

Exodus

Teaching material for 3-5's

Call on God for rescue



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The 'material' of Sunday school



The unfolding story of the Bible is revealed progressively through 66 books. These books were written by human authors who were inspired by the Holy Spirit. They were written with an agenda to a real audience. **Through these books, by His Spirit, God works.** He gives new life and disciples His people.

At Sunday school our desire is to teach through books of the Bible and allow our teaching to be directed by the Biblical author. We want to make the *main point* of our teaching the main point the author is teaching. We want the *aim* of our teaching to be the aim the author had. When we think about *how* we teach, we want to use the literary style, techniques, and content the Biblical author uses. In short, **we want to teach the Biblical author's point, for the Biblical author's purpose, using the Biblical author's practice.** The more clearly this is done, the more clearly the children will have heard the living God speak to them. As we strive to do this, we pray the fruit would be thirty, sixty, and a hundredfold.

The team at St Helen's has worked hard studying some key books of the Bible. As we have done so we have endeavoured to write our material following the principles above.

3-5's material

The 3-5's material is presented as a skeleton of the session with the example Bible story.

Some parts of the session are provided, and some will need to be prepared. Ie. the Concept, Bible verse, and Action Rhyme are provided. But the concept explanation, Bible verse explanation, game and ACTS prayer will need to be prepared by the leader. Use the space in the material to do this.

The example Bible story has several functions.

Firstly, it is a short talk. This talk could be given verbatim, adapted, used for ideas, or ignored by the individual assigned to give the talk. For less experienced leaders they may wish to read verbatim the example talk, adding in props and visuals. For more experienced leaders they may wish to chop, change, and adapt the example talk as they see fit. For very experienced leaders they may wish to ignore the example talk and write their own, only looking at the example to see another voice on the passage.

Secondly, it is a commentary on the passage. For those not giving the talk the example helps them to understand the passage, how it can be taught, and areas of application. It will also indicate what the speaker might say so that everyone is aligned on the teaching.

Teaching program | Exodus

Call on God for salvation

Introduction to Exodus

Who would you call in an emergency? The Israelites found themselves in a bit of an emergency. They were far from the promised land, oppressed under the tyrannical rule of Pharaoh, in a land of death. Who would come to their rescue?

Fortunately God had not abandoned them. He raised up Moses—a rescuer—and at the burning bush revealed to him what he would do. ‘I am the LORD; I have come to rescue.’ God is not only the creator and promise maker of Genesis, but he’s also the rescuer who would deliver his people from Egypt.

And so the rescue mission begins. Moses approaches Pharaoh to ask him to let the LORD’s people go. But Pharaoh responds ‘Who is the LORD, that I should obey him?’ He’s about to find out...

The LORD lays his hand on Egypt. Water turns to blood, frogs fill the houses. The LORD sends and only the LORD can remove these plagues. Itchy gnats, buzzing flies, the death of the Egyptian livestock. The magicians conclude only God could do such wonders. Only the LORD, the creator of heaven and earth could do all this. There is no one like him. He is smashing up Egypt with these mighty plagues. He’s like a boxer hitting his opponent—thump, thump, thump. But it’s not over. A ferocious storm of lightning and hail comes next, then locusts that devour what’s left, and darkness that can be felt. There is really no one like the LORD. Last of all the death of the firstborn. The Israelites bypass this judgment through the death of the Passover lamb. Now Pharaoh let’s the people go.

To the Red Sea they walk. But Pharaoh has changed his mind; he comes, with his army, in hot pursuit. But the LORD fights for his people. The Sea is parted and the Israelites walk through on dry ground and Pharaoh’s army is destroyed. The Israelites sing praises to the LORD: ‘The LORD is a mighty warrior. The LORD is a saviour.’

But now in the wilderness the grumbling starts. At Mt Sinai the LORD enters into a special, covenantal, relationship with the Israelites. They will be his people and he will be their God, if they obey his commandments. Even more, the LORD tells Moses he’ll come and live with them and go with them to the promised land. But down in the valley something had gone horribly wrong. Instead of building a tabernacle for the LORD they build a golden calf. They’ve broken the covenant already! There’s a big falling out. The LORD burns with anger, and the people only escape total wipe-out because Moses intercedes: He reminds the LORD of his promise to bring this people into the promised land. But even so, the LORD will not live with them and go with them. Their sin would just cause him to destroy them. (It looks like the people need another rescue—a rescue from their sin.) Moses pleads with the LORD. And the LORD agrees to go with them. How will he not destroy his sinful people on the way? Because, we learn, the LORD forgives. He is compassionate and gracious, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion, and sin. We’re back on track. The people now construct the tabernacle, and the glory of the LORD descends in a cloud.

Who would you call in an emergency? The LORD has shown himself to be the mighty rescuer, temporally

and spiritually.

The book of Exodus shows us that the LORD is the one who rescues, and it points forward to a rescue we all need. A rescue from exile. Humanity is in exile, separated at the fall from God and the life he gives. It's the great emergency we need saving from. We need a rescue. Who will come to our aid? In the Prophets God promises a New Exodus – an Exodus out of exile. Isaiah tells us what this new Exodus will be like. The LORD himself will come to rescue his people. The LORD will sort out the problem of sin. The LORD will destroy death forever. The LORD will put his spirit inside his people. The LORD will create a whole new creation which will be good and full of happiness. The LORD will live there with his people. This new Exodus was promised by God. This is the Exodus out of exile we need.

Two thousand years ago the LORD God entered into this world as the person of Jesus. Jesus is the LORD himself who leads his people in this New Exodus out of exile. He is the one to call on for help. As Peter said to the religious leaders in Jerusalem, "there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved." (Acts 4:12) Who will rescue you from exile? Call on the LORD Jesus for salvation.

Action rhyme

(To the tune, 'Where is baby Moses')

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|-----------------|---|
| <i>Chorus</i> | <i>Our God came to rescue, rescue, rescue
Our God came to rescue, he will hear our cry</i> |
| <i>Lesson 2</i> | <i>God wants us to know him, know him, know him
God wants us to know him, God tells us his name</i> |
| <i>Lesson 3</i> | <i>Our God is very mighty, mighty, mighty
Our God is very mighty, there's no one like him</i> |
| <i>Lesson 4</i> | <i>Our God is like a warrior, warrior, warrior,
Our God is like a warrior, Pharaoh was destroyed</i> |
| <i>Lesson 5</i> | <i>Our God wants a friendship, friendship, friendship,
Our God wants a friendship, we're special to him</i> |
| <i>Lesson 6</i> | <i>Our God wants to live with, live with, live with
Our God wants to live with all of his people</i> |
| <i>Lesson 7</i> | <i>Jesus came to rescue, rescue, rescue
Jesus came to rescue, God has heard our cry</i> |

Teaching plan

Week	Lesson	Passage	Story	Concept
1 2	1	Exodus 1-2	Forgotten?	Our God hears his people's cry.
3 4	2	3-6	God tells us his name	Our God wants us to know him.
5 6	3	7-10	Plagues	Our God is mighty.
7 8	4	11-15	The real superhero	Our God rescues his people.
9 10	5	19	Friends	Our God wants to be friends.
11 12	6	25-40	The tent	Our God wants to live with his people.
13 14	7	John	The new exodus	Our God, Jesus, came to rescue us.



