenge) Whew! That was intense! Your arms might be a little sore tomorrow. Alright everybody, let's get on our feet and worship our amazing God!"

SOCIAL

STORY

WORSHIP

GROUPS

HOME

25 MINUTES

COMMUNICATOR SCRIPT (STORY)

SLIDE: THEME BACKGROUND

Communicator enters

INTRODUCTION

COMMUNICATOR: "What's going on, everyone?! Great to be here with you! Wow, my arms are tired just from watching you all hold that pack in the air. (Asking participants) Was that tough?

Allow for responses.

"I bet it was. You know, just out of curiosity, I want to try something. Would the volunteers that held up the packs be willing to come up again?

Communicator brings up the three previous volunteers.

"Welcome back. Now, here is one of those same packs with all the same gear.

Hands the pack to one of the volunteers again.

"About how long did you hold all of this for?

Volunteer answers.

"(To other volunteers) And what about you?

Volunteers answers.

"Okay, so I want to try having all three of you hold the pack up at the same time. Together. Do you think your time will just be the same as it was but added together? Should be, right? Let's give it a try! I'll time you this time.

Communicator has the volunteers hold the pack above their heads together and starts stopwatch timer. Report time when they drop their arms.

"Why do you think you were able to hold this for SO much longer this time?

Allow for responses. Then have the three volunteers return to their seats.

TENSION

COMMUNICATOR: "Thanks so much for holding those packs again! You were all spot on with your response, too. You held the packs longer because you were there to help each other. When it comes to this idea of grit, there is definitely something to be said about helping each other out. Remember, grit is refusing to give up when life gets hard. And often it's the people around us who help us not give up! Unfortunately, all of us will face a time when it feels like no is there to help. Maybe inside we know that God is with us and we're not really alone, but how can we remember that God is with us when everything in our life feels really difficult?







SOCIAL

STORY

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GROUPS

HOME

25 MINUTES

"This is a really great question for all of us to think about. After all, we'll all face times when it feels like no one is there to help. Thankfully, like we see each week here at [name of environment], the people mentioned in the Bible experienced moments like these, too. They got through them with God's help. And when we read and talk about their experiences, we can learn from them and realize that with God's help, we can get through anything we face, too. Let's pick up where we left off last week and see one of those moments right now!"

TRUTH

COMMUNICATOR: "You might remember that we left off with a bit of a cliffhanger last week. Let's do a quick recap. God's people, the Israelites, were in Egypt after moving down to be with Joseph and escape the global famine. In Egypt, the Israelites were growing in number, and the Pharaoh became nervous and paranoid that they'd rise up and take over. So Pharaoh enslaved them and put a horrible plan into motion to try to eliminate the young boys. In the midst of this decree, an Israelite boy named Moses was rescued and drawn out of the water—what his name means—and raised in Pharaoh's palace. This didn't stop what Pharaoh was doing to God's people. His oppression of the Israelites continued, and the people cried out. God heard their cries and decided to do something about it.

"By this time, Moses had grown up, like really grown up. He was about 80 years old, but like a young and active 80. And he wasn't living in the palace. He ended up having to escape to a place called Midian, where he was living as an ordinary shepherd, tending the sheep of his father-in-law Jethro.

AUDIO: SHEEP BLEATING

"That was the sheep. Not his father-in-law. I'm sure there were a LOT of boring moments out there in the desert. But one day that we're about to check out . . . was ANYTHING but boring.

"Moses saw a bush . . . and the bush was on fire.

AUDIO: FIRE CRACKLING

"But he noticed that the bush was not burning up. It was just . . . burning. What would you do? Maybe the same thing that Moses did—you'd go check it out! And when he did, something very unexpected happened. Listen to this!

Open the Bible to Exodus 3:4-6a (NIrV) and read.

"'"Do not come any closer," God said. "Take off your sandals. The place you are standing on is holy ground." He continued, "I am the God of your father. I am the God of Abraham. I am the God of Isaac. And I am the God of Jacob."

"Woah. This is intense. God—the Creator of the universe—spoke to Moses. God reminded Moses of the past, but now God was about to call Moses to an incredible task to ensure Israel's future.

Open the Bible to Exodus 3:7-8a (NIrV) and read.

"'The Lord said, "I have seen how my people are suffering in Egypt. I have heard them cry out because of their slave drivers."'







