

WEEK 3

ELEMENTARY LESSON OUTLINE

HELP!

THE BIG IDEA

God helps when we're in trouble.

THE BIBLE

The Plagues and the Passover: Exodus 7:14-10:29, 12:21-30; (Philippians 1:25-28)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **MUSIC** | Can't Help But Praise!
- **ACTIVITY** | Find the Helpers
- **ACTIVITY** | Rescue the Kitty
- **QUESTION** | Have You Been In Trouble?
- **SCRIPTURE** | Exodus 7:14-10:29, 12:21-30
- **THE BIG IDEA** | God helps us when we're in trouble.
- **VIDEO** | Help!, Episode 3
- **STORY** | Waiting for Rescue
- **ACTIVITY** | Who Can God Send?
- **SCRIPTURE** | Philippians 1:27-28
- **REFLECTION** | So Much Help
- **RESPONSE** | Mayday!
- **MEMORY VERSE** | In-verse-tigation
- **PRAYER**

SMALL GROUP TIME

- **DISCUSSION**
 - Why were the Israelites in trouble?
 - Who did God send to help the Israelites?
 - How many plagues did God send? Can you list some of them?
 - Read Exodus 12:26-28. What is the Passover? How did God use this to help and protect the Israelites?
 - Are there times kids like you might be in trouble? What are some examples?
 - Who are the people God might send to help you?
 - How could you help someone else in trouble?
- **ACTIVITY** | Morse Code
- **MEMORY VERSE** | Psalm 121:2 (NIV)



WEEK 3 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.

SCRIPTURE | Exodus 7:14-10:29; 12:21-30

Here is a great opportunity to let your preteens shine, especially if they already believe they have artistic abilities. Recruit some preteen volunteers to prepare some sketchnotes beforehand that they can show the group as you tell the Bible story.

Share the following video with the preteen(s) who will sketchnote for you. This is a forty-minute video, so if the preteen won't watch and practice all the way through, tell them to watch starting 10:14 for basic drawing and 14:57 for drawing people.

STORY | Waiting for Rescue

Recruit five preteens as storytellers. Assign them roles and give each a copy of the script. You can do this ahead of time or the day of. You'll need a person on the rooftop, a person in a rowboat, a person in a seaplane, a person in a helicopter, and the voice of God. The kids can still use the toy props, but they'll each play a role in bringing this story to life.

ACTIVITY | Who Can God Send?

Preteens can write down their own situation ideas on cards. Then, the leader can collect the cards and read a few of them out loud, stopping after each one to ask the group who could help in this situation.

REFLECTION | So Much Help

Help your preteens reflect with a visual tool called a [mind map](#). If you are using butcher paper and markers, draw an oval in the middle that says, “Ways God helps people today.” Then, allow the preteens to use the markers to draw branches off of that oval and list one example per branch. They can make branches to be locations, situations, or groups of people in general and then each of those can have smaller branches that list the specific people God helps. If you are using sheets of paper and colored pencils, then each preteen can do the same thing on a smaller scale on their paper or working in groups of two to three per sheet of paper.



WEEK 3

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 | Find the Helpers

Instead of a word search, hide pictures of helpers all over the room and ask the kids to find the pictures. If you need a non-movement game, partner the kids with a buddy to complete the word search.

SCRIPTURE | Exodus 7:14-10:29, 12:21-30

Provide the picture of the plagues printable and instruct the kids to color while you teach the Bible story. You can also cut out each square and have them put them in order.

THE BIG IDEA | God helps us when we're in trouble.

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

- God (*Point up*)
- helps us (*Reach forward then pull hands back into fists*)
- when we're in trouble (*Put both hands on the sides of your face and open your mouth wide*)

ACTIVITY | Who Can God Send?

Prepare some pictures for possible answers that you can show the kids to help them formulate their responses.

