

LESSON 9: EXODUS: GOD RESCUES THE ISRAELITES

Leader Guide for One Room

Classroom: My One Room Classroom

 Exodus 12:1-42; 14:5-31

06/14/2020

Teachers Dig In

Dig In to the Bible

- Read: Exodus 12:1-42; 14:5-31
- In This Passage: After sending nine other plagues to Egypt, God sends one final plague that will finally convince Pharaoh to let God's people, the Israelites, escape from slavery. God kills all the firstborn sons in each household, passing over homes where Israelites put lambs' blood on the door frame. The Israelites escape, but the Red Sea is blocking their way as the Egyptians chase them. God parts the Red Sea, and the Israelites walk safely through. God is with them through every step because God wants what's best for us.
- Bible Point: God wants what's best for us.
- Summary Verse: "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them" (Romans 8:28).

Dig Deeper

- You'll Be Teaching: *God wants what's best for us.* This point can be a little tricky. We don't want kids to walk away thinking God is a vending machine who'll give them whatever they want. As you teach this lesson, help kids see that even when things got hard for the Israelites, God had a better plan than what they could imagine. And his plans are better than what we think is best, too.
- Think About: Think about a time you thought you knew what was best. Did it turn out the way you expected? If not, how can you see that God's plan was better?

Dig In to Prayer

- Pray that God will work bad things into good things in your kids' lives.

Quick Tip

- Want the best from your kids? Your attitude sets the stage. First, believe that your kids will do what you ask of them. Kids' behaviors change based on what they think you expect of them. Believe that they'll participate and that God will change them as they experience his Word. Second, to set an example of the level of sharing expected in discussion, share first. The deeper you go, the deeper kids will share.

This Lesson at a Glance



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible



CORE BIBLE DISCOVERY

Kids make door frames, eat matzo bread, and walk through the Red Sea.

Supplies

- Bible
- tables
- 8½x11 pieces of white card stock
- jumbo paper clips
- scissors
- washable red ink pads
- matzo bread crackers
- quilt batting
- blue streamers
- spray bottle of water

Easy Prep

- Prepare one door frame by cutting approximately 1" wide strips off the sides and top of a sheet of card stock and paper-clipping the corners together with the top piece over the side pieces (see photo below).



OBJECT LESSON

Kids experiment with yeast to discover the best reaction.

Supplies

- empty water bottles (16.9 ounce size works well) (1 per child)
- warm water
- measuring cups
- yeast packets (we used Fleischmann's Active Dry yeast) (1 per child)
- sugary soda (we used Pepsi) (4 ounces for every 2 kids)
- uninflated balloons (1 per child)
- paper
- hair dryer (optional)



CRAFT

Kids make sheep signs with Bible verses.

Supplies

- Bibles
- "Reminder Sheep" handout (1 copy per child, copied onto white card stock) (download [here](#))
- scissors
- cotton balls (about 25-30 per child)
- 2 spring clothespins per child
- index cards
- googly eyes
- tacky glue
- yarn

Easy Prep

- Make a sample craft to show kids.

- markers
- Glue Dots



MUSIC VIDEO

Kids sing songs of praise to God.

Supplies

- “God Is for Me” (watch or download [here](#))
- “I Will Trust You” (watch or download [here](#))
- “I Sing the Mighty Power of God” (watch or download [here](#))



TALK-ABOUT VIDEO

Kids watch a video and discuss the Bible Point.

Supplies

- “Rescue!” teaching video (watch or download [here](#))



TAKE-HOME

Kids receive a take-home page about the lesson.

Supplies

- this week’s “Dig In @ Home” handout (1 per child) (download [here](#))

Easy Prep

- Add your church announcements to the “Dig In @ Home” handout.



LIFE APPLICATION WRAP-UP

Kids put their prayers on a door frame.

Supplies

- Post-it Super Sticky Notes
- pens

**Marked supplies can be reused from Core Bible Discovery*

Let’s keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



Supplies

- Bible

Welcome

Thank kids for coming.

Just for fun, have kids wave at three people they're not sitting near.

Make announcements.

Introduce new kids.

Celebrate birthdays by having kids say "yadhtrib yppah" ("happy birthday" backward).

