



Ages 4-5-K

Date: _____
Series: God Saves and Protects Us
Summer Year 1, Lesson 10

God Frees the Israelites

Take Home Point: *God Saves Us From Enemies
... We Follow God

*Repeat this phrase throughout the lesson. The leader will say the first part of the phrase (*CAPS*). The children respond with the second part of the phrase (*italics*).

Bible Event: Exodus 7:14-12:50

We will help children know:

- The Bible Event of God freeing the Israelites from slavery in Egypt.
- God frees and saves us from our enemies, including our worst enemy, sin.
- Everyone is a slave to sin. We are freed from sin when we trust that Jesus died on the cross to pay for our sins so we can be forgiven and follow God.

We will help the children feel:

- Hope that when they are confronted by an enemy, they can trust God's power to save them.
- Reassured that God has already saved them from their worst enemy, sin.
- Eager to follow God through all their lives.

We will help the children do:

- Interact with puppet presentation to introduce the Bible Event.
- Participate in the Bible event.
- Craft: Readiness Sandals
- Snack: Unleavened Bread
- Game: Plague Charades
- Teach Albie the Take Home Point: GOD SAVES US FROM ENEMIES... *We Follow God.*
- Sing and Pray.

Kingdom Quest Year 1 - Lesson 10 - 1

THIS LESSON'S ROADMAP

DESTINATION	PAGE #	DISCOVERIES ON YOUR JOURNEY	SUPPLIES NEEDED
Large Group Opening 	3 5	Puppet Presentation Bible Event	<i>Puppet Presentation:</i> <ul style="list-style-type: none"> • Bubba puppet wearing a baseball cap • Bible <i>Bible Event:</i> <ul style="list-style-type: none"> • TV • VCR or DVD player • video: <i>The Story of Moses</i> from <i>The Beginner's Bible</i> series
Small Group Application 	7 8 10 11	Activity 1: Craft-Readiness Sandals Activity 2: Snack Activity 3: Game-Plague Charades Prayer Time	<i>Activity 1: Craft</i> <ul style="list-style-type: none"> • Appendix A copied on cardstock, one per two children (precut and punch holes prior to lesson) • one brown pipe cleaner per child, cut into fourths • 18" length of string or yarn per child • masking tape • markers <i>Activity 2: Snack</i> <ul style="list-style-type: none"> • napkins, cups, water or juice • small tortillas (½ per child) • soft butter or margarine • cinnamon/sugar mixture • plastic knives • wet wipes <i>Activity 3: Game</i> <ul style="list-style-type: none"> • none
Large Group Wrap-up 	13 13	Singing (Optional) Lesson Review with Puppet Skit	<ul style="list-style-type: none"> • your choice of music • Albie puppet • Example of craft • Example of snack

Kingdom Quest Year 1 - Lesson 10 - 2

Pre-Session Singing (10 minutes)

Purpose: *When all children are in one group singing, it is easy for children arriving later to join the group and immediately get involved.*

Large Group Opening (15 minutes)



Purpose: *The puppet demonstrates today's lesson. The children are introduced to the take home point and experience the Bible event.*

Puppet Presentation

Supplies: Bubba puppet wearing a baseball cap; Presenter holds a Bible

Presenter: **Boys and girls, let's call Bubba.** *(Children call "Bubba".)*

Bubba: *(Comes out wearing a baseball cap and hanging his head low.)* Hi everyone.

Presenter: **Bubba, what's wrong?**

Bubba: I had a very rough week. I went to day camp.

Presenter: **That sounds like fun. Why was it rough?**

Bubba: There was a mean boy there named Mugsy. He was a big bully.

Presenter: **What did he do?**

Bubba: Every time he walked past me he called me a baby and stuck his tongue out at me. He made me mad and sad.

Presenter: **That's too bad, Bubba.**

Bubba: I went to day camp last year and I had a ton of fun. Having Mugsy there made it not so fun.

Presenter: **Bubba, your problem reminds me of a problem God's people, the Israelites, had.**

Bubba: Did they have a bully picking on them?

Presenter: **Yes they did. It was the Pharaoh, the king of Egypt. He made God's people into slaves. Slaves have a very hard life. They must do whatever the Pharaoh commands them to do.**

Bubba: Did God help them?

Presenter: Yes. God used a man named Moses to save the Israelites. You know, God saves us from bullies.

Bubba: What do you mean?

Presenter: Did Mugsy hit you?

Bubba: No.

Presenter: That's because God protected you. Now you no longer have to be with Mugsy.

Bubba: After a couple of days, I told my mom about Mugsy. The camp made him go into a different group of kids so he couldn't bother me.