**MEMORY VERSE | In-verse-tigation**

Have the memory verse written out on butcher paper so the kids can match the words they find to the words on the paper. Then, they can put them in order.



WEEK 3

ELEMENTARY LESSON GUIDE



THE BIG IDEA

God helps when we're in trouble.

THE BIBLE

The Plagues and the Passover: Exodus 7:14-10:29, 12:21-30; (Philippians 1:25-28)

LARGE GROUP TIME

WHAT? What are we talking about today?

MUSIC | Can't Help But Praise!

- **INSTRUCTIONS:** Play these songs and get the kids ready to worship! Invite some kids to come to the front and show off some dance moves! Here are some song suggestions:
 - ["Holding On"](#)
 - ["Bueno es Dios"](#)
 - ["Let Go"](#)

ACTIVITY | Find the Helpers

- **INSTRUCTIONS:** Pass out a word search to each kid. Step up the competition and make it a race to see who can find all the words first. With the younger kids, modify this activity into a relay race, creating teams of four kids. Each kid has to find one word, then tags the next kid on the team.
 - ✂ **SPECIAL NEEDS HACK:** Instead of a word search, hide pictures of helpers all over the room and ask the kids to find the pictures. If you need a non-movement game, partner the kids with a buddy to complete the word search.
- We are going to find the helpers in the word search today. The first person or team to find all the words wins!

ACTIVITY | Rescue the Kitty

- Oh, no! We just got the news that a kitten is missing in the building. Who can help?

- **INSTRUCTIONS:** Put one kid volunteer in a firefighter hat and tell them to wait outside. Hide a stuffed animal cat somewhere in the room. Have the volunteer search for the cat while everyone yells out different directions for where the cat is.
- You saved the kitten! **Wasn't it easy to find because everyone was helping you? No? Why not?**
- When we are in trouble, we need help from someone who actually knows how to help us!

QUESTION | Have You Been In Trouble?

- **Have you ever gotten in trouble when you've done nothing wrong? How did it feel?**
- Doesn't feel so great, does it? Today, we are going to hear a story about a group of people, the Israelites, who were slaves to the Egyptians. They were treated badly and didn't deserve any of it. But we will see how God helps them!

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

SCRIPTURE | Exodus 7:14-10:29, 12:21-30

- Today, we are continuing with Moses' story. So much has already happened in his life! So far, we have learned how God had a special plan for Moses starting when he was a little baby. Moses grew up and had a special encounter with God to do a very big thing for the Israelites. Moses didn't think he had what it took to get the job done, but God helped him. Let's continue our story in the Bible.
- **INSTRUCTIONS:** Tape a long piece of butcher paper to the wall and ask an adult volunteer to stick draw a sketch of the story as you tell it.
 - ✂ **PRETEEN HACK:** Recruit some preteen volunteers to prepare some sketchnotes beforehand that they can show the group as you tell the Bible story. Share the following [video](#) for some tips on how to sketchnote.
 - ✂ **SPECIAL NEEDS HACK:** Provide the picture of the plagues printable and encourage the kids to color while you tell the Bible story. You can also cut out each square and have them put them in order.
- So, Moses obeyed God and went to Egypt to see Pharaoh. He had his special staff with him and his brother, Aaron, by his side.
- Moses had one message for Pharaoh: "Let my people go!" **Can you all say that with me?**
- But Pharaoh said no.
- Then, a bunch of terrible things, called plagues, started happening. There were ten of them!
 - First, all the rivers and water in Egypt turn to blood. There was no water to drink and it smelled horrible!
 - Second, came frogs. Frogs were everywhere. Make frog noises and hop around with me.
 - Next, all the dust turned into gnats, which are little, tiny bugs. Imagine all the dust in this room could fly around!
 - Fourth, slightly bigger bugs – flies! Fly around and buzz with me like flies do.
 - After that, all the livestock – which are animals such as cows, sheep, and horses – died.
 - The sixth plague was boils, which are sores, all over people's skin. Everyone, start scratching

