

Sep 20, 2026

Moses: The Exodus

Exodus 13-20

Story: Read the story ahead of time. Practice it. For the younger grades, feel free to summarize, if needed. It's okay to reference the story as you are telling it, but the goal is to know the story well enough that you don't have to read it word for word. :) And, we encourage you to have your Bible open during the telling of the story, so the kids know where this story came from.

★ Introduction & Story:

Short recap of Genesis as we move through Exodus. God created the heavens and the earth and made a perfect garden called Eden, where Adam and Eve lived. But they sinned! Sin is anything we think, say, or do that displeases God. When we sin, we are separated from God and there is nothing we can do to fix that.

God promised to send a Savior to allow us to be with God again and while people waited, they continued to sin. Yet God remained faithful to His promise and continued His plan.

Last week we talked about a man named Moses. God told him to go to Pharaoh and ask him to let the Israelites leave Egypt. Remember that no matter what plague God sent, Pharaoh still said no?

Well, he finally told them to leave.

Exodus 12:31-32

He summoned Moses and Aaron during the night and said, "Get out immediately from among my people, both you and the Israelites, and go, worship the Lord as you have said. Take even your flocks and your herds as you asked and leave, and also bless me."

Moses and Aaron led the people out of Egypt. But they did not choose the way to go. God chose. He led them during the day with a pillar of cloud and at night a pillar of fire to give them light and protect them through the night.

Exodus 13:17-18

When Pharaoh let the people go, God did not lead them along the road to the land of the Philistines, even though it was nearby; for God said, “The people will change their minds and return to Egypt if they face war.” So he led the people around toward the Red Sea along the road of the wilderness.

Exodus 13:21-22

The Lord went ahead of them in a pillar of cloud to lead them on their way during the day and in a pillar of fire to give them light at night, so that they could travel day or night. The pillar of cloud by day and the pillar of fire by night never left its place in front of the people.

After the Israelites left Egypt, Pharaoh changed his mind. He and his army chased after the Israelites.

Exodus 14:5-7

When the king of Egypt was told that the people had fled, Pharaoh and his officials changed their minds about the people and said, “What have we done? We have released Israel from serving us.” So he got his chariot ready and took his troops with him; he took six hundred of the best chariots and all the rest of the chariots of Egypt, with officers in each one.

The Israelites were trapped between the Pharaoh’s army that was coming after them and the Red Sea. Moses told the people to be strong and brave. He knew that God would save them.

Exodus 14:13-14

But Moses said to the people, “Don’t be afraid. Stand firm and see the Lord’s salvation that he will accomplish for you today; for the Egyptians you see today, you will never see again. The Lord will fight for you, and you must be quiet.”

God told Moses to raise his rod over the Red Sea and He would part the Red Sea. God sent a strong wind, and the wind divided the sea, sweeping a large path through the sea and drying the ground.

Exodus 14:16

Lift up your staff, stretch out your hand over the sea, and divide it so that the Israelites can go through the sea on dry ground.

Pharaoh and his army saw the people walking on the path through the Red Sea between two walls of water. They rushed after the Israelites. When Pharaoh's army was in the middle of the Red Sea, Moses again raised his rod and the walls of water rushed back over the path and Pharaoh's army was drowned.

Exodus 14:26-28

Then the Lord said to Moses, "Stretch out your hand over the sea so that the water may come back on the Egyptians, on their chariots and horsemen. "So Moses stretched out his hand over the sea, and at daybreak the sea returned to its normal depth. While the Egyptians were trying to escape from it, the Lord threw them into the sea. The water came back and covered the chariots and horsemen, plus the entire army of Pharaoh that had gone after them into the sea. Not even one of them survived.

The people celebrated their rescue. But soon, the Israelites began to complain a lot. They were thirsty and hungry. God sent them water from a rock to drink. He also sent them manna every morning and quail every evening. No one knows exactly what manna was. In fact, the word manna means "what is it?" It was a kind of bread but it is described as being sweet.

Exodus 16:4

Then the Lord said to Moses, "I am going to rain bread from heaven for you. The people are to go out each day and gather enough for that day.

Exodus 16:13

So at evening quail came and covered the camp.

Also, while they were wandering in the wilderness, God gave Moses the Ten Commandments. These were laws that the people were to obey. The laws were given not because God was being mean. They were rules that would keep the people safe and show them how to live.

Exodus 20:1-4

I am the Lord your God, who brought you out of the land of Egypt, out of the place of slavery. Do not have other gods besides me. Do not make an idol for yourself, whether in the shape of anything in the heavens above or on the earth below or in the waters under the earth.

Exodus 20:7- 8

Do not misuse the name of the Lord your God, because the Lord will not leave anyone unpunished who misuses his name. Remember the Sabbath day, to keep it holy.

Exodus 20:12

Honor your father and your mother so that you may have a long life in the land that the Lord your God is giving you.

Exodus 20:13-15

Do not murder. Do not commit adultery. Do not steal.

Exodus 20:16-17

Do not give false testimony against your neighbor. Do not covet your neighbor's house.

The story of Moses is a big story. But it is not a story about how great Moses was. It is a story about how great Moses' God is.

★ **Connection to God's Overall Story/Plan:**

God protected the Israelites through the Wilderness so that they could eventually get to the Promised Land. He had a plan to bring the savior of the world- Jesus - to us through these people.