SOCIAL

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GROUPS

HOME

25 MINUTES

AUDIO: CHAINS

"'"I am concerned about their suffering. So I have come down to save them from the Egyptians. I will bring them up out of that land. I will bring them into a good land. It has a lot of room. It is a land that has plenty of milk and honey."'

"Did you catch that? God SAW his people's suffering. God HEARD them crying. And God was CONCERNED about it. So now God has come to do something! And that is where Moses comes in.

Open the Bible to Exodus 3:10 (NIrV) and read.

""So now, go. I am sending you to Pharaoh. I want you to bring the Israelites out of Egypt. They are my people."

AUDIO: RECORD SCRATCH

"Ummm . . . what now? Moses might have been good when it was God this and God that. But check out how Moses responded to God.

AUDIO: GAME SHOW MUSIC

"(Rapid fire) Who am I? Why me? What if the people don't believe me? What if they ask me who is sending me? What if they ask me for a sign . . . like real-life proof? What if the leaders still don't believe me? What if I don't speak very well when I try and talk to Pharaoh? What if . . . what if . . . what if . . .

"But each time, God answered Moses' questions. God reminded Moses not to worry—God would give him the words to say. God would go with Moses. God gave Moses a very personal name to use among the people. God even gave Moses a super cool miracle that involved throwing down his walking staff and turning it into a snake!

AUDIO: SNAKE HISSING

"And when Moses still had doubts, God promised to send Moses' brother Aaron with Moses to help him speak. Seems pretty settled, right? God wanted Moses to be the guy to help rescue the Israelites.

"So Moses and Aaron traveled back to Egypt."

AUDIO: FOOTSTEPS

"It was time for a showdown with Pharaoh. What could go wrong? So they approached Pharaoh, the king of Egypt, and told him that the Lord said to let his people go.

Open the Bible to Exodus 5:2 (NIrV) and read.

"'Pharaoh said, "Who is the Lord? Why should I obey him? Why should I let Israel go? I don't even know the Lord. And I won't let Israel go."'





PRELUDE

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25 MINUTES

"You see, Pharaoh knew lots of gods. That's how Egypt worked. But he didn't know the One True God. And he didn't think he needed to listen to the One True God. Well . . . he will know soon enough, and believe me . . . he will care!

"For Moses and Aaron, things did not go as planned. In fact, they went way worse. Instead of letting the Israelites go, Pharaoh decided to make the work even harder on them. So now the Israelites are upset, Moses and Aaron are upset . . . everybody is blaming everybody . . . the whole thing was a mess.

"But God had not forgotten the Israelites. God wasn't rattled one bit. Listen to this:

Open the Bible to Exodus 6:6-7 (NIrV) and read.

""So tell the people of Israel, 'I am the Lord. I will throw off the heavy load the Egyptians have put on your shoulders. I will set you free from being slaves to them. I will reach out my arm and save you with mighty acts when I judge Egypt. I will take you to be my own people. I will be your God. I throw off the load the Egyptians have put on your shoulders. Then you will know that I am the Lord your God.'"

"Now, it wasn't all smooth sailing from that point on. The Israelites still didn't believe Moses and Aaron. And even though God performed miraculous signs through Moses and Aaron in front of Pharaoh, like Aaron's walking staff becoming a snake . . .

AUDIO: SNAKE HISSING

"Pharaoh still wouldn't yield. Well, now, the time had come. God was about to show God-sized strength.

Open the Bible to Exodus 7:14-18 (NIrV) and read.

"'Then the Lord said to Moses, "Pharaoh is very stubborn. He refuses to let the people go. In the morning Pharaoh will go down to the Nile River. Go and meet him on the bank of the river . . . Say to Pharaoh, 'The Lord, the God of the Hebrews, has sent me to you.' He says, 'Let my people go. Then they will be able to worship me in the desert. But up to now you have not listened.' The Lord says, "Here is how you will know that I am the Lord. I will strike the water of the Nile River with the walking stick that is in my hand. The river will turn into blood."'"

"And it happened exactly as God had said. The water of the Nile . . .

AUDIO: GLUG GLUG GLUG

"Turned to blood, and everything in it died. Nobody could drink its water. The Nile was life to the people, but now it was more like death!

"Well, Pharaoh's heart continued to be stubborn, so the plagues continued. God called Moses to speak to Pharaoh again and again, but he would refuse. Or Pharaoh would say he would let the people go but then change his mind. And each time God sent another plague on the land to try and get his attention.

