



WEEK 2

ELEMENTARY LESSON OUTLINE

HELP!

THE BIG IDEA

God helps us in our weakness.

THE BIBLE

God Calls Moses: Exodus 3:1-14, 4:1-17;
(Psalm 103:6-13)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **MUSIC** | Can't Help But Praise!
- **ACTIVITY** | S.O.S.
- **ACTIVITY** | Missing Piece
- **POLL** | Have You Been Helped?
- **SCRIPTURE** | Exodus 3:1-14, 4:1-17
- **VIDEO** | Help!, Episode 2
- **THE BIG IDEA** | God helps us in our weakness.
- **QUESTION** | Are Heroes Weak?
- **OBJECT LESSON** | Break or Balance?
- **SCRIPTURE** | Psalm 103:7-8
- **REFLECTION** | The Help We Need
- **ACTIVITY** | Post-it Positivity
- **MEMORY VERSE** | Peek-a-Verse
- **PRAYER**

SMALL GROUP TIME

- **DISCUSSION**
 - Why did Moses run away from Egypt?
 - How did God speak to Moses?
 - What did God ask Moses to do and why did Moses not want to do it?
 - Re-read Exodus 4:14-17. How did God help Moses in his weakness?
 - What do you think is your weakness? How do you think God can help you be strong even when you're feeling weak?
 - Is it easy or hard to ask for help? Why?
 - Do you ask God for help? Share a time when you have asked God to help you.
- **ACTIVITY** | I Am Charades
- **MEMORY VERSE** | Psalm 121:2 (NIV)



WEEK 2 HACKS FOR PRETEENS

HELP!

BY MIKE SHELEY

HOW TO HACK THIS SERIES FOR PRETEENS

In children's ministry, you've got a wide range of ages you need to engage every week, but preteens tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your preteens more engaged.

OBJECT LESSON | Break or Balance?

Here's an opportunity to equip a preteen and delegate some ministry responsibility to them. Pick one preteen, or a couple, if they work well together. Give them the instructions and supplies for this object lesson a week ahead of time. Share the [video link](#) with them to help them understand what they'll be doing. Then, on the week of the lesson, turn this over to them to lead the whole thing.

MEMORY VERSE | Peek-a-Verse

Use a website such as BibleGateway to copy and paste the verse into word processing programs such as Word or Pages. Then, delete everything except the first letter of each word in the verse. Then, make copies of that page to use with your preteens. After reviewing the verse a few times in their Bibles, hand out these sheets and see how well they do at finishing the words with only the first letter showing.

Tech option: Use BibleMemory.com to set up a group and put this verse on there. You can select the option to show only the first letter of each word in the verse. Another option is to leave out certain words. Show the kids how to use this tool and then share a link with parents so kids can work on this and other verses at home.

ACTIVITY | I Am Charades

Flip the script for preteens! Play “Reverse Charades” with the preteens. The leader holds the word from the piece of paper where everyone can see except the preteen player. The rest of the group acts out that word until the preteen can guess it. Once they do, they pick the next person to take their place and the leader picks a new word.

To add a fun tech twist, download the “Heads Up” app (available for [Apple](#) and [Android](#) devices) and purchase the option to build your own deck for \$1. Then, insert the words in there and use a device instead of drawing slips of paper. Students are used to playing this game and would find that a fun connection to the lesson.



WEEK 2

HACKS FOR KIDS WITH SPECIAL NEEDS



BY KIM DORPENYO

HOW TO HACK THIS SERIES FOR KIDS WITH SPECIAL NEEDS

In children's ministry, you've got a wide range of ages you need to engage every week, but kids with special needs tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your kids with special needs more engaged.

ACTIVITY | Missing Piece

Provide a larger floor puzzle for the kids to put together. Hide the missing piece and help them find it.

THE BIG IDEA | God helps us in our weakness.

Provide hand motions to help the kids remember the Big Idea.

