



Day 1: God Hears When We Need Help

Scripture Reading: Exodus 16:2-8

Devotional:

The Israelites were in the wilderness. They started complaining to Moses and Aaron because they were worried they wouldn't have enough food. Even though the Israelites complained instead of simply asking God for help, God still heard them. Moses told the people that God knew what they needed. Sometimes when something goes wrong, our first reaction might be to complain too. We might get upset because something is hard, we don't know what to do, or we don't have what we need. God wants us to come to Him when we need help. Nothing is too big or too small to talk to Him about. When you feel worried, frustrated, confused, or afraid, you can stop and pray, "God, I need Your help."

Discussion:

1. What did the Israelites need help with?
2. What is something you need God's help with right now?

Prayer:

God, thank You for helping me remember to talk to You instead of only complaining or worrying when I need help. Amen!

Welcome to our *Way Out West* Devo for week 4! Throughout this series, we are learning that the Lord is always working for the good of those who love Him! This week, we are learning that We Can Ask God for Help! *Let's Saddle Up*, we know you will learn so much!

Day 2: God Gives Us What We Need

Scripture Reading: Exodus 16:11-18

Devotional:

God heard the Israelites, and He provided food for them in an amazing way! In the evening, quail came into the camp, and in the morning, the ground was covered with something the Israelites had never seen before. They called it manna. God told everyone to gather what they needed. When they did, there was enough for everyone. God was teaching His people that they could depend on Him one day at a time. When we ask God for help, His answer may not always look the way we expect. The Israelites probably weren't expecting food to appear on the ground! But God knew exactly what they needed. We can trust God to help us too.

Sometimes He changes our situation. Sometimes He gives us courage or wisdom. Sometimes He sends another person to help us. Whatever happens, we can trust that God knows what we need.

Discussion:

1. How did God provide food for the Israelites?
2. What are some different ways God might help us when we pray?

Prayer:

God, thank You for knowing what I need. Help me trust You even when Your answer looks different from what I expected. Amen!

Day 3: Ask God When You Don't Know What to Do

Scripture Reading: Exodus 17:1-7

Devotional:

The Israelites had another problem. This time, they didn't have any water. The people became angry and complained to Moses. Moses didn't know how to fix the problem on his own, so he cried out to God for help. God answered! He told Moses to take his staff and strike a rock. When Moses obeyed, water came out of the rock for the people to drink. Moses couldn't create water in the desert by himself. He needed God's help. And sometimes we face problems that we don't know how to solve either. But sometimes, our pride tells us "I can do it!" We don't have to have all the answers, we can be humble and pray for help. You can simply say, "God, I don't know what to do.

Please help me." God can give us wisdom, courage, patience, or show us what our next step should be.

Discussion:

1. What did Moses do when he didn't know how to solve the problem?
2. When is it sometimes hard for you to ask for help?

Prayer:

God, sometimes I don't know what to do. Help me remember that I don't have to figure everything out by myself. Amen!

Day 4: God Can Send People to Help Us

Scripture Reading: Exodus 17:8-13

Devotional:

The Israelites faced another challenge when the Amalekites attacked them. Joshua went into battle while Moses stood on a hill holding up the staff of God. When his arms started falling, Aaron and Hur came beside him. They gave Moses a place to sit, and each of them held up one of his arms. Sometimes when we ask God for help, He sends *people* to help us. It might be a parent, teacher, friend, pastor, coach, sibling, or another trusted adult. Asking for help doesn't mean we are weak. God created us to help one another! Just like Aaron and Hur noticed that Moses needed help and stepped in, we can look for people around us who need encouragement or support too!

Activity: "Help Me Hold It Up"

First, pick one lightweight item like a pillow, book, or stuffed animal. Then, each kid will take a turn holding the item above their head for as long as they can. Then have the rest of the family come alongside them and help support their arms or the object. As a family, talk about how much easier it was when everyone helped. Lastly, talk through one thing everyone needs help with this week, and talk through a plan that can help everyone accomplish their task!

Prayer:

God, I give You my life. Teach me to trust You and use my life to help others and show them Your love! Amen!

Memory Verse

"We know that God is always at work for the good of everyone who loves Him. They are the ones God has chosen for his purpose."

Romans 8:28 CEV

