



St Helen's
Bishopsgate

Bible time booklet | 3-5's

Exodus

Call on God for rescue



Exodus

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

Fortunately God had not abandoned them. He raised up Moses and sent mighty plagues on Egypt. Pharaoh could not stand and so let the LORD's people go. Though he later changes his mind the LORD destroys Pharaoh and his army in the Red Sea. The LORD is a rescuer who has saved his people.

In the wilderness the people grumble. At Mt Sinai the LORD enters into a special relationship with them; they will be his people if they obey. The LORD also says he'll go with them to the promised land. But instead of making a tabernacle the people make a golden calf. The relationship breaks down—it looks like they need a rescue from their sin. But Moses intercedes and the LORD's forgives and so comes to live in the tabernacle amongst them.

The book of Exodus shows us that the LORD is the one who rescues and it points forward to a New Exodus, an Exodus from exile. Humanity is in exile, separated at the fall from God and the life he gives. Who will come to our aid?

Through the prophets, God promised that he himself would come and lead an Exodus out of exile. Then two thousand years ago the LORD God entered into this world as the person of Jesus. Jesus leads the New Exodus. The Exodus out of exile. We must call on him for salvation.

Using the material – a guide for parents

We hope these studies will help you:

- To know what we've been teaching in Sunday school—so you can talk to your child about it and pray for them as they hear from the book of Exodus about the God who rescues.
- To give you an opportunity to dig into the passage with your child and clarify, reinforce, or build their understanding.
- To give you an opportunity to help your child think through further how they are responding to what they're hearing in God's word.

We hope that this will enable us to better partner with you as you continue to bring up your children in the discipline and instruction of the Lord.

Why not get into the habit of praying with your child, asking for God's help, before you start the study. Then cover as much of the study as you feel able to with the age and attention span of your child. You could go through the study over a meal time or at bedtime.

Action rhyme

For each Bible story, the children will learn a rhyme to help them remember the big idea.

All the rhymes are to the tune of 'Where is baby Moses?'

Story 1

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

Story 2

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

Story 3

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

Story 4

Our God is like a warrior, warrior, warrior,
Our God is like a warrior, Pharoah was destroyed

Story 5

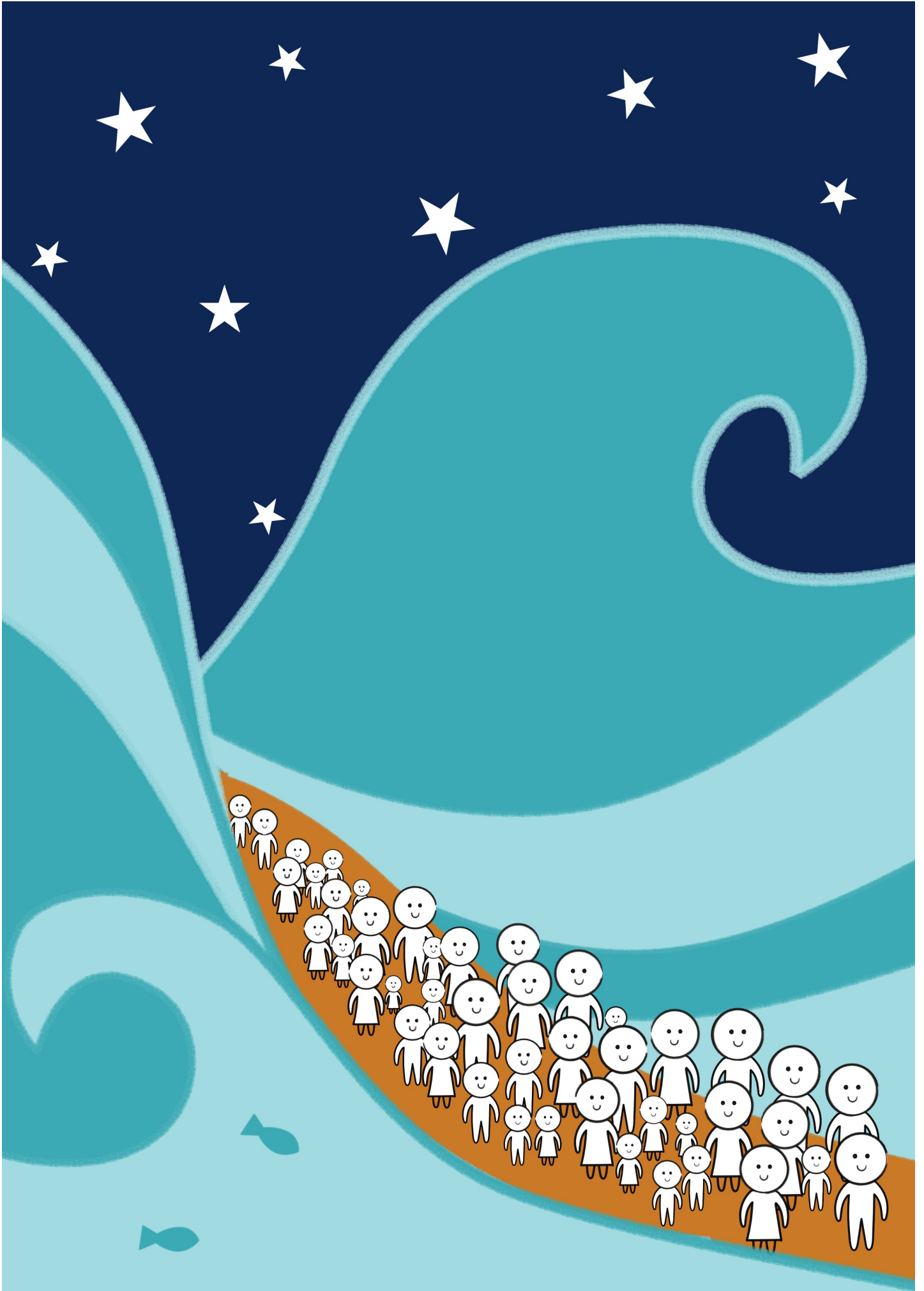
Our God wants a friendship, friendship, friendship,
Our God wants a friendship, we're special to him

