

Leah



Bible verses:

Genesis 29:31–35



Aim:

To discover who Leah was, how God saw her, and why she became an important part of God's story



Today's fruit:

Love



In today's story we discover that Leah often felt overlooked and unloved within her family. Even though life for her was painful and difficult at times, God saw exactly what Leah was going through and stayed close to her. As we explore Leah's story, we will think about what it feels like when people are left out or treated differently and discover that God sees and values every person. We will also learn that praising God does not mean pretending life is perfect. Like Leah, we can continue to trust God and put him first even during difficult times.

Each child will need:

- A 'Memory Verse Wristband' handout
- Pens/felt-tips
- 15cm x 15cm square of coloured paper – see 'Action it'
- 'Explore it Ideas' handout

You will need:

- The 'Fruit of the Spirit – Love' sign – download from **Salvationist**
- Origami heart example (optional) – see 'Action it'



Start it

Say:

We're going to begin with a quick game all about favourites. For each question, choose your favourite option and move to that side of the room.

Point to one side of the room for the first option and the other side for the second option. After each question, encourage a few children to explain why they chose their answer.

Ask:

- Which is your favourite: chocolate or sweets?
- Which is your favourite: pizza or burgers?
- Which is your favourite: cats or dogs?
- Which is your favourite: the beach or a theme park?
- Which is your favourite: chip shop chips or McDonald's fries?

Ask:

- Why do people care so much about favourites?
- How does it feel when somebody else is always chosen first or gets more attention?

Say:

In today's story we are going to meet someone who knew exactly what it felt like to be overlooked. We'll discover how God saw them, cared about them and made them an important part of his story.



Sing it

Say:

Sometimes praising God is easy, but sometimes it can be harder when life feels difficult or disappointing. See if you can join in with the dance moves as we spend time praising God together.

Watch:

'Praise' (by Elevation Worship, Lyrics & Motions) by Kid Kardia (3:33)



Share it

Say:

Over the next few weeks we are going to discover more about God's special family. Before we begin today's story, let's find out more about one of the most well-known characters from the Bible – Jacob.

Watch:

God's People: Jacob by Crossroads Kids' Club (1:56)

Ask:

- What do you remember about Jacob from the clip?
- What wrong choices did Jacob make?
- How did God still show love to Jacob?
- What did God change Jacob's name to?
- How many sons did Jacob have?

Ask:

The clip told us that Jacob became the father of the twelve tribes of Israel, but did you notice something? We heard lots about Jacob and his sons, but who was missing from the story?

Say:

We did not hear anything about the women in the story who gave birth to all these sons! One of those women was called Leah, and today we are going to discover why she became such an important part of God's story.

The children may ask why Jacob had more than one wife. In Old Testament times, some people married more than one person, even though this was not God's original plan for marriage and often caused hurt and problems within families. The Bible tells these stories honestly and shows that God continued to love and work through imperfect people and difficult situations.

Say:

When Jacob betrayed his father and brother, he travelled far from home and stayed with relatives. While he was there, he met two sisters called Leah and Rachel. Jacob loved Rachel and agreed to work for her father for seven years so that he could marry her.

Ask:

- How did Jacob show that he really loved Rachel?

Say:

Jacob waited seven long years to marry Rachel, the woman he loved more than anyone in the world. At the wedding, Laban, who was Leah and Rachel's father, gave the happy couple a nasty surprise. Instead of sending Rachel to marry Jacob, he sent her older sister Leah. Later, Rachel also became Jacob's wife, but Jacob still loved Rachel more than Leah. This caused hurt and sadness for everyone involved, and Leah knew that she was not loved in the same way.

Ask:

- How do you think Leah might have felt?
- What does it feel like when we are left out or overlooked?
- Why do you think it hurts when we feel less important than someone else?

Say:

The Bible tells us that God saw exactly what Leah was going through.

Read:

The Lord saw that Jacob loved Rachel more than Leah. So the Lord made it possible for Leah to have children. But Rachel did not have any children. Leah became pregnant and gave birth to a son. She named him Reuben, because she said, ‘The Lord has seen my troubles. Surely now my husband will love me.’

(Genesis 29:31–32 *ICB*)

Ask:

- What do Leah’s words tell us about how she was feeling?
- Why do you think it mattered that God saw what Leah was going through?

Read:

Leah became pregnant again and gave birth to another son. She named him Simeon. She said, ‘The Lord has heard that I am not loved. So he gave me this son.’

