


LESSON 5: GOD SHOWS POWER AND SENDS TEN PLAGUES

Leader Guide for Grades 5 & 6

Classroom: Deeply Rooted

 Exodus 7:14–12:30

09/22/2019

Teachers Dig In

Dig In to the Bible

- Read: Exodus 7:14–12:30
- In This Passage: God is all-powerful, and he shows his power in a big way! To show his power to the Pharaoh of Egypt, he sends 10 devastating plagues. Finally, Pharaoh is convinced of God's power and decides to free the Israelite slaves.
- Bible Point: God is all-powerful...
- Application: ...so we respect him.
- Summary Verse: "Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding" (Isaiah 40:28).

Dig Deeper

- You'll Be Teaching: *God is all-powerful.* At times, kids can feel powerless. Full of worries, fears, and uncertainties, they may wonder if God's power is actually real for them. Help kids see that although the Israelites were powerless slaves, God showed up for them in a big, powerful way. He can do the same for us.
- Think About: What do you need God's power for in your life?

Dig In to Prayer

- Pray that God would reveal his power in kids' lives.

Quick Tip

- In a lesson about the 10 plagues, it can be tempting to focus on kids memorizing what the plagues were and in what order they happened. Try not to focus on that. The point is that God showed his power in big, amazing ways. If kids walk away knowing the 10 plagues in order but missing how God's power is real in their lives, you've missed an opportunity for transformation.

This Lesson at a Glance



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible



OBJECT LESSON

Kids make insulation gloves.

Supplies

- pitcher (1 for every 3 kids)
- ice
- water
- quart-size resealable bags (2 per child)
- shortening (3 heaping tablespoons for every 3 kids)
- measuring spoons
- several bags of cotton balls
- bubble wrap
- paper
- pens

Easy Prep

- Put ice in the pitchers, and fill them no more than half full of water.
- Set a container of shortening, a bag of cotton balls, and a pile of bubble wrap in the middle of each table for kids to access when needed. Provide a container of each material for every 9 kids.



CORE BIBLE DISCOVERY

Kids create chaos and experience how the plagues felt for the Egyptians.

Supplies

- Bibles
- spray bottle of water
- red cellophane
- green, white, brown, and black paper
- disposable cups
- permanent markers
- circular stickers
- aluminum foil
- transparent tape
- small flashlight or flashlight setting on cellphone
- tables

Easy Prep

- Tape a piece of red cellophane around the spray bottle of water.



HIGH-ENERGY GAME

Kids play a frenzied version of Tag.

Supplies

- music player (optional)
- upbeat music (optional)



LOW-ENERGY GAME

Kids try to keep paper wads inside or outside a circle.

Supplies

- paper wads (about 10 per child)

Easy Prep

- Save paper by tearing sheets of paper in half to

- masking tape
- medium boxes or plastic bins (3 for every 10 kids; if your total number of kids is less than 10, you can still use 3 boxes)
- upbeat music (optional)
- music player (optional)

- make 2 balled-up wads from each piece of paper.
- Fill the boxes with paper wads.
 - For every 10 kids, tape a circle on the floor that's big enough for 2 or 3 kids to lie down inside.



LIFE APPLICATION WRAP-UP

Kids pray for God's power in various areas of their lives.



CRAFT

Kids make rain sticks that represent the plagues.

Supplies

- "Plague Poles Instructions" handout (download [here](#))
- paper towel tubes (1 per child)
- 3-ounce plastic cups (2 per child)
- drinking straws (at least 10 per child)
- thumbtacks
- pencils
- transparent tape
- duct tape
- 5 red, 5 yellow, 5 green, 5 brown, 5 white, and 10 black beads per child (various sizes will work best)

Easy Prep

- Make a sample craft to show kids.

**Marked supplies are also used in 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 show their goofiest faces to everyone around them.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids say “snappy mirthgray” (which rhymes with happy birthday).
- Collect the offering.