Story 6

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

Story 7

Jesus came to rescue, rescue, rescue
Jesus came to rescue, God has heard our cry



Our God hears his people's cry

As we begin the story of Exodus, God's people were in Egypt, but they were having a horrible time. They were slaves. Pharaoh, the king of Egypt, made them work really hard all day long. He treated them very badly. He even tried to kill their baby boys. Oh no!

God's people were so sad. They were scared. They cried out – 'help!' but it seemed like no one was listening. Maybe God had forgotten them. But God had not forgotten his people. God saw what was happening to them. He had heard their cry for help. And he remembered his good promises to them. Phew!

Like when 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 sad. You feel scared. 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.

In Egypt, one of God's people, a mum, had a little baby boy. She called him Moses. She was very scared that evil Pharaoh would try to kill baby Moses. So, she took him and hid him in a basket in the river to keep him safe. Then, an Egyptian princess found baby Moses and felt sorry for him. She took him to her palace and raised him as her own baby. God had saved baby Moses from being killed by evil Pharaoh. Wow! God is showing us what he's going to do for all his people. Just like God saved baby Moses, God was going to save his people.

Our God doesn't forget his people. Our God hears our cries for help. We can cry out to him too!



Read

Pray and read Exodus 2:23b-25



Look

Look at verse 23... Who heard the people's cry for help?



