



WEEK 2

PRESCHOOL LESSON OUTLINE

HELP!

THE BIG IDEA

God helps us in our weakness.

THE BIBLE

God Calls Moses: Exodus 3:1-14, 4:1-17

THIS WEEK AT A GLANCE

WELCOME TIME

- MUSIC** | Can't Help But Praise!
- ACTIVITY** | S.O.S.
- ACTIVITY** | Have You Been Helped?

TEACHING TIME

- SCRIPTURE** | Exodus 3:1-14, 4:1-17
- THE BIG IDEA** | God helps us in our weakness.
- VIDEO** | Help! Episode 2
- OBJECT LESSON** | Break or Balance?
- PRAYER**

DISCUSSION TIME

- SNACK** | Burning Bush Veggies
- ACTIVITY** | Burning Bush Craft
- ACTIVITY** | Are Heroes Weak?
- MEMORY VERSE** | Psalm 121:2

PLAY TIME

- ACTIVITY** | Coloring Page
- ACTIVITY** | Light-Up Bush
- ACTIVITY** | Play-Doh Fires



WEEK 2

HACKS FOR TODDLERS

HELP!

BY CASSANDRA MOTON

HOW TO HACK THIS SERIES FOR TODDLERS

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

ACTIVITY | S.O.S.

Play "telephone." Seat the kids in a circle and tell the kid to your left, "God loves you." Tell them to tell the person to their left the same phrase. Keep going until everyone has heard the good news that God loves them.

OBJECT LESSON | Break or Balance?

Ask a leader to demonstrate the object lesson, or maybe even try it out with a heavy book.

SNACK | Burning Bush Veggies

We're serving broccoli and carrots topped with Thousand Island dressing to make it look like the burning bush! To make the veggies easier to eat for the younger kids, try steaming them before serving.

ACTIVITY | Are Heroes Weak?

Encourage the kids to pretend to be different superheroes as a group. You can say things such as, "Let's all pretend to smash things like the Hulk!" or "Let's pretend to fly like Superman!" and "Let's pretend to be super strong like Wonder Woman!"



WEEK 2

PRESCHOOL LESSON GUIDE

HELP!

THE BIG IDEA

God helps us in our weakness.

THE BIBLE

God Calls Moses: Exodus 3:1-14, 4:1-17

WELCOME TIME

MUSIC | Can't Help But Praise!

- **INSTRUCTIONS:** Sing and dance along to some fun songs about God, who helps us! Along with your kids' favorite songs, consider adding this fun song, "[Detective Shuffle](#)," to your playlist.

ACTIVITY | S.O.S.

- **INSTRUCTIONS:** Pick one kid to come up front. Ask them to sit with their back to you. "Draw" either a circle, square, or triangle on their back with your finger. They have to guess what shape you drew. When they think they know the answer, ask them to shout it out to the class. Repeat this activity with as many kids who want to try.
 - ✂ **TODDLER HACK:** Play "telephone." Seat the kids in a circle and say to the kid on your left, "God loves you," and ask them to tell the same phrase to the person on their left. Keep this going until everyone has heard the good news that God loves them.
- You see, just like this special message traveled through each one of you and eventually got around to everyone in our group, we are going to hear a story today about how God used Moses to send a special message to the people of Israel.

ACTIVITY | Have You Been Helped?

- **INSTRUCTIONS:** Gather two different color sticky note pads. Give each kid one of each color. Assign a wall in your space for each question.
 - ✂ **TODDLER HACK:** Ask the kids who helps them when they're at church. Ask them to point to the leader(s) in the room and put sticky notes on them!

- We help each other all the time! We help our friends, our brothers and sisters, and we even help the grownups in our lives!
- If you have ever helped someone, put a sticky note on this wall.
- If someone has ever helped you, put a sticky note on this other wall. **Who helped you?**
- Now, put a sticky note on someone here who has helped you since you have been at church!
- Look around. We all need help sometimes, don't we? I know I do. Isn't it awesome that there are people in our lives who can help us?

TEACHING TIME

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

- **INSTRUCTIONS:** *Print story cards to help you tell today's Bible story.*
- **Does anyone remember what happened to Moses as a baby?** Yes, Moses and his family were from Israel, but he was raised by the daughter of Pharaoh, the king of Egypt.
- Moses had a pretty good life until one day, as a grownup, he made a big mistake. He got into a fight with some guys. He ran away from Egypt and began a brand new life.
 - One day, while Moses was outside taking care of his sheep, he saw something in the distance. He saw a bush on fire, but the bush wasn't burning up! **Can you all make some fire motions and noises?**
 - When Moses went to take a closer look at the bush, the bush started talking! **If a bush could talk, what do you think it would say?** Those are some funny answers! But the bush wasn't actually talking. God was in the bush and talking to Moses! Moses took off his sandals to show that this place was a holy place – it was a way of showing respect for God.
- God had a message for Moses. God wanted Moses to go back to Egypt to bring God's people, the Israelites, out of Egypt.
 - What a big job God asked Moses to do! **Do you think Moses was happy to do this big job for God?** Actually, Moses didn't want to go! Moses told God that he didn't think he was good enough to do the job. Moses thought maybe God should send someone else instead.
- But God knew better! It didn't matter that Moses was full of weaknesses and mistakes from the past. God told Moses that he wouldn't be alone because God would help Moses!
 - First, God said Moses could take his brother, Aaron, along to help Moses talk to the people.
 - Then, God gave Moses a special staff – which is a big stick that some people use to help them walk – that God was going to use to perform miracles so that the people in Egypt would see the power of God.
- Now, Moses was ready to go to Egypt to rescue the people of Israel from Pharaoh!

