

The Israelites Cross the Red Sea

Exodus 13:17–14:31

Preteens feel a strong need to appear mature in front of their peers. Be sensitive as you explore the subject of fear. The expression of their fears could make them feel vulnerable, which could be a great thing if handled with care. The things preteens typically fear are beginning to be more serious. They may fear rejection, loneliness, the failure of their parents' marriage, or other things. Use this lesson to help them see God's mighty power standing with them in times of fear.




► Bible Point

God helps us when we're afraid.

Key Verse

"He restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me" (Psalm 23:3-4).

LESSON	WHAT KIDS DO	SUPPLIES	EASY PREP
1 Getting Started	My Sea of Fears <i>(about 10 min.)</i> Write fears on blue paper before sharing fears with partners.	Bible Buzz, CD player, blue construction paper, markers Teacher Pack: CD	Tear out the Lesson 1 pages from each Bible Buzz student book.
2 Bible Exploration	Pharaoh the Menace <i>(about 25 min.)</i> Draw comic book scenes to complete a picture of the Bible passage.	Bibles, masking tape, paper, markers Teacher Pack: Bible Timeline 	

Bold text within the lesson is spoken text.

Weaving Faith Into Life

Kids will rely on God's support to help them get through their fears.



LESSON	WHAT KIDS DO	SUPPLIES	EASY PREP
3 Weaving Faith Into Life	Fearless <i>(about 15 min.)</i> Experience fear, and find God's peace in the experience.	1 blindfold per preteen, wrapped candy, CD player Teacher Pack: CD	
	My Sea of Calm <i>(about 10 min.)</i> Tear paper fears apart after praying.	Bible Buzz, CD player, papers with fears written on them (from the "My Sea of Fears" activity) Teacher Pack: CD	
4 Lasting Impressions	Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.	Bible Buzz	
	Weaving Faith at Home <i>(about 2 min.)</i> Talk about how to share what they learned with their families.	Bible Buzz, torn-up fears from the "My Sea of Calm" activity	Tear out the letter to parents from the back of each Bible Buzz student book.

Bold text within the lesson is spoken text.



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BIBLE BACKGROUND
FOR LEADERS

God Cares for His People

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As the mass of more than 2 million Hebrews left Egypt, God knew that facing the warlike Philistines immediately would likely have made the Hebrews lose hope and turn back to Egypt. The pillar of cloud by day and pillar of fire by night must have been awesome and comforting.

God's Unusual Strategy

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God instructed the Israelites to turn back somewhat toward Egypt and camp at a spot between Migdol and the Red Sea. God had a bigger plan than anyone else could know. Pharaoh would've been confident that he could easily defeat the Israelites.

The Israelites were slaves of the Egyptians only days prior to this event. They'd been beaten by the whips of the slave drivers and were familiar with the weapons the Egyptians carried. They must've realized that their fighting talents were nothing compared with the Egyptians'. And they were backed against the sea, with mountains on two sides and the Egyptians bearing down on them. The situation must've seemed hopeless.

God Shows His Power

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We can realize that God had all this planned. He knew that the people would be frightened. He knew that they would doubt him. But he also knew that his power would be remembered forever. God knew that he would prevail, that the Hebrews would be saved from Pharaoh, and that the result would be a people growing greatly in their faith in him.

It may seem odd that no record of this event has been found in Egyptian history. However, it's likely that all records were wiped from the books because it would've been an embarrassment for the world to

know that mighty Egypt had been devastated by its own lowly slaves.

The Jesus Connection

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We live in troubled times, when it's easy for people to lose heart and feel hopeless and lost. But a relationship with Jesus can give us peace and joy. Jesus is our light in dark times.

When have you felt out of sorts and desperate to find some control over your situation? Perhaps the Israelites felt these things after they escaped from Egypt. Although they may not have recognized it at the time, eventually they were able to look back and see how God used that time to protect them and bring glory to himself.

What part of your life might God have his hand in now? What can you do to connect with God during times of fear and desperation? Take a few minutes to reflect on God's hand in your life. Write your reflection here.