Collect the offering.

Introduce the Lesson

Say: **Today we're going to learn about some things that happened to God's people, the Israelites. The things that happened might not have all seemed good at the time, but God worked them for good because God wants what's best for us. Sometimes what we want isn't the best thing. Let's talk about that.**

Share

Ask: • **What's something you'd want but you know it wouldn't be best for you?** Tell kids *your* answer to this question. Examples might include eating ice cream for dinner every night or getting paid to sit at home and watch TV all day.

Have kids form pairs and tell their partners about *their* answers to the same question.

After partners have discussed, ask two or three kids to share with the whole group what they talked about with their partners.

Summarize

Open a Bible to Exodus 12 and say: **Those ideas all *sound* nice, but they wouldn't be good for us. God wants what's best for us. Let's see how God knew what was best for the Israelites. We know everything in the Bible is true and is from God. Let's take a moment to talk to God as we get started.**

Pray, thanking God for doing what's best for us.



Supplies

- Bible
- tables
- 8½x11 pieces of white card stock
- jumbo paper clips
- scissors
- washable red ink pads
- matzo bread crackers
- quilt batting
- blue streamers
- spray bottle of water

Easy Prep

- Prepare one door frame by cutting approximately 1" wide strips off the sides and top of a sheet of card stock and paper-clipping the corners together with the top piece over the side pieces (see photo below).



Give Background

Say: Here's what God was up to before today's true Bible story. His people, the Israelites, had been slaves in Egypt for a long time. The Egyptians mistreated them, so God had a plan to get them out of there. He loved the Israelites and wanted what was best for them.

First, God sent nine plagues on Egypt. A *plague* is when weird, strange, bad things happen on a huge scale. We won't get into all of the plagues, but God sent bugs, horrible weather, and more.

Even with all those terrible things that happened, Pharaoh, the guy in charge of Egypt, *still* wouldn't let God's people go.

But God wants what's best for us, so he sent one more plague that would finally convince Pharaoh to free the Israelites. That's where we'll pick up today.

Make Door Frames

Have kids sit under tables in mixed-age groups of four to six kids per table. Say: **For today's Bible story, we'll imagine that your group under the table is an Israelite family and the table is your house. You'll need a door frame for your house.**

Show kids your door frame, and give each group a piece of card stock, scissors, and two jumbo paper clips so they can make their own door frames. Make sure kids place the top of the door frame in front of the side pieces, not behind them.

Say: **Here's what God said about the last plague.**

Read Exodus 12:12.

Ask: • **Who's the oldest child in your family?** Have kids discuss this in their groups.

Say: **The final plague was a really bad one! It meant that the oldest son in every family would die.**

But God wants what's best for us, so he had a plan to keep the oldest Israelite sons safe.

Read Exodus 12:7 and 12:13.

Say: **They just needed to put the blood of a lamb on their door frame. The lamb would die in place of the oldest son.**

Distribute washable ink pads, and have kids make red fingerprints in the four corners of their door frame. Do the same on your door frame.

Eat Bread Without Yeast

Say: **God knew this would be the very last plague. He knew that after this one, Pharaoh would finally let the Israelites leave Egypt. And God wanted them to be ready to go! So he had some special rules about what they could eat. Let's hear his rules.**

Read Exodus 12:17-20.

Say: **Yeast is what makes bread fluffy. But it takes time for the yeast to make bread dough rise. God knew the Israelites didn't have time to wait for dough to rise, so he wanted them to make bread without yeast. God wants what's best for us, so he even helped them know what kind of bread would be best for what was about to happen. Without yeast, the bread would be flat. Let's eat some flat crackers that were made without yeast.**

Distribute matzo bread crackers, and have kids eat them in their houses.