THE BIG IDEA | God helps us in our weakness.

- **INSTRUCTIONS:** *Write the Big Idea on empty boxes, one word per box). Ask the kids to help you stack the boxes. Stack the boxes in reverse order so the last word is on the bottom.*
- Let's read all the boxes together to see the Big Idea for this week!
- Now, let's say it one more time but in a super quiet voice.

- This time, let's say it again, but in a loud voice.
- No matter how we say it, it is always true. **God helps us in our weakness.**

VIDEO | Help! Episode 2

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

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.
 - ✂ **TODDLER HACK:** Ask a leader to demonstrate the object lesson, or maybe even try it out with a heavy book.
- 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, just 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. Invite your volunteer to stand on top of the cardboard.
- Whoa! Check this out! With the strength of the cups together, they're not as weak anymore. We are better together!

PRAYER

- Dear God, thank You for reminding us that when we make mistakes, or when we don't feel like we're good enough or smart enough, or when we feel weak, You are with us. Through You, we are good enough! You always help us and You love us. Amen.

DISCUSSION TIME

SNACK | Burning Bush Veggies

- **INSTRUCTIONS:** Give each kid a cup with broccoli and carrots, topped with Thousand Island dressing. Alternatively, you can do green grapes topped with yellow cheddar cubes.
 - ✂ **TODDLER HACK:** To make the veggies easier to eat, try steaming them before serving them to the kids.
- God helped Moses in today's Bible story. God sent Moses with his brother, Aaron, and a staff.
How does God help you and me? Who does God put in our lives to help us?

ACTIVITY | Burning Bush Craft

- **INSTRUCTIONS:** Print and distribute the burning bush printable. Allow the kids to color it with markers or crayons. Then, tell them to glue orange, yellow, and red tissue paper to make the fire on the bush.

- **Who was talking from the burning bush?**
- **What did God ask Moses to do?**
- **How did God help Moses?**
- God helped Moses in his weakness, and God helps you and me in our weakness, too.

ACTIVITY | Are Heroes Weak?

- **INSTRUCTIONS:** Ask the kids to volunteer to act out a famous hero. It can be a character on TV or in a movie, or someone they know. Some examples are *The Hulk*, *Wonder Woman*, a doctor, a teacher, a parent, or family member. If you have costumes and props from last week, the kids can also use these to help them act it out.
 - ✂ **TODDLER HACK:** Encourage the kids to pretend to be different superheroes as a group. You can say things such as, “Let’s all pretend to smash things like the Hulk!” or “Let’s pretend to fly like Superman!” and “Let’s pretend to be super strong like Wonder Woman!”
- **Who is a hero?** It could be a character from a movie or someone you know. Let’s all act out our favorite hero!
- **Even heroes are weak sometimes. But when _____ is weak, who helps them?**
- Even the strongest people we know – real or pretend – have weaknesses! But that doesn’t make them, or us, weak people, especially for people who know God! **God helps us in our weakness!**

MEMORY VERSE | Psalm 121:2

- **INSTRUCTIONS:** Read Psalm 121:2 out loud to the kids. Repeat it a few times with the kids. Then, leave out the word “help” and see who knows what word goes in that place. Do it again and this time, leave out a different word. Do this as many times as your time allows.

PLAY TIME

While you’re waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute this week’s coloring page along with crayons. Encourage the kids to color everything but the fire around the bush. Then, tell the kids to paint over their paper with orange and yellow watercolor for some crayon resist art! Review today’s Bible story and Big Idea as the kids color.

ACTIVITY | Light-Up Bush

- **INSTRUCTIONS:** Draw a tree or bush on some white paper bags, then instruct the kids to use hole punches around the top of the bag. Put an electronic tea light in each bag to make a burning bush luminary for each kid!

ACTIVITY | Play-Doh Fires

- **INSTRUCTIONS:** *Make little buildings out of cardboard, and ask the kids to put “fire” on it using red, orange, and yellow Play-Doh. Cut out the little characters from the printable and encourage the kids to let their paper firefighters put out the “fires.”*

Encourage your preschoolers to help clean up the room while they wait for their parents.