– (Genesis 29:33 *ICB*)

Ask:

- Why do you think Leah kept talking to God through everything that was happening to her?

Read:

Leah became pregnant again and gave birth to another son. She named him Levi. Leah said, ‘Now, surely my husband will be close to me. I have given him three sons.’

Then Leah gave birth to another son. She named him Judah. Leah named him this because she said, ‘Now I will praise the Lord.’ Then Leah stopped having children.

(Genesis 29:34–35 *ICB*)

Ask:

- How were Leah’s words different once Judah was born?
- Why do you think Leah chose to praise God even though things hadn’t worked out the way she wanted them to?

Say:

Leah’s life was still difficult and painful at times, but Leah knew that God was with her and had not forgotten her. Praising God did not mean pretending everything was fine. It meant choosing to keep trusting God and putting him first, even during sad and difficult times.

Display the ‘Fruit of the Spirit – Love’ sign.

Say:

God showed love to Leah when he saw that she was hurting, and he cared for her. Leah may

have felt overlooked by other people, but she was never forgotten by God. God continued to love Leah and work through her life in an important way.

Ask:

- Why do you think it is important to know that God sees people who feel left out or forgotten?
- How can we show love to people who may feel overlooked and left out?

Say:

Leah became an important part of God's special family. Many years later, kings and leaders came from Leah's family, and eventually Jesus himself would be born into her family line. Leah's story reminds us that God sees us in our happiness and in our sadness. Even when life feels difficult or unfair, God is with us and will never forget us.

 Action it**Say:**

Throughout Leah's story we discovered that even when life felt painful and difficult, Leah chose to keep trusting God. Our memory verse for this month reminds us that we can trust God too, even when we do not fully understand what is happening around us.

Give each child a 'Memory Verse Wristband'.

Memory verse

**Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.**

(Proverbs 3:5-6 NIV)

Give each child a 15cm x 15cm square of paper. Explain that the children are going to create an origami heart to remind them to trust God with their hearts, just as Leah chose to trust and praise God through difficult times. The following video explains how to make the origami heart and can be used with the children.

Watch:

Easiest Origami Heart Ever! by Easy Origami (2:47)

Pause the clip where necessary to help the children follow the instructions. Once the hearts are complete, encourage the children to write the word 'Trust' on one side and 'Proverbs 3:5-6' on the other. You could also invite the children to decorate their hearts.

Say:

Leah discovered that even when life was difficult, she could still trust God with her heart. As

you take your origami heart home this week, remember that God sees you, loves you and will always be with you.



Pray it

Ask the children to hold their origami hearts as you pray together.

Say:

Sometimes we do not understand why things happen or why life feels difficult. But today we have discovered that we can still trust God and keep talking to him. Before we pray together, let's say our memory verse again and remind ourselves that we can trust God with every part of our lives.

Memory verse

**Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.**

(Proverbs 3:5–6 NIV)

Say:

As we pray, hold your origami heart and remember that God knows you, loves you and is always with you.

Prayer:

Dear God,

Thank you that you know us so well and care about everything happening in our lives. Thank you that we can talk to you when we feel happy and excited, but also when we feel left out or confused. Help us to trust you with all our hearts and to keep following you, even when life feels difficult.

Thank you that you are always with us.

Amen.



Explore it

Remember to send home the 'Explore it Ideas' for children and families.

Leah

Here are some ideas for you to explore at home.



Bible verses:

Genesis 29:31-35



Aim:

To discover who Leah was, how God saw her, and why she became an important part of God's story



Today's fruit:

Love



Remember

Keep your origami heart somewhere you will see it this week. Each time you notice it, try saying the memory verse again and remember that you can trust God whatever kind of day you are having.



Share

Talk with the people at home about favourites. What are everyone's favourite foods, films or activities?

Then talk about why it can sometimes hurt when we don't feel like anyone's favourite or when we feel left out or overlooked. Pray together and thank God that he sees and cares about every person.



Song for the week

Watch:

'Praise' (by Elevation Worship, Lyrics & Motions) by Kid Kardia

www.youtube.com/watch?v=7YQLAUqUZII



Memory verse

Trust in the Lord with all your heart
and lean not on your own
understanding;
in all your ways submit to him,
and he will make your paths straight.