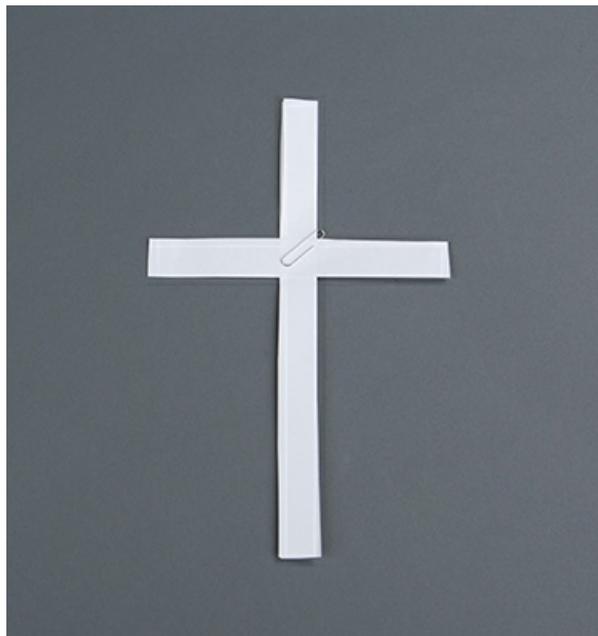
Ask: • **What's your favorite food to eat for a quick snack?**

Transform the Door Frames

As kids eat, hold up your door frame. Say: **When the angel of death came by that night, God kept his promise. No one died in the Israelite houses that had lambs' blood on the door frames.**

People still celebrate this holiday, called Passover because the angel passed over the houses that had blood on the doors frames. And here's something else that's cool about Passover.

Unclip the corners of your door frame. Then put the two side pieces on top of one another, and slide the top piece down to make a cross. The red fingerprints should be where Jesus' hands and feet were. Clip the pieces to hold the cross together. Then have kids do the same with their door frames.



Say: **Many, many years later, Jesus died during the Passover holiday. Jesus was like the lambs that died to take the place of the Israelite sons. Jesus died to take *our* place because it was God's plan for Jesus to take the punishment for our sins. God wants what's best for us.**

Escape Through the Red Sea

Say: **God wanted what was best for the Israelites, so when he sent the tenth plague, none of the Israelite sons died. But the Egyptian sons did! That was enough to finally convince Pharaoh to let the Israelites go. So they had to leave quickly. Hurry over to this side of the room! Gesture to where kids should go.**

Say: **The Israelites hurried out of Egypt. They were camping by the Red Sea, but then Pharaoh changed his mind again. He sent armies to chase the Israelites.**

The Israelites were scared. They had the Red Sea on one side and the Egyptian chariots racing toward them on the other. Where could they go?

First, God got in the way. He put a pillar of cloud between the Israelites and the Egyptians, so the Egyptians couldn't come any closer. Hold up the quilt batting. Say: God wants what's best for us.

Then God had Moses stretch his hand out over the sea. To act out what happened next, we'll need some people to pretend to be the sea, some to be Egyptians, and some of you will remain Israelites.

Have kids form three groups of roughly equal size. Have the Red Sea group line up in two lines facing each other, with room for other kids to walk between them. Give each Red Sea person two blue streamers. Have kids wave them in the space between each line to make a rippling sea.

Say: **When God told Moses to hold out his hand over the Red Sea (hold out your hand over the Red Sea group), the waters parted and there was dry ground for the Israelites to walk through.** Have the kids in the Red Sea group stop waving their streamers. **God wants what's best for us, so he made a way for the Israelites to get away from the Egyptians.**

Have the Israelites walk through the Red Sea.

Say: **But when the Egyptians tried to follow, the waters crashed back down, and all the Egyptians drowned.** Have the Egyptians go through the Red Sea group as the Red Sea kids wave their streamers again. Also lightly spray the Egyptians with the water bottle.

If time permits, have groups trade roles until everyone has had a chance to play every role. Then have kids sit down.