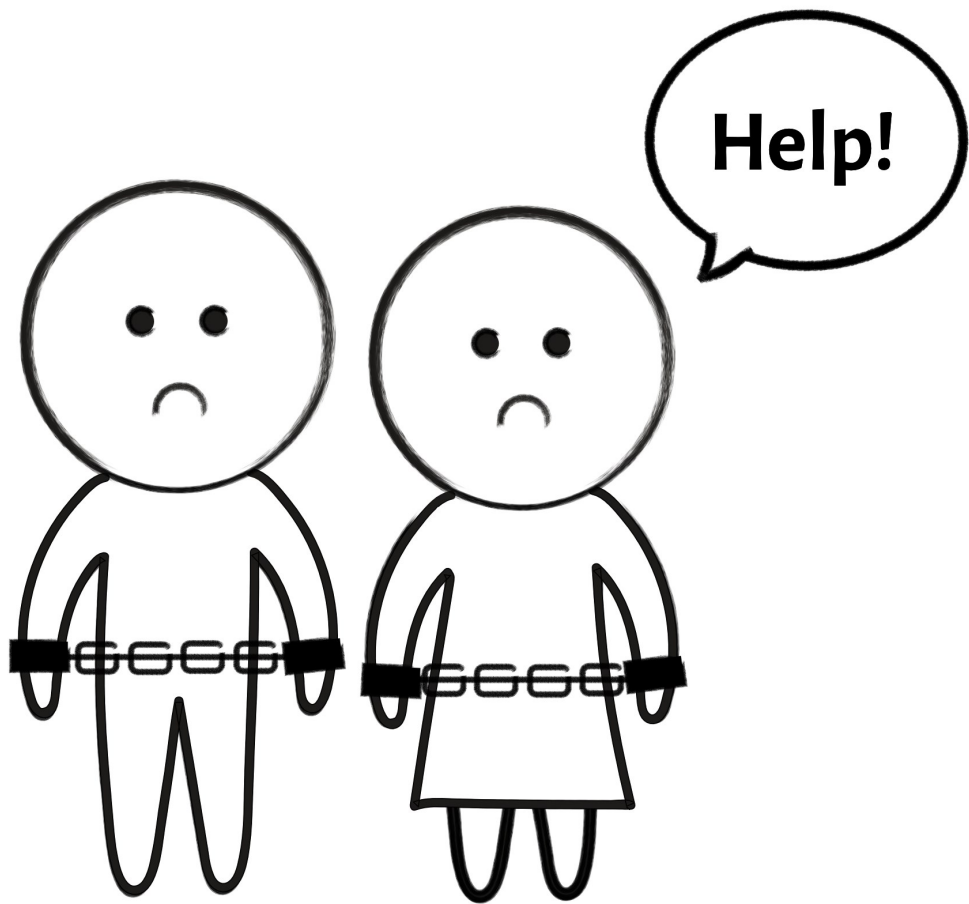
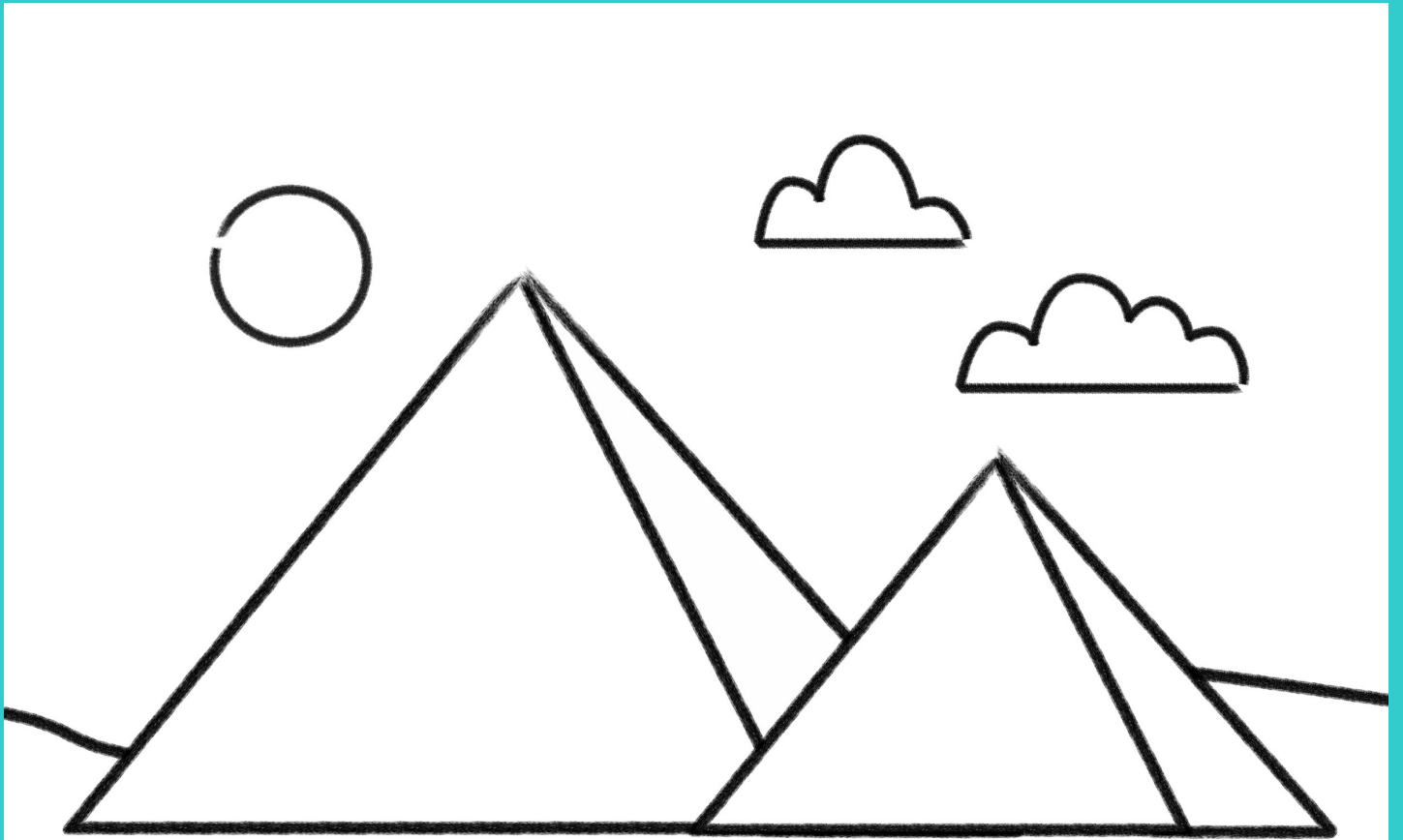
Pray

