



OCTOBER THEME

FEAR, INC

BIBLE STORY

Exodus 13:17–14:31 |

Spark p. 84-89

Parting Waves | Moses and the Red Sea

BOTTOM LINE

You can do what you should even when things seem impossible

MEMORY VERSE

“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Joshua 1:9b, NIV

LIFE APP

Courage—being brave enough to do what you should do, even when you’re afraid

BASIC TRUTH

I can trust God no matter what

FOR LEADERS ONLY

GOD VIEW: the connection between **COURAGE** and God’s character, as shown through God’s big story

This WEEK: In **Exodus 13:17–14:31**, Moses led the Israelites out of Egypt, but found himself up against an impossible scenario: the Red Sea in front of them and Pharaoh’s army chasing them down from behind. Only God could save them. Moses stood strong in the face of fear and trusted God to do what only God could do—part the Red Sea and create dry ground for the Israelites to escape. Our God is truly the God of the impossible.

Bottom Line: **You can do what you should even when things seem impossible.** We may not face the Red Sea or an army of angry Egyptians, but we will face moments where what we need to do will feel impossible to us. When that happens, we can remember that we can trust God no matter what. God is bigger and stronger than anything we face. Just like Moses and the Israelites, God can do the impossible in our lives too.

SOCIAL: PROVIDING TIME FOR FUN INTERACTION

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today’s story.

Before kids arrive, **PRAY** for each regular attendee by name. Pray for those who might visit your group for the first time. Pray for kids who are dealing with things that seem impossible, whether it’s learning fractions at school or a parent who is terminally ill. Ask God to give those kids courage to move forward in faith, knowing that God will be with them every step of the way.

•• EARLY ARRIVER IDEA

What You Need: No supplies needed

What You Do:

- Remind the kids that last week we learned that we can do what we should even when we don’t feel ready.
- Ask if anyone faced a situation this past week for which they didn’t feel prepared. What did they choose to do? How did that go?
- Invite kids to share any stories of courage they have heard about or experienced recently.

•• BEAN MOVERS

What You Need: Dried beans; about 10 for each kid, toothpicks; 2 for each kid, bowl

What You Do:

- Hand each person 2 toothpicks and 10 beans.



- Place the bowl in the center of the table.
- Ask kids to place the beans on the table in front of them and then use only the toothpicks to pick up each bean and move it to the bowl.

What You Say: “Who knew that being a ‘Bean Mover’ could be such an impossible job? Life is full of seemingly impossible tasks—ones that are far more important than moving a pile of beans. Today we’re going to learn how to deepen our trust in God so that even when things seem impossible we can face life with courage. **[Transition] Today in Large Group Worship/WoW Family Worship we’ll learn/ we learned a little bit more about a guy who could definitely relate to facing difficult tasks.**”

[Sunday Leaders: Lead your group to the Family Room for Large Group Worship. Wednesday Leaders: Continue with the study.]

GROUPS: CREATING A SAFE PLACE TO CONNECT

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

•• **AWKWARD ARTWORK** *(application activity/review the Bible story)*

What You Need: Bible, copy paper, markers

What You Do:

- Ask kids to share what they remember from today’s Bible story. Let them refer to their Bibles if needed (*Exodus 13:17–14:31*).
- Let kids take turns telling you their favorite part of the story and why they liked it.
- What were some examples of extreme courage in the face of extreme situations?
- Ask kids to describe what may have been going through the Israelites’ minds as they stood with the sea in front of them and the Egyptian army behind them.
- Set out paper and markers.
- Ask kids to draw a scene from today’s Bible story using their non-dominant hand.
- When finished, let them share their “Awkward Artwork” with the group and see if the group can guess or figure out what each kid drew.

What You Say: “Drawing a picture with the hand you don’t normally use is super awkward. It feels like an impossible way to draw a picture. It would be so much easier to just use your other hand, right? Sometimes we face really difficult situations that make our life hard. We wish they would just go away because it’d be so much easier for us if we didn’t have to go through them. Moses and the Israelites found themselves up against a really hard day and an impossible task that they wished would go away. The only thing that could save them was God. Without knowing what the outcome would be, Moses stood strong in the face of his fear. He led the Israelites in trusting God. We can make it through anything with God’s help. **[Bottom Line] You can do what you should even when things seem impossible.** This week, if you have a ‘Red Sea’ moment, trust God and say, ‘I can be brave even when things seem impossible.’”

Discussion Questions:

- If you had been an Israelite kid in today’s story, what would you have done to show courage?
- If you could have reminded the Israelites of some things about God, what would you tell them?
- When have you or someone you know been in a “Red Sea” situation where you felt like everything was going along fine and then suddenly it all fell apart? What did you/they do?
- Is there ever a situation so impossible that it’s okay to quit? Explain.



●● **IMPOSSIBLE FEATS** (*application activity*)

What You Need: No supplies needed

What You Do:

• Guide kids to try some of the “Impossible Feats” listed below:

• Paralyzed Finger:

—Kids place a hand on the table.

—Kids bend their middle finger so both knuckles are on the table.

—With the middle finger bent, kids try lifting, one at a time, their thumb, index finger, ring finger, and pinky finger.

—Can kids do it? (*They won't be able to lift their ring finger.*)

• Lift Your Foot:

—Kids stand against a wall so their ankle, knee, hip, shoulder, and head are resting on the wall.