Ask: • **What do you think was the best thing God did for the Israelites in this Bible story?**

Say: **God wants what's best for us. He made sure the Israelites had a way to keep their sons safe. He made sure they could escape from slavery in Egypt. And he made sure the Egyptians couldn't catch them. God does the best things for us, too.**

Ask: • **What are some things God does today that are the best things for us?**

Say: **It's so great that God wants what's best for us. Let's thank him for loving us so much.**

Pray: **Thank you, God, that you want what's best for us. Thank you that you help us by doing what's best for us, just as you did for the Israelites. In Jesus' name, amen.**



Supplies

- empty water bottles (16.9 ounce size works well) (1 per child)
- warm water
- measuring cups
- yeast packets (we used Fleischmann's Active Dry yeast) (1 per child)
- sugary soda (we used Pepsi) (4 ounces for every 2 kids)
- uninflated balloons (1 per child)
- paper
- hair dryer (optional)

Tips

- Yeast reacts best in warm water that's about the temperature of bath water. If you don't have access to warm water, consider bringing a few Thermoses of very warm water from home. Be aware that yeast will *not* react in *hot* water. If you see steam, add a little cold water to make the water comfortable to the touch.
- We used water bottles made of thin, recycled plastic. It was cool to see and *hear* the bottles expand.
- Be sure to check the expiration date on your yeast packets. Yeast that's not too close to its expiration date reacts best.
- We recommend cleaning up the experiment before moving on to another activity. Yeast that continues to react starts to smell pretty strong.

Prepare Bottles and Balloons

Form pairs, putting preschoolers with older kids. Give each pair two water bottles, two yeast packets, two balloons, and a piece of paper. Show kids how to roll a piece of paper to make a funnel.

Say: **Before God rescued the Israelites from Egypt, he told them to make bread without yeast. Yeast is the ingredient that makes bread rise, but it takes time for the bread to rise. God was ready to rescue his people *right away*—there wasn't even time for bread to rise! We aren't going to bake bread without yeast, but we *are* going to experiment a little with yeast.**

Have pairs open one yeast packet and work together to funnel it into a balloon. Have them repeat the process with the other yeast packet and balloon.

Pour 8 ounces of very warm water into each water bottle. Have kids pour 4 ounces of soda into one of the bottles, leaving the other bottle with only water.

Add Yeast

Show kids how to stretch the balloons around the mouth of the bottles, letting the balloon with the yeast in it hang to the side. (This is a job fit for the older partners.) Once balloons are secure on both bottles, have kids hold up the balloons and let the yeast fall into the bottles.

Have kids hold the balloons securely on the bottles while they shake up the ingredients and then gently swish the liquids back and forth for about three or four minutes, observing what happens. The balloon over the bottle with yeast and soda should start to expand and stand straight up, while the balloon over the bottle with yeast and only water may make a little carbon dioxide but not enough to make the balloon stand straight up.



Add Heat (Optional)

If you'd like to grow the balloons even bigger, after three minutes, allow kids to use a hair dryer to heat the outside of the bottles and observe how heat affects the reaction.

Talk About It

Ask: • **What did you notice about the two reactions?**

- **Which one was best?**
- **Why do you think that happened?**

Say: **When yeast reacts with the sugar in soda, carbon dioxide is released, causing the balloons to grow bigger than they would with only water.**

The Israelites had made bread before, and they knew that using yeast would make the best and biggest loaf. But God had other plans, and he knew what was best. God wants what's best for us, too.

Ask: • **Tell about a time you thought you knew the best way to do something, but someone told you do to it differently. How did you feel when you discovered that person had a better way?** Share an example from your own life to begin the conversation. Perhaps someone had a different approach to baking the perfect cookie or another way of throwing the perfect fastball.

Say: **God wants what's best for us. We may not always understand his ways, but we can trust that he loves us and will work things out for good.**



CRAFT

[20 min]

Door Frame Reminder Sheep

Supplies

- Bibles
- “Reminder Sheep” handout (1 copy per child, copied onto white card stock) (download [here](#))
- scissors
- cotton balls (about 25-30 per child)
- 2 spring clothespins per child
- index cards
- googly eyes
- tacky glue
- yarn
- markers
- Glue Dots

Easy Prep

- Make a sample craft to show kids.



Make Sheep

Give each child a copy of the “Reminder Sheep” handout. Set out the other supplies, and then have kids follow these directions.

- Cut out the sheep body and sheep head from the handout, saving the verses on the handout for later. (Older kids can help younger kids with cutting.)
- Cover the sheep body in tacky glue.
- Stick cotton balls all over the sheep.
- Glue googly eyes to the sheep head.
- Cover the back of the sheep head with tacky glue and stick it in the middle of the sheep body.
- Glue a cotton ball on top of the head.
- Flip the sheep over, and use Glue Dots to glue two clothespins as legs on the bottom of the sheep, clip side facing down.
- Use scissors to carefully poke a hole in the top of the sheep, and thread yarn through the hole.
- Tie the yarn in a knot so you can hang the sheep on a doorknob.

