

# WEEK 3

## ELEMENTARY LESSON

GUIDE

# HELP!

## THE BIG IDEA

God helps when we're in trouble.

## THE BIBLE

The Plagues and the Passover: Exodus 7:14-10:29, 12:21-30;  
(Deuteronomy 4:25-28)

## WORSHIP TIME

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

- **INSTRUCTIONS:** Play these songs and get the kids ready to worship! Invite some kids to come to the front and show off some dance moves! Here are some song suggestions:
  - ["Holding On"](#)
  - ["Bueno es Dios"](#)
  - ["Let Go"](#)

### QUESTION | Have You Been In Trouble?

- Have you ever gotten in trouble when you've done nothing wrong? How did it feel?
- Doesn't feel so great, does it? Today, we are going to hear a story about a group of people, the Israelites, who were slaves to the Egyptians. They were treated badly and didn't deserve any of it. But we will see how God helps them!

## SO WHAT? Why does it matter to God and to us?

### SCRIPTURE | Exodus 7:14-10:29, 12:21-30

- Today, we are continuing with Moses' story. So much has already happened in his life! So far, we have learned how God had a special plan for Moses starting when he was a little baby. Moses grew up and had a special encounter with God to do a very big thing for the Israelites. Moses didn't think he had what it took to get the job done, but God helped him. Let's continue our story in the Bible.



- So, Moses obeyed God and went to Egypt to see Pharaoh. He had his special staff with him and his brother, Aaron, by his side.
- Moses had one message for Pharaoh: "Let my people go!" **Can you all say that with me?**
- But Pharaoh said no.
- Then, a bunch of terrible things, called plagues, started happening. There were ten of them!
  - First, all the rivers and water in Egypt turn to blood. There was no water to drink and it smelled horrible!
  - Second, came frogs. Frogs were everywhere. Make frog noises and hop around with me.
  - Next, all the dust turned into gnats, which are little, tiny bugs. Imagine all the dust in this room could fly around!
  - Fourth, slightly bigger bugs – flies! Fly around and buzz with me like flies do.
  - After that, all the livestock – which are animals such as cows, sheep, and horses – died.
  - The sixth plague was boils, which are sores, all over people's skin. Everyone, start scratching your arms and legs!
  - Seventh came the worst hailstorm that Egypt had ever seen. Hail so big that you could die if you were hit with it!
  - After that, locusts. They swarmed throughout the land and ate up all the food.
  - Everyone, close your eyes. The ninth plague was darkness for three days. Can you imagine there being no light whatsoever for three days?
  - And the last plague. . . all the firstborn sons of Egypt died while they slept.
- But God knew what was going to happen, so God sent Moses to tell the Israelites to protect themselves. Let's read what the people were told to do in Exodus 12:21-23.
- This is why even today, people celebrate Passover every year. It's to remember the time when death "passed over" them and spared their lives.
- After the tenth plague, Pharaoh said – you guessed it – yes. The Israelites were finally free!

### VIDEO | Help!, Episode 3

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

### ACTIVITY | Who Can God Send?

- **INSTRUCTIONS:** Read a situation to the kids and ask them, "Who could God send to help?"
- Situation A: Angela is having a hard time in Math class. She is falling further and further behind. **Who can she ask for help?**
- Situation B: Pedro is at a friend's house for a sleepover. It's his first time not sleeping at home. He is supposed to be sleeping, but it's really dark and he is scared. **Who can he ask for help?**
- Situation C: Sam is at the mall with her family. She's having a great time until she realizes she has no idea where her family is. **Who can she ask for help?**



### SCRIPTURE | Philippians 1:27-28

- **INSTRUCTIONS:** *If the kids have their Bibles, ask them to look up Philippians 1:27-28 and read it out loud together as they follow along.*
- **According to this verse, should we be frightened when we run into trouble? Why not?**
- This verse doesn't mean that we should never be afraid — it's okay to be scared sometimes. But we don't have to stay afraid because we know that **God helps us when we are in trouble.**

### NOW WHAT? What does God want us to do about it?

### REFLECTION | So Much Help

- God helped the Israelites when they were in trouble. God helps you and me today when we are in trouble, too.
- **What are some ways God helps people today?** *[Some possible answers are: God comforts me when I'm sick, God helps me find my way when I'm lost, God gives me nice friends when I feel alone.]*
- Yes, God helps us in so many ways! God sends other people to help us, God helps us through music, or reading our Bible. God helps us in answered prayers. God helps us in so many ways every day. **God helps us when we're in trouble.**
  - **PRETEEN HACK:** *Help your preteens reflect using [mind mapping](#). Draw an oval in the middle of a poster board that says, "Ways God helps people today." Then, draw branches off of the oval indicating locations, situations, or groups of people in general who help, then create sub-branches for specific people, places, and situations.*

### RESPONSE | Mayday!

- **INSTRUCTIONS:** *Lead the kids in this follow-the-leader style of prayer and aerobic stretches to ask God for help.*
- A "mayday" is a signal of distress . . . people send out this signal when they are in urgent need of help. Let's call out some mayday prayer signals to God together!
  - When I say "mayday" and touch my toes, you pray: **God, help me when I'm in trouble!**
  - When I say "mayday" and do a jumping jack you pray: **God, help others when they are in trouble!**
  - When I say "mayday" and spin around once, you pray: **God, thank you for helping us!**
  - That was a great prayer workout! Whenever you need help, talk to God. Don't forget to ask God for help. **God helps us when we are in trouble.**

### MEMORY VERSE | Psalm 121:2 (NIV)

- **INSTRUCTIONS:** *Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.*

### PRAYER

- Dear God, thank You for reminding us that we can always ask You for help when we are in trouble. Thank You for being the one we can always count on to help us out of tricky situations and protect us from getting into them in the first place. Amen.