We **praise** you God that you always hear our cry.



Sing

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



Our God wants us to know him

Story 2 - Exodus 3-6

How do we know who God is? If we guessed we would just be making it up. It would be much better if God told us who he is. In our story today God tells his people who he is.

Baby Moses was a grown up and he lived outside the land of Egypt. One day, Moses was looking after his sheep when he saw something strange. He saw a bush burning... but it wasn't burning up! When he went to take a closer look, a big voice boomed out. God was speaking to Moses from the bush. God said, 'I will rescue my people from slavery'. Wow! God hadn't forgotten his people! God had heard their cry for help.

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. God's people needed to know who he was!

God told Moses his special name. God said my name is 'I am who I am, I am the Lord who will rescue you'. Our God is the rescuer. God's people would know who God is 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.

We can know him too! We don't have to guess who God is. He tells us his special name. He tells us who he is. Our God is a rescuer.



Read

Pray and read Exodus 6:6-7a



Look

Look at verse 7... What will God's people come to know?



Pray

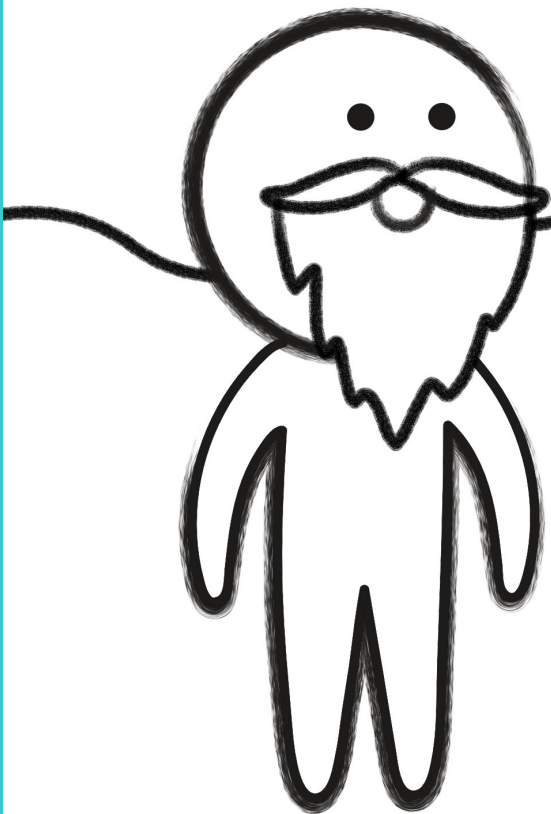
We **praise** you God that you want us to know you.



Sing

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

I am the Lord,
the rescuer!



Our God is mighty

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 God be big enough, strong enough, mighty enough to do that?