Presenter: That was another way God protected you.

Bubba: So God still protects us today?

Presenter: Yes. He saved all of us from our worst enemy, sin. We are like slaves to sin. No one can stop sinning. Just like God sent Moses to save the Israelites from the Pharaoh, he sent Jesus to save us from sin.

Bubba: That's great.

Presenter: Yes it is. Would you like to learn more about this Bible event?

Bubba: Yes I would.

Presenter: First, let's practice the take home point. I'll say the first part and you say the second part.

Bubba: OK

Presenter: *GOD SAVES US FROM ENEMIES...now you say, "We follow God."

Bubba: We follow God.

Presenter: Do you think you can teach the boys and girls?

Bubba: Sure.

Presenter: OK everybody, *GOD SAVES US FROM ENEMIES...

Bubba: (and everyone): We follow God.

Presenter: One more time. *GOD SAVES US FROM ENEMIES ...

Bubba: (and everyone): We follow God.

Presenter: Wonderful. Say “goodbye” Bubba.

Bubba: Bye everyone!

Bible Event: Video

Supplies: TV, VCR or DVD player; video: The story of Moses from The Beginner's Bible series

Presenter holds the Bible

Today's Bible event comes from a book in the Bible called Exodus. We are going to watch a video and see how God used Moses to send ten plagues, ten horrible problems to Pharaoh, until Pharaoh finally let the Israelites leave Egypt. As you watch the video, silently count the ten plagues and see if you can remember them after the video.

Please show the video clip from the film, *The Story of Moses*, from *The Beginner's Bible*, produced by Time Life Kids, 1995, ISBN 0-7835-8488-1. The video starts at 9 minutes, 52 seconds after the opening title. Begin just after Moses says, "I'll be back," and leaves Pharaoh's court and end it just after a female Israelite says, "At last, we're on our way home." The length of the clip is 4 minutes, 36 seconds.

After the video, say:

Let's review and see if you can remember the ten plagues: blood, frogs, gnats, flies, death of livestock, boils, hail, locusts, darkness, and death of the firstborn.

God sent Moses to deliver the Israelites from their enemy Pharaoh. The Israelites followed God out of Egypt. In the daytime, he led them with a cloud and at night, he led them with a pillar of fire.

God also protects and delivers us from our enemies. The greatest enemy he saved us from was sin. God saved us by sending Jesus to die on the cross, take the punishment for our sins, and come back to life. We also follow God. God leads us by giving us his word, the Bible. The video did not show it, but God told the Israelites to eat their last meal in Egypt standing up and with their sandals on. They were to be ready to leave and follow God out of Egypt. We also are to be ready to follow God. God leads us with his word.

Boys and girls, let's practice the take home point together. I will say the first part and you repeat the last part. *GOD SAVES US FROM ENEMIES... We Follow God.

Let's fold our hands and pray. Repeat after me.

Dear God,
We love you.
You sent your son Jesus.
He saves us from sin.
Thank you, thank you, thank you.
In Jesus' name.
Amen.

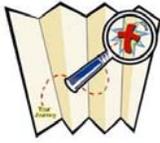
Song:

Let's sing our song of the week. (To the tune of *London Bridge*)

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

GOD saves **US** from **EN-e-MIES**.
YES he **DOES**. **YES** he **DOES**.
GOD saves **US** from **EN-e-MIES**.
WE fol-**LOW** God.

Small Group Application (30 minutes)



Purpose: Children will break into small groups. Smaller groups enable children to develop closer relationships with adults and peers in the church. In your small groups you will reinforce the take home point with a fun hands-on activity and discuss the Bible event. Review questions help kids apply the take home point to their daily lives.

Activity 1: Craft “Readiness Sandals”

Supplies: Copies of Appendix A on cardstock, one per two children; precut and punch all holes; one brown pipe cleaner cut into fourths for each child; 18” length of string or yarn per child; masking tape; markers

Before class, cut out sandals and punch indicated holes

Boys and girls, today we are going to make a pair of sandals that are ready to go when God tells us it is time. Before the Israelites left Egypt, God told them to eat standing up with their sandals on so they would be ready to follow God out of Egypt. We also should always be ready to follow God.

1. Give two sandals (one set) to each child.
2. Thread the pipe cleaners through the holes to form straps similar to those on flip flops (see picture).
3. Use masking tape to fasten the pipe cleaners to the bottom of the sandals.
4. At the heel hole, thread the string through the holes of each sandal and tape the knot on the back. Tie the sandals together so they can be flopped over the child’s shoulder with one sandal in front and one in back.
5. Decorate with markers.