Introduce the Lesson

Say: **Today we’re going to learn that God is all-powerful. In our Bible story, he showed his power by sending plagues to Egypt! A *plague* is a big, sudden event where a *lot* of something happens that can hurt people and destroy places. The plagues God sent included frogs all over the place and bugs all over the place.**

Share

- Tell kids whether *you’d* rather have a house full of frogs or a house full of bugs.
- Have kids form pairs. Ask kids to share whether *they’d* rather have a house full of frogs or a house full of bugs.
- After partners have discussed, ask kids to raise their hands to indicate if they chose frogs. Then have kids raise their hands to indicate if they chose bugs.
- Ask two or three kids to share with the whole group why they made their selection.

Summarize

Open a Bible to Exodus 7, and say: **Neither of those options sounds great! But God had to show his power to the Egyptians so they’d free his people, the Israelites, from slavery. Let’s see what else God did to show his power in the Bible story. God is always with us and ready to talk to us. One way God reveals his power to us is through the Bible. It’s his special book. Before we dig in to the Bible, let’s talk to God.**

Pray, praising God for being all-powerful.



OBJECT LESSON

[10 min]

Stay Warm!

Supplies

- pitcher (1 for every 3 kids)
- ice
- water
- quart-size resealable bags (2 per child)
- shortening (3 heaping tablespoons for every 3 kids)
- measuring spoons
- several bags of cotton balls
- bubble wrap
- paper
- pens

Easy Prep

- Put ice in the pitchers, and fill them no more than half full of water.
- Set a container of shortening, a bag of cotton balls, and a pile of bubble wrap in the middle of each table for kids to access when needed. Provide a container of each material for every 9 kids.

Tip

- You can try other insulating materials, too, such as rice, washcloths, or dirt. You'll need a fresh resealable bag for each material.

Put Hand in Ice Water

Ask: • **What things provide insulation or protection from the cold?**

Say: **When we insulate something, we protect it and keep it warm despite cold weather. Mittens and warm coats protect us in the snow, and insulated coffee cups keep hot drinks from getting cold. We insulate the walls of our houses so family members stay warm and cozy inside. Let's create our own insulation! We'll experiment with ways to insulate our hands from some really cold water.**

- Form groups of three, and give each group six resealable bags, a pitcher filled halfway with ice water, and a piece of paper and a pen.
- Have each child put his or her hand into a resealable bag, and then have kids take turns lowering their hands into the pitcher of water for five seconds.

Ask: • **What did it feel like to lower your hand into the ice water?**

Make Insulation Bags

Say: **We need insulation to protect our hands from the cold water. Then we'll see if we can keep our hands in the water for 30 seconds.**

- Have kids put insulating materials in their other resealable bags. One child from each group will add three heaping tablespoons of shortening, one will fill a bag with cotton balls, and another will place bubble wrap in a bag.
- Have kids guess which insulation will keep their hands warm best and write down their ideas.
- Have kids put their hands inside the empty resealable bags again and then insert their protected hands into the bags of shortening, cotton balls, or bubble wrap.
- Show kids how to spread the shortening, cotton balls, and bubble wrap so the inner bags are almost completely covered.



Put Insulated Hand in Ice Water

Say: **Now let's see if our insulated bags keep our hands warm in the ice water.**

- Have kids take turns lowering their insulated hands into the water. Kids who are watching can count down from 30 while their teammate observes whether or not his or her hand is feeling cold. After 30 seconds, have kids pull their hands out of the water and give the next person in their group a turn.
- Once kids test each bag they made, have them trade bags with teammates so each child can experience each type of insulation.
- Kids can make notes to record their observations.
- After several minutes, gather kids together and have them vote on which type of insulation worked best.

Talk About It

Ask: • **How was creating an insulation bag similar to God keeping the Israelites safe?**

• **Tell about a time God used his power to keep you safe.** Share an example from your own life to begin.

Say: **Like the ice water was uncomfortable for our bare hands, the land of Egypt was an uncomfortable and scary place when God sent the 10 plagues. The Egyptian people suffered a lot, but God protected the people of Israel. Their livestock lived, hail didn't hurt them, their land wasn't dark, and God kept their firstborn sons safe. God is all-powerful. Like the insulation kept our hands from getting cold, God protected his people.**



Supplies

- Bibles
- spray bottle of water
- red cellophane
- green, white, brown, and black paper
- disposable cups
- permanent markers
- circular stickers
- aluminum foil
- transparent tape
- small flashlight or flashlight setting on cellphone
- tables

Easy Prep

- Tape a piece of red cellophane around the spray bottle of water.