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: the rivers, the streams, the ponds, the pools. *What a mighty thing God did, phwoar our God is strong and big.* For the second plague, God sent lots of frogs. 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.* Then God turned the dust into gnats that crept and crawled that itched and scratched. *What a mighty thing God did, phwoar our God is strong and big.*

Plague 4: God sent swarms of flies. Buzzing here and buzzing there, flies buzzing everywhere. Plague 5: he struck down the animals of the Egyptians. Plague 6: he sent itchy boils. *What a mighty thing God did, phwoar our God is strong and big.*

Plague 7: God sent a mighty storm. Thunder and lightening crashed around. Plague 8: God sent locusts. They covered the land like a blanket, and they ate up all the plants. Plague 9: God turned off the sun. He made it go dark in Egypt like it was night. No one else has this kind of power. There is no one like our God. *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. If anyone was big enough and strong enough to rescue the Israelites from Pharaoh it would be him.



Read

Pray and read Exodus 9:13-14, 23-24



Look

Look at verse 23... What plague did God send on Egypt?



Pray

We **praise** you God that you are big and strong.



Sing

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



Our God rescues his people

What's your favourite super-hero? Let me show you my favourite super-hero.

God was going to rescue his people from Egypt. Remember all the plagues God sent: blood, frogs, gnats, flies, death, boils, hail, locusts, darkness. *What mighty things God did, phwoar our God is strong and big.* And there was one final plague. God came to Egypt that night and struck down every first-born son. But he didn't harm any of his people. When the Egyptians awoke, they found that their first-born sons had died. There was lots of crying in Egypt that night. Pharaoh finally let God's people go.

God's people gathered their things and left Egypt. They journeyed to the Red Sea. But back in Egypt Pharaoh had changed his mind. Pharaoh gathered together his army, got on his chariot, and marched out to find the Israelites.

When the Israelites saw the Egyptians coming after them they were terrified. They thought they were going to die. But God was going to rescue them. He told Moses to stretch out his hand over the Red Sea, and as he did so the sea parted in two so that there was a path of dry ground through the middle. Moses led the Israelites through. When Pharaoh and his army followed, God closed the sea in over them and they drowned. God is like a warrior: he has defeated Pharaoh. And his people are now safe.

God is like a superhero: he had rescued his people. God was big enough and strong enough to defeat Pharaoh. There is no one like him. God is my favourite superhero. No other superhero is as strong as he is. Many other superheroes aren't even real. God is the real superhero. God is big and strong. Our God rescues his people.



Read

Pray and read Exodus 15:1



Look

Look at verse 1... What did God do?