Forgotten?



Concept | **Our God hears his people's cry.**

Bible time 1

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Welcome

Order of the session: Bible time, game, Bible time, craft.

Sunday School rules: Who can tell me one of our rules which helps us to listen to the bible and to each other?

Pray: Let's ask for God's help as we hear him speak in the Bible.

Concept

🎵 Bible Box song

*'What are we going to learn today? What are we going to learn today?
Let's find out from the Bible box. Let's find out from the Bible box.'*

Concept: Our God hears his people's cry.

Concept explanation

Bible verse

🎵 The Bible song

But how do we know that ...? Did I hear it on the ...? Did I read it in a ...? Did I see it on a ...? No? Where do I get it all from then?

'The Bible, the Bible, how we love the Bible. It's God's word. Yay!'

Use the 'How to lead a pre-school session' section in the leader's handbook to help you prepare.

Visuals and props:

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Ask a child to get the Bible from the Bible box.

Read Bible verse: Exodus 2:23b-25

Bible verse explanation

Action rhyme

Let's sing a song with some actions to help us remember what we're learning today.

(To the tune, "Where is baby Moses?")

*Our God came to rescue, rescue, rescue
Our God came to rescue, he will hear our cry*

🎵 Closing song

*'We've gathered together to hear from God.
We've gathered together to hear from God.
And now it's time for a game.'*

Game

Bible time 2

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Story

Forgotten?

We're going to be hearing the story of Exodus. Exodus is the second book in the bible.

In the first book of the bible, Genesis, God had made some BIG promises to his people. God promised his people would grow to be really BIG family, as many as the stars in the sky. God promised his people a beautiful land to call home. And God promised his people would have a wonderful friendship with him. He would be their God and they would be his very own special people.

As we begin the story of Exodus, it's many, many, many years later. God's people had grown really BIG! Just like God had promised. But... God's people were in the land of Egypt, not the beautiful land to call home. Oh no!

God's people were having a horrible time in Egypt. They were slaves. That meant that Pharaoh, the king of Egypt, made them work really hard all day long. He treated them really badly. Oh no!

Pharaoh didn't like that God's people had been growing BIG. He was scared they might get too strong. So, Pharaoh did a terrible thing. Pharaoh ordered all the baby boys to be killed.

Oh no! This is so bad! God's people were so sad. God's people were so scared. They cried out – 'help!'. But it seemed like no one was listening. It felt like God had forgotten his people. It seemed like he couldn't hear them cry for help.

Have you ever felt like that? Maybe you're at the shops or the playground and for a moment you can't see your mum. Oh no! You worry that she's left without you! You cry out "mum!" but no one answers back. You feel so sad. You feel so scared.

That's what God's people felt like. But does God forget his people? Does God shut his ears when his people cry out for help?

No! Of course not! Do you remember the bit from Exodus I read out earlier? We read that God *heard* his people's cry for help. God *remembered* his promises. God *saw* what was happening to them. God *cared*.

God heard his people's cry for help. He hadn't forgotten them. Phew! Just like when you think your mum might have forgotten you. But then... you hear her voice! "I'm here!" she says. "I heard your cry. I would never forget you! I care so much about you!" God hears when his people cry out to him. He doesn't forget them.

Listen to what happened next. One mum had a little baby boy, called Moses. She was


very scared that evil Pharaoh would try to kill him. So, she took baby Moses and hid him in a basket in the river to keep him safe. One day, an Egyptian princess found baby Moses and felt sorry for him. She took him to her palace and raised him as her own baby. Phew! God saved baby Moses from being killed by evil Pharaoh.

Wow! God is showing us what he's going to do for all his people, not just baby Moses. Moses is who God will use to save his people. Just like God saved baby Moses from being killed by evil Pharaoh, God was going to save his people from evil Pharaoh.


That's what we're going to see as we keep reading the Exodus story. We're going to see that God came to rescue. We're going to see our God doesn't forget his people. Our God hears our cries. We can cry out to him too!

Prayer


Let's now pray to God. Can you get your praying fingers out.

 **Adoration.** Let's point our fingers up to God and tell him how great he is.


Wow God/ We praise you God... _____

 **Confession.** Let's point our fingers at ourselves and say sorry for our sin.

Sorry God... _____

 **Thanksgiving.** Let's hold our hands out and thank God for what he does.

Thank you God... _____

 **Supplication.** Let's put our hands together and ask him to do great things.

Please God... _____

 **Closing song**

*'We've gathered together to hear from God.
We've gathered together to hear from God,
And now it's time for craft.'*

Craft

Craft ideas...

Week 1:

Week 2:

God tells us his name



Concept | **Our God wants us to know him.**

Bible time 1

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Welcome

Order of the session: Bible time, game, Bible time, craft.

Sunday School rules: Who can tell me one of our rules which helps us to listen to the bible and to each other?

Pray: Let's ask for God's help as we hear him speak in the Bible.

Concept

🎵 Bible Box song

*'What are we going to learn today? What are we going to learn today?
Let's find out from the Bible box. Let's find out from the Bible box.'*

Concept: Our God wants us to know him.

Concept explanation

Bible verse

🎵 The Bible song

But how do we know that ...? Did I hear it on the ...? Did I read it in a ...? Did I see it on a ...? No? Where do I get it all from then?

'The Bible, the Bible, how we love the Bible. It's God's word. Yay!'

Use the 'How to lead a pre-school session' section in the leader's handbook to help you prepare.

Visuals and props:

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Ask a child to get the Bible from the Bible box.

Read Bible verse: Exodus 6:6-7a

Bible verse explanation

Action rhyme

Let's sing a song with some actions to help us remember what we're learning today.

(To the tune, "Where is baby Moses?")

*God wants us to know him, know him, know him
God wants us to know him, God tells us his name*

*Our God came to rescue, rescue, rescue
Our God came to rescue, he will hear our cry*

🎵 Closing song

*'We've gathered together to hear from God.
We've gathered together to hear from God.
And now it's time for a game.'*

Game

Bible time 2

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Story

God tells us his name

I've got a friend who I'd like you to meet. Can you guess what his name is? Can you guess what he's like? Do you think he's big or small? Do you think he's loud or quiet? Do you think he's silly or serious? Do you think he's mean or really kind?

