



WEEK 1

ELEMENTARY LESSON GUIDE

HELP!

THE BIG IDEA

God helps us when we're helpless.

THE BIBLE

Moses in a Basket: Exodus 1:22-2:10;
(Matthew 18:19-20)

LARGE GROUP TIME

WHAT? *What are we talking about today?*

MUSIC | Can't Help But Praise!

- **INSTRUCTIONS:** *Play some songs that relate to this week's lesson. Here are a couple suggestions:*
 - ["Nothing Is Impossible"](#)
 - ["Everywhere I Go"](#)

ACTIVITY | Who Do You Call for Help?

- **INSTRUCTIONS:** *Play this game Family Feud-style, complete with buzzers or bells. Pick two kids to play or modify with kids in four to eight groups of any size. Give each kid or group a small dry erase board and a dry erase marker. Instruct the kids to write an answer on the dry erase board. Give points only if they guess the top "trending" answers. Play several rounds and declare a winner!*
 - ✂ **PRETEEN HACK:** *To gather "real" responses to use as points, use an app such as the "Survey Says" module in [Sidekick](#) from Download Youth Ministry, or give preteens these questions in advance and have them collect answers from people around church.*
 - ✂ **SPECIAL NEEDS HACK:** *Provide pictures that the kids can choose and hold up. Be sure to have questions written out and visible as well as being read aloud.*
- Here are some sample questions and suggestions for how to distribute points:
 - **Who helps you when you are hurt and you need to go to the hospital?** [Ambulance - thirty points, parent/adult - twenty points, police - ten points]

- **Who helps you when you need wisdom?** [Jesus - thirty points, parent/adult - twenty points, teacher - ten points]
- **Who helps you if you leave your toast in the toaster too long and the smoke detector goes off?** [Firefighter - thirty points, police - twenty points, parent/adult - ten points]
- **Who helps you when the waves are too big at the beach?** [Lifeguard - thirty points, parent/adult - twenty points, police - ten points]
- **Who helps you when someone steals your backpack and runs away?** [Police - thirty points, parent/adult - twenty points, teacher - ten points]
- **Who helps you when you are lost?** [Jesus - thirty points, police - twenty points, security guard - ten points]
- There are a lot of people we can call if we need help! The Bible also shows us who we can call when we need help.

ACTIVITY | Firefighter Academy

- **INSTRUCTIONS:** *Everyone starts out as “fire.” Kids walk around waving their hands in the air. When they come across another person, they play “rock, paper, scissors.” The winner advances to “water,” where they pretend to spray a hose, and the other kid stays “fire.” If the kid who lost was “water,” they go back to being “fire.” If the kid who won was “water,” they advance to “firefighter,” flexing their biceps. Once a kid achieves firefighter status, they get to keep it, but can continue playing. The kids continue to play by pairing up with different opponents until almost everyone becomes firefighters.*
 - ✂ **SPECIAL NEEDS HACK:** *If the kids are overstimulated, provide a corner of the room where they can get regulated. Gather stuffed animals, a weighted blanket or pillow, or a sequins pillow they can play with.*

POLL | Who Needs a Hand?

- **INSTRUCTIONS:** *Ask the questions below and encourage the kids to respond to each instruction if true.*
 - Put your hand on your head if you have ever needed the fire department’s help.
 - Raise your right arm if you have ever needed a doctor’s help.
 - Put your index finger on your nose if you have ever needed a police officer’s help.
 - Raise both arms if you have ever needed God’s help.
 - ✂ **SPECIAL NEEDS HACKS:** *Remember that kids in wheelchairs or those who have tense muscles can still do these movements, but may require some support from a leader or peer buddy.*
- We all have needed help from someone at one point or another. And at some point, we all need help from God. The best part is that we don’t have to pick up a phone to call or text God for help. God is always there to help you and me. . . we just have to ask!

