



Let's Draw It

Two Friends Help Moses

BIG IDEA: God gives me helpers. I'm a helper too!

BIBLE BASIS: Exodus 17:8-15

KEY VERSE: "Where does my help come from? My help comes from the LORD." Psalm 121:1-2

★ PLAY TIME ACTIVITY

HANDS UP HIGH

Supplies: Broom (1), stopwatch or smart phone timer (1)

Directions: Tell the children to take turns holding a broom above their head for as long as they can. To make it harder, have them hold it upward at a 45° angle instead of directly above their head. Time each child to see how long they can hold it up, then compare their times.

Say: It's hard to hold your hands up for that long. It gets very tiring! In today's true Bible story, there's a man who has to hold his hands up like that ALL DAY LONG! Can you imagine that? Fortunately, he had some helpers. During the story, we're going to learn that **God gives us helpers, I'm a helper too!**

Question: What kind of things do you need help with? Who helps you do those things?

★ LARGE GROUP LESSON



★ SMALL GROUP ACTIVITIES

POWERFUL PLATFORM (Application Activity)

Supplies: Dixie® cups (17 per group), 24" cardboard square (1 per group)

Directions: Set a single Dixie® cup upside down on the floor. Have a child step on it and crush it to show how weak the cup is by itself. Next, place 16 cups upside down on the floor in a square (4 cups x 4 cups) and place the cardboard square on top. Help the children take turns carefully standing on top of the Dixie® cup platform. You may want to give them a hand for balance and support. If time allows, let the children experiment with removing a cup at a time to see how many are needed to support their weight.

Say: When we stepped on just one cup, what happened? (*Answer: It was crushed.*) When we stepped on all of the cups together, what happened? (*Answer: The cups held us up.*) That reminds us of why God gives us helpers. (*Hold up crushed cup.*) When we're by ourselves, we're not very strong. (*Point to platform.*) But when we're all together and we help each other, we're much more powerful!

Question: Who are some of the helpers that God has given you? What do they help you with?

HELPING HANDS (Application Activity)

Supplies: Crumpled paper balls or bean bags (1–2 per group), target (1 per group), roll of tape (1), broom or similar (1 per group)

Preparation: Tape the target to a nearby wall. Place a line of tape on the floor approximately six feet from the target.

Directions: Choose a child to be Moses. Have Moses stand while holding the broomstick over his head. The other children will take turns being Israelite soldiers and Moses' helpers. One at a time, have the soldiers stand at the line and toss a paper ball or bean bag at the target. If they miss the target, they must go to the back of the line and try again. If they hit the target, they can help Moses hold one of his arms up. Continue playing until every child has hit the target and they're all helping Moses. When finished, have the children take a seat. Ask Moses if it was easier holding the broom up by himself or with help.

Say: In our true Bible story for today, Moses had to hold his walking stick above his head all day long. Do you think he could have done that by himself? (*Children answer.*) No way! That's why **God gave him helpers. We can be helpers too!**

Question: Who can you be a helper to? How can you help them?

HOT LAVA (Bible Memorization Activity)

Supplies: Tape (1 roll)

Preparation: Create a tape line on the floor in a zig-zag pattern. The line should be about 10 feet long.



Today's Bible verse:

"Where (*fan hands out, palms facing up*) does my help (*clasp hands together*) come from? My (*point to yourself*) help (*clasp hands together again*) comes from the LORD (*point up*)." Psalm 121:1-2 (*extend hands like you're holding a book*).

Directions: Practice the verse together until the children can remember it. When ready, tell the children to pretend like the floor is hot lava and the only safe passage across is on the tape line. Challenge the children to walk the line one at a time while reciting the verse aloud. If they step off of the line, they must begin again. After all of the children complete one trip across the hot lava, play additional rounds using different methods for crossing the lava, such as walking backwards or hopping on one foot.

LET'S DRAW IT (Bible Story Review Activity)

Supplies: Butcher block paper (1 large sheet), markers or crayons

Directions: Give the children markers or crayons and have them gather around a large piece of butcher block paper. Ask the children, "What happened first in the today's Bible story?" Allow the children to answer. Then, tell the children to draw that part of the story. They can each create their own drawings on the paper. When finished, ask the children what happened next in the story. Then, just like before, have them draw that part of the story. As the story unfolds, so will the drawings. When finished, consider hanging the butcher block paper on the wall for the children to see.

COLORING SHEET AND SNACK TIME (GO! Deeper Activity)

Directions: During the large group storytelling time, children will receive a coloring sheet with missing pictures. As the story progresses, the children will draw the missing pictures. For this activity, allow the children to color their now-completed coloring sheet. While the children are coloring, give them a snack to eat and ask the following questions to help them go deeper into the story:

Question: What do you think would have happened if Moses didn't have any helpers with him?

Question: Why do you think God gives us helpers?

Say: When you're a little kid, you need a lot of help. Fortunately, God gives us LOTS of helpers. Let's say a prayer and tell God "thank you" for the people who help us.

Prayer: Begin by asking if any of the children would like to pray. Allow any children who want to pray the opportunity to do so. When they're finished, close the prayer by thanking God for the parents, grandparents, teachers, friends, police officers, firefighters, and others who help us.