(Proverbs 3:5-6 NIV)

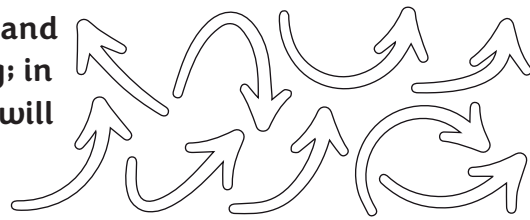
Explore it

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understanding; in all your ways
submit to him, and he will make
your paths straight.’
(Proverbs 3:5-6)



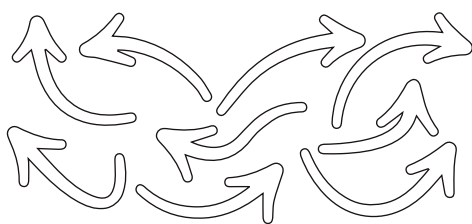
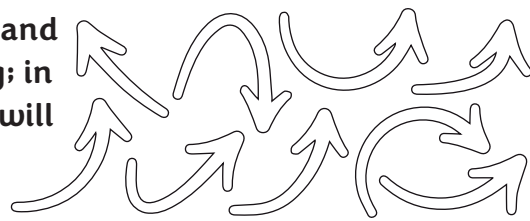
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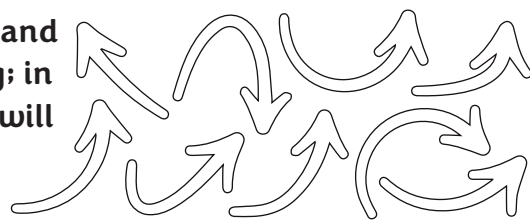
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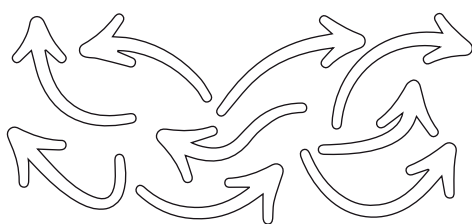
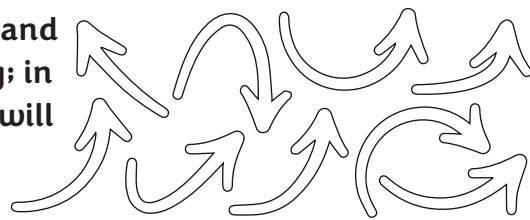
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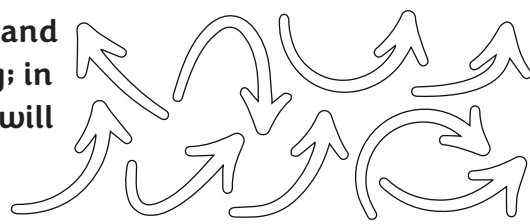
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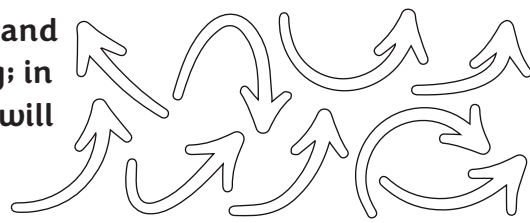
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Joseph is Betrayed

**Bible verses:**

Genesis 37:3–11,18–34

**Aim:**

To learn about Joseph and how he ended up so far from home

**Today's fruit:**

Love



In today's story we meet Joseph, Jacob's favourite son, who was treated differently from his brothers. Jealousy and anger grew within the family, and Joseph's brothers made a shocking decision that changed his life for ever. As we explore Joseph's story, we will think about what it means to show love to others, even when relationships are difficult. We will see how God stayed with Joseph after he was taken away from his home and explore what it can feel like to leave your home and begin life somewhere new.

Each child will need:

- 'Explore it Ideas' handout

You will need:

- 'Many Colours' handout
- A small prize for the 'Start it' activity
- Pens/pencils and paper – see 'Share it'
- The 'Fruit of the Spirit – Love' sign – download from **Salvationist**



Start it

Say:

In today's story we meet Joseph, Jacob's favourite son, who was given a very special robe by his father. It showed everyone that Joseph was treated differently from his brothers. Over time, jealousy and anger began to grow within the family.

Give the children a copy of the 'Many Colours' handout. Listed on the sheet are all the colours mentioned in Tim Rice and Andrew Lloyd Webber's famous song 'Joseph's Coat'. Read through the list together and check that the children know what each colour word means.

Play the song and challenge the children to think of at least one item for each of the colours. At the end of the song, the person with the most colours filled in wins a prize. If your group will struggle with the harder words, if they are really young or English is a second language, cut the bottom of the sheet off and focus on the simpler words.

