



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

- When in doubt,
highlight the Big Idea.
- Sometimes students
will ask us questions
and we don't know the
answer, be honest
about it and explore
follow-up options
together.

My Story

1 | CONVERSATION STARTER (5 minutes)

Get students talking about who helps them.

2 | INTRO ACTIVITY (7 minutes)

Have fun with this blindfolded obstacle game.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, and Life Story
segments. Recap and discuss the teaching.

My Story

4 | APPLICATION ACTIVITY (12 minutes*)

Students will get to know the heart behind God's commandments.

5 | WRAP-UP ACTIVITY (10 minutes)

Students will consider the 'best way' to live in various settings.

Our Story

6 | DISMISSAL (2 minutes)

*Extend as needed and adjust 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.
- Get things rolling by sharing your own answer first.

INSTRUCTIONS

- Welcome the students as they arrive and gather everyone in a group. Check in quickly to see how their week went.
- Ask:
 - When you have to make a big decision, who do you go to for advice?
 - Whether it's a major decision or a minor one, whose opinion matters the most to you?
 - When or how do you ask God what his best is for you? (Or do you? Why or why not?)
- Depending on the size of your group, have the students share their responses with the people sitting closest to them or with everyone.
- Introduce today's Big Idea: **God helps us live the best way.**

2 | Intro Activity

SUPPLIES

- Blindfolds
- Masking tape
- Binder clips

BEFORE THE ACTIVITY

- Before the students arrive, use masking tape to create start and finish lines at opposite sides of your group's space. Make lanes with tape. Create three or four that are about one metre (three feet) wide if you have enough space.

INSTRUCTIONS

- Invite one student to stand at the start of each lane.
- Blindfold each of them.
- Once the students are blindfolded, scatter about six binder clips in each lane.
- Explain that the students' goal is to get to the finish line without stepping on or touching any of the binder-clip obstacles.
- Assign "teams" to each blindfolded person. They will direct the person who cannot see.
- Direct everyone to start when you say, "Go!" If anyone touches a clip, they must start again.
- Declare whoever reaches the finish line first the winner.
- To wrap up, ask the blindfolded people:
 - What did you try to focus on as you did this challenge?
 - How did you find the best way through it?

**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

INSTRUCTIONS

- a. Play the video. It includes:
 - Host segment
 - God Story (God's Law | *Exodus 18-24*)
 - Life Story (Lorenzo saw a need and had desire to live the best way through it.)
- b. Recap the video teaching. Discuss:
 - What was the Life Story about in today's video? Have you ever tried to do something like Lorenzo?
 - What was the God Story about?
 - Why do you think God gave the rules that he did to the people?

My Story

4 | Application Activity

SUPPLIES

- Pens
- Bibles
- Commandment activity pages

LEADER TIP

- Did you know that God gave a total of 613 commandments for his people to follow?

INSTRUCTIONS

- a. Divide the students into groups of three to four people.
- b. Give each group an activity page and a pen.
- c. Review the Ten Commandments that God gave to his people, which are listed on the page.
- d. Direct the groups to use the other side of the page to brainstorm a list of reasons why they think God made these commandments.
- e. Bring the students back together (your small group). Invite them to compare their lists.
- f. Make sure everyone has a Bible. Share them if needed.
- g. Explain that when Jesus came to earth, someone asked him what the most important rule or law was. Guide the students to look up and read Matthew 22:37-40.
- h. Discuss: According to this passage, what is the most important way to live?
- i. Discuss:
 - Why do you think God gave the Israelites specific ways to love well?
 - Why do you think your parents give you specific rules instead of just telling you to love God and love others?
 - How does Jesus help us see what it is like to love God and love others?

**BIG IDEA**

God helps us live the best way.

EXODUS | WILDERNESS | WEEK 2 OF 5

My Story

5 | Wrap-Up Activity

SUPPLIES

- Wall-safe tape
- Home, School, and Online signs

BEFORE THE ACTIVITY

- Hang the signs in three separate areas of your group's space.

INSTRUCTIONS

- a. Divide the students into three groups.
- b. Assign each group to a sign.
- c. Give everyone a few minutes to discuss what it looks like to live God's best way for us in their location. Encourage them to talk about the challenges or temptations that steer us away from God's best way for us.
- d. Invite the groups to pray that the students would live God's best way in that space.
- e. If time permits, rotate the locations.

Our Story

6 | Dismissal

SUPPLIES

- Take-home cards
- Key Verses cards

INSTRUCTIONS

- a. Take a few moments to pray for the students if you have not already done so.
- b. Remind everyone about any upcoming events or relevant announcements.
- c. Make sure the students have all their take-home materials.