My Sea of Fears Supplies

Bible Buzz
CD player
blue construction paper
markers

Teacher Pack
CD: "Ocean
Thunderstorm"
(track 2)

My Sea of Fears Easy Prep

Tear out the Lesson 1
pages from each Bible
Buzz student book.

1 GETTING STARTED

My Sea of Fears

What You'll Do ■■■■■■

As kids arrive, play "Ocean Thunderstorm" (track 2 on the CD). Replay the segment as needed (or set your CD player to repeat the track). Welcome kids warmly as they arrive, and ask them how their week went.

When everyone has arrived, distribute this week's Bible Buzz pages, one piece of blue construction paper, and a marker to each preteen.

Say: **Find a partner, and tell about a time you or someone you know was scared because of a lot of water.** Allow time.

Say: **Being in water that's too deep is just one situation in which you might be afraid. On your piece of blue paper, create a list of things you fear or used to fear when you were younger. By yourself, write as many as you can think of in two minutes. You won't have to share every item you write down with the whole group.**

When two minutes are up, have kids form pairs and share two of their fears with their partner. Then direct kids to the "My Sea of Fears" section on the Bible Buzz pages. Ask each pair to share two of their fears with the whole group. As kids share, have everyone write the fears they hear on their Bible Buzz page next to the numbers under the "My Sea of Fears" heading. When all groups have shared, say: **I know it might've been difficult to identify and share your fears. Thank you to each one of you for being bold and trusting each other enough to share your ideas.**

Have kids set aside the blue papers that have their original list of fears written on them. You'll use these later in the "My Sea of Calm" activity.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- **What was it like to think about your fears?**
- **What did you notice as everyone shared their fears?**
- **How do you usually deal with your fears? Explain.**

Say: **We have a chance today to find out how a group of people faced their fears. They were the Israelites, and Moses was their leader. The fears you wrote are just as important as the Israelites' fears were. Let's learn from their experience, and, most important, let's learn how ► GOD HELPS US WHEN WE'RE AFRAID.**





2 BIBLE
EXPLORATION

Pharaoh the Menace

What You'll Do

Show kids the “Israelites Cross the Red Sea” picture on the Bible Timeline.

Say: **After more than 400 years of slavery in Egypt, God used Moses to lead the Israelites out of Egypt. After many signs, miracles, and plagues, the Egyptian Pharaoh told the Israelites they could leave. The frightened Israelites left Egypt on their journey to the Promised Land. Let's illustrate their journey.**

Have kids form seven groups, and make sure each group has a Bible, paper, and markers. (A group can be one child.) If you have fewer than seven kids, you could assign two scenes to each child. Give one of these scenes to each group:

- Scene 1—Exodus 13:17-22
- Scene 2—Exodus 14:1-4
- Scene 3—Exodus 14:5-9
- Scene 4—Exodus 14:10-14
- Scene 5—Exodus 14:15-20
- Scene 6—Exodus 14:21-22
- Scene 7—Exodus 14:23-30

Say: **Welcome to the Giant Bible Comix Company. Each of you has been hired to illustrate an exciting Bible narrative for our giant comics! On your papers, draw the scene from your assigned Bible passage. After about 15 minutes, we'll tape the scenes together on a wall and create the greatest giant Bible comics!** Allow time.

Have kids read their passages and create their scenes. As they're drawing, walk around and encourage them, answer any questions, and offer ideas. Monitor progress, and distribute more paper as needed. When time is up, have kids form groups of seven with one person from each of the previous groups. Have each new group tape its scenes together on the wall. If you have an uneven number of kids in any group, have those kids tape their drawings beneath or above others that are similar in their comic series. Allow kids to explain their drawings as they go through the comic.

Talk With Kids

Lead kids in this discussion.