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

SCRIPTURE | Exodus 1:22 - 2:10

- **INSTRUCTIONS:** *Prepare the Pharaoh printable as a PowerPoint slide or printout. Any time you mention Pharaoh or read about it in the passage, flash the picture!*
 - ✂ **SPECIAL NEEDS HACK:** *Provide this week’s coloring page for the kids to color while you tell the story. You can also provide them with their own action figures or pictures and have them follow along.*
- Let’s start in the Bible book of Exodus. Does anyone know where Exodus is in the Bible? That’s right! The book right after Genesis.
- The story we are going to read today takes place in Egypt where there was a king called Pharaoh. Now, the Egyptians ruled over the Israelite people, who believed in God. The Israelites were slaves to the Egyptians.
 - **Does anyone know what a slave is?** Yes, they had no freedom and had to do everything they were told to do without getting paid for it. They worked nonstop under unfair and horrible conditions.
- But the Israelites were growing in numbers. There were so many Israelites that Pharaoh was afraid they’d take over. Let’s continue to read the story in the Bible.
- **INSTRUCTIONS:** *Pick a kid to read Read Exodus 1:22 out loud.*
- Pharaoh ordered to get rid of every little helpless baby boy. All of them. I’m sure that made all the Israelite parents feel scared and helpless. But let’s keep reading and see how God shows up to help.
- **INSTRUCTIONS:** *Pair the older kids with younger kids to help them read Exodus 2:1-10.*
- At the same time Pharaoh was getting rid of helpless babies, a mom gave birth to a baby boy. She loved him so much and she decided to hide him for three whole months!
- She did the only thing she could think of. She used a basket as a boat to send the baby down the river in hopes of someone finding him. She probably felt so sad and helpless, right? But that isn’t the end of the story because God had another plan all along.
- Pharaoh’s daughter noticed the baby in the basket and decided to take the baby as her own. Then, the baby’s big sister, Miriam, asked Pharaoh’s daughter if she could help by finding a woman to take care of the baby for her. Pharaoh’s daughter said yes! This is how baby Moses was reunited with his mom! God helped baby Moses, his mom, and his sister. God helped them when they were feeling helpless and God helps us, too!

THE BIG IDEA | God helps us when we’re helpless.

- **INSTRUCTIONS:** *Write one word of today’s Big Idea on each of six sinkable items and submerge them in a bin of water. Invite volunteers to come up and retrieve one item at a time using a [small net](#). Instruct the kids to work together to put the Big Idea in order.*

✂ **SPECIAL NEEDS HACK:** Pre-write the Big Idea on butcher paper so the kids can match the words as they pull the items out of the water. Also, 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 helpless (put both hands out to the side and shrug).

- Oh, no! Our Big Idea is drowning inside this bin of water and I don't know what to do! **Can someone help me?**
- Thank you for your help, everyone! Our Big Idea this week is, **God helps us when we're helpless.**

VIDEO | Help!, Episode 1

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

STORY | Talk About a Time That You Felt Hopeless.

- **INSTRUCTIONS:** Partner up and share with a neighbor about a time when you felt helpless. Then, read Romans 15:3 together and take a few minutes to reflect on what the Bible says about our hope in God.
- We all have had a time when we felt out of control of our circumstances and it may have left us feeling hopeless.
- Maybe you got really sick, maybe you broke something really valuable, or maybe you couldn't see in the dark when the power went out. Share how it made you feel and where you went to for help.

ACTIVITY | Helpers Help Me

- **INSTRUCTIONS:** Split the kids into groups of three or four or do this as one large group. Place a large poster board and markers in the middle of the group or on stage, if you're doing this activity as one large group.
 - ✂ **PRETEEN HACK:** Give each kid a stack of [sticky notes](#) and a [fine-tip marker](#) to write per note one time they needed help or one person who helped them. Challenge them to each write four to six notes. Lay out all the notes on a poster board, and write "GOD" in giant letters over all of them using a [chisel-tip marker](#).
 - ✂ **SPECIAL NEEDS HACK:** Provide pictures for the kids to glue to the poster board. Provide a buddy to write "GOD" with them on the poster board.
- **When were some times you needed help? Who are some people who helped you overcome that time?**
- As you write, remember to leave a good amount of space all around the poster board.
- **Who else can help when we're helpless?** Yes, God can help!
- Let's write "God" all around the edges of the poster board because God is bigger than all these situations.