Make Reminders

Have older kids follow these steps to make reminders they can clip in the sheep's legs. Younger kids can decorate index cards with pictures that remind them of God, such as a cross, a heart for his love, or a smily face because God brings us joy.

- Look up the Bible verses from their "Reminder Sheep" handouts.
- Write their favorite verses on index cards.
- Decorate the index cards.
- Make one index card with the Bible Point: God wants what's best for us.
- Clip the index cards in a stack into the sheep's legs. Only the one on the top of the pile will show.

Talk About It

Say: **God wants what's best for us.** You can hang your sheep on a doorknob, the way the Israelites put lambs' blood on their door frames. Your sheep will hold signs to remind you to trust God to do the best thing for you.

Ask: • Which verses did you choose to write, and why?

• How do those verses help you trust that God wants what's best for you?

Say: **God wants what's best for us.** Hang your sheep up at home, and let it remind you and your family of that. You can switch which index card is in front each day so you get fresh reminders.



MUSIC VIDEO

God Is for Me

[10 min]

Supplies

- “God Is for Me” (watch or download [here](#))
- “I Will Trust You” (watch or download [here](#))
- “I Sing the Mighty Power of God” (watch or download [here](#))

Tip

- Don't have internet in your classroom? That's okay! You can download the videos before class using the “download” button at the link provided, or just purchase this quarter's DVD [here](#).

Sing Songs to God

Sing the three songs in any order.



Supplies

- “Rescue!” teaching video (watch or download [here](#))

Tip

- Don’t have internet in your classroom? That’s okay! You can download the videos before class using the “download” button at the link provided, or just purchase this quarter’s DVD [here](#).

Discuss and Watch “Rescue!”

Say: **We’ve been learning that God wants what’s best for us. He wanted what was best for the Israelites, so he rescued them from slavery.**

Ask: • **What other things do people need to be rescued from?**

Say: **Let’s watch a video where people learn how to rescue someone who’s stuck.**

Watch “Rescue!”

Ask: • **What did you learn about how a rescue works that surprised you?**

• **How did this video show people doing what was best?**

• **How can we trust that God is doing the best thing for us—even if it’s scary?**

Say: **The rescuers made sure they could do what was best for someone who’s hurt, without hurting anyone else. That’s what’s best for everyone! If you were the person being rescued, it might seem scary. You’d have to trust that your rescuers are doing what’s best. When our lives are scary, we can trust that God wants what’s best for us.**



TAKE-HOME

Dig In @ Home

[0 min]

Supplies

- this week's "Dig In @ Home" handout (1 per child) (download [here](#))

Easy Prep

- Add your church announcements to the "Dig In @ Home" handout.

Distribute a copy of the "Dig In @ Home" handout to kids as they leave, or email it to parents during the week.



Supplies

- Post-it Super Sticky Notes
- pens

Write a Prayer

Have kids stand up. Say: **Today we've learned that God wants what's best for us. But sometimes when things in our lives don't seem the best, it can be hard to trust that. We're going to write or draw prayers about things we'd like God to do in our lives.**

Distribute sticky notes and pens. Have each child write or draw a prayer on a sticky note and then stick it on the door frame.

Pray

Say: **When we know God wants what's best for us, we can trust that his plan is better than ours. Even though we might ask for one thing in prayer, he might give us something else if that's better. We can trust that God knows what's best, even when we don't.**

The Israelites trusted God when they put lambs' blood on their door frames. Then they were able to walk out of Egypt and escape slavery. Let's walk through this doorway to show we trust God to answer our prayers in the best way.

Lead kids in slowly walking through the doorway and then back into the room.

Close

Pray: **God, thank you that you want what's best for us. Thank you that even if what we asked for isn't the best thing, you'll give us the best thing. In Jesus' name, amen.**

Thank kids for coming, and encourage them to come back next week.