



Moses

MEETING AIM

To begin to understand something of who God is, and that God was with Moses.

BIBLE PASSAGE

To begin to understand something of who God is, and that God was with Moses.

BACKGROUND

This session plan is designed to be used in a home setting or online using video-calling software. You could also run it in person, if restrictions allow.

A lot has gone on and is going on in this part of Exodus! The Israelites were still under great oppression by the Egyptians. Chapter 2 of Exodus focuses on Moses life in the royal court; Moses then flees to Midian to escape his actions. At this point, God had been silent for 400 years, but God breaks this silence by speaking directly to Moses. This next part of Exodus is key in the bigger picture of salvation. God reveals himself to Moses and then sends Moses to deliver his people from slavery.

STARTING OUT

5 MINS

Start your time together with some simple refreshments (if you can). Ask the children, what they were doing this time yesterday, what they are doing later today and what they will be doing this time next week.

INTRO ACTIVITY

5 MINS

You will need: list of questions, paper and pens or chat facility in your video-calling software

Prepare a list of questions that reveal a character step by step. These could be people you know, celebrities, or even animals. Ask the children questions revealing one clue at time, for example: "I have brown hair, I am a boy, I wear glasses, I have a scar on my forehead, my best friend is Ron. Who am I?"

Once you have finished, encourage them to write 'I am' in the middle of a sheet of paper and fill the rest of the paper with things that describe them, for example "I am funny", "I have brown eyes", "I like sport", "I am nine". Show the paper one by one and see if you can guess whose plate each one is.

If you're online, ask the children to send you a direct message in the chat with their descriptions of themselves. Read them out and ask the rest of the group to guess. (It might be prudent to save the chat conversation after your session for safeguarding purposes.)

BIBLE STORY

10 MINS

You will need: plant; candle; register or name labels; shoes; Bible; baby monitor; first-aid kit; 'go' sign; teddy; stick; toy snake; glove; IAMS cat food; mirror

This part of the session you will be taking the children on an interactive journey through Exodus 3 and 4. Familiarise yourself with the passage beforehand.

Either: set the eleven stations out around your house. Print out the list of characteristics and key verses below and set them down at the right stations to collect along the way.

Or: hold each prop up to your camera so that everyone can see, and put the characteristics in the chat as they come up. You could also ask a leader to read them out.

1. A God who is amazing: Exodus 3:2 (plant and candle)
2. A God who knows us by name: Exodus 3:4 (register or name labels to give out)
3. A holy God: Exodus 3:5 (children's shoes to be taken off)
4. A God who keeps his promises: Exodus 3:6 (Bible)
5. A God who cares: Exodus 3:7 (baby monitor)
6. A God who rescues: Exodus 3:8 (first-aid kit)
7. A God who includes us in his plans: Exodus 3:10 ('go' sign)
8. A God who is with us: Exodus 3:12 (teddy)
9. I am who I am: Exodus 3:14 (IAMS cat food)
10. A God who equips us: Exodus 4:1-5,6-7,13-17 (stick / snake / glove)
11. A God who uses normal people: Exodus 4:10 (mirror)

Tell the story from a child-friendly Bible a translation, making sure you get to the right point at the right station! If you're meeting at home, encourage the children to handle each item and wonder what it means before explaining the next step of the story.

When you finish, wonder what might happen next in the story.

CHATTING TOGETHER

5 MINS

Ask the children these questions. Encourage them to join in as much as they would like to.

- What is your favourite part of this story?
- Have you learned anything new?
- What does this story tell us about God?
- Is God is still all of those things today?

CREATIVE TIME

10 MINS

You will need: roll of paper (lining paper is ideal); paint on paper plates; pens; clean-up and cover-up facilities

Ask the children to take off their shoes like Moses did in the story. They should dip their feet into the paint and make footprints all over the banner. Under their own footprints ask the children to write their own name. As you wash your feet, look at all the patterns you have made. Chat about what the children think about the story.

If you're meeting remotely, then ask parents and carers to help their children to do this at home. Otherwise, drawing around a foot is a less messy option!

Comment that God promised to be with Moses wherever he went, making sure that he had everything he needed to do God's work. God called Moses to help him – even though Moses was scared and thought he wasn't up to the job! Allow the children some time to think about whether God is calling them. You might want to tell them a story about when God asked you to do something and made sure you had everything you needed. If you don't have a story, you could invite a visitor to speak with the children (check their story beforehand so that you know it's suitable for the children).

PRAYER

5 MINS

You will need: footprints from 'Creative time'; pens; reflective music

On your footprints, ask the children to write or draw prayers of thanks to God for the characteristics they've learned about, or situations they feel they need God's help with. As the children write or draw, play the reflective music and be available for any children who would like to talk.