Tip

- If you have a small group, consider giving kids each several items per plague so the activity feels chaotic.

Talk About Power

Say: Today we're going to experience a Bible story that shows **God is all-powerful**. But before our story began, it sure seemed like someone else had all the power.

God's people, the Israelites, lived in Egypt, and it wasn't going very well for them. The Egyptians had turned them into slaves! The Egyptians treated them badly; they were extremely demanding, and they hurt the Israelites. The Israelites must've felt powerless. They couldn't do *anything* to stop the Egyptians!

Ask: • Tell about a time you felt powerless. Share your own example first.

Say: Even when people seem really powerful like the Egyptians, **God is all-powerful**. That means he has power over *everything*! And he was about to show his power so that Pharaoh, the ruler of Egypt, would let the Israelites leave. Let's see what it might have been like to be an Egyptian facing God's awesome power.

Before we start, let's set some expectations. This lesson is going to get really crazy! We'll be throwing things and running around, and I'm going to use the lights as a way to get your attention. Whenever I switch the lights off and back on, freeze in place and focus back on me.

Spray "Red" Water

Read Exodus 7:19-21.

Say: **Imagine there's blood everywhere!** Chase kids around the room, spraying them with the water as they try to get away.

Turn the lights off and back on, and say: **There was blood in their wooden bowls and stone pots. All the water was blood...yuck! They couldn't escape it!**

Imagine for a minute what that would've been like.

Ask: • What would've been the worst part of all the water turning to blood?

Say: Yuck! Water turning to blood is a horrible plague. But that was just the beginning!

Toss Green Paper

Say: **Pharaoh still didn't realize that God is all-powerful. He didn't respect God's power. So God sent a plague of frogs. You might think frogs are cool when there's just one or two of them...but check this out!**

Read Exodus 8:1-4.

Ask: • **What would be the worst place in your house to find a frog?**

Give each child a piece of green paper. Have kids crumple the paper to make "frogs." Have them toss the frogs around until you turn off the lights.

Turn on the lights, and say: **Moses stopped the plague of frogs for Pharaoh, but in a kind of gross way. There were no more frogs because they all died! Listen to this.**

Read Exodus 8:14. Have kids try to pile up the paper wads while holding their noses.

Toss Brown and Black Paper

Say: **Pharaoh *still* didn't realize that God is all-powerful, and he wouldn't let the Israelites go. So God sent a plague of gnats. Gnats are tiny insects, even smaller than mosquitoes.**

Read Exodus 8:16-17.

Say: **We'll make our gnats brown like the dust that turned into gnats.**

Have kids tear confetti-size pieces of brown paper and toss handfuls of it around again and again until you turn off the lights.

Turn on the lights, and say: **Can you imagine if even the ground turned into gnats? Eww!**

God is all-powerful, and he can even contain his power so it affects only a specific region. That's what happened with the next plague...flies.

God didn't want his people, the Israelites, to suffer from these awful plagues. So the next plague *only* happened in the parts of Egypt where the Israelites didn't live.

Read Exodus 8:20-24.

Give kids black paper. Have kids tear slightly bigger confetti pieces and then toss the confetti and make buzzing sounds until you turn off the lights.

Turn on the lights, and say: **For a little bit, this plague had an effect on Pharaoh! Pharaoh said the Israelites could go worship God in the wilderness. So the flies disappeared. Let's clean up this mess of gnats and flies.**

Have kids push all the paper confetti to the side of the room.

Knock Cups Over

Say: **After the flies were gone, Pharaoh changed his mind. He quickly forgot that God is all-powerful, so we respect him. Pharaoh didn't respect God at all! So God showed his power with a new plague, just for the Egyptians.**

Read Exodus 9:1-5.

Have each child draw cow spots on a cup and then walk around tipping other kids' cups over. Then turn off the lights.