Listen:

'Joseph's Coat' – *Joseph and the Amazing Technicolor Dreamcoat* by The Shows Must Go On! (4:02)



Sing it

Say:

Our memory verse for this month reminds us that, no matter the circumstances, we can trust in God. Let's share it together.

Memory Verse

**Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.**

(Proverbs 3:5-6 *NIV*)

Say:

Our song for today will help you to learn our memory verse and will also get you up and dancing.

Watch:

'Proverbs 3:5-6' (*NIV* 1984 – Official Lyric Video) by JumpStart3 (2:02)



Share it

Say:

In today's *Explore it* our journey with Jacob involves his many children. Jacob had 12 sons but made the mistake of choosing a favourite.

Ask:

- Why was it a bad idea for Jacob to have a favourite son?
- How do you think it made the other sons feel?

Say:

Jacob's favourite son was his 11th boy, Joseph. He made no secret of the fact that Joseph was the one he loved the most, and his brothers became deeply jealous. Watch the clip to find out what happened.

Watch:

Joseph and His Coat (Genesis 37) by Saddleback Kids (3:17)

Give each child a piece of paper and ask them to divide it into four sections. In each section, ask them to create their own retelling of the story.

1. Jacob gave Joseph a multicoloured coat ('a special robe with long sleeves').
2. Joseph told them about his dreams.
3. The brothers got rid of Joseph.
4. The brothers returned to Jacob and told him Joseph had died.

When they have completed their retelling, ask the children how each character might have been feeling.

Ask:

- Why do you think the brothers acted the way they did?
- What do you think of Reuben's rescue attempt? How did it go wrong?
- What do you think of the brothers' idea to tell Jacob that Joseph had died?
- What really happened to Joseph?

Say:

Taken away from his family, Joseph was sold into slavery. It must have been a very frightening time for him. Joseph was betrayed by the very people who should have loved and protected him most.

Display the 'Fruit of the Spirit – Love' sign

Ask:

Why do you think it can sometimes be difficult to show love to other people, especially if we don't like them?

Say:

Love is not always easy. Joseph's brothers allowed jealousy and anger to shape the way they treated him instead of love. Sometimes we may struggle to love people we do not get along with, but God calls us to love him and love others, even when it feels difficult.



 Action it**Say:**

Many people today face situations similar to Joseph. Some are tricked by people they trusted and forced into dangerous situations. Others have to leave their homes because of war, danger or poverty. They make long and difficult journeys to find safety and start their lives again. Watch the clip to discover how one Salvation Army church supported refugees in their community.

Watch:

The Salvation Army prepares to welcome refugee family by The Salvation Army UK and Ireland Territory (1:53)

Ask:

- What do you think it was like for the family to leave their home and come to a different country?
- How would you feel in that situation?
- How do you think the family felt when they arrived somewhere new?
- How would you want to be treated if you arrived in a new country?

Say:

There may be children in your school or community who have moved from another country because it was no longer safe for them to stay where they lived. God calls us to treat everyone with kindness, respect and love, especially people who are going through difficult situations.

You may wish to explore practical ways your group can show kindness and welcome to people who are new to your community.

**Pray it****Say:**

We are going to watch a clip that helps us understand what it might feel like to leave your home and move somewhere completely new. As you watch, think about the prayers you could say for children and families who have had to leave their homes to find safety.

Watch:

Kids, Refugees, Questions: 'What is it like to have no home?' by The Guardian (3:11)

Give each child a piece of paper and a pencil. Encourage them to write or draw a prayer for refugee children and families living in the UK and Ireland. You may wish to play the song below quietly while the children reflect and pray. At the end of the song, invite any children who would like to share their prayers with the group. Find more prayer resources at **salvationist.org.uk/resources/worship/praying-for-refugees** (there may be some ideas or prayers suitable to adapt for your *Explore it* group).

Listen:

'God of Mercy' by Lou Fellingham (3:51)

Explore it

Remember to send home the '*Explore it* Ideas' for children and families.



Explore it is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)

Joseph is Betrayed

Here are some ideas for you to explore at home.



Bible verses:

Genesis 37:3-11, 18-34



Aim:

To learn about Joseph and how he ended up so far from home



Today's fruit:

Love



Pray

In this week's *Explore it* we found out more about children who have left their country to find safety in the UK and Ireland. Each day this week, take time to pray for them and ask God to keep them safe.



Share

Draw a large outline of Joseph's special robe and stick it up somewhere in your home. Throughout the week, encourage everyone in your family to write down or draw kind things they have done for other people.