But here he is, he's come to meet you. [Use teddy bear or similar.] We don't have to guess his name, he can tell us. He says his name is Fred. We don't have to guess what he's like. He can tell us. He says he's fluffy and a bit shy but he loves music and he's really good at dancing. [Show teddy dancing.] It's pretty hard guessing when you haven't met someone isn't it? Guessing makes it pretty hard to know someone. It's much better if they can come and tell you. And what if we had to do that with God? What if getting to know God was a guessing game. That would be sad wouldn't it! How would we know what he was really like? We'd just be making it up!

Well in our story today something amazing happens! God tells his people his special name. He tells them who he is. Our God wants to have a special friendship with us. He wants us to know him. He doesn't leave us guessing what he's like.

Remember, baby Moses? He's now grown up. One day he was looking after his sheep on a hill side. Suddenly he saw a strange thing. He saw a bush burning... but it wasn't burning up! 'Hmm, how weird', thought Moses. So, he went to take a closer look.

'Moses!' boomed a big voice from the bush. Woah! The bush spoke? It was God speaking to Moses from the bush. God had come to meet Moses to tell him some exciting news. God had come to tell Moses that it was rescue time! God told Moses that he was going to be the one God used to bring his people out of Egypt.

Wow! God really hadn't forgotten! God had heard his people's cry. God's people in Egypt would be so happy to hear this! But before Moses packed his bags and jumped on his camel back to Egypt, he had a question. Moses said to God 'what is your name?'. But Moses wasn't just asking what God liked being called, Moses was asking 'who are you?' Moses knew that God's people back in Egypt didn't know who he was. They wouldn't know who was rescuing them.

This is a bit of a problem, isn't it? God's people needed to know who he was! After all, God wasn't just going to take his people out of Egypt and plonk them in the desert! No, God was taking them to be his very own special people. God's people needed to know who he was. So Moses asked, and wonderfully, God told Moses his special name. Wow! God said my name is 'I am who I am' I am the Lord who will rescue you.

Our God is the rescuer. That's who he is, our rescuing God. Gods people would get to know the Lord their God as they see him rescue. As they see him squash evil Pharaoh, they will see he is so powerful. As they see him flatten Egypt, they will see there is really no one like him. As he brings them out to be his people, they will see how loving he is. As he rescues, they will get to know their God.

And guess what? We can know him too! Isn't that great. Isn't it wonderful that we don't have to play a guessing game. We don't have to guess what God might be like. He tells us his special name. He tells us who he is. Our God wants us to know him. As we hear about this rescue in the Exodus story we will see he is powerful, we will see there is really no one like him, we will see how loving he is. We will get to know our God.

Prayer

Let's now pray to God. Can you get your praying fingers out.

♥♥ **Adoration.** Let's point our fingers up to God and tell him how great he is.
Wow God/ We praise you God... _____

♥ **Confession.** Let's point our fingers at ourselves and say sorry for our sin.
Sorry God... _____

😊 **Thanksgiving.** Let's hold our hands out and thank God for what he does.
Thank you God... _____

🙏 **Supplication.** Let's put our hands together and ask him to do great things.
Please God... _____

🎵 Closing song

*'We've gathered together to hear from God.
We've gathered together to hear from God,
And now it's time for craft.'*

Craft

Craft ideas...

Week 1:

Week 2:

Plagues



Concept | **Our God is mighty.**

Bible time 1

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Welcome

Order of the session: Bible time, game, Bible time, craft.

Sunday School rules: Who can tell me one of our rules which helps us to listen to the bible and to each other?

Pray: Let's ask for God's help as we hear him speak in the Bible.

Concept

🎵 Bible Box song

*'What are we going to learn today? What are we going to learn today?
Let's find out from the Bible box. Let's find out from the Bible box.'*

Concept: Our God is mighty.

Concept explanation

Bible verse

🎵 The Bible song

But how do we know that ...? Did I hear it on the ...? Did I read it in a ...? Did I see it on a ...? No? Where do I get it all from then?

'The Bible, the Bible, how we love the Bible. It's God's word. Yay!'

Use the 'How to lead a pre-school session' section in the leader's handbook to help you prepare.

Visuals and props:

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Ask a child to get the Bible from the Bible box.

Read Bible verse: Exodus 9:14

Bible verse explanation

Action rhyme

Let's sing a song with some actions to help us remember what we're learning today.

(To the tune, "Where is baby Moses?")

Our God is very mighty, mighty, mighty

Our God is very might, there's no one like him

Our God came to rescue, rescue, rescue

Our God came to rescue, he will hear our cry

🎵 Closing song

'We've gathered together to hear from God.

We've gathered together to hear from God.

And now it's time for a game.'

Game

Bible time 2

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Story

Plagues

There's no one like our God. Our God is big and strong and mighty. What's the biggest thing you can think of. Who's the strongest man you know. Our God is even bigger and even stronger than them. Let me show you how big and strong and mighty our God is.

The Israelites were stuck in Egypt. It wasn't very nice. Pharaoh had enslaved them and made them build huge cities for him. They couldn't escape. Life was very hard. Pharaoh had made their lives very difficult. Pharaoh was big and strong. But God had promised to rescue his people. Would he be big enough, strong enough, mighty enough to do that? Let's see whether he is big enough and strong enough to rescue them. God shows how strong he is by sending lots of plagues on Egypt.

For the first plague, God turned all the water in Egypt into blood – eww. The rivers turned to blood. The streams turned to blood. The ponds turned to blood. All the water in Egypt turned to blood. Imagine that: drinking blood from your water bottle, having a blood bath, watering your plants with blood, washing your clothes in blood. *What a mighty thing God did, phwoar our God is strong and big.* For the second plague, God sent lots of frogs on Egypt. There were frogs in the rivers and frogs in the streets. Frogs in the kitchen and frogs in your sheets. *What a mighty thing God did, phwoar our God is strong and big.*

For the third plague, God turned the dust of the land into gnats that crept and crawled, and itched and scratched. The gnats were everywhere. Creeping and crawling over the animals. Creeping and crawling over the people. The Egyptian magicians were amazed. They knew only God could do this. *What a mighty thing God did, phwoar our God is strong and big.* For the fourth plague, God sent swarms of flies. Buzzing here and buzzing there; there were flies buzzing everywhere. Only God was powerful enough to send the swarms of flies, and only he was powerful enough to take them away. *What a mighty thing God did, phwoar our God is strong and big.*

For the fifth plague, God struck down all the animals of the Egyptians. Their horses, donkeys, camels, cattle, sheep, and goats died. But none of the Israelite animals died. Wow God is powerful. *What a mighty thing God did, phwoar our God is strong and big.* For the sixth plague, God sent itchy and sore boils on the people – a bit like chicken pox. *What a mighty thing God did, phwoar our God is strong and big.*

For the seventh plague, God sent a mighty storm. Thunder and lightning crashed around. And it hailed – huge chunks of hail. The hail fell all around. It struck anyone who was outside. It was the worst storm there'd ever been in Egypt. Only God has this great power over the world – of course, because he made it. *What a mighty thing God did,*


phwoar our God is strong and big.