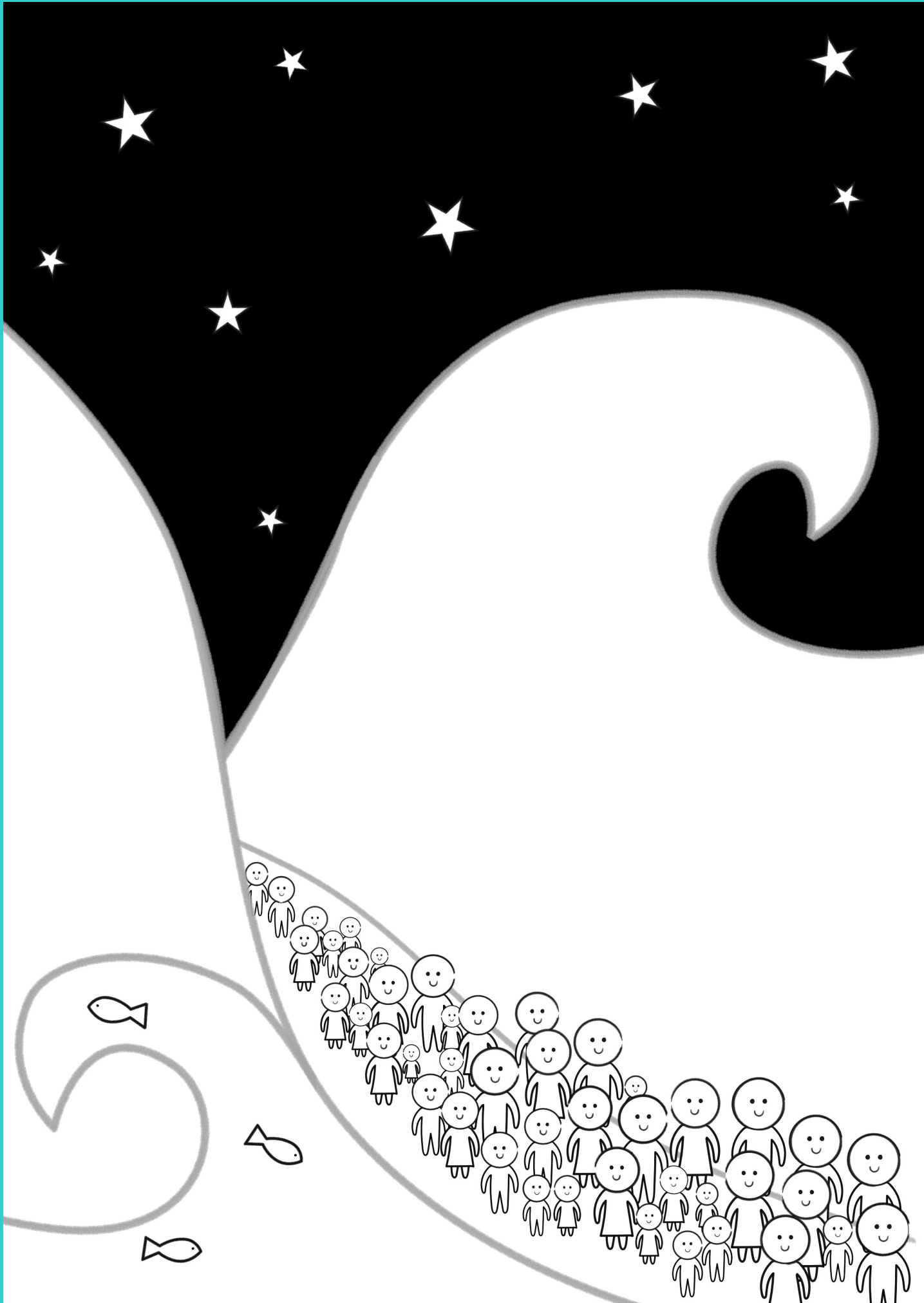
Pray

We **praise** you God that you rescued your people.



Sing

Our God is like a warrior, warrior, warrior,
Our God is like a warrior, Pharaoh was destroyed



Our God wants to be friends

God's people were now on a journey through the desert to the beautiful land that God had promised them. On the way, the people stopped at God's special mountain. God came down to meet Moses and his people 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! 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—like a best friend, or a favourite toy.

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.

Through Jesus, we can be friends with God. This time, it's not scary. Through Jesus, we get to be God's own special people. We get to be his precious treasure. Wow! How wonderful to be God's people. How great that we get to know him. How special that he's on our side, that he knows us and cares for us!



Read

Pray and read Exodus 19:4-6a



Look

Look at verse 7... What does God say his people will be?



Pray

We **thank** you God that you want to have a special friendship with us.



Sing

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



Our God wants to live with his people

God's people 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 other materials, 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. All these instructions he told Moses whilst Moses was up the mountain. But down in the valley, something had gone horribly wrong.

The people had gathered together their gold, but instead of building the tent where God would live, they built an idol—a fake god. The people had turned their back on God. How awful. This made God very angry. God said to Moses that he wouldn't live with his people anymore, he would stay at Mt Sinai. This made the people very sad. So Moses pleaded with God, 'Please live with us God, pleeeeeeeeeeease.' Because Moses was still friends with God and because God is forgiving, God listened to Moses—he would still go with his people. The people built the special tent. And God came down to live in it.

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 Spirit which lives in us. He is with us all the time, everywhere we go.



Read

Pray and read Exodus 25:8



Look

Look at verse 8... Ask an adult to explain this verse to you.