- God (*Point up*)
- helps us (*Reach forward then pull hands back into fists*)
- in our weakness (*Go limp like you're weak*)

SCRIPTURE | Exodus 3:1-14, 4:1-17

Many kids are visual learners. Provide this week's coloring page, found in your printables folder, for them to color while you tell the story. If they need to move, provide them with some space in the back of the room and their own action figures or pictures and have them follow along as you tell the Bible story.

ACTIVITY | I Am Charades

Help alleviate stress and anxiety by removing the time element of a game, such as "Charades." Give the kids plenty of time to act out and guess the words.

WEEK 2 ELEMENTARY LESSON GUIDE



THE BIG IDEA

God helps us in our weakness.

THE BIBLE

God Calls Moses: Exodus 3:1-14, 4:1-17;
(Psalm 103:6-13)

LARGE GROUP TIME

WHAT? What are we talking about today?

MUSIC | Can't Help But Praise!

- **INSTRUCTIONS:** Turn these songs into a fun dance party. Lead the way by dancing and having fun! Some songs we suggest are:
 - ["We Will Go"](#)
 - ["Waymaker"](#)

ACTIVITY | S.O.S.

- **INSTRUCTIONS:** Pick eight kids to come to the front and instruct them to sit in a line, facing one wall. Use a dry erase board to show the first kid a letter or shape. The kid at the end will "draw" a letter or shape on the person's back in front of them, and that person will draw on the back of the person in front of them. The last kid has to guess what the letter or shape was.
- You see, just like the message or letter traveled through each person, today, we are going to see how God used Moses to communicate to the people of Israel.

ACTIVITY | Missing Piece

- **INSTRUCTIONS:** Divide the room into groups of four to six and give each group a puzzle. Prior to passing out the puzzles, take one piece from each group's puzzle and add it to a different group's puzzle. Play the music "Help!" by the Beatles to make this activity extra fun!

✂ **SPECIAL NEEDS HACK:** Provide a larger floor puzzle for the kids to put together. Hide the missing piece and help them find it.

- Each group has a puzzle to complete. The first group that completes the puzzle correctly wins the game!
- Uh oh! You have a wild piece? Use help from the other groups to find your missing piece!
- Great job working together to complete all the puzzles! It was harder than you thought at first, right? Good thing we have each other to lean on for help.

POLL | Have You Been Helped?

- **INSTRUCTIONS:** Gather four different colored sticky note pads. Give each kid one of each color. Assign a wall in your space for each question.
- Put a sticky note on this wall if someone helped you this month.
- Put a sticky note on this wall if someone helped you this week.
- Put a sticky note on this wall if someone helped you today.
- Put a sticky note on someone who has helped you since you have been at church.
- Look around. We all need help sometimes! Isn't it awesome that there are people in our lives who can help us?

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Exodus 3:1-14, 4:1-17

- **INSTRUCTIONS:** Keep your Bible open and bookmark Exodus 3:1-14, 4:1-17 to read selected passages while you tell today's story.

✂ **SPECIAL NEEDS HACK:** Provide this week's coloring page for the kids to color while you tell the story. You can also provide the kids with their own action figures or pictures and have them follow along.

- **Does anyone remember what happened to Moses as a baby?** Moses was born into an Israelite home, but was raised by Pharaoh's daughter as her own son.
- Fast forward a few years. Moses grew up in Pharaoh's home. He probably had everything he could ever want. But one day, he made a big mistake after getting into a fight with an Egyptian man.
- Moses was afraid someone would find out about it, so he ran away. He ran as far as he could and began a new life. He got married and had a son. Everything was peaceful.
- But God rescued baby Moses from the river for a reason. It was all part of God's plan. And God was about to tell Moses about those plans.
- One day, Moses was with his sheep when he saw something that caught his attention. He saw a bush on fire, but the bush didn't burn up!
- [Read Exodus 3:4-6 in a deep voice.] Did you hear that? God was talking to Moses through the bush! **What did God tell him?**
- [Read Exodus 3:10 -14.] **What is Moses' reaction? Does he sound happy and ready to go? Is he jumping up and down saying, "Yes! Just what I always wanted to do!"**