Review the Bible Event.

What did Pharaoh do to the Israelites? (*He kept them as slaves in Egypt.*)

Let's practice the take home point. ***GOD SAVES US FROM ENEMIES... We Follow God.**

Let's fold our hands and pray. Repeat after me.

Dear God,
We love you.
You sent your son Jesus.
He saves us from sin.
Thank you, thank you, thank you.
In Jesus' name.
Amen.

Song:

Let's sing our song of the week. (To the tune of *London Bridge*)
Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

GOD saves **US** from **EN-e-MIES**.
YES he **DOES**. **YES** he **DOES**.
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WE fol-**LOW** God.

Activity 2: Snack “Unleavened Bread”

Supplies: napkins, cups, water or juice; small tortillas (1/2 per child); spreadable butter/margarine; cinnamon/sugar mix; plastic knives; wet wipes

*****CAUTION: Be aware of food allergies children may have, before you give them anything to eat.**

Before we eat our snack, let's fold our hands and pray. Repeat after me.

Dear God,
We love you.
You sent your son Jesus.
He saves us from sin.
Thank you, thank you, thank you.
In Jesus' name.
Amen.

Boys and girls, today we are going to make a snack from bread made with no yeast, just like God told the Israelites.

Shepherd or children may butter the tortilla

- Butter half a tortilla.
- Sprinkle with a cinnamon and sugar mix.
- Eat!
- Use wet wipes to clean hands.



To discuss:

When the Israelites were preparing to leave Egypt, God told them to make bread with no yeast. That meant the Israelites' bread was flat like our tortillas. Yeast makes bread rise and takes a long time to make. God wanted them to make flat bread because it was quicker to make. God wanted the Israelites to be ready to follow him out of Egypt when the time came.

In the same way, we are to be ready to always follow God. We follow God because Jesus followed God's directions to die on the cross and save us from our sins. Because Jesus followed God, we are saved. Now we follow God out of love for the Father and his Son Jesus.

Review the Bible event.

How did God free the Israelites? (*He sent ten plagues to the Pharaoh.*)

Let's practice the take home point. *GOD SAVES US FROM ENEMIES... We Follow God.

Song:

Let's sing our song of the week. (To the tune of *London Bridge*)

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

**GOD saves US from EN-e-MIES.
YES he DOES. YES he DOES.
GOD saves US from EN-e-MIES.
WE fol-Low God.**

Activity 3: Game “Plague Charades”

Supplies: none

Boys and girls, today we are going to see if you can figure out the plagues by the actions we do.

To play:

- Sing the song “Follow Moses; Follow God” (see below to teach it to the children).
- Call a child up to be “it” and whisper an action in the child’s ear from list below. Have the child do the action while the group sings the song and the rest of the children mimic the action.
- After singing the song, let the children guess which plague the child was acting out.
- The child who guesses gets to be the next “it.”
- Continue playing in this manner until all the plagues have been done. If a child who has already been “it” guesses a plague, choose a different child who has not yet been “it” to be “it.”

“Follow Moses; Follow God” (Tune: *Frere Jacques*)

Follow Moses (Follow Moses)

Here we go (Here we go)

We will leave this land (We will leave this land)

Follow God (Follow God)

**Hint: Vary the order in which you do the actions so it will be tougher for the children to guess the plagues.*

Actions:

Plague of blood: Hold nose with one hand, make motion of flowing river with other hand.

Plague of frogs: Hop like a frog.

Plague of gnats: Pinch thumb and first finger on each hand together and fly them around.

Plague of flies: Wiggle all fingers and fly them around.

Plague of livestock: Crawl on all fours and then flop over onto floor.

Plague of boils: Touch fingers all over skin.

Plague of hail: Put hands in air and bring down hard on legs repeatedly.

Plague of locusts: Hop and flap arms like wings.

Plague of darkness: Close and cover eyes.

Plague of the firstborn: Lay on the ground with eyes closed.

This game is a good review of the Bible event. After quickly reviewing the Bible event, say:

Pharaoh did not follow God's instructions to let his people go, and, therefore, Pharaoh and all the people of Egypt had to suffer from the plagues.

The best way we can follow God is to love and trust him. We can trust that God will save us from our enemies, especially our enemy sin. He has already saved us from sin by leading Jesus to the cross to take our punishment and die for our sins. When Jesus came alive on Easter, he announced that we are free.

Review the Bible event.

What is our worst enemy? (*Sin.*)

Let's practice the take home point. ***GOD SAVES US FROM ENEMIES ... We Follow God.**

Let's fold our hands and pray. Repeat after me.

