



FOR PARENTS

OF ELEMENTARY-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 spoke to Moses through a burning bush** and empowered him to rescue God's people.

- **THE BIBLE:** Exodus 3:1-14, 4:1-17
- **THE BIG IDEA:** God helps us when we are weak.

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;
Philippians 1:25-28
- **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 15:22-25, 16:1-16, 17:1-7;
Philippians 2:1-4
- **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.

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 in our weakness.*
- **THE BIBLE:** *Exodus 3:1-14, 4:1-17*

Read Exodus 3:1-14, 4:1-17 (read the story together. You can read the story yourself, have your kids take turns reading it, or just summarize the story for them. Whatever works best for your child's age and attention span)

DISCUSS

- **Why did Moses run away from Egypt?**
- **How did God speak to Moses?**
- **What did God ask Moses to do and why did Moses not want to do it?**
- **What did God say he would do for Moses?**
- **Have you ever felt weak or helpless? What do you think is your weakness? How do you think God can help you be strong even when you're feeling weak?**
- **Do you ask God for help? Share a time when you have asked God to help you.**

ACTIVITY | Post-it Positivity

- **INSTRUCTIONS:** *Pass out sticky notes to everyone. They can each use as many sticky notes as they'd like. Write the word "WEAKNESS" on a piece of butcher paper in block or bubble letters.*
- **Think about something that makes you feel weak.** *Then, take the sticky note and write it down. You can use words or draw a picture. Some examples are, "not smart enough," "not old enough," "I don't feel worthy," "someone is bullying me," "I don't understand Math class," etc.*
- **Now, take your weakness sticky note and place it inside the word "WEAKNESS."**
- **Remember when we are feeling weak, no matter what, God will help us.** *God helps us in our weakness.*

ACTIVITY | I Am Charades

- **INSTRUCTIONS:** *Play a game of "Charades" by acting out the blank in the following sentence: "With God, I am _____ enough." Write the following words on little pieces of paper that the kids can pull out of a container: strong, brave, fast, smart, old, tall, good, beautiful, talented.*
 - **PRETEEN HACK:** *Play "Reverse Charades" where one person guesses, and the rest of the group has to act out the clue. For a fun tech twist, download the "Heads Up" app, available for [Apple](#) and [Android](#) devices, and purchase the option to build your own deck.*
 - **SPECIAL NEEDS HACK:** *Give the kids plenty of time to act out and guess the words.*
- **What do you think it is?** *God told Moses to tell Pharaoh that "I am Who I am" sent Moses. God is so great that we can't even use human words to fully describe God! Now, we might not have an epic name like God does, but we are more than enough. God helps us in our weakness.*

WEEK 2 – October 18

God protected the Israelites during the ten plagues and the Passover.

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

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

Our story today is taken from Exodus 7:14-10:29. This is the part about the 10 plagues God sent on Egypt. It's a long part of Scripture, so feel free to read through it first, then summarize the story for your kids. You can even find coloring pages online that will help you cover all 10. - The final part of our story is found in Exodus 12.21-30. You can read this part together.

DISCUSS

- Why were the Israelites in trouble?
- Who did God send to help the Israelites?
- How many plagues did God send? Can you list some of them?
- Read Exodus 12:26-28. What is the Passover? How did God use this to help and protect the Israelites?
- Are there times kids like you might be in trouble? What are some examples?
- Who are the people God might send to help you?
- How could you help someone else in trouble?

REFLECTION | So Much Help

- *God helped the Israelites when they were in trouble. God helps you and me today when we are in trouble.*
- **What are some ways God helps people today?** *[Some possible answers are: God comforts me when I'm sick, God helps me find my way when I'm lost, God gives me nice friends when I feel alone.]*
- *Yes, God helps us in so many ways! God sends other people to help us, God helps us through music, or reading our Bible. God helps us in answered prayers. God helps us in so many ways every day. **God helps us when we're in trouble.***
 - **PRETEEN HACK:** *Help your preteens reflect using [mind mapping](#). Draw an oval in the middle of a poster board that says, "Ways God helps people today." Then, draw branches off of the oval indicating locations, situations, or groups of people in general who help, then create sub-branches for specific people, places, and situations.*

ACTIVITY | Who Can God Send?

- **INSTRUCTIONS:** *Read a situation to the kids and ask them, "Who could God send to help?"*
 - **PRETEEN HACK:** *Ask your preteens to write down their own situation ideas on cards. Then, the leader can collect the cards and read a few of them out loud, stopping after each one to ask the group who could help in this situation.*
 - **SPECIAL NEEDS HACK:** *Prepare some pictures for possible answers that you can show the kids to help them formulate their responses.*
- **Situation A:** *Angela is having a hard time in Math class. She is falling further and further behind. **Who can she ask for help?***
- **Situation B:** *Pedro is at a friend's house for a sleepover. It's his first time not sleeping at home. He is supposed to be sleeping, but it's really dark and he is scared. **Who can he ask for help?***
- **Situation C:** *Sam is at the mall with her family. She's having a great time until she realizes she has no idea where her family is. **Who can she ask for help?***

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 15:22-25, 16:1-16, 17:1-7; Philippians 2:1-4*

Read Exodus 15:22-25, 16:1-16, and 17:1-7 (read the story together. You can read the story yourself, have your kids take turns reading it, or just summarize the story for them. Whatever works best for your child's age and attention span)

DISCUSS

- **What were the Israelites complaining about?**
- **What did Moses do when he heard the complaints?**
- **How did God help Moses help the Israelites?**
- **Re-read Philippians 2:3-4. What does it mean to “not look at your own interests, but to the interests of others?”**
- **Can you think of a time when you might find it hard to help others?**
- **What can you do to help them anyway?**
- **What are some other ways you can help others at school? At church? Or in your neighborhood?**

REFLECTION | Help Center

- **INSTRUCTIONS:** *Gather your family together and have them sit in a circle.*
- *Today, we are going to do a massive brainstorm session to get thinking about the different types of people who may need help!*
- *Let's think about how everyone we may know would need help somehow. Maybe you have a grandparent or elderly neighbor who needs help. Write their name down.*
- *Try to fill a piece of paper with as many people or groups as possible!*
- *We don't have to look very far to find someone who needs help. There are so many people who need help.*
- *Sometimes, it's someone who lives in our house, such as a brother or sister. Sometimes, it's a neighbor or a relative. Sometimes, it's people we don't know across the street or people who live far away. God helps us help others!*

ACTIVITY | Band-Aid Buddy

- **INSTRUCTIONS:** *Get out pieces of cardstock paper, a Band-Aid, a pair of googly eyes, a permanent marker, and other art supplies. Fold the cardstock paper in half, then stick the Band-Aid on the front of their card. Use the googly eyes or draw eyes to create a character out of the Band-Aid, then decorate the card. Check out [this example](#), if you need ideas.*
- *Who is someone who could use your help by receiving an encouraging card? Maybe it's a Get Well Soon, Happy Birthday, or even a Just Because card that will make them smile this week!*