Turn on the lights, and say: **How sad...we have dead animals all over the floor! Let's try to move them out of the way.** Have kids push the cups to the side of the room.

Say: **Even with all the livestock dead, Pharaoh didn't realize God is all-powerful. Pharaoh thought *he* had all the power, so he stubbornly kept the Israelites there in Egypt.**

Ask: • **What do you think it smelled like with all those dead animals?**

Wear Stickers

Say: **The next plague was more personal.**

Read Exodus 9:8-10.

Say: **Boils are like big, painful pimples.** Give kids several stickers each to put all over their arms.

Say: **You would think that as Pharaoh sat there, sick and covered in boils, he'd realize that God is all-powerful, so we respect him. But no. Pharaoh was still trying to hold on to his own power over the Israelites instead of respecting God. So God wasn't done! Let's see what he did next.**

Toss White Paper

Read Exodus 9:23-26.

Give each child a piece of white paper to crumple. Have kids toss these papers high up so they fall down like hail. As they toss the papers, shake a piece of aluminum foil to make thunder sounds. Then turn off the lights so kids stop tossing the papers.

Turn on the lights, and say: **Once again, God limited his power to strike only the Egyptians, sparing his own people. God is all-powerful, and he was using his power to send a specific message to Pharaoh. Once again, Pharaoh said the Israelites could go...but changed his mind when the hail and thunder stopped. Let's clean up our hail.**

Have kids push the hail to the side of the room.

Toss Long Paper Tubes

Say: **God had yet another plague!**

Read Exodus 10:12-15.

Say: **Yikes! Locusts are long and skinny, like grasshoppers.** Give kids each a piece of green paper, and have them roll the paper into long tubes and tape it in place. Have kids toss the tubes like javelins until you turn the lights off.

Turn on the lights, and say: **Listen to what Pharaoh said after that, and see if you think he's finally figured out that God is all-powerful, so we respect him.**

Read Exodus 10:16-17.

Ask: • **What do you think...has Pharaoh figured it out?** Have kids use thumbs up or down to show their answers.

Say: **Nope! He was stubborn again once the locusts went away. The locusts went away when God sent a wind to blow them into the Red Sea. God is all-powerful, and he could end a plague just as easily as he started it. So let's blow our locusts into the water.**

Have kids each pick up a "locust" and blow it off their hands toward the side of the room.

Sit in Darkness

Turn off the lights, and pause for a few moments.

Whisper: **The next plague wasn't as crazy and chaotic as the others. But it was serious.**

Using your phone or a small flashlight, read Exodus 10:21-23.

Ask: • **What's so bad about darkness?**

Say: **Pharaoh said the Israelites could go. But Moses told him he also had to let them take their animals. That made Pharaoh mad, and he said no.**

So God sent one last plague to show that God is all-powerful. This was a really, really sad one, so we'll keep the lights off.

Wail Loudly

Have kids sit in groups under tables and whisper to each other the names of the oldest sibling in each of their families. It may be them!

Say: **With that in mind, imagine how horrible the next plague would be.**

Read Exodus 11:4-6.

Ask: • **How would you feel if this plague happened in your family?**

Say: **As with some of the other plagues, God made a way to keep the Israelites safe. They had to put the blood of a sheep or goat on the corners of their doors, and God would know to "pass over" or pass by their house without letting anyone die. This became a special day called Passover.**

But for the Egyptians, it was a very, very sad time. A lot of people died. Let's make the wailing sound the Bible describes. Stop when I turn on the lights.

Have kids wail loudly. Then turn on the lights.

Say: **It's hard to imagine how sad it must have been. But remember, God is all-powerful, and he kept the Israelites safe if they had blood on their doorframes.**

This was it. This was when Pharaoh finally decided to let the Israelites go. They were free! Pharaoh realized his power was no match for God's.

Talk About It

Tell kids to look around the room.