SCRIPTURE | Matthew 18:19-20

- **INSTRUCTIONS:** Read Matthew 18:19-20 in groups of two or three. Then, pass out index cards and markers. Help the kids identify two helpers in their lives other than God.

✂ **PRETEEN HACK:** Ask preteens to take an extra index card for each person's name they wrote down and write a note to that person, thanking them for their help. Then, put the card in an envelope and encourage parents to help them hand deliver or mail the letter.

✂ **SPECIAL NEEDS HACK:** Ask the kids to draw a picture of the person who helps them. You can also prepare labels of words such as "mom," "dad," "aunt," "coach," "teacher," "friend," etc. they can use to put on index cards.

- Let's pray together in our groups just like the verse said. Remember to thank God for helping us and for the helpers we have in our lives.
- Take home your index card and put it on your bathroom mirror as a reminder of the helpers in your life!

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

ACTIVITY | Paper Basket

- **INSTRUCTIONS:** Pass out one paper basket printable to each kid. Fold the paper on the solid lines and cut on the dotted lines. Use tape to hold it together on each side.
 - ✂ **SPECIAL NEEDS HACK:** Pre-fold some baskets and help the kids tape them together.
- Think of something that might make you feel helpless. Maybe it's school work, learning a new skill, or when you disagree with someone. Write those down on the sticky notes.
- When Miriam placed Moses in the basket, she probably felt a lot like each of you – she felt helpless. But she trusted God and was able to find hope again! Now, put your sticky notes in your basket. You might feel helpless in these situations, but God is always ready to help.
- Does anyone remember what our Big Idea is again? That's right! **God helps us when we are helpless!**

REFLECTION | God is Bigger!

- **INSTRUCTIONS:** Remind everyone that God helps us when we are helpless. Pass out art supplies and paper to each kid. Play soft worship music to help the kids focus.
- Let's take some time to draw a situation when you would need help fast. **Who would help you?** Draw them! And make sure to draw God in the scene, too!
- Remember, **God helps us when we're helpless.**

MEMORY VERSE | Memory Moves

- **INSTRUCTIONS:** Read Psalm 121:2 out loud to the kids. Ask the kids to work in groups and see if they can come up with a fun dance move, motions, or cheer to go with the words of the verse.
- **Who would like to share their awesome moves they created?**

PRAYER

- Dear God, thank You for always being with each of us. Remind us when we are feeling helpless that You will always help us. Help us to remember we can always count on You in times of need.

SMALL GROUP TIME

DISCUSSION

- How did Moses' mother protect him?
- Why did Miriam feel helpless?
- Read Exodus 2:4-7. What great idea did Miriam have?
- How did God help and provide for Miriam and her family?
- When are some times you might feel helpless?
- When you feel helpless, who is the first person you want to talk to?
- What are some ways God helps us when we feel helpless?

ACTIVITY | Prayer Helpers

- **INSTRUCTIONS:** *Divide the kids into groups of two to four. If they don't know each other, ask them to introduce themselves so everyone knows each other's names in their group. Then, ask them to each pray for the person to their left.*
- We are going to pray for our friends in our groups. The person whose birthday is coming up next starts our prayer circle. The person to their left will go next.
- Your prayer can be as simple as this: **"Dear God, help _____ remember that You are with them when they are helpless."**
- Thank you for praying for your friends today! I'm sure it's nice to know that you have friends praying for you and who care about you like God cares for you. God always helps us when we are helpless.

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.*