For the eighth plague God sent locusts. They covered the land like a blanket, and they ate up all the plants. Egypt was ruined. *What a mighty thing God did, phwoar our God is strong and big.* For the ninth plague God turned the sun off. He made it go dark in Egypt. It was like it was night all the time. The Egyptians couldn't see where they were going. No one else has this kind of power. *What a mighty thing God did, phwoar our God is strong and big.*


Our God is showing us how big and strong he is. There is no one like him. None of our mums and dads can do this. None of the superheroes we like can do this. No one in all the world is as big and strong as our God. If anyone was big enough and strong enough to rescue the Israelites from Pharaoh it would be him.

Prayer


Let's now pray to God. Can you get your praying fingers out.

 **Adoration.** Let's point our fingers up to God and tell him how great he is.


Wow God/ We praise you God... _____

 **Confession.** Let's point our fingers at ourselves and say sorry for our sin.

Sorry God... _____

 **Thanksgiving.** Let's hold our hands out and thank God for what he does.

Thank you God... _____

 **Supplication.** Let's put our hands together and ask him to do great things.

Please God... _____

 **Closing song**

*'We've gathered together to hear from God.
We've gathered together to hear from God,
And now it's time for craft.'*

Craft

Craft ideas...

Week 1:

Week 2:

The real superhero



Concept | **Our God rescued his people.**

Bible time 1

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Welcome

Order of the session: Bible time, game, Bible time, craft.

Sunday School rules: Who can tell me one of our rules which helps us to listen to the bible and to each other?

Pray: Let's ask for God's help as we hear him speak in the Bible.

Concept

🎵 Bible Box song

*'What are we going to learn today? What are we going to learn today?
Let's find out from the Bible box. Let's find out from the Bible box.'*

Concept: Our God rescues his people.

Concept explanation

Bible verse

🎵 The Bible song

But how do we know that ...? Did I hear it on the ...? Did I read it in a ...? Did I see it on a ...? No? Where do I get it all from then?

'The Bible, the Bible, how we love the Bible. It's God's word. Yay!'

Use the 'How to lead a pre-school session' section in the leader's handbook to help you prepare.

Visuals and props:

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Ask a child to get the Bible from the Bible box.

Read Bible verse: Exodus 15:1

Bible verse explanation

Action rhyme

Let's sing a song with some actions to help us remember what we're learning today.

(To the tune, "Where is baby Moses?")

Our God is like a warrior, warrior, warrior

Our God is like a warrior, Pharoah was destroyed

Our God came to rescue, rescue, rescue

Our God came to rescue, he will hear our cry

🎵 Closing song

'We've gathered together to hear from God.

We've gathered together to hear from God.

And now it's time for a game.'

Game

Bible time 2

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Story

The real superhero

Who's your favourite super-hero? What can they do? [\[Take answers\]](#) Today I'm going to show you my favourite superhero.

The Israelites were stuck in Egypt. It wasn't very nice. Pharaoh had enslaved them and made them build huge cities for him. They couldn't escape. Life was very hard. Pharaoh had made their lives very difficult. Pharaoh was big and strong. But God had promised to rescue his people. Would he be big enough and strong enough to do that?

Remember all the plagues God sent on Egypt: blood, frogs, gnats, flies, death, boils, hail, locusts, darkness. These showed us how powerful God was. There is none like him. What mighty things God did. Phwoar our God is strong and big. There was one final plague. God warned Pharaoh, 'If you don't let my people go, I will go throughout Egypt and every first-born son will die, from the firstborn of Pharaoh on the throne, to the firstborn of the slave, and the firstborn of the animals too. But none of my people will die.' God warned Pharaoh. But Pharaoh would not listen.

So God came to Egypt that night. He struck down every first-born son, from the first-born of Pharaoh to the first-born of the slave, but he did not harm any of his people. *What a mighty thing God did, phwoar our God is strong and big.* When the Egyptians awoke, they found that their first-born sons had died. There was lots of crying in Egypt that night. Pharaoh summoned Moses. He said, 'Leave my people, you and the Israelites! Go!' Pharaoh has finally let God's people go. So they gathered their things and left Egypt. More than a million people with all their flocks and herds. God has rescued his people out of Egypt. He is a real superhero.

The people journeyed out of Egypt to the edge of the desert. God guided them on their way. And they reached the Red Sea. But back in Egypt, Pharaoh had changed his mind. 'What have we done?' he thought. 'We've lost our slaves.' So he got his chariot ready. He gathered his army together. In Pharaoh's army there were more than 600 chariots, there were officers, and horse, and many troops. Pharaoh and his army marched out to find the Israelites.


When the Israelites saw the Egyptians marching after them they were terrified. They thought they were going to die. The Red Sea was on one side of them and Pharaoh's army was on the other. How were they going to escape? Surely they would all die. But God was going to rescue them. He told Moses to stretch his hand out over the Red Sea, and as he did so the sea parted in two. A path of dry ground was through the middle with the Sea piled up as walls on either side. Moses led the Israelites through the water to the other side. Pharaoh however was in hot pursuit. He charged at the Israelites to

follow them through the sea. But before he could reach them God closed the sea in over him. Pharoah and his army with all his chariots and horses and troops were covered by the water and drowned, but the Israelites had made it safely through to the other side.


God is like a warrior: he had powerfully defeated Pharoah. God is like a superhero: he had rescued his people. God was big enough and strong enough to defeat Pharoah and rescue his people. There is no one like our God. God is my favourite superhero. No other superhero is as amazing as he is. Those other superheroes aren't even real, God is. He's the real superhero. And those other superheroes aren't as powerful as God. They can't rescue like our God can rescue. But our God is big enough and strong enough to rescue. Our god rescues his people.

Prayer


Let's now pray to God. Can you get your praying fingers out.

 **Adoration.** Let's point our fingers up to God and tell him how great he is.


Wow God/ We praise you God... _____

 **Confession.** Let's point our fingers at ourselves and say sorry for our sin.

Sorry God... _____

 **Thanksgiving.** Let's hold our hands out and thank God for what he does.

Thank you God... _____

 **Supplication.** Let's put our hands together and ask him to do great things.

Please God... _____

 **Closing song**

*'We've gathered together to hear from God.
We've gathered together to hear from God,
And now it's time for craft.'*

Craft

Craft ideas...

Week 1:

Week 2:

Friends



Concept | **Our God wants to be friends.**

Bible time 1

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Welcome

Order of the session: Bible time, game, Bible time, craft.

Sunday School rules: Who can tell me one of our rules which helps us to listen to the bible and to each other?

Pray: Let's ask for God's help as we hear him speak in the Bible.

Concept

🎵 Bible Box song

*'What are we going to learn today? What are we going to learn today?
Let's find out from the Bible box. Let's find out from the Bible box.'*

Concept: Our God wants to be friends.