Dear God,
We love you.
You sent your son Jesus.
He saves us from sin.
Thank you, thank you, thank you.
In Jesus' name.
Amen.

Song:

Let's sing our song of the week. (To the tune of *London Bridge*)

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

GOD saves **US** from **EN-e-MIES**.
YES he **DOES**. **YES** he **DOES**.
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WE fol-**LOW** God.

Prayer Time

How did God free us from sin? (*He sent Jesus to die on the cross, take the punishment for our sin and then come back to life. Now if we trust in Jesus' forgiveness, our sins are forgiven.*)

Ask children for prayer requests and pray as a group for child's request.

Let's practice the take home point. ***GOD SAVES US FROM ENEMIES... We Follow God.**

Let's fold our hands and pray. Repeat after me.

**Dear God,
We love you.
You sent your son Jesus.
He saves us from sin.
Thank you, thank you, thank you.
In Jesus' name.
Amen.**

Song:

Let's sing our song of the week. (To the tune of *London Bridge*)
Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

**GOD saves US from EN-e-MIES.
YES he DOES. YES he DOES.
GOD saves US from EN-e-MIES.
WE fol-Low God.**

Safety and Security: Safety and security procedures are important for each church to carefully define and implement according to their unique needs. The security, safety, illness and accident procedures described in this curriculum are provided for example purposes only and may not be appropriate, applicable or adequate for every situation. Each church is responsible for determining whether any security, safety, illness and accident procedures contained in the curriculum are appropriate, applicable or adequate for its unique situation. The activities described in this curriculum require adult supervision and may not be suitable for each child and each situation. Each church is responsible for ensuring that adequate adult supervision is provided for all activities and for determining whether an activity is appropriate for each child and each situation. Kids Kount Publishing disclaims all liability for the implementation of any procedures or the performance of any activities described in this curriculum.

Large Group Wrap-Up (10 minutes)



Purpose: *The crazy bird puppet, Albie, struggles with learning the take home point. We try to teach him the take home point, but each time he confuses words or concepts. After three attempts, he finally gets it right.*

Singing: (Optional, two or three songs, as time allows)

Supplies: Albie the puppet, sample of today's craft and snack.

Lesson Review with Puppet Skit

Presenter shows Albie an example of each of the Activities done in small group. Then the kids attempt to teach Albie the take home point.

Presenter: We want to welcome all our guests today and thank them for coming. (If you give guests a gift for coming, do it now.)

Presenter: Albie, look at the craft the children made today. It is a pair of Readiness Sandals. The children are going to teach you our take home point. Listen carefully.

Presenter: (says to kids): *GOD SAVES US FROM ENEMIES...

Kids say: ...We Follow God.

Presenter: (says to Albie): *GOD SAVES US FROM ENEMIES...

Albie says: Give me those flip flops so I can wear them!



Presenter: Albie, look at the snack we ate. It is Unleavened Bread. Now listen carefully to the take home point.

Presenter: (says to kids): *GOD SAVES US FROM ENEMIES...

Kids say: ...We Follow God.

Presenter: (says to Albie): *GOD SAVES US FROM ENEMIES...

Albie says: Follow that yummy snack right into my mouth!

Presenter: Albie, today we played a game called Plague Charades. Now, please listen closely to the take home point.

Presenter: (says to kids): *GOD SAVES US FROM ENEMIES...

Kids say: ...We Follow God.

Presenter: (says to Albie): *GOD SAVES US FROM ENEMIES...

Albie says: I like to eat frogs, and bugs!

Presenter says: Albie, listen one last time.

*GOD SAVES US FROM ENEMIES...

Kids response: ...We Follow God.

Presenter: (says to Albie): *GOD SAVES US FROM ENEMIES...

Albie's response:

(Warms up his singing voice with "Mee, mee, mee, mee..." and sings in a silly dramatic opera-like voice)
***GOD SAVES US FROM ENEMIES...We Follow God.**

Presenter says to Albie: Good job, Albie!

Albie can leave stage or join in the prayer and song.

Let's fold our hands and pray. Repeat after me.

**Dear God,
We love you.
You sent your son Jesus.
He saves us from sin.
Thank you, thank you, thank you.
In Jesus' name.
Amen.**

Song:

Let's sing our song of the week. (To the tune of *London Bridge*)

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

**GOD saves US from EN-e-MIES.
YES he DOES. YES he DOES.
GOD saves US from EN-e-MIES.
WE fol-LOW God.**

Goodbye boys and girls. Remember that God loves you and he will save you from your enemies.