SAS CUTTING

is an experienced children's and youth worker, and art teacher.



Passover

MEETING AIM

To understand the importance of God saving his people in Egypt.

BIBLE PASSAGE

Exodus 11-12

BACKGROUND

This session plan is designed to be used in a home setting or online using video-calling software. You could also run it in person, if restrictions allow.

Many years before the birth of Jesus, God's people were enslaved in Egypt. They were treated horribly and God was not pleased. This session deals with the culmination of God's rescue plan. The last plague resulted in the Israelites being allowed to leave. The Passover festival, celebrating this rescue, was central to the people of God. Whenever they turned back to God, they celebrated Passover. And Jesus uses the powerful symbols of the festival to help his followers encounter the new covenant. Help children realise the importance of the Passover, both in the Bible and to them now.

STARTING OUT

5 MINS

Start your time together with some simple refreshments (if you can). Ask the children if have they ever been rescued. Tell them a personal story or a story about someone you know that has been rescued in some way.

PLAY

10 MINS

You will need: logos (printed out or on PowerPoint)

Start your time together with some simple refreshments (if you can). Ask the children if have they ever been rescued. Tell them a personal story or a story about someone you know that has been rescued in some way.

BIBLE STORY

10 MINS

You will need: the script below

Read the following retelling of part of the story using a mixture of Bible verses and script. You could ask fellow leaders to perform, or get the children involved! When the words in bold are read out, get the children to do the action for each word (see below).

Instructions: make a list

Sign: arms crossed in an X

Rescue: sound of a trumpet

Remembrance: point one finger to the side of your head

NARRATOR: God had a **rescue** plan to save his people. God said to Moses...

GOD: I will strike Pharaoh and the land of Egypt with one more blow. After that, Pharaoh will let you leave this country.

NARRATOR: God's **rescue** plan begins...

GOD: At midnight, I will pass through the heart of Egypt. All the firstborn sons will die in every family in Egypt.

NARRATOR: While the Israelites were still in the land of Egypt, the Lord gave the following **instructions** to Moses and Aaron for his **rescue** plan.

GOD: Announce to the whole community of Israel that on the tenth day of this month each family must choose a lamb or a young goat for a sacrifice.

NARRATOR: The next set of **instructions**...

GOD: *Encourage the children to mime these actions as they're read out.* Be fully dressed, tuck your cloak into your belt, wear your sandals and carry your walking stick in your hand. Eat the meal with urgency, for this is the Lord's Passover.

NARRATOR: God has some more specific very **instructions**...

GOD: Take some of the blood from the lamb and smear it on the sides and top of the doorframes of your houses. That same night roast the meat over a fire and eat it along with bitter salad and bread made without yeast. On that night when I see the **sign** on the door frame, I will pass over you. This plague of death will not touch you when I strike the land of Egypt. This is part of my **rescue**.

NARRATOR: This was a special day to **remember**...

GOD: This day to **remember** each year is called the Passover. Celebrate this Festival of Unleavened Bread, for it will help you **remember** that I brought you out of the land of Egypt on this very day. This was my **rescue**. Your children will ask: "What does this ceremony mean?" And you will reply: "It is the Passover when God passed over the houses of the Israelites in Egypt."

NARRATOR: God has **rescued** his people! Pharaoh sent for Moses and Aaron during the night.

PHAROAH: Get out! Leave my people and take the rest of the Israelites with you! Take your flocks and herds and be gone. Go, but bless me as you leave.

NARRATOR: That night the people of Israel left Egypt. There were about 600,000 men, plus all the women and children. They baked flat cakes from the dough without yeast because the people were driven out of Egypt in such a hurry that they had no time to prepare the bread or other food!

This part of God's **rescue** was complete! God had given the Israelites **instructions** to follow. They used the blood of the lamb to paint the **sign** above their doors, so the special **rescue** could take place. This is worth **remembering**, don't you think?



CHATTING TOGETHER **5 MINS**

Ask the children these questions, encouraging everyone to join in if they'd like to.

- What surprises you in this story?
- Is there anything you don't understand?
- Do you think God still rescues his people?

CREATIVE TIME **10 MINS**

You will need: a seder plate with a lamb bone, hard-boiled egg, horseradish, charoset (various recipes can be found online, including some nut-free), parsley and romaine lettuce, together with Matzos to represent the flat bread

Before the session, prepare a seder plate (more information can be found here). Share the different elements with the children. Explain that even today, people remember how God set them free from slavery by sharing this meal together. Invite the children to taste different parts of the meal (if you're meeting in your household), talking about the things that it represents, about the flavours and textures and about why it is so important to still remember what God did for his people that day. (You will need to check for food allergies before the session.)