Concept explanation

Bible verse

🎵 The Bible song

But how do we know that ...? Did I hear it on the ...? Did I read it in a ...? Did I see it on a ...? No? Where do I get it all from then?

'The Bible, the Bible, how we love the Bible. It's God's word. Yay!'

Use the 'How to lead a pre-school session' section in the leader's handbook to help you prepare.

Visuals and props:

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Ask a child to get the Bible from the Bible box.

Read Bible verse: Exodus 19:4-6a

Bible verse explanation

Action rhyme

Let's sing a song with some actions to help us remember what we're learning today.

(To the tune, "Where is baby Moses?")

*Our God wants a friendship, friendship, friendship
Our God wants a friendship, we're special to him*

*Our God came to rescue, rescue, rescue
Our God came to rescue, he will hear our cry*

🎵 Closing song

*'We've gathered together to hear from God.
We've gathered together to hear from God.
And now it's time for a game.'*

Game

Bible time 2

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Story

Friends

We've been hearing how God rescued his people. We saw how he squashed Pharaoh and flattened Egypt. We saw how God made a path through the sea and safely brought his people through. Hooray!

God's people were now on a journey through the desert to the beautiful land that God had promised them. God was taking his people to live with him in this wonderful land. But on the way, the people stopped at God's special mountain. This was the mountain where God had met Moses in the burning bush.

God came down to meet Moses and his people again at the mountain. But it was pretty scary! There was loud thunder. Boom, boom! There was bright lightning. Flash, flash! There was fire and smoke. Cough, cough! The whole mountain shook. Rumble, rumble! Wow, how scary!

God had come to tell his people something exciting. God told them about the amazing friendship they would get to have with him. God told them they would get to belong to him! They would be his own special people. They would be his precious treasure out of all the people in the world.

What's the thing that is most special to you? Maybe it's a gift you've been given by your mum or dad or friend? Maybe it's your favourite toy? [Ask children]

Well God was talking about his people like they were the thing most special to him. Like they were his favourite toy! Wow! How wonderful to be God's people.

But having a friendship with God was going to be very different to another friendship. There was fire and smoke and thunder and lightning when he came to meet his people! God isn't like a cuddly teddy bear or Santa. God is mighty and powerful and big and amazing! There is really no one like him. Which means it's SO amazing that he wanted a special friendship with his people.

Imagine if you could be friends with the King of England. He's pretty important and pretty powerful! It would be different to the friendships you have at school because he's the king! But it would be also really cool, wouldn't it? It would be great to know him and be with him. It would be great to have the king on your side, to have him know you and care about you.


Well, even more so with God! God is mighty and powerful and big and amazing! There's really no one like him. Our God wants to be friends. This time, it's not scary. Through Jesus, we get to be friends with God. We can be his special people.


We get to be his precious treasure out of all the people in the world. To God, we're like his most favourite toy!


Wow! How wonderful to be God's people. How great that we get to know him. How amazing that we'll get to live with him in his new creation forever. How special that he's on our side, that he knows us and cares for us!


Prayer

Let's now pray to God. Can you get your praying fingers out.

 **Adoration.** Let's point our fingers up to God and tell him how great he is.
Wow God/ We praise you God... _____

 **Confession.** Let's point our fingers at ourselves and say sorry for our sin.
Sorry God... _____

 **Thanksgiving.** Let's hold our hands out and thank God for what he does.
Thank you God... _____

 **Supplication.** Let's put our hands together and ask him to do great things.
Please God... _____

🎵 Closing song

*'We've gathered together to hear from God.
We've gathered together to hear from God,
And now it's time for craft.'*

Craft

Craft ideas...

Week 1:

Week 2:

The tent



Concept | **Our God wants to live with his people.**

Bible time 1

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Welcome

Order of the session: Bible time, game, Bible time, craft.

Sunday School rules: Who can tell me one of our rules which helps us to listen to the bible and to each other?

Pray: Let's ask for God's help as we hear him speak in the Bible.

Concept

🎵 Bible Box song

*'What are we going to learn today? What are we going to learn today?
Let's find out from the Bible box. Let's find out from the Bible box.'*

Concept: Our God wants to live with his people.

Concept explanation

Bible verse

🎵 The Bible song

But how do we know that ...? Did I hear it on the ...? Did I read it in a ...? Did I see it on a ...? No? Where do I get it all from then?

'The Bible, the Bible, how we love the Bible. It's God's word. Yay!'

Use the 'How to lead a pre-school session' section in the leader's handbook to help you prepare.

Visuals and props:

-
-
-
-
-

Ask a child to get the Bible from the Bible box.

Read Bible verse: Exodus 25:8

Bible verse explanation

Action rhyme

Let's sing a song with some actions to help us remember what we're learning today.

(To the tune, "Where is baby Moses?")

*Our God wants to live with, live with, live with
Our God wants to live with all of his people*

*Our God came to rescue, rescue, rescue
Our God came to rescue, he will hear our cry*

🎵 Closing song

*'We've gathered together to hear from God.
We've gathered together to hear from God.
And now it's time for a game.'*

Game

Bible time 2

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Story

The tent

Today we're going to see that God wants to live with his people.

The Israelites are at Mt Sinai: remember the fiery mountain with the boom, boom, the flash, flash, and the rumble, rumble. God had come down onto the mountain to tell his people he wanted a special friendship with them. But that wasn't all. He called Moses up to him and said to Moses, 'tell the people to gather their gold and silver, blue and purple cloth, acacia wood, and precious stones. And have them make a special tent for me so that I can live with them.'

Wow! God wants to live with his people. He's the creator of the stars and planets, he's the mighty warrior who defeated Pharaoh and rescued them from Egypt. And he wants to live with them. And go with them to the promised land.

God then tells Moses the exact plans for this special tent. It had to be perfect. It had to be just as God designed. It would be the size of a _____. It would be propped up by big wooden frames; these frames would be coated in gold. The tent would be covered in animal skins. There would be very fancy blue and purple curtains in the entrance. Inside the tent there would be an altar where incense was burned, a table coated with gold, and a golden lampstand which looked like a tree. Going further into the tent would be the most holy place. Here there would be a box called an ark. This is where God would come and live. God would live with his people as they journeyed to the promised land. God spoke all these instructions to Moses whilst he was up the mountain. But down in the valley, something had gone horribly wrong.

Down in the valley the people had gathered together their gold and silver, but instead of building the tent where God would live, they built an idol. This idol was a statue of a god that didn't exist. It was a statue of a calf. The people bowed down and worshiped it. The people had rejected the one true God. They had abandoned and deserted him and had started to worship another god. How awful. It was God who rescued them from Egypt. It was God who wanted to be special friends with them. It was God who wanted to live with them. But the people had turned their backs on him and had started to worship a god that didn't even exist.