- your arms and legs!
- Seventh came the worst hailstorm that Egypt had ever seen. Hail so big that you could die if you were hit with it!
- After that, locusts. They swarmed throughout the land and ate up all the food.
- Everyone, close your eyes. The ninth plague was darkness for three days. Can you imagine there being no light whatsoever for three days?
- And the last plague. . . all the firstborn sons of Egypt died while they slept.
- But God knew what was going to happen, so God sent Moses to tell the Israelites to protect themselves. Let's read what the people were told to do in Exodus 12:21-23.
- This is why even today, people celebrate Passover every year. It's to remember the time when death "passed over" them and spared their lives.
- After the tenth plague, Pharaoh said – you guessed it – yes. The Israelites were finally free!

THE BIG IDEA | God helps us when we're in trouble.

- **INSTRUCTIONS:** *Pick seven kids to come to the front. Ask them to "spell" a letter with their bodies. Whisper to each kid one letter from the word, "trouble," and have them stand in the correct order.*
 - ✂ **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) when we're in trouble (Put both hands on the sides of your face and open your mouth wide).*
- Okay, our friends up here are going to help us reveal today's Big Idea. **What word did they spell?**
- You got it! The word is, "trouble." Today's Big Idea is: **God helps us when we're in trouble.**

VIDEO | Help!, Episode 3

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

STORY | Waiting for Rescue

- **INSTRUCTIONS:** *Read the story below with lots of expression and props. Feel free to change up the modes of transportation with whatever toys you have already or can acquire easily.*
 - ✂ **PRETEEN HACK:** *Recruit five preteens as storytellers and to play each of the characters in this story. Assign them roles and give each of them a copy of the script and let them creatively bring the story to life!*
- A man was stuck on his rooftop in a flood. He was praying to God for help. Soon, a man in a rowboat came by and shouted to the man on the roof, "Jump in! I can save you."
- The stranded man shouted back, "No, it's okay. I'm praying for God to come and save me." So, the rowboat went on.
- Then, a seaplane came by. The woman in the seaplane shouted, "Jump in! I can save you." To this, the stranded man said, "No, thanks. I'm praying for God to come and save me. I have faith." So, the seaplane went on.
- Then, a helicopter came by and the pilot shouted down, "Grab this rope and I will lift you to safety." To this, the stranded man again replied, "No, thanks. I'm praying for God to come and save me. I know God will rescue me." So, the helicopter reluctantly flew away.

- Soon the waters rose so high the man couldn't even feel the roof with his feet anymore. He started drifting away from his house, and he thought for sure he was going to drown.
- Luckily, he floated by a telephone pole, to which he grabbed on for dear life. He yelled toward the heavens, "God! Why won't you save me?"
- God replied, "I've been trying! I already sent you a rowboat, seaplane, and a helicopter, but you turned them away!"
- This story may not be real, but it shows us a picture of how God helps us sometimes. God does help when we're in trouble, and sometimes God does so by sending other people. God helped the Israelites by sending Moses.

ACTIVITY | Who Can God Send?

- **INSTRUCTIONS:** Read a situation to the kids and ask them, "Who could God send to help?"
 - ✂ **PRETEEN HACK:** Ask your preteens to write down their own situation ideas on cards. Then, the leader can collect the cards and read a few of them out loud, stopping after each one to ask the group who could help in this situation.
 - ✂ **SPECIAL NEEDS HACK:** Prepare some pictures for possible answers that you can show the kids to help them formulate their responses.
- Situation A: Angela is having a hard time in Math class. She is falling further and further behind. **Who can she ask for help?**
- Situation B: Pedro is at a friend's house for a sleepover. It's his first time not sleeping at home. He is supposed to be sleeping, but it's really dark and he is scared. **Who can he ask for help?**
- Situation C: Sam is at the mall with her family. She's having a great time until she realizes she has no idea where her family is. **Who can she ask for help?**