At the end of the week, look back at all the acts of kindness on your coat and talk about what it felt like to show love to others.



Song for the week

Watch:

'Proverbs 3:5-6' (NIV 1984 - Official Lyric Video) by JumpStart3 (2:02)

www.youtube.com/watch?v=1AdrFosx3qw



Memory verse

Trust in the Lord with all your heart
and lean not on your own
understanding;
in all your ways submit to him,
and he will make your paths straight.

(Proverbs 3:5-6 NIV)

**LIVING
OUT FAITH**

Kids Alive! Online – salvationarmy.org.uk/kidsalive

Kids Alive! is the UK's only weekly Christian comic. It is filled with jokes, competitions, Bible-based cartoons and much more ... and is now available to read online!



Children
& Youth

Red

Brown

White

Yellow

Black

Pink

Green

Grey

Orange

Blue

Purple

Chocolate

Gold

Rose

Ruby

Cream

Peach

Olive

Silver

Lemon

Violet

Scarlet

Mauve

Russet

Fawn

Crimson

Ochre

Lilac

Azure

Joseph in Egypt

**Bible verses:**

Genesis 39:1–5,19–23; 41:1–8,14–16,39–40

**Aim:**

To know that God is with us through everything we face

**Today's fruit:**

Goodness



In today's session we continue to follow Joseph's journey through the highs and lows of life. After being betrayed by his brothers and taken far from home, Joseph was put in charge of Potiphar's household before being wrongly sent to prison. Through every twist and turn, God showed goodness to Joseph by giving him wisdom and helping him through difficult times. As we explore Joseph's story, we will discover that we can also trust God through every part of our own lives.

Each child will need:

- Pens/pencils and paper
- 'Explore it Ideas' handout

You will need:

- Sheets of paper for the rollercoaster designs – see 'Start it'
- A large sheet of paper – see 'Action it'
- The 'Fruit of the Spirit – Goodness' sign – download from **Salvationist**



Start it

Say:

In today's session we'll see that Joseph's life was a bit like a rollercoaster, full of highs and lows, twists and turns.

Ask:

- Do you enjoy rollercoasters? Why or why not?
- What is the most exciting rollercoaster you have ever seen or been on?

Watch:

Top 10 Tallest Roller Coasters in the World by Engineering8 (4:41)

Divide the group into pairs and give each pair a sheet of paper. The aim is to design their dream rollercoaster. Give them one minute to talk about ideas and two minutes to draw their rollercoaster.

Invite each pair to share their design with the group.

Ask:

- Would you want your life to feel like this rollercoaster? Why or why not?
- Do you think Joseph's life felt a bit like a rollercoaster at times?



Sing it

Say:

Joseph faced lots of twists and turns in his life, but through every high and low he learned to trust God. Our memory verse reminds us that we can trust God too, even when we do not understand what is happening.

Memory verse

**Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.**

(Proverbs 3:5-6 NIV)

Say:

Here's a song to help us to trust in the Lord and not rely on our own understanding.

Watch:

'Motions' (Proverbs 3:5-6) by Saddleback Kids (2:19)



Share it

Ask:

In last week's session we began to discover Joseph's story. What had just happened?

Say:

Joseph was sold into slavery by his own brothers. The brothers then returned to their father Jacob and tricked him into believing that his favourite son had been killed. As Jacob mourned his son, Joseph continued his journey to Egypt.

Let's turn to Genesis 39 to find out what happened to Joseph next.

Read:

Now Joseph had been taken down to Egypt. An Egyptian named Potiphar was an officer to the king of Egypt. He was the captain of the palace guard. He bought Joseph from the Ishmaelites who had brought him down there. The Lord was with Joseph, and he became a successful man. He lived in the house of his master, Potiphar the Egyptian.

Potiphar saw that the Lord was with Joseph. He saw that the Lord made Joseph successful in everything he did. So Potiphar was very happy with Joseph. He allowed Joseph to be his personal servant. He put Joseph in charge of the house. Joseph was trusted with everything Potiphar owned. So Joseph was put in charge of the house. He was put in charge of everything Potiphar owned. Then the Lord blessed the people in Potiphar's house because of Joseph. And the Lord blessed everything that belonged to Potiphar, both in the house and in the field. So Potiphar put Joseph in charge of everything he owned. Potiphar was not concerned about anything, except the food he ate.

(Genesis 39:1–6 /CB)

Watch:

Joseph and the Wife of Potiphar (Animated Bible Stories) by My First Bible by (4:47)

Watch the clip to 2:19.