Ask: • **Describe what our room looks like right now.**

- **How does this remind you of what things were like for the Egyptians?**

Say: **There's chaos all around our room. We've got boils on our skin and paper wads everywhere. Imagine what it must've been like to be an Egyptian when all these plagues were happening!**

- Ask: • **What does this experience show you about God's power?**

Say: **Pharaoh must've thought he was pretty powerful. It took 10 awful plagues for him to finally realize God is all-powerful and to give up. God doesn't always use his power to destroy things; remember that he used his power to protect and provide for the Israelites, too! Pharaoh took a long time to respect God's power at work. But when we see glimpses of God's power, we can respect him.**

If you're doing the Low-Energy Game, save the paper wads. Have kids help clean up the rest of the mess.



HIGH-ENERGY GAME

[10 min]

Plague Tag

Supplies

- music player (optional)
- upbeat music (optional)

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the album [here](#).

Play a Frenzied Version of Tag

Say: **The people living through all those plagues must've felt like things were out of control! Can you imagine swatting all those gnats...only to have flies show up? Yikes! Let's see what that might've felt like.**

- Choose one child to be the "Egyptian."
- You'll call out one of the plagues and demonstrate the movement for it that's listed below. The kids will "turn into" that plague, while the Egyptian will try to tag all of the kids to stop the plague. (You can go in any order.)
- If a child is tagged, he or she will stand on the side of the room.
- About every 20 seconds (or sooner if it looks like the Egyptian is getting close to tagging everyone), call out a new plague. Everyone returns to the game when a new plague is called.
- After a few rounds, choose a new Egyptian.
- If you'd like, play upbeat music while kids play.
- Here are the plagues and motions:
 - frogs (squat and hop around the room)
 - gnats (use your hands to make small wings right next to your shoulders as you run)
 - flies (use your arms to make bigger wings as you run)
 - locusts (take big jumps to move)
 - hail (stomp loudly and clap as you run)

Talk About It

Ask: • **How did it feel to be the Egyptian in this game?**

• **Tell about a time you felt overwhelmed or overpowered.** Share your own story first.

Say: **Whether or not Pharaoh realized it, the Egyptians were greatly overpowered. God is all-powerful, and the Egyptians had no power—Pharaoh's only power was to make the plagues worse! Only God could stop the plagues. Sometimes we might feel overpowered or overwhelmed like we did in this game. But we can remember that we have God's power on our side!**



LOW-ENERGY GAME

[10 min]

Game Overwhelmed

Supplies

- paper wads (about 10 per child)
- masking tape
- medium boxes or plastic bins (3 for every 10 kids; if your total number of kids is less than 10, you can still use 3 boxes)
- upbeat music (optional)
- music player (optional)

Easy Prep

- Save paper by tearing sheets of paper in half to make 2 balled-up wads from each piece of paper.
- Fill the boxes with paper wads.
- For every 10 kids, tape a circle on the floor that's big enough for 2 or 3 kids to lie down inside.

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the album [here](#).

Recommended for 10 or more kids.

Throw Paper Wads

Say: **Today's Bible story shows us how powerful God is. God showed he's the one true and all-powerful God when he sent 10 plagues to the people of Egypt.**

Sometimes we need a reminder of how big and strong God is—especially when things in our lives are making us feel powerless or like it's "game over" no matter how hard we try. Let's play a wacky game to help us see what it's like when life gets overwhelming.

- Form teams of about 10, and have two or three kids from each team lie down on their stomachs inside a taped circle.
- Have the rest of the team spread out around the circle, and give three of the standing players at each circle a box of paper wads. Whatever the size of your teams, the goal is that the kids inside the circle are very outnumbered by those standing around them.
- When you start the game, anyone holding a box of paper wads will dump them on the kids lying down in the circle.
- The kids in the circle will try to get all the paper wads out of the circle while everyone who's standing will work to keep the paper wads in the circle.
- Cue the start of the game. If you'd like, play music.
- Allow a few minutes for a first round, and then have kids switch roles and play another round. Play as many rounds as time allows so kids can experience both roles.

Talk About It

Ask: • **What was it like to be lying inside the circle?**

• **Why did getting all the paper out of the circle seem impossible, or not?**

• **What are other things you've had to do that seemed impossible? Maybe you've felt overwhelmed by something new you were learning at school, or maybe you couldn't fix a problem between family members.** Share an example from your own life.