This made God very angry. (Moses was angry too.) God was so angry that he sent a plague on his people and many of them died. God said to Moses that he wouldn't go with his people anymore. He would stay at Mt Sinai. He wouldn't come and live with them. This made Moses and the people very upset. It would have been amazing to have God come and live with them. So Moses pleaded with God. 'Please God, please live with us, pleeeeeeeeeeease.'


Because Moses was still friends with God and because God is forgiving, God listened to Moses – God would still go with his people. The people then built the special tent. And God came down as a cloud of glory to live in it. He went with the people all the way to the promised land.


Even today, God wants to live with us. But instead of living in a tent in our garden, God lives inside of us. God has given us his own Spirit which lives in us – it's called the Holy Spirit. If we are trusting in Jesus, we can be sure that God's Spirit lives inside of us. He is with us all the time and everywhere we go. Because he is with us we can know him and live for him, and be friends with him, and talk to him. Let's do that now in prayer.


Prayer

Let's now pray to God. Can you get your praying fingers out.

 **Adoration.** Let's point our fingers up to God and tell him how great he is.
Wow God/ We praise you God... _____

 **Confession.** Let's point our fingers at ourselves and say sorry for our sin.
Sorry God... _____

 **Thanksgiving.** Let's hold our hands out and thank God for what he does.
Thank you God... _____

 **Supplication.** Let's put our hands together and ask him to do great things.
Please God... _____

🎵 Closing song

*'We've gathered together to hear from God.
We've gathered together to hear from God,
And now it's time for craft.'*

Craft

Craft ideas...

Week 1:

Week 2:

The new exodus



Concept | **Our God, Jesus, came to rescue us.**

Bible time 1

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Welcome

Order of the session: Bible time, game, Bible time, craft.

Sunday School rules: Who can tell me one of our rules which helps us to listen to the bible and to each other?

Pray: Let's ask for God's help as we hear him speak in the Bible.

Concept

🎵 Bible Box song

*'What are we going to learn today? What are we going to learn today?
Let's find out from the Bible box. Let's find out from the Bible box.'*

Concept: Our God, Jesus, came to rescue us.

Concept explanation

Bible verse

🎵 The Bible song

But how do we know that ...? Did I hear it on the ...? Did I read it in a ...? Did I see it on a ...? No? Where do I get it all from then?

'The Bible, the Bible, how we love the Bible. It's God's word. Yay!'

Use the 'How to lead a pre-school session' section in the leader's handbook to help you prepare.

Visuals and props:

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-
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-

Ask a child to get the Bible from the Bible box.

Read Bible verse: John 20:31

Bible verse explanation

Action rhyme

Let's sing a song with some actions to help us remember what we're learning today.

(To the tune, "Where is baby Moses?")

Jesus came to rescue, rescue, rescue

Jesus came to rescue, God has heard our cry

Our God came to rescue, rescue, rescue

Our God came to rescue, he will hear our cry

🎵 Closing song

'We've gathered together to hear from God.

We've gathered together to hear from God.

And now it's time for a game.'

Game

Bible time 2

🎵 Gathering song

*'Let's gather together to hear from God.
Let's gather together to hear from God,
Come gather here with me.'*

Story

The New Exodus

Today we're thinking about who you would call in an emergency. Who would you call if there was a fire in your house? [\[Take answers\]](#) Who would you call if you felt very, very, poorly? Who would you call if you were stuck up a mountain?

In an emergency you need to call someone to rescue you. The bible tells us that we're all in an emergency. It's not a burning house or a tummy bug or being stuck up a mountain. The emergency we are in is called exile. Exile is a big grown-up word which we might not have heard before. Let me explain to you what it means.

Think back to when God made the world. He made the sun in the sky and the moon at night. He made the oceans and seas and the land in between. He made the plants and the animals and the fish in the sea. And he made people. And God looked at everything he had made and it was very good. God gave us life and made a good world for us to live in. There is fruit to eat, animals to pet, friends to play with, and family to live with. God wanted to live with the people he'd made and to make life good for them.

But you'll remember, something terrible happened. The people God had made turned against him. So God turned against them, and he sent them into exile. He sent them away from himself. Now the people couldn't be with him. They couldn't be friends with him. They couldn't know him or talk to him or be loved by him. And they could no longer enjoy the perfect good life God had given them. There would now be pain. There would now be tears. There would now be sickness. There would now be fighting. There would now be death. This is exile – being away from God and the life he gives. Being in exile is a little like being in Egypt – it's not very good at all, in fact, it's very bad.

This is the emergency which everyone is in. Me, you, your parents, your friends at school, the people on the street, the people on the TV, everyone is in this emergency, we are all in exile. Who will come to our rescue? A fireman can't help. A doctor can't help. Mountain rescue can't help. Who can we call to help us?

Can you have a think children. Who is mighty and powerful? Who is big and strong? Who has rescued his people before? Who hears his people's cry for help? Who is it? God!!


God is the mighty rescuer. And a long time ago God promised to rescue us from this emergency. This would be another exodus. But not an Exodus out of Egypt. This would be an exodus out of exile and into the new creation. And he promised that he himself would come to earth to lead his people in this new exodus just like Moses did. What an amazing promise. This is exactly what we need.


Then, at that very first Christmas, two thousand years ago, God arrived. He came to earth as a man, his name was Jesus. Jesus is the mighty and powerful, big and strong God who would lead his people out of exile. Jesus rescued his people. Because of Jesus' death on the cross and resurrection we can know God, and be friends with God, and have God live in us through his Holy Spirit. We can also look forward to being with God in his wonderful new creation after he's raised us from the dead.


Jesus came to rescue. When we ask him to save us, he will. We can call on him to rescue us from exile.


Prayer

Let's now pray to God. Can you get your praying fingers out.

 **Adoration.** Let's point our fingers up to God and tell him how great he is.
Wow God/ We praise you God... _____

 **Confession.** Let's point our fingers at ourselves and say sorry for our sin.
Sorry God... _____

 **Thanksgiving.** Let's hold our hands out and thank God for what he does.
Thank you God... _____

 **Supplication.** Let's put our hands together and ask him to do great things.
Please God... _____

🎵 Closing song

*'We've gathered together to hear from God.
We've gathered together to hear from God,
And now it's time for craft.'*