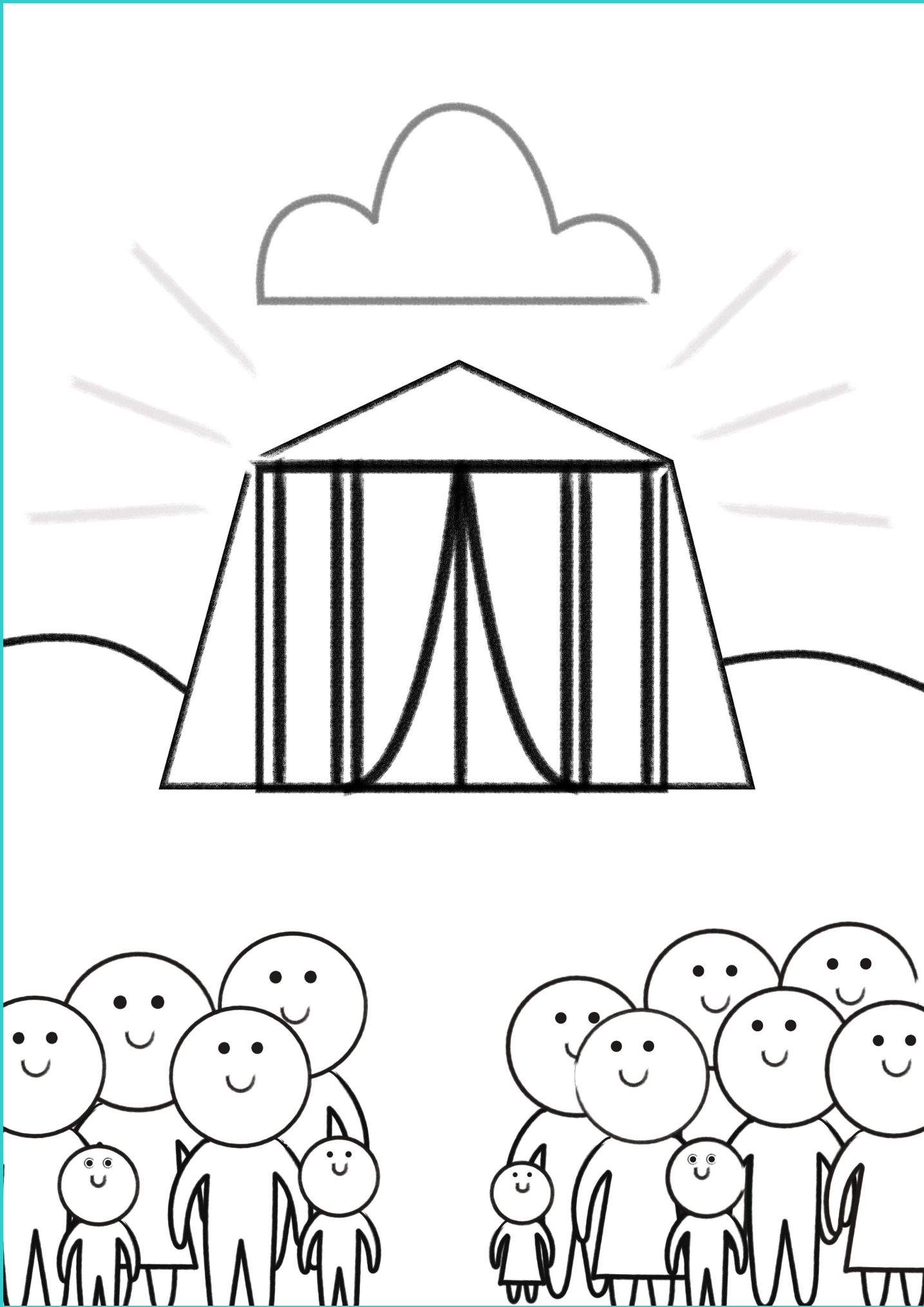
Pray

We **thank** you God that you put your Spirit inside of us.



Sing

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



Our God, Jesus, came to rescue us

Who would you call if there was a fire in your house? You'd call the fire brigade. Who would you call if you were very poorly? You'd call a doctor. In an emergency you need to call someone to rescue you. The Bible tells us that we're all in an emergency. The emergency is not a our house burning down. The emergency we are in is called exile. Exile is a big grown-up word we might not have heard before. Let me explain...

Think back to when God made the world. He made the sun and moon, oceans and land, plants and animals and fish. And he made people. God looked at everything he had made and it was very good. God lived with the people he had made. Life was very good, they were very happy. But then something terrible happened. The people God had made turned against him. So he sent them away. There would now be pain and tears and sickness and fighting and death—this is exile. Exile is being away from God and the life he gives. Being in exile is like being in Egypt, it's not very good, it's very bad.

This is an emergency. Everyone is in exile, including you. Who will come to our rescue? A fireman can't help. A doctor can't help. Can you think of anyone who might be able to help. Can you think of someone who is big and strong; who has rescued before; who hears his people's cry for help? God! God is a mighty rescuer.

A long time ago God promised he would rescue people from exile. It would be like another Exodus. He would bring people to himself in a new creation. Then, at that very first Christmas, two thousand years ago, God came to earth as a man. His name was Jesus. Jesus is the mighty and powerful, big and strong, rescuing God who rescues us out of exile. Those who call to him for help are rescued by him and can look forward to being with God in his wonderful new creation. Call on Jesus for rescue.



