

K-2 | September 7

**Bible Story:** Moses • Exodus 3–6:12, 7–12:42; 13:17–14:31

**Bottom Line:** God can give you courage when you don't feel ready.

**Monthly Memory Verse:** *When I'm afraid, I put my trust in you.* Psalm 56:3 (NIRV)

*Pray for your group before they arrive. Pray for kids who will visit your group for the first time. Recall a time when God gave you the courage to do something you didn't think you were ready for. Thank God for being with you through the Holy Spirit and sending the Holy Spirit to help you take the next step! Ask God to help the kids trust Him when they feel nervous or unsure. Whether it's a big change or something small, pray that kids would know God is with them even when they don't feel ready.*

## 1. Opening Activity

**What You Need:** "Brave Actions" Activity Page, scissors, and opaque bag

**What You Do:**

- Gather the kids in a circle.

*Talk Together:*

- Explain and demonstrate how to play:
  - "Inside the bag are action cards! One at a time, each of you will come up, pull a card, and act it out. The challenge is that there's NO talking allowed! You can move and make sound effects—but no words! The rest of us will try to guess what brave travel action you're doing."

*Play Together:*

- Invite the kids to take turns performing brave travel actions without speaking while the group guesses what it is.
- Continue playing until all cards have been guessed.

*Talk Together:*

- If time allows, ask:
  - "Where's your favorite place to go?"
  - "How do you feel when you go somewhere new?"

**What You Say:**

"Whoa! You acted out those scenarios like pros! Sometimes, something new can feel both exciting and kinda scary. That's totally normal! But the incredible part is that we're never alone! God is always with us, and we'll see that in today's true story from the Bible! **[Transition] We'll meet a leader who had to guide God's people on a long journey with many twists, turns, and challenges. But that leader chose to trust that God was with him, and with God's help, he did some seriously epic things. Let's go find out more!**"

**Inclusive Pro Tips:**

Offer for kids to act it out with a buddy

Lead your group to do worship and watch today's video lesson.

## 2. Take a Snapshot

**What You Need:** “Courage Jar” activity page; “Courage Stickers” Activity Page; “Verses” Activity Page; color pencils; markers; permanent marker; scissors; glue sticks; and a completed jar example

### What You Do:

- Gather the kids to have a seat at one of the floor tables.
- Give each kid a “Courage Jar” Activity Page, a “Verses” Activity Page, a “Courage Stickers” Activity Page, a pair of scissors, and set out the glue sticks, markers, crayons/color pencils.
- Show the completed jar example and explain the activity.
  - “Today, you’ll create your very own ‘Courage Jars’ filled with Bible verses and reminders to help you brave the unknown with God, even when it’s tough!”
- Read the three verses aloud for the children.
- Invite the kids to use the stickers to decorate their jars.
- Encourage the kids to cut out their three verse strips from the “Verses” Activity Page and glue it to their jar.
- As they cut the strips:
  - ***[Make It Personal] Share an age-appropriate story of a time you were nervous or afraid to try something new, but God gave you the courage to do it!***
  - Encourage the kids to think about a time they needed courage from God.
  - You can prompt kids with examples such as speaking up, trying something new, or praying out loud for the first time.
- Encourage the kids to take their jars home. Whenever they need courage, invite them to choose a verse from the jar, read it, and ask God to give them courage in whatever they’re facing.
- Share with kids that being brave doesn’t always mean fear disappears, but we can trust God is with us and He is always good. When anyone chooses to follow Jesus, God sends the Holy Spirit to live in them! God is closer than close! God’s Spirit is inside of them, He can help them take the first step, and He will be with them every step after in anything they face.
- Remind the kids to write their names on their papers.

### ***Inclusive Pro Tips:***

- Give one instruction at a time and point to a completed example as you give instructions. Pause for kids to process and respond.
- Offer pre-cut verse strips or offer adaptive scissors.
- Not every kid will want to share out loud. Let them know it is okay to listen quietly, share with a leader one on one, or think about the prompt.

## 3. Show It with Scarves!

**What You Need:** Scarves or bandanas, and “Story Movements” Activity Page

### What You Do:

- Instruct the kids to stand up and spread out in your small group area.

- Direct the kids to stretch their arms out wide like a star to ensure they have enough space.
- Give each kid a scarf or bandana.
- Say, “We’re going to use our scarves to help us remember the amazing story of Moses and the courage God gave him, even when he didn’t feel ready!”
- Explain how to play:
  - When you move your scarf, the kids are to move their scarves in the same way as you recap the Bible Story.
  - Encourage the kids to imagine being in the story as they follow along!
- Read through the story recap and movements using the “Story Movements” Activity Page.
- Gather the kids to discuss.

### **What You Say:**

“Wow! We covered a LOT of events in the life of Moses today! By God’s power, the waters of the Red Sea parted, and God’s people were saved. It took SO much courage to stand in front of Pharaoh and to lead a whole nation of people! But . . . God was with Moses every step of the way. And guess what? God is with YOU too!

“You will face some things you don’t feel ready for—like starting kindergarten, riding the bus for the first time, or trying to read new words. It might feel really scary to introduce yourself to a new friend or to make a mistake and not know how to fix it. What are some things that you might need courage for? (*Invite responses.*) Thank you for sharing! Friends, God is with us every step of our lives—even in the hard things! He is stronger and bigger than anything we face! The God who is stronger than everything is with you, and **[Bottom Line] God can give you courage when you don’t feel ready!**”

***[Make It Personal] (Tell your few about an age-appropriate time when you faced something hard —especially something new—that you didn’t feel ready for. Maybe you signed up to play a new sport, or you got a brand-new job. Maybe you moved to a new city. Talk about how remembering God was with you helped you have courage when you did the new thing. Maybe God reminded you of His presence through the people He sent to cheer you on, or you carried a Scripture along the way that reminded you of what’s true.)***

### ***Inclusive Pro Tips:***

- *Allow kids to sit while performing the motions with their scarves.*

## **4. Pray and Dismiss**

### **What You Say:**

“God, You are SO amazing! Thank You for helping Moses when he didn’t feel ready. Thank You that You reminded him that You were with him, and that gave him courage. Help us remember that You are the biggest, and You are with us in all things! This week, when we’re feeling scared or nervous, may Your Holy Spirit help us to know that You are with us, to trust You, and to take brave steps even when it’s hard. We love You, God, and we pray these things in Jesus’ name. Amen.”