PRAYER **5 MINS**

You will need: Matzos or pitta bread (make sure you have a gluten-free option if you need it)

Lay out some pitta bread on a plate. Ask the children to each take and eat a little piece of bread. In small groups, ask the children to thank God for his rescue plan, for the Israelites and for his people today. Help the children to think of and name someone who doesn't yet know about Jesus and his great rescue.

If you're meeting online, you might like to deliver some bread to the children, or ask parents or carers to give their children a slice of bread.

SAS CUTTING

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Ten Commandments

MEETING AIM

To explore how to live God's way.

BIBLE PASSAGE

Exodus 20:1-17

BACKGROUND

This session plan is designed to be used in a home setting or online using video-calling software. You could also run it in person, if restrictions allow.

The Ten Commandments are part of our cultural consciousness, but it's unlikely that people will be able to name more than three or four! Use this session to explore these rules for living together, with God and with other people. But try to help children see that these rules shouldn't lead us to slavish obedience; rather, that they should come out of a love for God and of God's love for us. God doesn't give us these guides to restrict us and keep us down. He wants the best for us, both in our relationship with him and in our friendships with others.

STARTING OUT

5 MINS

Start your time together with some simple refreshments (if you can). Chat about the week just gone. What has been successful? What less so?

INTRO ACTIVITY

10 MINS

You will need: any resources needed for your chosen game

Play a game with the children, one that they particularly enjoy playing. As a referee, start to favour one player over the others. Make up rules that restrict one player, make decisions that are obviously not fair. If you're a player, try to cheat as much as possible without been detected.

At the end of the game, ask the children what they thought of the unfair rules or cheating that went on.

BIBLE STORY

10 MINS

You will need: Bibles, each of the Ten Commandments written on slips of paper
Gather the children together and give some background to where the people of God are by telling this story:

God's people were free! He had freed them from being slaves in Egypt and now Moses was leading them towards the land that God had promised would be their home.

It wasn't easy. The Egyptian pharaoh had changed his mind and sent his army to chase God's people. He wanted them as slaves again! God's people came to the edge of a great sea and they were trapped! The water was in front of them and the chariots of Egypt were behind them. It seemed like there was no way out – had God rescued them from Egypt only to let them be captured again?

No! God told Moses to hold his stick out over the water. Suddenly a great wind started to blow across the water and the waves began to part. The sea backed up into great walls either side of a dry path through the water! The people hurried across, thousands and thousands of them, until finally they were on the other side.

The pharaoh's army tried to follow but God made the walls of water crash down over the dry path – God's people were free!

Now Moses and the people have arrived at a mountain called Sinai – it is a holy place where Moses is meeting with God. And God has some very special things to say to his people.

Give out the Bibles and read Exodus 20:1-17 together. Show the children the commandments written on paper and ask them to put them in order of importance. Help the children think about each one and how important it is. Why did they make those decisions? Try to think about how these commandments apply today.

Now ask them to group the commandments into ones that are similar to each other. How many 'categories' do they

need? Again, chat about why they have grouped certain commandments together.

Finally, read out Jesus' words from Matthew 22:34-40. Challenge the children to group the commandments together under 'Love the Lord your God' and 'Love others as much as yourself'.

Can they do it?

Jesus chose commandments that start with love. Why do the children think he did that? Chat about whether the Ten Commandments show us anything about God's love.

CHATTING TOGETHER

5 MINS

Ask the children these questions, making sure everyone has the chance to contribute:

- What is your favourite commandment? Which is the least favourite?
- Do we need all of these commandments today?
- What do these commandments tell us about God? And us?
- What do you want to say to God after exploring the Ten Commandments?

**CREATIVE TIME**

10 MINS

You will need: art and craft materials

Show the children the art and craft materials you have gathered and ask them to create something that represents something God has spoken to them about during the session. They might wish to illustrate one of the commandments, or create something that helps them work through what these commandments tell them about God and his relationship with us. If you're online, ask the children to find whatever materials they can (you might need to deliver a pack to children if they don't have any).

Give the children time and space to reflect and create, but be ready to chat with any of the group who would like to. Once everyone has finished, if anyone wants to share what they have done, let them do so (but remember to affirm all the responses the children have made).

PRAYER

5 MINS

You will need: liturgical confession or the prayer below

Explain that sometimes we don't follow God's way and need to say sorry, because we haven't loved God or loved others. If your church has a set confessional prayer, say that with the children.