Ask:

- **What's your reaction to the people and actions you drew in your scene? What did you observe about their actions?**
- **Exodus 14:14 says, “The Lord will fight for you; you need only to be still.” What does it mean in your life for God to fight for you?**
- **How can God help you when you're afraid?**



Pharaoh the Menace Supplies

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- Bibles
 - masking tape
 - paper
 - markers
 - Teacher Pack**
 - Bible Timeline





Fearless Supplies

1 blindfold per preteen
wrapped candy
CD player
Teacher Pack
CD: “Roller Coaster
Noises” (track 3)

! ALLERGY ■ ALERT

Say: **Your comics fit this passage so well. God is the superhero in this passage. The Israelites experienced real fear as Pharaoh’s army chased them. We may not have an angry army chasing us, but the fears we have are just as real. Let’s explore some ways we can trust that ► GOD HELPS US WHEN WE’RE AFRAID.**

3 WEAVING FAITH INTO LIFE

Fearless

What You’ll Do ■■■■■■

Say: **I’m looking for some kids who are willing to do something that might be a little scary in return for an unknown reward.** When you have at least one child (or as many as there are blindfolds) who wants to go on an adventure, have the other kids help put blindfolds on the willing kids. Have the unblindfolded kids hold their hands in the air and repeat after you: **I, [child’s name], will forfeit the reward I could’ve had if I’d worn a blindfold.**

Have the unblindfolded kids help make sure the blindfolded kids can’t see and help them line up on the far end of the room from you. Play “Roller Coaster Noises” (track 3 on the CD) on repeat throughout this activity. Ask the unblindfolded kids to come see you. Whisper to them very quietly: **We’re going to make the other kids believe there are some pretty fantastic obstacles in this room. Once we’ve pretended to set up the obstacles, you’ll follow the same instructions as the blindfolded kids, and it’s your job to make them believe there’s danger ahead. Let’s set up!**

With any kids that aren’t wearing blindfolds, move heavy things around, making lots of noise. Don’t create any actual roadblocks, but make it sound as if you’re doing that. Say: **Well, that’s a drop-off we’ll have to be careful about. I sure hope nobody falls into that!** If any of the blindfolded kids are worried, remind them that they can take off their blindfolds any time if they’re too worried to continue, but if they keep them on, they’ll get a reward at the end. Also make it clear that the kids who aren’t participating won’t be getting treats.

Begin by giving the blindfolded kids directions for how to cross the room. Say: **Take three medium-sized steps toward my voice.** Wait for kids to follow through. **Good. Now you’re going to want to squat down and walk to the right five steps. Duck low—you don’t want to hit the power cord.** Wait for kids to follow through, making comments if any kids take too few steps and reminding them to duck very low. **Okay, you’re safe from that. You can stand up, but now you’re coming to the area of the room where there’s a pretty big drop-off. Sorry, we didn’t mean to make this so dangerous, but you’re going to have to jump really carefully so you don’t fall.** Wait for kids to follow through. **There’s a table right in front of you. Turn to the left and take four steps to avoid hitting the table.** Wait for kids to follow through. **Now lie down and crawl on the floor to avoid the swinging rock that’s up ahead.** Wait for kids to follow through. Encourage them to crawl as low as possible on their bellies. Narrate the rock coming and going, saying things such as “Here it comes—keep yourselves really low!” Allow kids to stand up, and say: **Keep your blindfolds**





on. You've done well, and you've reached the end of your challenge. Now for your final challenge, I'm going to put something in your hand. It might be a spider, it might be a snake, or it might be something else. This is the last thing you have to do to get your treat. I can promise that this thing will not harm you. Do you trust me enough to hold out your hand?

As kids hold out their hands, place the wrapped candies in their palms. When candies have been distributed to those who participated, allow kids to take off their blindfolds and enjoy their treats. Then distribute candies to the kids who participated but didn't hold out their hands. Sit together on the floor.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- What was this activity like for you?
- In what ways was this activity like or unlike how God helps us when we're afraid?
- Tell about one way you can trust that God is helping you the next time you're afraid.