- No, he sounds like he doesn't want to go at all, like he doesn't think he is the right person to go. Let's keep reading.
- *[Read Exodus 4:10-17.]* Moses asked God to send someone else instead of him. He described himself as slow to speak – maybe he had a stutter, or maybe he just thought he wasn't smart enough.
- So, God allowed Moses' brother, Aaron, to go with Moses and to speak for him. God also sent Moses with a staff – which is a stick some people use to help them walk –that, with God, he would use to perform miracles.
- It didn't matter that Moses was full of weaknesses and mistakes from the past. God still called Moses to go and save the Israelite people.

VIDEO | Help!, Episode 2

- **INSTRUCTIONS:** *Play this week's [teaching video](#).*

THE BIG IDEA | God helps us in our weakness.

- **INSTRUCTIONS:** *Set boxes on the stage with the Big Idea words written on them, but not revealed. Reveal them one by one. Ask an adult leader to dress in a police officer, firefighter, or paramedic costume to help with the reveal. If you have anyone at your church who is an emergency services professional, ask them to make an appearance! You can even give them a little time to talk about what they do.*
 - ✂ **SPECIAL NEEDS HACK:** *Provide hand motions to help the kids remember the Big Idea. God (Point up) helps us (Reach forward then pull hands back into fists) in our weakness (Go limp like you're weak).*
- I am way too weak to lift these boxes. I need someone really strong to help! **Can someone help me?** *[Have volunteer enter.]*
- Yay, [volunteer name] the [occupation] is here! Thank you for taking the time to help me reveal today's Big Idea.
- **INSTRUCTIONS:** *Have the volunteer stack the boxes in reverse order, with the last word on the bottom and the words facing out.*
- You're a hero, [name of volunteer]! Let's all say the Big Idea together: **God helps us in our weakness.**

QUESTION | Are Heroes Weak?

- **Who are the strongest or toughest characters from TV or the movies?**
- Now, think of something that would make each of these heroes weaker. Crazy to think about, right?
- For example, Superman loses his powers when he's near kryptonite. Some mythical creatures, like vampires, can't be in the sun. **Can you think of some others?**
- Even the strongest people we know – real or pretend – have weaknesses. But that doesn't make them, or us, weak people overall – especially for people who know God!

OBJECT LESSON | Break or Balance?

- **INSTRUCTIONS:** Show the kids one paper cup and ask if anyone wants to see if they can stand on it without breaking it.
 - ✂ **PRETEEN HACK:** Give one or more preteens the instructions and supplies for this object lesson a week ahead of time. Share with them [this video](#) link for a demo. Ask your preteens to lead this entire segment!
- I need a volunteer to test this theory. Let's see if the cup will break by standing on it!
- You know, we are stronger when we ask others for help. When we ask God for help, God shows us people in our lives who can help us. Alone we are weak, like one little, tiny paper cup. But God helps us when we are weak.
- **INSTRUCTIONS:** Place several paper cups on the ground and then place a piece of cardboard on top of the paper cups. Then, invite your volunteer to stand on top of the cardboard.
- With the strength of the cups together, it's not as weak anymore. We are better together!

SCRIPTURE | Psalm 103:7-8

- **INSTRUCTIONS:** Read Psalm 103:7-8 to the kids. Then, read it aloud a second time.
- God talked to Moses and through Moses God showed compassion and love to the people of Israel who were stuck in Egypt.
- This scripture isn't just for Moses and the people of Israel, though. It's for all of us – for you and for me.
- **Let's read verse eight again.**
 - A compassionate person is someone who shows concern for others.
 - A gracious person is someone who is kind.
 - A person who is slow to anger doesn't get mad easily.
 - A person who is abounding in love never runs out of all of these things!
 - **What are some things a person that is compassionate, gracious, slow to anger, or abounding in love would do?**
- Our God is the same God who helped Moses all those years ago! God is compassionate, gracious, slow to anger, and abounding in love to all of us, even when we are weak. . . especially when we are weak! God helps us today, just like God helped Moses.