—Without moving any part of their body from the wall, kids try to lift their foot that is not touching the wall.

—Can they do it? If not, why? What happens when they move only the foot touching the wall away from the wall slightly? Can they move the other foot now?

• Figure 8

—Kids sit in a chair and move their right leg counter-clockwise.

—At the same time, they draw a figure eight with their finger in the air.

—Can they do it? What happens?

• Some kids may be able to do the following feats:

—Lick your elbow.

—Raise only one eyebrow.

—Wiggle your ears.

—Curl your tongue.

What You Say: “I love how hard you all tried to do the activities even though, as you tried, it seemed impossible to accomplish the task. Sometimes you will find yourself in situations that seem impossible. But remember, **[Bottom Line]** you can do what you should even when things seem impossible. Crossing the Red Sea seemed impossible for the Israelites, but what was the first thing Moses did? The very first courageous thing Moses did was to trust God no matter what! The Israelites were terrified and crying out loud and Moses said, ‘Do not be afraid ... the LORD will fight for you.’ (*Exodus 14:13-14, NIV*) Though the situation looked impossible, Moses trusted God would be there for them. And then Moses showed courage by listening to God. What did God tell Moses to do with his staff? (*Raise the staff over the water.*) And what did Moses do? (*Moses obeyed.*) Like Moses, when things seem impossible, you can show courage by trusting God and obeying God.”

[Make It Personal] (*Think of a time when God asked you to do something that seemed impossible. Maybe a friend was really sick and you couldn't help them feel better. Or you were asked to go on a mission trip to a country and you didn't even speak the language there. Or you needed to forgive a friend who had really hurt your feelings. What did you do to show courage and take the first step even when it seemed impossible for you to make a difference?)*

●● **CROSSING THE RED SEA** (*memory verse activity*)

What You Need: Bibles, “Hopscotch Design” activity page, bean bag, one set of “Memory Verse Cards,” 9 sheets of copy paper, masking tape

What You Do:

• Ask kids to look up the memory verse for the month (Joshua 1:9b). Read the verse out loud together.

• Create a hopscotch design on the floor using by taping the sheets of copy paper to the ground in the pattern shown on the “Hopscotch Design” activity page.



- Place a “Memory Verse Card” in each of the hopscotch squares, in the correct order from 1-9.
- Explain that the hopscotch squares are “dry land.” Kids must hop across the “Red Sea” on the dry land.
- For the first round, kids hop across the Red Sea, and as they land on a square, they say the part of the memory verse in each square.
- For the next round, on each kid’s turn, he tosses a beanbag on one of the squares and removes the card from the square the beanbag lands on.
- Then he must hop across the Red Sea saying all the words of the memory verse, including the words on the missing card.
- Before the next kid’s turn, replace the missing card. Or for an added challenge, leave it off, so that it’s increasingly harder for each subsequent kid who takes a turn!

What You Say: “There is a lot in this world that is impossible for me. It is impossible for me to breathe underwater or wiggle my ears. Time travel? Impossible for me, but nothing is impossible for God. Moses didn’t have the ability to part the Red Sea but God did and God can choose to give us crazy abilities to do the impossible. When you trust God, **[Bottom Line] you can do what you should even when things seem impossible.** When you trust God, you can be strong and brave. Trusting God helps you not be afraid and gives you hope. When you trust God, you know God is with you everywhere you go, even when you are facing what seems impossible.”

[Make It Personal] *(Share what you believe to be one of your more courageous moments in life. What made the situation seem impossible? How did God help you find Joshua 1:9b courage in the middle of it?)*

What You Say: “Joshua 1:9 is a great verse to remember when things seem impossible. When you trust your circumstances to our great God, it’s all good. That doesn’t mean you won’t face some tough days. It does mean you’ll never face those days alone, though. God is always with you. God is good and powerful. God can use your hardships to benefit you by giving you courage. Verses like Joshua 1:9b give you hope when you feel like giving up. God wants you to bring your fears to God. God doesn’t want you to simply grit your teeth and hold your breath until the bad stuff goes away. When things seem impossible, remember what God wants to do in you. God can use hard times to benefit you and to achieve God’s purposes for your life. If something happens this week that requires a dose of courage, remember that God wants to use everything you’re going through to help you grow stronger in your faith. **[Bottom Line] You can do what you should even when things seem impossible.**”

PRAY AND SEND

What You Need: No supplies needed

What You Do:

- Remind kids that God is at work in the good and the bad, the easy and the impossible things that happen. Learning how to have courage when things seem impossible is a huge life lesson that God will keep teaching us as we follow God.
- Ask everyone to stand up and lead kids in the following commands:
 - If you’ve ever had the flu, sit down.
 - If you’ve ever been given a birthday gift, stand up.
 - If you’ve ever had a pet die, sit down.
 - If you’ve ever had ice cream, stand up.
 - If you’ve ever been made fun of, sit down.
 - If you’ve ever had a friend, stand up.

What You Say: “Life isn’t always ice cream and birthday gifts. There’s also sadness and things that hurt. You will face many ups and downs in life. In some situations, you’ll feel like a winner and in others you’ll feel like the Israelites did when they looked at the Red Sea and knew there was no way across. God knows about every single thing you’re facing now and all that you will face in the future.