Otherwise use this (or another) confessional prayer:

Father God, thank you for showing how to live the best way.

We are sorry for the times this week when we haven't loved you. *Encourage the children to think about a time when they have put other things above God.*

We are sorry for the times when we haven't loved other people. *Ask the children to think of a time when they have hurt someone else, been selfish or taken something that isn't theirs.*

Thank you that you sent Jesus so that we could be friends with you, and be forgiven for all these things.

You are amazing! Thank you, God!



The promised land

MEETING AIM

To discover that we can trust God in the face of opposition.

BIBLE PASSAGE

Numbers 13-14; Joshua 3

BACKGROUND

This session plan is designed to be used in a home setting or online using video-calling software. You could also run it in person, if restrictions allow.

The Israelites have been travelling through the desert towards the land that God has promised them. However, when they get there and send in spies to discover more about the country and the people living there, the Israelites panic, turn against God and his leaders, and demand to go back to Egypt. With the benefit of hindsight, it's easy to see how foolish they were, but we too can be hesitant or even resistant when following God's plans. Help the children discover the trustworthiness of God through this exciting story.

STARTING OUT

5 MINS

Start your time together with some simple refreshments (if you can). Chat about the week just gone. Has anything scary happened? How did the children react?

INTRO ACTIVITY

10 MINS

You will need: any resources needed for your chosen activity

Provide various puzzles and codes to crack. You can either come up with your own cipher that the children can use to send and decode messages, or get hold of puzzle books and work together to solve some of the puzzles there.

If you're online, you could do some 'escape room' activities suitable for video calls. A quick internet search should provide some fun games!

BIBLE STORY

10 MINS

You will need: masking tape; cut-outs of people more than 3m tall (draw large people shapes on lining paper and cut them out); grapes, figs and pomegranates; purple or green balloons joined together

in a bunch; long garden cane; string; notebooks

Mark a line on the floor with masking tape. Stick up the giant people in one part of your space. In another place, arrange the fruit on a table, along with your bunch of balloons (a giant bunch of grapes!), cane and string. Give some of the children a notebook and then tell this story (instructions are in italics):

The people of God had been freed from Egypt and had been travelling through the desert for a long time. They had left the mountain where God had given them the Ten Commandments and were heading towards the land that God had promised them – their new home.

Set off on a journey and then stop when you get to the masking-tape line.

When they got to the borders of their new home, their leader, Moses, sent some spies into the land, to find out what it was like.

Creep over the line and let the children 'discover' the giant people and the fruit. Encourage them to make a note of what they find. Cut open the pomegranates and figs and let them taste the fruit. Attach the giant bunch of grapes to the cane and then creep back towards the masking-tape line.

The spies came back to where the rest of the people of God were waiting. They told everyone about the giants they had seen, and all the good food they had tasted. Some of the spies were nervous. They didn't think they could conquer a land that was full of giants! But two of them, called Caleb and Joshua, were certain that God's people would succeed.

But the people of God only thought about the giants and the danger. They said: "We were safe in Egypt! Let's go back there!"

Ask the children what they think might happen next. Would they agree with Caleb and Joshua? Or would they agree with the other spies and the people?

God was angry with the people. He had given them a new land to live in and they didn't trust him. He said that the people had to wander around the desert for 40 more years before they could enter the land he had promised them. But he promised Caleb and Joshua that he would reward them for trusting him.

And 40 years later, Joshua led the people of God into the promised land. The people finally trusted God and he gave them their new home!

If you're telling this story online, set up the promised land in a different room in your house. Log onto your call using a phone or tablet, rather than a laptop, and move around your house, making sure the children can see the cut-outs and fruit as you 'discover' the promised land.

CHATTING TOGETHER

5 MINS

Ask the children these questions, making sure everyone has the chance to contribute:

- What is your favourite part of this story?
- What do you think about the spies and the people?
- Have you ever had to trust God for something?
- What does this story tell us about God? And about us?

CREATIVE TIME

10 MINS

You will need: volunteer to tell the children about a time when they had to trust God, even though it was a bit scary

Before the session, ask a volunteer to come and talk to the children about a time in their life when they had to trust God, even though it was scary and they would rather have done something different. Encourage them to rehearse what they're going to say beforehand and to keep their language appropriate for the children in the group.

Encourage the children to ask questions and to explore how and why your volunteer trusted God, and what the result was.

PRAYER

5 MINS

In a time of quiet, ask the children to think about something in their life that is scary, but that they need to do. Then encourage the children to ask God to help them to do that thing. Finally, ask the children to say thank you to God for being with Caleb and Joshua, and for being with them too.

ALEX TAYLOR

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