



FOR PARENTS

OF PRESCHOOL-AGED KIDS



Hey, parents! This page is a look at what we're covering with your kids this month so you can help your kids continue growing at home during the week. If you aren't comfortable joining us on Sunday mornings yet, the following pages will give some activities and discussion questions to help you

GROW AT HOME THIS MONTH

WEEK 1 – October 11

This week, kids see how **God rescued baby Moses** and his family when they had no one to turn to.

- **THE BIBLE:** Exodus 1:22-2:10
- **THE BIG IDEA:** God helps us when we're helpless.

WEEK 2 – October 18

This week, kids see how **God protected the Israelites during the ten plagues and the Passover.**

- **THE BIBLE:** Exodus 7:14-10:29, 12:21-30
- **THE BIG IDEA:** God helps when we're in trouble.

WEEK 3 – October 25

This week, kids see how **God provided food and water for the Israelites** when they complained to Moses.

- **THE BIBLE:** Exodus 16:1-16, 17:1-7
- **THE BIG IDEA:** God helps us help others.

MEMORY VERSE OF THE MONTH: Psalm 121:2 (NLT)

My help comes from the Lord, who made heaven and earth.

HELP! – (PRESCHOOL)

WEEK 1 – October 11

This week, kids see how **God spoke to Moses through a burning bush** and empowered him to rescue God's people.

● **THE BIG IDEA:** *God helps us when we are helpless.*

● **THE BIBLE:** *Exodus 1:22 – 2:10*

ACTIVITY | *Ask the questions below and ask the kids to respond to each instruction if true.*

● **Put your hand on your head if you have ever needed the fire department's help.**

● **Jump in the air if you have ever needed a doctor's help.**

● **Put your index finger on your nose if you have ever needed a police officer's help.**

● **Raise both arms if you have ever needed God's help.**

● *We all have needed help at one point or another from someone. And at some point, we all need help from God.*

The best part is that we don't have to pick up a phone to call or text God for help. God is always there to help you and me. We just have to ask!

SCRIPTURE | *Exodus 1:22 – 2:10*

TEACHING TIME

● **INSTRUCTIONS:** *Tell the kids to make a mean face every time you say, "Pharaoh," made a sad face every time you say, "Helpless," and a happy face every time you say, "God."*

○ **TODDLER HACK:** *Use a baby doll and a basket as you tell the story.*

● *Today's Bible story takes place in a place called Egypt. The people of Israel, who loved God [happy face], were living in Egypt, but they were treated very badly. They had to do everything the king of Egypt, Pharaoh [mean face], told them to do – day and night. Does that sound like fun? No. The Israelites were sad and felt helpless [sad face].*

● *Pharaoh [mean face] loved being in power. But because there were so many people from Israel, whom he was treating so badly, he was scared that one day, they would get together and kick him out! So, Pharaoh made a plan to get rid of all the baby boys. I'm sure that made all the Israelite parents feel helpless [sad face]. But let's see how God [happy face] shows up to help.*

● *During the time when Pharaoh [mean face] was tracking down helpless [sad face] babies, a mom gave birth to a baby boy. She loved the baby boy so much and she decided to hide him for three whole months, so that Pharaoh [mean face] couldn't find him!*

● *She probably felt helpless [sad face]. She did the only thing she could think of. She took a basket and used it as a boat for her baby. She placed him in the boat and sent him down the river. She prayed to God [happy face] that someone kind would rescue her baby.*

● *Pharaoh's [mean face] daughter, the princess, noticed the helpless [sad face] baby in the basket and decided to take the baby as her own. She named him Moses. God [happy face] saved this little baby!*

● *Miriam, baby Moses' sister, saw this whole thing happen. She asked the princess if she needed help taking care of the baby. Pharaoh's [mean face] daughter said yes! And do you know what Miriam did? She took the baby right back to his real mother!*

- God [happy face] helped baby Moses, his mom, and his sister. God [happy face] helped them when they were feeling helpless [sad face] and God [happy face] helps us, too!

DISCUSS | God helps us when we're helpless

- **Who helped baby Moses?** (God.)
- **Who helps you and me?** (God.)
- **Who helps us when we're helpless?** (God.)
- That's right! God helps us when we're helpless. Let's all shout it out together: **God helps us when we're helpless!**

ACTIVITY | Float

- **Did baby Moses float in his basket on the river?** Yes. I was surprised a basket would float with a baby in it, but it did! Let's see what else might float!
- **INSTRUCTIONS:** Fill a clear bin with water. Show a few toys or other items to the kids and ask if they think it will float or sink. Then, test it in the bin.
- I was surprised the _____ floated! It floated, just like baby Moses did. God helped baby Moses, just like God helps you and me! **God helps us when we are helpless.**

MEMORY VERSE | Psalm 121:2 (NLT)

- **INSTRUCTIONS:** Read Psalm 121:2 out loud to the kids. Ask the kids to repeat the verse after you. Then, tell them to shout the verse with you. Next, tell them to whisper the verse quietly. Try other silly voices like squeaky voice, etc.