Read

Pray and read John 20:31



Look

Look at verse 31... Whose name can we call on for life?



Pray

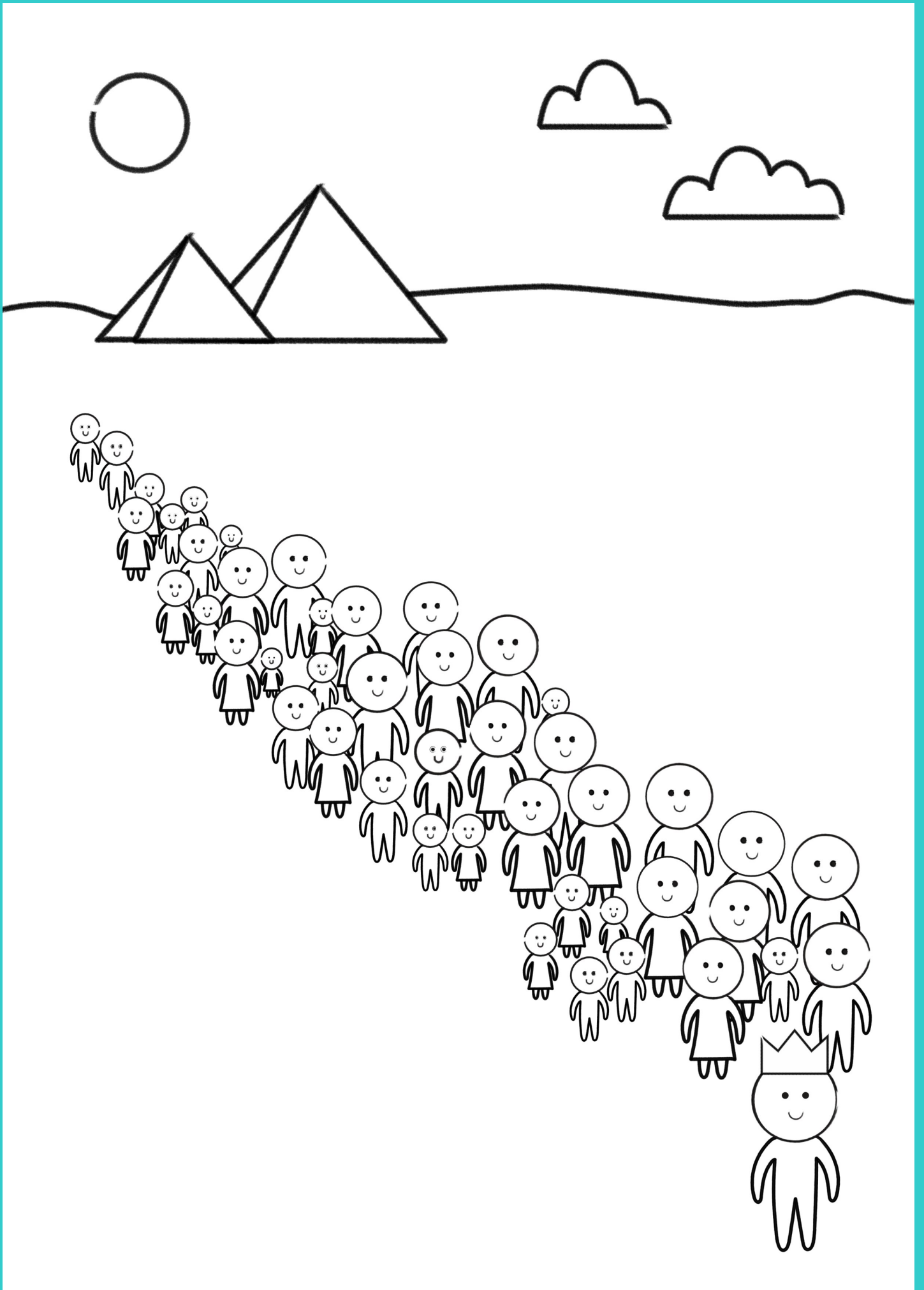
We **thank** you Jesus that you rescue us from exile and will bring us to be with God in the new creation.



Sing

Jesus came to rescue, rescue, rescue

Jesus came to rescue, God has heard our cry



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