

# Let My People Go: Lesson 2

**SuperTruth:** God will overcome my weakness.

**SuperVerse:** Moses pleaded, ... "O Lord, I'm not very good with words." ... Then the LORD asked Moses, "Who makes a person's mouth? ... Is it not I, the LORD? Now go! I will be with you as you speak, and I will instruct you in what to say." Exodus 4:10–12 (NLT)

**Bible Story:** Exodus 3–14

## LARGE GROUP / GRADES 1–6

This story will teach us that since God created us, He fully understands that we have shortcomings and failures; and, He will help us overcome them.

Select a video to have playing as children enter the Large Group room. Videos are under Resources on the top menu bar.

- Play videos in order of appearance in the Video Player or Leader Guide
- Chris, Joy and Gizmo meet Moses and witness the plagues, the exodus, and crossing the Red Sea.
- Today's Bible Background Video explores this important time in history.

## SMALL GROUP / GRADES 1–6

**Game:** Red Sea Roll (15 minutes)

*Objective: Explore the Superbook story by reviewing the plagues with bowling game.*

- God used Moses to warn Pharaoh about the plagues that would come if he didn't let the Israelites go. After ten plagues, Pharaoh finally had enough! He let God's people leave Egypt!
- Let's play a bowling game called the Red Sea Roll with "water" on either side of the lane.

*Game Instructions:*

- Divide children into two teams which will alternate turns.
- Players each roll two times in a row. Points are scored for each bottle knocked down.

**Teaching:** Strength That Overcomes (15 minutes)

*Objective: Discuss an object lesson about God's power.*

- God wants us to focus on His strength, not our weakness!
- God sends His Holy Spirit to live inside of us. His Spirit overcomes our weakness and replaces it with His ability, power, wisdom, and direction!
- Use the glass and ingredients to demonstrate how God's power is activated in our lives.

*Take Home Activity—Discipleship Challenge (2 minutes)*

- The second Chain Link Challenge is to pray about a weakness you struggle with and ask God for His power to overcome it. When completed, tear off Link #2.

**SuperVerse:** Superbook Act It out (5 minutes)

*Objective: Memorize the Superverse with a group activity.*

- Look up and read Exodus 4:10–12 in their Bibles. Volunteers will now act out the Scripture.
- Have three children read their parts out loud, then say their lines again with great feeling and expression—the way they imagine God and Moses may have actually spoken these words. Have the class clap for their efforts, then give the "scripts" to three other children to read. Repeat until everyone in the class has had a chance to act out the verse.

**Prayer:** Overcoming Prayer (5 minutes)

*Objective: Communicate with God.*

- Our prayers are not answered based on the big words we use or how well we speak. Prayer is simply communication with God that might be through tears or excitement, a whisper or a shout.
- Pray a prayer and pause following each line so the children can repeat it after you.

## ADDITIONAL ACTIVITIES (REFER TO THE LESSON GUIDE FOR DETAILED INSTRUCTIONS)

**Action Game:** Play a game to overcome weakness with God's strength. | **Grades 1–6** | 15 min

**Fulcrum Object Lesson:** Observe and discuss joy and strength. | **Grades 4–6** | 15 min

**Question Game:** Listen to clues and solve a mystery. | **Grades 1–3** | 15 min

**Battery Object Lesson:** Demonstrate and discuss inner strength. | **Grades 4–6** | 10 min

### Game Materials Needed:

- Ten water bottles filled about ¼ full
- Tape
- Blue towels, bedsheets or cloth
- Two tennis balls, or any small balls
- Plague Card Pattern
- Optional: whiteboard or chalkboard to tally score
- Helper, such as a sixth grader

### Teaching Materials Needed:

- Small clear glass, juice glass size
- Bottle of water, warm or room temperature
- Container of baking soda
- Vinegar
- Tablespoon
- Paper towels for clean-up
- Baking tray
- Table
- Bible or the Superbook Bible App

### SuperVerse Materials Needed:

- Scissors
- Whiteboard/marker or chalkboard/chalk
- SuperVerse Script
- Bibles or the Superbook Bible App

### Prayer Materials Needed:

- Bibles or the Superbook Bible App