Ask:

- What did Joseph realise about his own behaviour as he went on his journey with the Ishmaelites?
- What did he pray would happen in the future?
- Who was Potiphar and what was he like?
- What did Joseph do in Potiphar's house?
- What happened when Potiphar put Joseph in charge of everything?

Watch the rest of the clip (2:19–4:47)

Say:

Joseph refused to betray his master, and because of Potiphar's wife's lies, he ended up in prison.

Ask:

On a scale of one (absolutely terrible) to ten (absolutely wonderful), how do you think things were going for Joseph at this point in the story?

Say:

Just when it looked as though life was getting better for Joseph, everything changed again and he ended up in prison. But even in the middle of disappointment and unfairness, God was still with him.

Watch:

The Dream of Pharaoh (Animated Bible Stories) by My First Bible (8:11, stop clip at 2:55)

Ask:

- What did Pharaoh's cupbearer promise to do if he was released from prison?
- How do you think Joseph felt when he was let down yet again? How would you have felt in his situation?
- Who did Joseph turn to when he was feeling down?

Say:

Even in his darkest moments, Joseph continued to trust God. God gave Joseph wisdom and helped him through every twist and turn of his journey. Joseph knew that, no matter what happened, God was with him.

 Action it**Say:**

Joseph's life was full of ups and downs, twists and turns. Together we're going to create a giant rollercoaster to help us remember the different parts of his journey and how God stayed with him through it all.

For this activity you will need a large piece of paper that all the group can access. The aim is to create a rollercoaster of the highs and lows of Joseph's life so far. You can draw this as an actual rollercoaster and add flags showing different events, or you can draw scenes from Joseph's story along the way.

Recap the main points of the story from when Jacob gifted Joseph his special coat right through to his time in prison and interpreting dreams in Egypt. Discuss with the children how Joseph dealt with the ups and downs of life and how he continued to trust God through every situation he faced.

Say:

Joseph's story reminds us that even when life changes suddenly or feels difficult, God is still with us. Joseph trusted God through every twist and turn, and God gave him wisdom to face each new challenge.



Pray it

Say:

Today we've seen that Joseph faced lots of difficult moments in his life, but through every part of his journey God was with him. God showed goodness to Joseph by giving him wisdom, helping him understand dreams and guiding him through every twist and turn.

Display the 'Fruit of the Spirit – Goodness' sign

Ask:

- Where did you see God's goodness in Joseph's story?
- How did God help Joseph during difficult times?
- How did God give Joseph wisdom?
- Why do you think Joseph continued to trust God through everything he faced?

Encourage the children to thank God quietly for his goodness and for always being with us, even in difficult times. If there is time, then sing 'Goodness of God' together before bringing the session to a close in prayer.

Watch:

'Goodness of God' (Official Lyric Video) by Kids Sing Praise (4:16)

Pray:

Lord God, thank you for the goodness you showed to Joseph throughout his story. Thank you that you gave him wisdom, helped him through difficult times and never left him. Help us to trust you and remember that you are with us always.

Amen.



Explore it

Remember to send home the 'Explore it Ideas' for children and families.



Joseph in Egypt

Here are some ideas for you to explore at home.



Bible verses:

Genesis 39:1-5,19-23;
41:1-8,14-16,39-40



Aim:

To know that God is with us through everything we face



Today's fruit:

Goodness



Discover

Sometimes it can be difficult when we are waiting for God to answer our prayers. In our *Explore it* session we reflected on how God is with us no matter what situation we find ourselves in.

Watch the clip to discover more about how we can trust God in every situation we face.

Watch:

What's That Word: Trust by Crossroads Kids' Club (2:10)

youtube.com/watch?v=NUrnkAODF2g

Listen to this song as you think about how God is with us in every situation.

Watch:

'Goodness of God' (Official Lyric Video) by Kids Sing Praise (4:16)

youtube.com/watch?v=AJUrSlrIY4Q

Check out the Bible art resource from Salvationist for some printables you can use at home and colour as a reminder of who God is, even when we are waiting, www.salvationist.org.uk/resources/worship/drawing-closer



Share

Have a chat with the people at home.

Have they ever found it difficult to trust God and wait for him to answer prayers?

Tell them all about the highs and lows of Joseph's story.

Are they experiencing any lows at the moment?

Is there anything they would like to pray about?

Remind them of the memory verse for this month.