PRAYER | Dear God, thank You for always being with each of us. Remind us when we are feeling helpless that You will always help us. Help us to remember we can always count on You in times of need. Amen.

HELP! – (PRESCHOOL)

WEEK 2 – October 18

This week, kids see how **God spoke to Moses through a burning bush** and empowered him to rescue God's people.

● **THE BIG IDEA:** *God helps us when we're in trouble.*

● **THE BIBLE:** *Exodus 7:14-10:29, 12:21-30*

SCRIPTURE | *Exodus 7:14-10:29, 12:21-30*

TEACHING TIME

- **INSTRUCTIONS:** *Tape butcher paper or several pieces of paper on the wall. You will need something to draw with, such as markers, chalk, or crayons. Work together as a family to draw the characters and the events in today's story as you tell the story.*
- *Today, we are continuing with Moses' story. So much has already happened in his life! So far, we have heard about how God had a special plan for Moses, starting when he was a little baby. When Moses was a grownup, God asked Moses to do a very important job – to help free the Israelites from mean Pharaoh. Moses didn't think he could do it, but God helped him. Now, let's see what happens next in the story.*
- *[Divide the group into two.] I need help with my story today. I need the left side of the room to say, "Let my people go!" when I point to you. Then when I point to the right side of the room, I need everyone on that side to shout, "No!"*
- *[Hold up pictures of Moses and Pharaoh.] Moses obeyed God and went to Egypt to see Pharaoh, just like God told him to do. The people of Israel were being treated unfairly and just wanted to be free. So, Moses had one message for Pharaoh [Point to the kids on the left.]: "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No!"*
- *Then, a bunch of terrible things, called plagues, happened. There were ten plagues in all.*
 - *First, all the water turned into blood. Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."*
 - *Second, there were frogs everywhere. Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."*
 - *Third, the dust turned into gnats, or little tiny bugs that filled the air. Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."*
 - *The fourth plague was yucky flies! Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."*
 - *For the fifth plague, all the horses, cows, and sheep died. Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."*
 - *In plague number six, the people and animals of Egypt got these things called boils, which are like painful sores, all over their skin. Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."*
 - *Seventh, it rained ice, which is called hail. Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."*
 - *Eighth, bugs, called locusts, ate up all the plants. Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."*

- Ninth, everything went dark and no one could see for three days! Moses said [Point to the kids on the left.], "Let my people go!" But Pharaoh said [Point to the kids on the right.], "No."
- Finally, the tenth plague came and it was the worst one. All the oldest sons in each Egyptian home died in their sleep.
- But God knew what was going to happen, so God sent Moses to tell the Israelite people to protect themselves.
 - Moses told the Israelite people to take the blood of a lamb and put some of it on the top and each side of the door frames of their homes, death would pass over the homes and save the people inside.
 - This is why, even today, people celebrate Passover every year. It's to remember the time when the plague of death "passed over" God's people and spared their lives.
- After the tenth plague, Pharaoh said – you guessed it – yes. The Israelites were finally free! Let's all cheer for the Israelite people!

DISCUSS | God helps us when we're in trouble.

- **Who helped the Israelites when they were in trouble?** (God.)
- **Who helps you and I when we're in trouble?** God and God's helpers on Earth.
- That's right! God helps us when we're in trouble. Let's all shout it out together, **God helps us when we're in trouble!**

MEMORY VERSE | Psalm 121:2 (NLT)

- Practice the memory verse together. See if you can each say one word of the verse and keep going back and forth until the end of the verse.

ACTIVITY | Mayday!