NOW WHAT? *What does God want us to do about it?*

REFLECTION | The Help We Need

- Moses didn't think he was the one God should send to Egypt. He didn't think he was good enough. He had a lot of reasons and excuses.
- Even when many years had passed and Moses was much older, Moses described himself as slow to speak and still didn't believe he had what it took. None of this stopped God from loving and using Moses.
- **What are some things people may think of as a weakness?**
- **What are some of the things your friends think of as a weakness?**

- God is always with us and never leaves us. God is with us even when we aren't feeling the strongest. God helps us in our weakness. We saw in the Bible today that when we are weak, God proves to be strong!

ACTIVITY | Post-it Positivity

- **INSTRUCTIONS:** Pass out sticky notes to everyone in the group. They can each use as many sticky notes as they'd like. Post the Big Idea in your environment prior to the activity. Write the word "WEAKNESS" on a piece of butcher paper in block or bubble letters.
- **Think about something that makes you feel weak. Then, take the sticky note and write it down.** You can use words or draw a picture. Some examples are, "not smart enough," "not old enough," "I don't feel worthy," "someone is bullying me," "I don't understand Math class," etc.
- **Now, take your weakness sticky note and place it inside the word, "WEAKNESS."**
- Remember when we are feeling weak, no matter what, God will help us. God helps us in our weakness.

MEMORY VERSE | Peek-a-Verse

- **INSTRUCTION:** Read the memory verse Psalm 121:1-2 out loud two times to the group. Show a poster board with the memory verse written on it. Use sticky notes to cover up different words from the verse.
 - ✂ **PRETEEN HACK:** Create a worksheet where only the first letter of each word in the memory verse is visible, and challenge your preteens to complete it after reviewing the verse a few times. You can also do this and other variations of this activity on BibleMemory.com.
- We are going to see who can use their memorizing skills to remember the verse this week!
- **Who can say the verse even though there are words missing?**

PRAYER

- Dear God, thank You for reminding us that when we feel we aren't worthy enough, good enough or strong enough, You are with us. Through You, we are good enough. You always help us and You love us. Amen.

SMALL GROUP TIME

- **DISCUSSION**
- **Why did Moses run away from Egypt?**
- **How did God speak to Moses?**
- **What did God ask Moses to do and why did Moses not want to do it?**
- **Re-read Exodus 4:14-17. How did God help Moses in his weakness?**
- **What do you think is your weakness? How do you think God can help you be strong even when you're feeling weak?**
- **Is it easy or hard to ask for help? Why?**
- **Do you ask God for help? Share a time when you have asked God to help you.**

ACTIVITY | I Am Charades

- **INSTRUCTIONS:** Play a game of “Charades” by acting out the blank in the following sentence: “With God, I am _____ enough.” Write the following words on little pieces of paper that the kids can pull out of a container: strong, brave, fast, smart, old, tall, good, beautiful, talented.
 - ✂ **PRETEEN HACK:** Play “Reverse Charades” where one person guesses and the rest of the group has to act out the clue. For a fun tech twist, download the “Heads Up” app, available for [Apple](#) and [Android](#) devices, and purchase the option to build your own deck.
 - ✂ **SPECIAL NEEDS HACK:** Give the kids plenty of time to act out and guess the words.
- **What do you think it is?** God told Moses to tell Pharaoh that “I am Who I am” sent God. God is so great that we can’t even use human words to fully describe God! Now, we might not have an epic name like God does, but we are more than enough. **God helps us in our weakness.**

MEMORY VERSE | Psalm 121:2 (NIV)

- **INSTRUCTIONS:** Practice this month’s memory verse with the signs (a combination of SEE and ASL) we’ve provided.