Kids Alive! Online – salvationarmy.org.uk/kidsalive

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Children
& Youth

Joseph in Egypt

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Bible verses:

Genesis 39:1-5,19-23;
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Aim:

To know that God is with us through everything we face



Today's fruit:

Goodness



Song for the week

Watch:

'Motions' (Proverbs 3:5-6) by Saddleback Kids

www.youtube.com/watch?v=uiaLsHZU3nI



Memory verse

Trust in the Lord with all your heart
and lean not on your own
understanding;
in all your ways submit to him,
and he will make your paths straight.

(Proverbs 3:5-6 NIV)

**LIVING
OUT FAITH**

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Children
& Youth

Moses



Bible verses:

Selected verses from Exodus 13 and 14



Aim:

To reflect on how we follow God



Today's fruit:

Patience



In today's session we join the Israelites as they desperately try to escape slavery in Egypt. As they journey through the wilderness, God guides them with a pillar of cloud by day and a pillar of fire by night. When the Israelites become trapped in front of the Red Sea, Moses patiently trusts God to make a way forward. Through their story, we discover that we can trust God even when life feels uncertain and we cannot see the whole plan.

Each child will need:

- A range of craft resources – 'see Action it'
- 'Prayer' handout
- 'Explore it Ideas' handout

You will need:

- To watch the following video for the 'Action it' craft section and adapt if necessary:
God Parts the Red Sea by Willa's Arts & Crafts (13:03)
- The 'Fruit of the Spirit – Patience' sign – download from **Salvationist**



Start it

Say:

In our story today the Israelites were trying to escape from slavery in Egypt and trust God to lead them to safety.

For our starter, you are going to watch a clip from *Chicken Run* about a group of chickens

trying to escape from the horrible farmers, and then answer questions about what you have seen. You will get a point for each question you answer correctly. Please check you have the relevant permissions before playing this clip.

Watch:

Chicken Run (2000, Official Trailer) by ChickenRunMovie (2:21)

1. What is the name of the farm? **Tweedy's Farm**
2. How many dogs are guarding the farm? **Two**
3. What plan does the Scottish chicken come up with to escape? **To go over the wire in a catapult**
4. What is the name of the American rooster that comes to their rescue? **Rocky**
5. What machine do the Tweedys create to help them make money? **A chicken pie machine**
6. What does Rocky try and teach the chickens to do? **Fly**
7. Why doesn't Babs, the knitting chicken, want to be a pie? **She doesn't like gravy**

Sing it

Say:

Our song for this week reminds us that we can trust in God no matter what is happening in our lives.

Watch:

'I Can Trust God' (Official Music Video) by LifeKids (2:11)



Share it

Say:

Over the past few weeks we have been learning about Joseph and his family.

Ask:

- What can you remember about Joseph's story?
- What difficult things happened to Joseph?
- How did God help Joseph in Egypt?

Say:

After Joseph became an important leader in Egypt, his family moved there to live with him. Very many years later, the Israelites had become slaves in Egypt, and God chose Moses to lead them to freedom.

The main character in our story today is Moses. In the first chapter of Exodus we discover that the king commanded all the baby boys to be killed. To save his life, Moses' mother wrapped him up, placed him in a basket and hid him among the tall reeds of the River Nile. Let's watch the clip to discover what happened next.

Watch:

Moses and the Red Sea (Stories of the Bible) by Saddleback Kids (4:24 timings shown below)

Watch 0:00 to 1:34.

Ask:

- Where did Moses grow up?
- Why did Moses run away from Egypt?
- What did God call Moses to do?

Say:

There were ten plagues in Egypt until Pharaoh finally agreed to let the Israelites leave.

Ask:

What did the Israelites take with them?

The bones mentioned belonged to Joseph, who the children have been learning about over the past few weeks.

Say:

In Exodus 13:20-22 we discover how God guided the Israelites through the wilderness.

Read:

The people of Israel left Succoth and camped at Etham. Etham was on the edge of the desert. The Lord showed them the way. During the day he went ahead of them in a pillar of cloud. And during the night the Lord was in a pillar of fire to give them light. They could travel during the day or night. The pillar of cloud was always with them during the day. And the pillar of fire was always with them at night.

(Exodus 13:20-22 *ICB*)

Ask:

- What do you think it would have been like to see God guiding the people in such a dramatic way?
- How do you think the pillar of cloud and fire helped the Israelites trust God?
- Why can it sometimes be difficult to trust God when we cannot see the whole plan?

Watch the clip from 1:35 to 2:16.