SCRIPTURE | Philippians 1:27-28

- **INSTRUCTIONS:** If the kids have their Bibles, ask them to look up Philippians 1:27-28 and read it out loud together as they follow along.
- **According to this verse, should we be frightened when we run into trouble? Why not?**
- This verse doesn't mean that we should never be afraid – it's okay to be scared sometimes. But we don't have to stay afraid because we know that **God helps us when we are in trouble.**

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

REFLECTION | So Much Help

- God helped the Israelites when they were in trouble. God helps you and me today when we are in trouble, too.
- **What are some ways God helps people today?** [Some possible answers are: God comforts me when I'm sick, God helps me find my way when I'm lost, God gives me nice friends when I feel alone.]

- Yes, God helps us in so many ways! God sends other people to help us, God helps us through music, or reading our Bible. God helps us in answered prayers. God helps us in so many ways every day. **God helps us when we're in trouble.**

✂ **PRETEEN HACK:** *Help your preteens reflect using [mind mapping](#). Draw an oval in the middle of a poster board that says, "Ways God helps people today." Then, draw branches off of the oval indicating locations, situations, or groups of people in general who help, then create sub-branches for specific people, places, and situations.*

RESPONSE | Mayday!

- **INSTRUCTIONS:** *Lead the kids in this follow-the-leader style of prayer and aerobic stretches to ask God for help.*
- A "mayday" is a signal of distress . . . people send out this signal when they are in urgent need of help. Let's call out some mayday prayer signals to God together!
 - When I say "mayday" and touch my toes, you pray: **God, help me when I'm in trouble!**
 - When I say "mayday" and do a jumping jack you pray: **God, help others when they are in trouble!**
 - When I say "mayday" and spin around once, you pray: **God, thank you for helping us!**
 - That was a great prayer workout! Whenever you need help, talk to God. Don't forget to ask God for help. **God helps us when we are in trouble.**

MEMORY VERSE | In-verse-tigation

- Uh oh! Somebody came and mixed up all the evidence in an ongoing investigation about God's help. **Can any of you officers lend a hand?**
- **INSTRUCTIONS:** *Write the memory verse on pieces of masking tape and tape the pieces to ordinary objects you have lying around. You can break up the verse into six parts: "my help," "comes from," the Lord," "the Maker," "of Heaven", "and Earth." Cordon off a small square using chairs and caution tape and put the items inside. Invite the kids inside the taped-off area one at a time to put the memory verse in the correct order as fast as they can.*
 - ✂ **SPECIAL NEEDS HACK:** *Pre-write the memory verse on butcher paper so the kids can match the words they find to the words on the paper to help them put it in order.*
- The evidence is clear – our help does come from God!

PRAYER

- Dear God, thank You for reminding us that we can always ask You for help when we are in trouble. Thank You for being the one we can always count on to help us out of tricky situations and protect us from getting into them in the first place. Amen.

SMALL GROUP TIME

DISCUSSION

- Why were the Israelites in trouble?
- Who did God send to help the Israelites?
- How many plagues did God send? Can you list some of them?
- Read Exodus 12:26-28. What is the Passover? How did God use this to help and protect the Israelites?
- Are there times kids like you might be in trouble? What are some examples?
- Who are the people God might send to help you?
- How could you help someone else in trouble?

ACTIVITY | Morse Code

- **INSTRUCTIONS:** Pass out the Morse Code printable. Complete this activity together as a small group to solve together, or print out one copy for each to kid to do on their own. Encourage the kids to use the Morse code guide to write today's Big Idea in Morse code. If you have time, instruct the kids to try and write other things in Morse code, like their name!
- Morse code is used to send messages in a hurry, like when you're in trouble, and you can't send a voice or text message. Each dot or dash represents a signal or a tap that stands for a letter. You don't need to be trained in Morse code to remember this message though – **God helps us when we're in trouble.**

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.