Craft

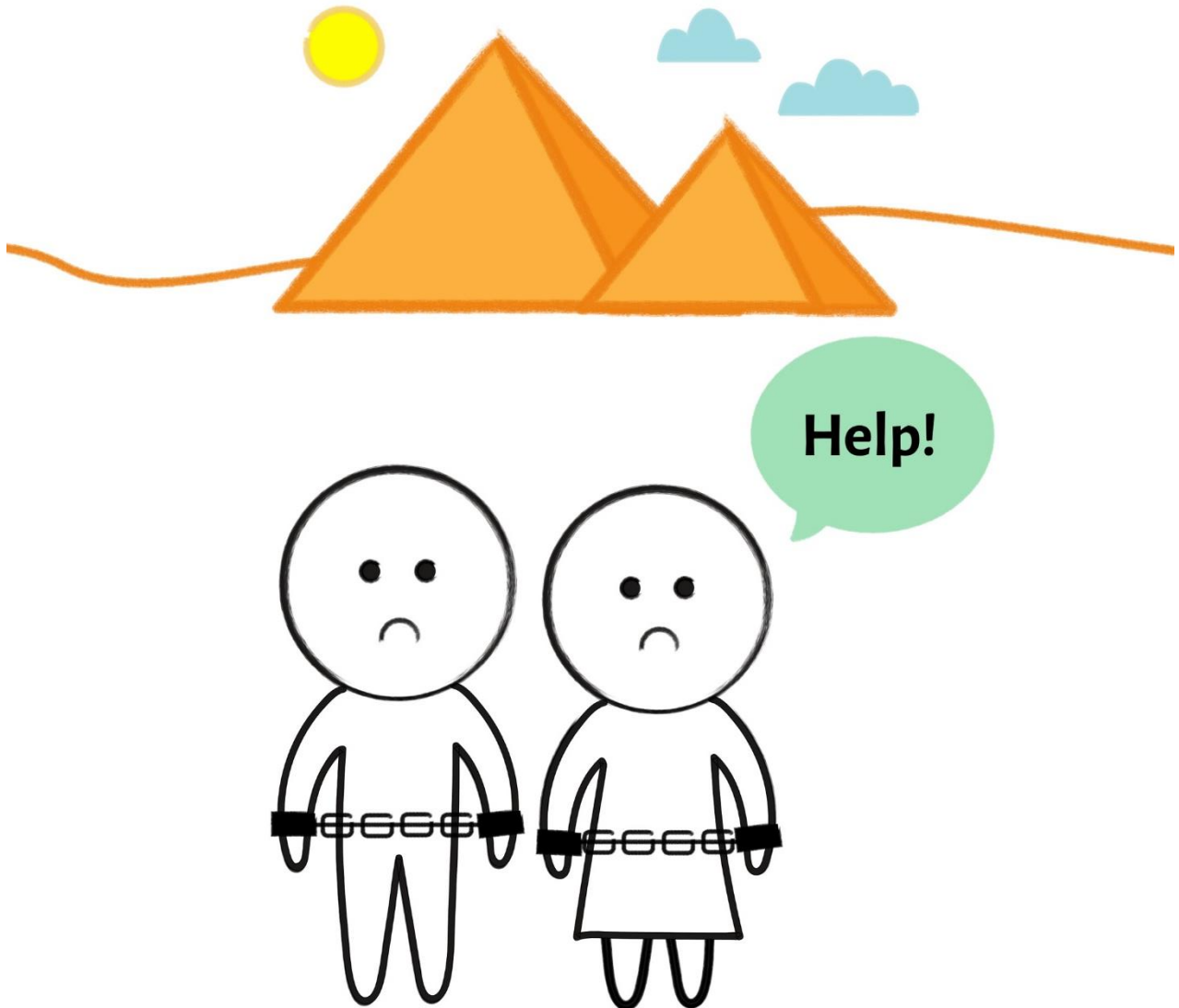
Craft ideas...

Week 1:

Week 2:

Concept sheets

Our God...



...hears his people's cry.

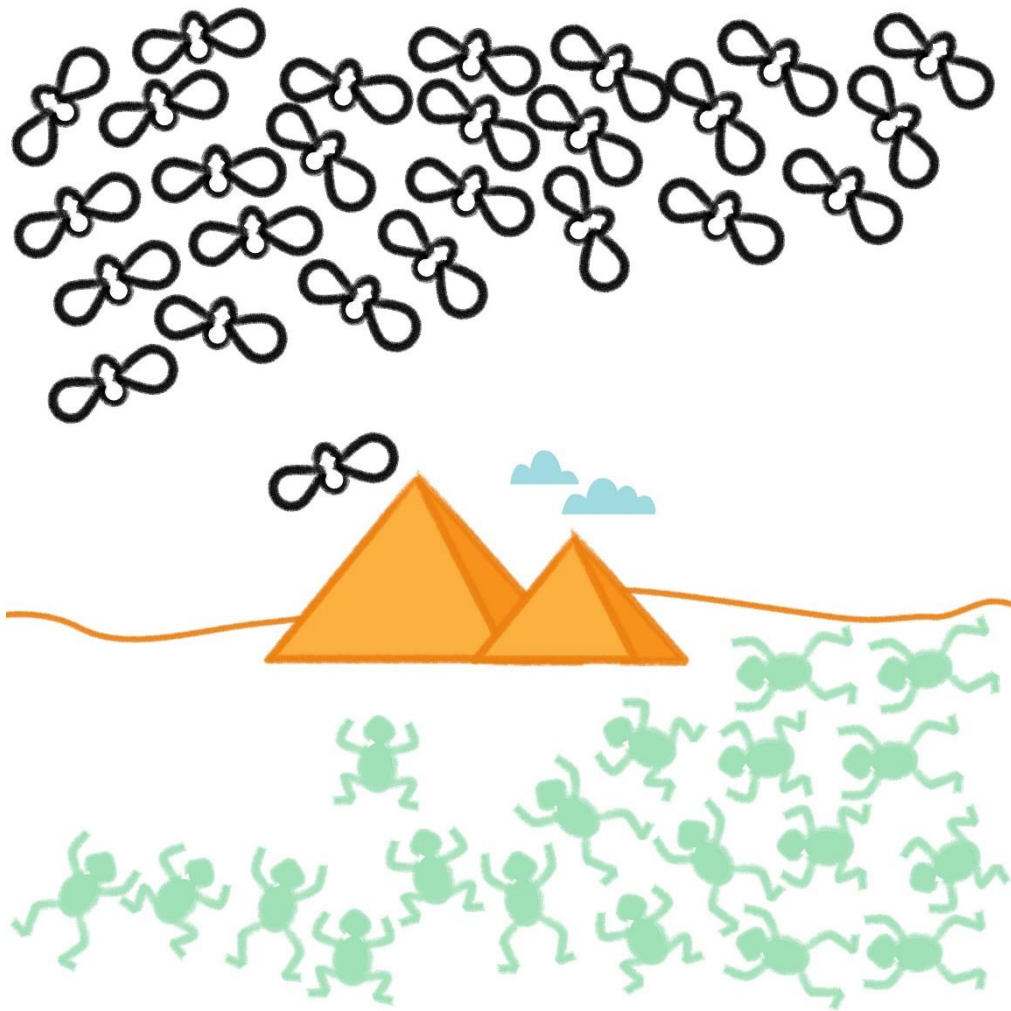
Our God...