"After the Nile turned to blood, it was the plague of frogs . . .



PRELUDE

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25 MINUTES

AUDIO: RIBBITS

"And then gnats . . .

AUDIO: SWARMING SOUND

"And then flies . . .

AUDIO: FLY SWATTER AND BUZZ SOUND

"After that, all the Egyptian cattle died . . .

AUDIO: MOOO....THUD.

"Terrible sores appeared on the people and their animals . . .

AUDIO: SCRATCHING SOUND..."I'M SO ITCHY!!!!"

"Hail . . .

AUDIO: HARD RAIN SOUND

"Locusts devouring crops . . .

AUDIO: SWARMS

"Deep darkness for three days . . .

AUDIO: "HEY! WHO TURNED OUT THE LIGHTS?"

"None of the plagues seemed to melt Pharaoh's hardened heart. Pharaoh would not let God's people go. Not until the last, most destructive plague of all.

"The Israelites were instructed to prepare a lamb for a special meal that night and to take some of the blood of the lamb and put it on their door posts of the house. That night destruction would pass over the homes with the blood. But for those without protection, the oldest son in the home would die. It was truly terrible and a picture of just how bad things had gotten in Egypt. When Pharaoh saw what happened . . . this time to his own son . . . he finally let the people leave.

AUDIO: PEOPLE CRYING

Open the Bible to 12:31a (NIrV) and read.

"'During the night, Pharaoh sent for Moses and Aaron. He said to them, "Get out of here! You and the Israelites, leave my people! Go."'





PRELUDE

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GROUPS

HOME

25 MINUTES

"The Israelites packed up quickly, so quickly in fact that they didn't even have time for their bread to rise. They led their families and herds out of the land. After hundreds of years of being enslaved in Egypt, God's people were finally free!

AUDIO: PEOPLE CHEERING

SLIDE: GOD'S BIG STORY TIMELINE SLIDE: WEEK 4 TIMELINE IMAGE

If you're making a timeline of printed images on your wall, take this moment to place today's timeline image on the clothesline.

APPLICATION

COMMUNICATOR: "Now, this is one the most famous stories in the Bible. I have a feeling that many of you have even heard it a time or two. And because it's familiar to us, it's easy to forget just how difficult it must have been for God's people as they were there in Egypt, oppressed by Pharaoh. I'm sure there were a lot of moments when they thought that they would never get out. Maybe they prayed a lot of prayers to God that they felt were just bouncing off of the ceiling. But did you notice who started this whole rescue operation? It wasn't Moses. He was pretty unsure from the start. No, it was God. God came and called Moses. God was the one who saw what was happened to the Israelites and was concerned. God also told Moses about the plan to do something about it. Moses may have brought them out of Egypt, but God cleared the way.

"I know there are definitely a lot of times in life where we face hard situations that just doesn't seem like they're ever going to change. Maybe we feel like our prayers are bouncing off the ceiling. We wonder if God really knows what is happening with us or even cares. We feel so alone.

"But remember: what was true for God's people back in Exodus is true for us, too. God sees and hears. God is CONCERNED. And many times, God is working, even when we don't recognize it. It may be through someone else that God has put in your life to help you, like a Moses. Maybe they are there to help you hold the pack up over your head, so to speak. And while it may take a longer than you'd expect or like, God is still for you. God has a pretty good track record of faithfulness. And we can trust God no matter what! God will give us the strength we need to have grit and keep going.

LANDING

COMMUNICATOR: "As you go to small groups today, think about this question:

SLIDE: KEY QUESTION

"When have you been through a hard time? For some of you, that answer is present tense, like you are going through a difficult time right now. For others, it could be something that happened a few year ago or last week. I mean, all of us went through a global pandemic together! Thankfully, God is always faithful. In every moment, good or bad, God is with us to help us through. What's also really great is that God often sends amazing people into our lives just when we need them to help us find the grit we need to get through—just like your Small Group Leader and friends in your group. You can chat with them about all of this and more! Before we head out, let's pray and thank God for bringing such great people in our life. Let's ask God to help us get through whatever we face this week. Let's pray."





PRELUDE

SOCIAL

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GROUPS

HOME

25 MINUTES

Dismiss students to their small groups.

AUDIO: PLAY HIGH-ENERGY MUSIC AS THE KIDS EXIT.

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP