



BIG IDEA

God helps us live the best way.

EXODUS | WILDERNESS | WEEK 2 OF 5

Helps

GOD STORY

God's Law

Exodus 18-24

KEY VERSE

My faithful God, answer me
when I call out to you. Give
me rest from my trouble.
Have mercy on me. Hear my
prayer.

Psalm 4:1 (NIRV)

LEADER TIP

- During the activities this week, emphasize that God's way is always the best way. We might not understand why he asks certain things of us, but we can trust him to know what's best.

My Story

1 | CONVERSATION STARTER (2 minutes)

Discuss who helps the kids in a variety of situations and why these people help them. Then focus on why God is the very best at helping us know how to live.

2 | INTRO ACTIVITY (5 minutes)

Highlight "the best way" by working together on an obstacle course challenge.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, Key Verse, and Life Story segments. Recap and discuss them together.

My Story

4 | SMALL GROUP ACTIVITY (12 minutes*)

Review today's video teaching, and then draw pictures that show what living the best way might look like.

5 | WRAP-UP ACTIVITY (8 minutes)

Lead the kids on a fun prayer walk.

Our Story

6 | DISMISSAL

Connect with parents and give them take-home materials.

*Extend as needed and adjust the timing for other activities.



BIG IDEA

God helps us live the best way.

EXODUS | WILDERNESS | WEEK 2 OF 5

My Story

1 | Conversation Starter

SUPPLIES

- None

LEADER TIP

- Use this quick activity to welcome the kids, build community, and set the tone for your group.

INSTRUCTIONS

- Welcome the kids as they arrive and gather everyone in a group.
- Ask:
 - Who helps you do your homework?
 - Who helps you learn new skills?
 - Who helps you when your parents aren't around?
 - Who helps you when you've lost something?
 - Why are these people the ones who help you?
- Depending on the size of your group, have the kids share their answers with the people sitting closest to them or with everyone.
- Introduce today's Big Idea: **God helps us live the best way.**
- Discuss: Why do you think God is the very best at helping us know how to live?

2 | Intro Activity

SUPPLIES

- Blindfold
- Small items for obstacle course

INSTRUCTIONS

- Explain that the goal of this game is to find the very best way to help a blindfolded volunteer through a series of obstacles to reach the end.
- As a large group, first brainstorm directions that could be used to help the volunteer navigate. For example, step right/left, turn 45 degrees/90 degrees, or take a small/medium/large step.
- Choose a volunteer who is willing to be blindfolded and directed by others.
- Instruct the volunteer to sit against the wall at one end of your group's space. This will be the outer edge of the obstacle course area. Give them blindfold to put on.
- Guide the rest of the group to place small objects (e.g., books, bags, coats, shoes, etc.) across the obstacle course area.
- Once the obstacles are in place, direct the kids to sit around the border of the area.
- Before the volunteer begins, explain that if they touch one of the obstacles, their attempt is over.
- Lead the kids to take turns offering verbal directions through the obstacles. Allow one instruction per person.
- Try again with a new volunteer and change obstacles once they're blindfolded.
- After your group finds the best way through the obstacle course, discuss:
 - Was it easy or difficult to find the best way? Why or why not?
 - When you're at school or at home, are there ever times when you don't know the best way to do something? What do you do?



BIG IDEA

God helps us live the best way.

EXODUS | WILDERNESS | WEEK 2 OF 5

God Story | Life Story

3 | Weekly Video

SUPPLIES

- Video file

LEADER TIP

- Sit with the kids and encourage them to focus on the video as needed.
- Make sure the kids understand the links between the Big Idea, the God Story, and the Life Story.

INSTRUCTIONS

- a. Play the video. It includes:
 - Host segment
 - God Story (God's Law | Exodus 18-24)
 - Key Verse segment
 - Life Story (Lorenzo learned he had God's help to care for others in a wonderful way!)
- b. Recap the video teaching. Discuss:
 - Can anyone say the Key Verse without reading it?
 - What was the Life Story about in today's video?
 - What was the God Story about?
 - Why do you think God gave the people the rules that he did?
 - What do you think are some good rules for our lives? Why?

My Story

4 | Small Group Activity

SUPPLIES

- Bibles
- God's Way activity page
- Markers

LEADER TIP

- Learning to look up passages in the Bible is a life skill. Help kids learn to navigate how to do so.

INSTRUCTIONS

- a. Gather your small group to sit together.
- b. Note that when Jesus came to earth, someone asked him what the most important rule or law was.
- c. Make sure everyone has a Bible. Share if needed.
- d. Guide the kids to look up Matthew 22:37-40. Take the time to help them navigate their Bibles!
- e. Read the passage out loud.
- f. Discuss: According to these verses, what's the most important way to live? (Love God, love others)
- g. Explain that as God helps us live the best way, it becomes clear that his way of living is loving others!
- h. Give each person an activity page. Place the markers where everyone can reach them.
- i. Direct the kids to draw pictures in each of the boxes to show what living the best way by loving others might look like in their lives. Encourage them to think about areas that are important to them (e.g., family, friends, hobbies, church, pets, etc.).
- j. If time permits, invite everyone to share what they've drawn and describe their pictures.



BIG IDEA

God helps us live the best way.

EXODUS | WILDERNESS | WEEK 2 OF 5

My Story

5 | Wrap-Up Activity

SUPPLIES

- Masking tape

BEFORE ACTIVITY

- Before the kids arrive, create a masking tape trail on the floor around your group's space. The path can zigzag and be fun, but it needs to have a clear beginning and end.

LEADER TIP

- Model how to reflect and pray quietly for the kids.

INSTRUCTIONS

- Remain in your small group.
- Gather the kids to line up at the beginning of the taped path.
- Explain that everyone is going to do a prayer walk along the path. As they walk slowly and quietly, they should think about today's Big Idea (**God helps us live the best way**). They could pray and ask God about a certain situation or ask him about what his very best way looks like when they're at home, at school, or with their friends.
- Lead the kids along the path.
- When they reach the end, gather everyone into a circle.
- Pray for each person in your group by name.

Our Story

6 | Dismissal

SUPPLIES

- Crafts
- Take-home cards
- Key Verse cards
- Key Verse colouring pages

LEADER TIP

- Organize the take-home materials so they're easy to access. It may be helpful to sort them before the lesson, then set out any crafts later. Consider having one leader focus on handing out everything.

INSTRUCTIONS

- If parents pick up their kids in your setting, take a moment to share a highlight or two from your time together today.
- Give everyone a weekly take-home card.
- Offer a Key Verse card and a colouring page to anyone who has not gotten them this month.
- Remind the kids to take their crafts.