- **INSTRUCTIONS:** Lead the kids in this follow-the-leader style of prayer and aerobic stretches to ask God for help.
 - **TODDLER HACK:** Make it easy for the younger kids! Tell the kids we all need help. Touch your toes and say "God, I need your help." Reach up to the sky and say it again. "God, I need your help." Lie on your belly and say, "Thank you, God."
- A "mayday" is a signal of distress . . . people send out this signal when they are in urgent need of help. Let's call out some mayday prayer signals to God together!
 - When I say "mayday" and touch my toes, you pray: **God, help me when I'm in trouble!**
 - When I say "mayday" and do a jumping jack you pray: **God, help others when they are in trouble!**
 - When I say "mayday" and spin around once, you pray: **God, thank you for helping us!**
 - That was a great prayer workout! Whenever you need help, talk to God. Don't forget to ask God for help. **God helps us when we are in trouble.**

ACTIVITY | Freeze Dance

- **INSTRUCTIONS:** Play fun music. When the music stops, tell all the kids to freeze. Then, "unfreeze" one person and tell them to shout out who helps them when they're in trouble – a parent, a sibling, a teacher, a coach, etc. Now, it's this kid's turn to pick someone to unfreeze! Start the music again and when it stops, the last person to unfreeze picks another kid to unfreeze.
 - **TODDLER HACK:** Instead of asking the kids to unfreeze each other, tell them to freeze and unfreeze as a group. Instruct them to shout, "God helps me!" together when the music stops.

PRAYER | God, thank you for reminding us that you are always with us and help us when we're in trouble.

HELP! – (PRESCHOOL)

WEEK 3 – October 25

This week, kids see how **God provided food and water for the Israelites** when they complained to Moses.

- **THE BIG IDEA:** God helps us help others.
- **THE BIBLE:** Exodus 16:1-16, 17:1-7

SCRIPTURE | Exodus 16: 1 – 16, 17:1-7

TEACHING TIME

- **INSTRUCTIONS:** Use the toy emergency vehicles used in the previous activity, a plate of bread and chicken (real or play food), and a squirt toy wrapped with aluminum foil as props during story time.
- Last we heard about Moses, God protected the people of Israel during those awful plagues in Egypt so that the people of Israel were safe! Not only that, now God helped the people of Israel escape Egypt and head toward a new land that God was going to show them.
- They were probably really happy about this, right? Well, they were at first. But getting to the land God promised them was going to be a long journey. **How do you think they got to the promised land?**
 - Did they fly a helicopter? No.
 - Did they go really fast in an ambulance? No.
 - Did they have a really big firetruck? No.
- No, they didn't have any of these things! They had to walk and walk and walk and walk. Let's walk around the room a few times like the Israelites walked.
- So, we only walked around a few times, but the Israelites walked for a really, really long time. After a while, they started to get tired. They wanted good food. They thought God was being unfair to them. They forgot all the ways God helped them before!
- Want to hear what that was like? [Say in whiny voice.] "I'm hungry! I'm thirsty!" Hmm . . . maybe this is not the best way to say how we feel!
- Moses didn't know what to do, so he prayed to God. Turns out, that was the best thing to do!
- When the people said they were hungry, God told Moses to tell them God was going to give them food – bread, called manna, and quail – which were going to fall from the sky! And guess what? They would never run out! [Hold out your plate of bread and chicken.]
- When the people said they were thirsty, God told Moses to strike a rock with his staff, and water came out of it! [Squirt some water out of your foil-wrapped toy.]
- God gave Moses everything he needed to help the people of Israel. That's because God often helps us through other people. And we can help others with God's help, too!

DISCUSS

- **Which person helped the Israelites in today's story?** (Moses.)
- **Who helped Moses help the Israelites?** (God.)
- **Do you remember what they ate and drank?** (They ate meat and bread, and drank water from a rock.)

MEMORY VERSE | Psalm 121:2 (NLT)

- Practice saying the memory verse together and then say it to each other!

ACTIVITY | *Helpers Stick Together*

- **Does God help us to help other people?** *Yes?*
- **Who are some people you can help? How can you help them?**
- *You can also help by saying kind things and making people smile. Who is someone you can help in that way?*
- **FAMILY CHALLENGE:** *Brainstorm someone you know that you can help this week. We would love to hear your story on our Facebook page or by emailing kids@firstchristiancb.org*

ACTIVITY | *Help with H2O*

- *One of the things the Israelite people cried about most was water. Which gets me thinking . . . one way to help others is to give away a bottle of water! It can be a friend at school, or teacher, or a neighbor.*
- **INSTRUCTIONS:** *Give each kid a strip of paper, crayons, and markers. Instruct the kids to decorate the paper with pictures of encouragement or even someone's name or picture they want to encourage. When they are done, use clear, sticky tape to stick the strip of paper to the water bottle.*
- *Then you can give this to someone you want to make smile!*

PRAYER | *Dear God, thank You for reminding us that you help us help others. Help us think of ways we can help others this week. Amen.*