Say: You followed directions that made no sense for where we are. Even if you could see, the directions still didn't make sense. Just like God was in control even though things looked really scary to the Israelites when they were trapped against the sea, we can trust that ► **GOD HELPS US WHEN WE'RE AFRAID.**

My Sea of Calm

What You'll Do ■■■■■■

Play "Calm Sea Sounds" (track 4 on the CD) during this activity. Replay the segment as needed. Have kids find their blue papers with their fears written on them.

Say: **Just as Moses and the Israelites stood in front of their fear, trapped between the Red Sea and Pharaoh's army, we now stand in front of our fears. Let's call upon God to help us with the fears we hold in our hands. After we have silently prayed together, let's imagine God parting our "Sea of Fears" by tearing these pieces of paper in half.**

Have kids pray silently and then tear their papers in half. Allow about a minute of silent reflection. Then have everyone tear his or her piece of blue paper into more pieces and throw the pieces in the air to symbolize the freedom God gives us over these fears.

Have kids pick up and hold the torn pieces of paper as they look at the verses listed on the "My Sea of Calm" activity on their Bible Buzz pages. Say: **One place we can go to find reminders that ► GOD HELPS US WHEN WE'RE AFRAID is the Bible. Find a verse that helps you in your sea of fears, and read it to yourself a few times.** Allow a minute.



My Sea of Calm Supplies

- Bible Buzz
- CD player
- papers with fears written on them (from the "My Sea of Fears" activity)
- Teacher Pack**
- CD: "Calm Sea Sounds" (track 4)





Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- **What was it like to tear up your fears and let go of them?**
- **What's the difference between facing something scary by yourself and facing that same thing with God beside you?**
- **In what ways do you think God wants you to let go of your fears because he's with you?**

Say: **Fear is a very real thing. Being afraid isn't wrong, but it's best for us when we can let go of our fears and leave them in God's good hands. Just as the Israelites were forced to depend on God and it was scary for them, sometimes the scariest things we go through help us see that ► GOD HELPS US WHEN WE'RE AFRAID.**

Have kids help you pick up the paper pieces and set them aside for the closing prayer.

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4 LASTING IMPRESSIONS

Daily Challenges

Daily Challenges Supplies

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Bible Buzz

What You'll Do ■■■■

Say: **Let's think this week about how we can trust that ► GOD HELPS US WHEN WE'RE AFRAID.**

Have kids find this week's Daily Challenges on their Bible Buzz pages and choose one to do this week. They can choose one or more of these three options:

- **In the morning, spend one minute leaning against a wall. Let the wall remind you of how God is with you and supports you when you're afraid.**
- **Write an account of the times God has helped you when you were afraid. Talk to your mom and dad, and ask them to add their accounts to the end of your story. Read the story whenever you feel afraid.**
- **Read Exodus 14:14. Draw a map of what a battle scene might look like. Then change it by adding the difference that might be made if God was fighting the battle for you. Pray over your life, asking God to fight for you and help you learn to be still.**

Make sure you choose a Daily Challenge as well, and tell the kids what you chose. Kids will be more inclined to follow through on their commitments when they see you doing the same.

Talk With Kids ■■■■

Lead kids in this discussion.





Ask:

- What's a practical way you're going to do your Daily Challenge? Include a time, place, and other ideas.

Say: **The Israelites faced an impossible and scary situation, but God was with them. Let's remember that ► GOD HELPS US WHEN WE'RE AFRAID by following through with our Daily Challenges this week.**

Weaving Faith at Home

Send the letter to parents home with your kids or give it to parents when they pick up their children. This is a great way to show families they're important to your church and to support their role as spiritual leaders to their children.

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about trusting God when they're afraid. Kids can also do the activities in the "HomeConnect" section of their Bible Buzz pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families! Available at group.com/digital.

Give each child a handful of the torn-up fears. Have kids find a place alone in the room to ask God to be with them when they're afraid. Close by praying: **God, thank you for letting us come to you when we're afraid. Please be with us and help us remember you're there when we face scary times. In Jesus name, amen.**



Weaving Faith at Home Supplies

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activity

Weaving Faith at Home Easy Prep

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