I am the
Lord, the
rescuer



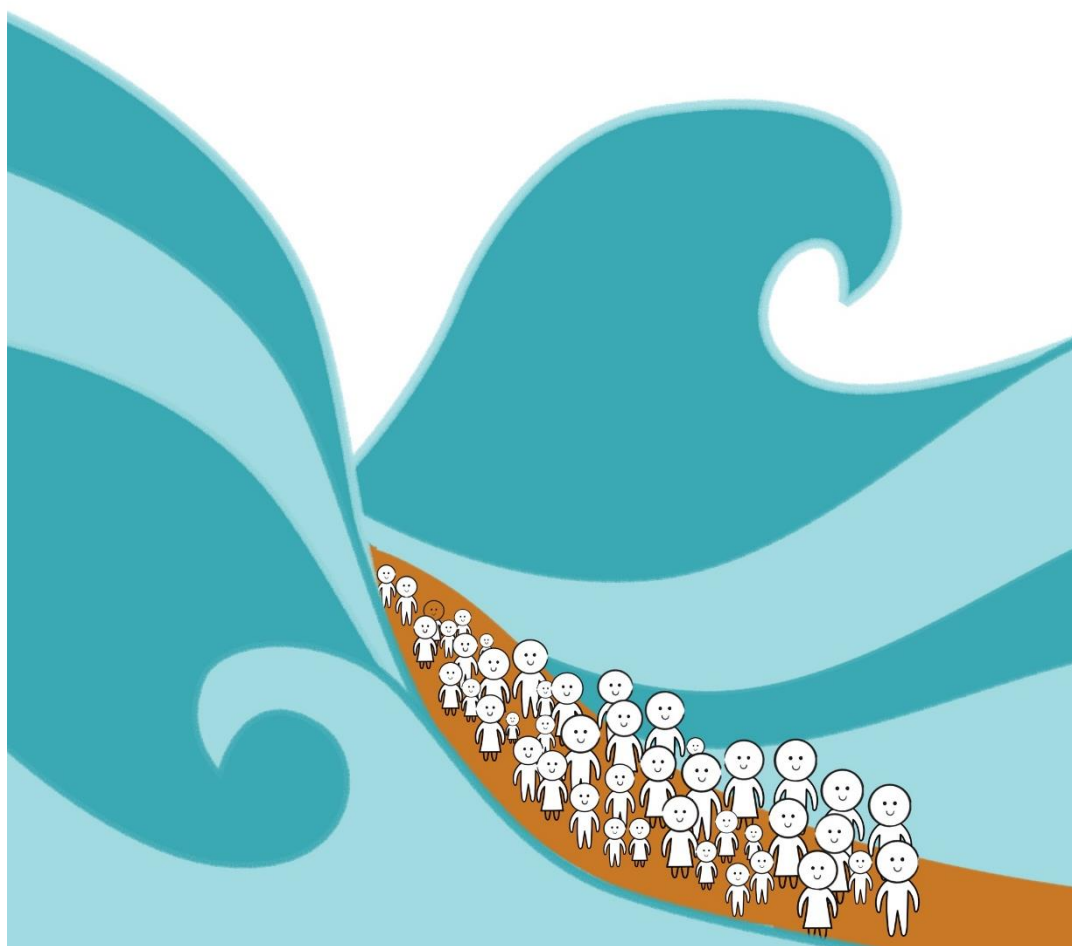
...wants us to know him.

Our God...



...is mighty.

Our God...



...rescues his people.

Our God...



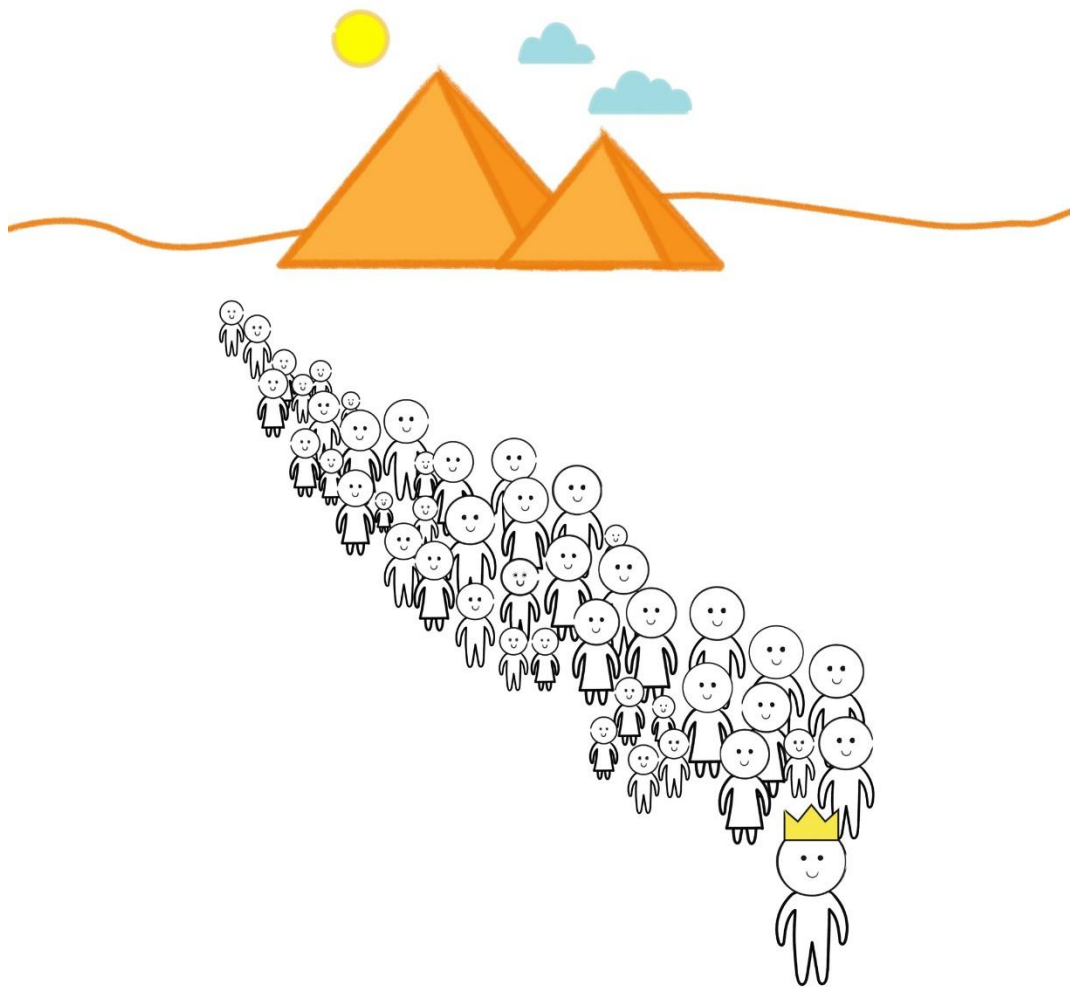
...wants to be friends.

Our God...



**...wants to live with his
people.**

Our God, Jesus,...



...came to rescue us.

