



# WEEK 4

## PRESCHOOL LESSON GUIDE



### THE BIG IDEA

God helps us help others.

### THE BIBLE

God Provides Food and Water:  
Exodus 15:22-25, 16:1-16, 17:1-7

## WELCOME TIME

### MUSIC | Can't Help But Praise!

- **INSTRUCTIONS:** Sing and dance along to some fun songs about God, who helps us! Along with your kids' favorite songs, consider adding this one to your playlist called, "[Gonna Serve.](#)"

### VIDEO | "Ask Somebody to Help You"

- **INSTRUCTIONS:** Watch [this video](#) with the kids.
- **Who were some of the helpers?**
- **How did they help?**
- Sometimes, we can help just by finding the right helpers!

## TEACHING TIME

### SCRIPTURE | Exodus 16:1-16, 17:1-7

- **INSTRUCTIONS:** Use the toy emergency vehicles used in the previous activity, a plate of bread and chicken (real or play food), and a squirt toy wrapped with aluminum foil as props during story time.
- Last we heard about Moses, God protected the people of Israel during those awful plagues in Egypt so that the people of Israel were safe! Not only that, now God helped the people of Israel escape Egypt and head toward a new land that God was going to show them.
- They were probably really happy about this, right? Well, they were at first. But getting to the land God promised them was going to be a long journey. **How do you think they got to the promised land?**
  - **Did they fly a helicopter? No.**

- **Did they go really fast in an ambulance?** No.
- **Did they have a really big firetruck?** No.
- No, they didn't have any of these things! They had to walk and walk and walk and walk. Let's walk around the room a few times like the Israelites walked.
- So, we only walked around a few times, but the Israelites walked for a really, really long time. After a while, they started to get tired. They wanted good food. They thought God was being unfair to them. They forgot all the ways God helped them before!
  - Want to hear what that was like? *[Say in whiny voice.]* "I'm hungry! I'm thirsty!" Hmm . . . maybe this is not the best way to say how we feel!
- Moses didn't know what to do, so he prayed to God. Turns out, that was the best thing to do!
  - When the people said they were hungry, God told Moses to tell them God was going to give them food — bread, called manna, and quail – which were going to fall from the sky! And guess what? They would never run out! *[Hold out your plate of bread and chicken.]*
  - When the people said they were thirsty, God told Moses to strike a rock with his staff, and water came out of it! *[Squirt some water out of your foil-wrapped toy.]*
- God gave Moses everything he needed to help the people of Israel. That's because God often helps us through other people. And we can help others with God's help, too!

#### THE BIG IDEA | God helps us help others.

- **INSTRUCTIONS:** Prepare three pictures to show the kids. Guide their conversations to land on the Big Idea for the week after they see the pictures.
  - **TODDLER HACK:** Show just one picture of people helping and talk about the picture with the kids.
- **What do all of the pictures have in common?**
- All of the pictures show someone helping someone else.
- Our Big Idea this week is: **God helps us help others.**

#### VIDEO | Help! Episode 4

- **INSTRUCTIONS:** Play this week's preschool [teaching video](#).

#### ACTIVITY | It's Raining Manna!

- **INSTRUCTIONS:** Print [this image](#) of the people collecting manna on white card stock paper. Tell the kids to color the picture. When they are done coloring, tell them to glue cornflakes onto the pictures of manna.
- Manna was the special bread God sent down from the sky. It tasted nothing like the people had ever tasted before! And they always had enough to eat.
- Manna was just one of the many ways God helped the people through Moses. If Moses didn't pray to God, who knows if they would have gotten to try manna? **God helps us help others.**

#### PRAYER

- Thank You, God for helping Moses help the Israelites. Help us to remember You are always nearby to help us. Thank You for helping me to help others, too!