Ask:

How did Pharaoh react when he found out that the Israelites had escaped?

Say:

As the Egyptian soldiers approached the camp, the Israelites began to panic.

Read:

The Israelites saw the king and his army coming after them. They were very frightened and cried to the Lord for help. They said to Moses, ‘What have you done to us? Why did you bring us out of Egypt to die in the desert? There were plenty of graves for us in Egypt. We told you in Egypt, “Let us alone! Let us stay and serve the Egyptians.” Now we will die in the desert.’

(Exodus 14:10–12 /CB)

Ask:

- Why do you think the Israelites wanted to go back to Egypt?
- How do you think Moses felt when the people started complaining?
- Why can it sometimes feel easier to stay with what we know instead of trusting God with something new?

Watch the clip from 2:17–4:24.

Ask:

- What amazing miracle happened when Moses raised his stick over the water?
- How did the Israelites escape?
- What happened to the Egyptian soldiers?
- How do you think this miracle changed the way the Israelites trusted God?

Read:

When the people of Israel saw the great power that the Lord had used against the Egyptians, they feared the Lord. And they trusted the Lord and his servant Moses.

(Exodus 14:31 /CB)

Display the ‘Fruit of the Spirit – Patience’ sign

Say:

Moses trusted God throughout the whole journey, even when the Israelites were frightened and the situation seemed impossible. He showed patience as he waited for God to make a way forward. The Israelites could not see how they would escape, but Moses continued to trust that God would guide them and keep his promises.

Ask:

What do you think the Israelites learned about God through this experience?

Say:

The story of the Israelites escaping through the Red Sea reminds us that we can trust God even when the way ahead seems uncertain. Like Moses and the Israelites, we can choose to follow God patiently, believing that God will guide us forward.



Action it

Say:

Moses and the Israelites had to trust God as they stood in front of the Red Sea, believing that he would guide them and make a way forward. Our memory verse for this month reminds us that we can trust God, even when we do not understand what is happening or cannot see the way ahead.

Let's say it together.

Memory verse

**Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.**

(Proverbs 3:5-6 *NIV*)

In today's activity, the children are going to create a Red Sea craft that parts to reveal our memory verse. The clip below is only for the leader's use to explain how to create the basic parts of the craft project. It may be useful to attempt your own version prior to the session so that the children can see what they are making.

Watch:

God Parts the Red Sea by Willa's Arts & Crafts (13:03)

You can adapt this activity depending on the time and resources you have available. The aim is to create a 'Red Sea' craft that parts to reveal the memory verse for this month. In the clip, a lot of time is spent painting the different elements of the craft project. You could speed up this activity by using pre-cut coloured paper and giving the children a card version of Moses to cut out.



Pray it

Say:

In today's story, God guided the Israelites through the wilderness with a pillar of cloud by day and a pillar of fire by night. Although we may not see God guiding us in the same dramatic way, he promises to be with us wherever we go.

Ask:

- What do you think helps people trust God when life feels uncertain?
- What can we learn from Moses about trusting God patiently?

Give each child a copy of the following prayer from the 'Prayer' handout. Read it together as a group and encourage the children to use it in their prayer time at home.

Dear God,

Thank you that you are always with me, even when life feels uncertain. Help me to trust you when I cannot see the whole plan or know what will happen next. Thank you for guiding Moses and the Israelites through the Red Sea and reminding us that you always make a way forward. Help me to follow you patiently and trust that you will guide me each step of the journey.

Amen.

 Explore it

Remember to send home the 'Explore it Ideas' for children and families.



Moses

Here are some ideas for you to explore at home.



Bible verses:

Selected verses from Exodus 13 and 14



Aim:

To reflect on how we follow God



Today's fruit:

Patience



Discover

In this week's *Explore it* we briefly mentioned what happened to Moses when he was a baby. Watch the clip to discover the full story.

Watch:

Baby Moses (Stories of the Bible) by Saddleback Kids

www.youtube.com/watch?v=hl9rDikU-FM



Share

In this week's session we watched the trailer from the animation classic *Chicken Run*. Grab some popcorn and have a movie night with the people at home to join in the adventures of Ginger, Rocky and all the other chickens at Tweedy's Farm.



Song for the week

Watch:

'I Can Trust God' (Official Music Video) by LifeKids

www.youtube.com/watch?v=t9NhSFfi-a50



Memory verse

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Explore it

Prayer

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Help me to follow you patiently and trust that you will guide me each step of the journey.

Amen.

October 2026



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