• **Why can it be hard to believe God is all-powerful when things are out of control around us?**

Say: **For kids and grown-ups, life is full of challenges that can make us feel overwhelmed. When we ask God for help with what overwhelms us, we show God we believe in his power and we know he's stronger. God is all-powerful whether we're facing homework on a new subject or a fight with a friend; God has the power to get us through it all.**



Power Prayers

Pray for Power

Say: God is all-powerful, so we respect him. Let's ask him for his power in our lives. First, close your eyes, fold your hands, and silently talk to God about how you want his power to show up at school.

Allow about half a minute. Then pray: **God, thank you that you're all-powerful at school. We respect and trust in your power.**

Say: **Next, close your eyes, fold your hands, and silently talk to God about how you want his power to show up in your friendships.**

Allow about half a minute. Then pray: **God, thank you that you're all-powerful in our friendships. We respect and trust in your power.**

Say: **Now, close your eyes, fold your hands, and silently talk to God about how you want his power to show up in your family.**

Allow about half a minute. Then pray: **God, thank you that you're all-powerful in our families. We respect and trust in your power.**

Say: **Finally, close your eyes, fold your hands, and silently talk to God about how you want his power to show up over your worries.**

Allow about half a minute. Then pray: **God, thank you that you're all-powerful over our worries. We respect and trust in your power.**

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



Supplies

- “Plague Poles Instructions” handout (download [here](#))
- paper towel tubes (1 per child)
- 3-ounce plastic cups (2 per child)
- drinking straws (at least 10 per child)
- thumbtacks
- pencils
- transparent tape
- duct tape
- 5 red, 5 yellow, 5 green, 5 brown, 5 white, and 10 black beads per child (various sizes will work best)

Easy Prep

- Make a sample craft to show kids.



Tip

- One of our Dig In friends came up with a great alternative to make this craft easier. Rather than cutting straw pieces and poking them through holes, fold a straw or chenille wire in a zigzag pattern, twisting slightly so the zigzags aren't in a straight line. Stuff that in the tube so it fits snugly in place, and then tape the ends to secure it. (She also suggested using cupcake liners instead of cups to cap the ends.)

Make Plague Poles

Show kids the sample craft you made, turning it upside down so they can hear the hail noise. Say: **One of the plagues God sent on Egypt was a huge hailstorm with thunder and lightning. We're going to make plague poles so we can hear what that might've sounded like.**

Give each child a paper towel tube and two cups. Set out the other supplies to share, and have kids follow the instructions on the “Plague Poles Instructions” handout to make their own plague poles.

- Use a thumbtack to poke two holes roughly opposite each other on your tube.
- Stick a pencil into the holes to make them bigger.
- Cut a straw in half, and poke it through the two holes.
- Tape down the ends of the straw using transparent tape.
- Continue poking sets of holes and sticking straws through them, all at different levels and angles.
- You'll want at least 20 half-straws poking through your tube.
- Use duct tape to secure a cup on one end of the tube.
- Put five red beads in your tube to represent the water turned to blood.
- Put five green beads in your tube to represent the plague of frogs.

- Put 10 black beads in your tube to represent the plagues of gnats and flies.
- Put five brown beads in your tube to represent the death of the livestock.
- Put five white beads in your tube to represent the hail.
- Put five yellow beads in your tube to represent the locusts.
- Use duct tape to secure a cap on the other end of your tube. Then wrap the entire tube in duct tape.

Make a Hailstorm

- Have kids flip their tubes back and forth all at the same time for about 30 seconds.

Talk About It

Ask: • **How does hearing the hail help you understand God's power better?**

• **What other sounds make you think of power?**

Say: **God is all-powerful.** He showed his power in the plague of hail and all the other plagues.

Pharaoh didn't respect God's power, so God had to keep sending more and more plagues. But finally Pharaoh realized God's power and did what God wanted.

Have kids take their plague poles home and show their friends and families how the poles represent God's power through the plague of hail. Kids can also talk about the different colored beads in the plague poles that represent other plagues.