God's plan happens - even when we aren't faithful. The Israelites had just been delivered from years of slavery - lots of years of slavery. And now they're complaining about being hungry instead of praising God for His deliverance or even asking God to help them. They complained and sinned against God. Yet, God was using the Israelite family to bring a Savior into the world, so He saved them from their hunger. He was faithful even while they sinned.

Follow Up: As a church, we are encouraging disciple makers to practice the REAP method as it is one useful tool in learning to read the Bible on your own. Retell, Examine, Application, Prayer. Now this may not be everyone's preference, but it is an easy and consistent way to teach children to pull the meaning out of a passage and not just read it or rely on others to teach them what it means. Trees & Mountains - this is a station.

★ **Retell:** Have kids share what they recall from the story. Fill in any major holes they missed.

★ **Examine:**

- Comprehension Questions:
 - Do you think it would have been scary to be at the Red Sea and see an army chasing you?
 - How amazing would it be to have a big sea part to make a path for you to walk through?
 - What do you imagine the manna was like?
- Ask, “What do we learn about God from this story? What does He do?”
 - God has a plan. God is faithful even when we sin.
- Ask, “What do we learn about humans from this story? What are humans doing?”
 - Humans complain. Humans whine. God still is faithful to love us and give us what we need.

★ **Application:** Ask, “What is Jesus asking us to do through this story? Why did God include this in the Bible?”

- God is showing how much He loves all of us as He takes care of the Israelite family. He is asking us to trust Him and ask Him instead of complain against Him.

★ **Prayer**

Memory Verse: Have the kids use the Bible. They should either share or each have one. If kids have their own Bibles, we can encourage them to use it, but sometimes you may just need to use the class set. Trees & Mountains - this is one station.

★ **Verse:** “But Moses said to the people, ‘Don’t be afraid. Stand firm and see the Lord’s salvation.’” -Exodus 14:13a

Memory Verse Practice:

Verse Look Up: Explain the address of the verse (Book Chapter:Verse). Explain whether it’s in the Old Testament or the New Testament. Read and explain the verse.

- Rainbow Tip: Not necessary until we split classrooms.

- Fireweed Tip: Put Post-It notes on the book of the Bible for the memory verse. Then have them find the chapter and verse.

Practice the Verse:

- Rainbow: Not necessary :)
- Fireweed: Have the kids read it with you several times. Since they are learning to read, group practice is the focus.
- Trees & Mountains: Kids should be learning the verse and saying it on their own. We will provide activities - pick one to have the kids practice. We will PM provide: fill-in-the-blank verses, phrases for the kids to put in order, lines for the kids to write the verse out, and a worksheet for the kids to say the verse based on just the first letter of each word in the verse.

Books of the Bible:

- ★ If there is time or if kids have mastered the verse, have the kids practice the Books of the Bible. When we are doing Old Testament stories, have them practice the Old Testament; when in the New, practice the New Testament. We will have some activities for them to practice with.
 - Trees/Mountains currently have pencil cases with sets of cards/bookmarks in them.

Sticky Activities: No need to do all of these! Pick which ones work best for your teaching style and time frame! For the Trees and Mountains - there is enough time for two of the stations to do activities.

★ Sensory:

Category	Activity 1	Activity 2
Experiential	Red Sea Crossing: Use blue sheets or fabric to create the Red Sea. Children walk through the middle when Moses raises his “staff.”	Wilderness Camp: Create a pretend Israelite campsite. Give children pretend supplies and talk about how God provided for His people.
Visual	Title: Activity	Ten Commandments: Display the “scroll” of the

		Ten Commandments as you teach them.
Touch	Sand Sensory Tray: Let children run their fingers through sand and imagine walking through the wilderness.	Stone Tablets: Provide smooth stones, cardboard, etc. as “tablets” for children to hold while learning about the Ten Commandments.
Movement	Red Sea Crossing: Children march through the “sea” while holding their arms up like Moses.	Ten Commandments Motion: Do motions as you read through the commandments (motion suggestions in Activity Pages).
Sound	Red Sea Sound Effects: Children make rushing-water sounds, then become silent when the sea parts.	Manna Song: Listen or sing a song about Manna (here is one on youtube: 📺 Manna Song - Animate...)
Crafts	Red Sea Parting: Color, cut, and glue Activity Page.	Ten Commandments Tablets: Cut two tablet shapes from cardstock and write simple versions of the Ten Commandments on them. For younger kids, cut out the list and have them glue each one to the tablets.
Taste	Manna Snack: Call the cheerios your “ manna snack. ”	Water from the Rock: Give children a cup of water and talk about how God provided water for His people.

Send Home Page: Please send home with parents. They are sized 4 to a page.

September 20, 2026 Lesson Activities

Ten Commandments Scroll:

During the lesson, display the scroll of the (basic) Ten Commandments. Print on larger paper if possible to show entire class.

Ten Commandments With Motions Activity:

Have the kids repeat each commandment after you and do the motion together.

#	Kid-Friendly Commandment	Motion
1	Put God first.	Point up to God, then hold up 1 finger .
2	Worship God only.	Shake your head "no" and point up.
3	Respect God's name.	Put your finger to your lips, then point up.
4	Keep the Sabbath holy.	Put hands together like sleeping/resting.
5	Honor your father and mother.	Pretend to give your parents a hug.
6	Don't murder.	Make an "X" with your arms.
7	Keep marriage special.	Make two circles with your fingers and link them together.
8	Don't steal.	Pretend to take something, then shake your head "no."
9	Tell the truth.	Put your hand over your heart.
10	Be happy with what you have.	Give yourself a hug and smile.

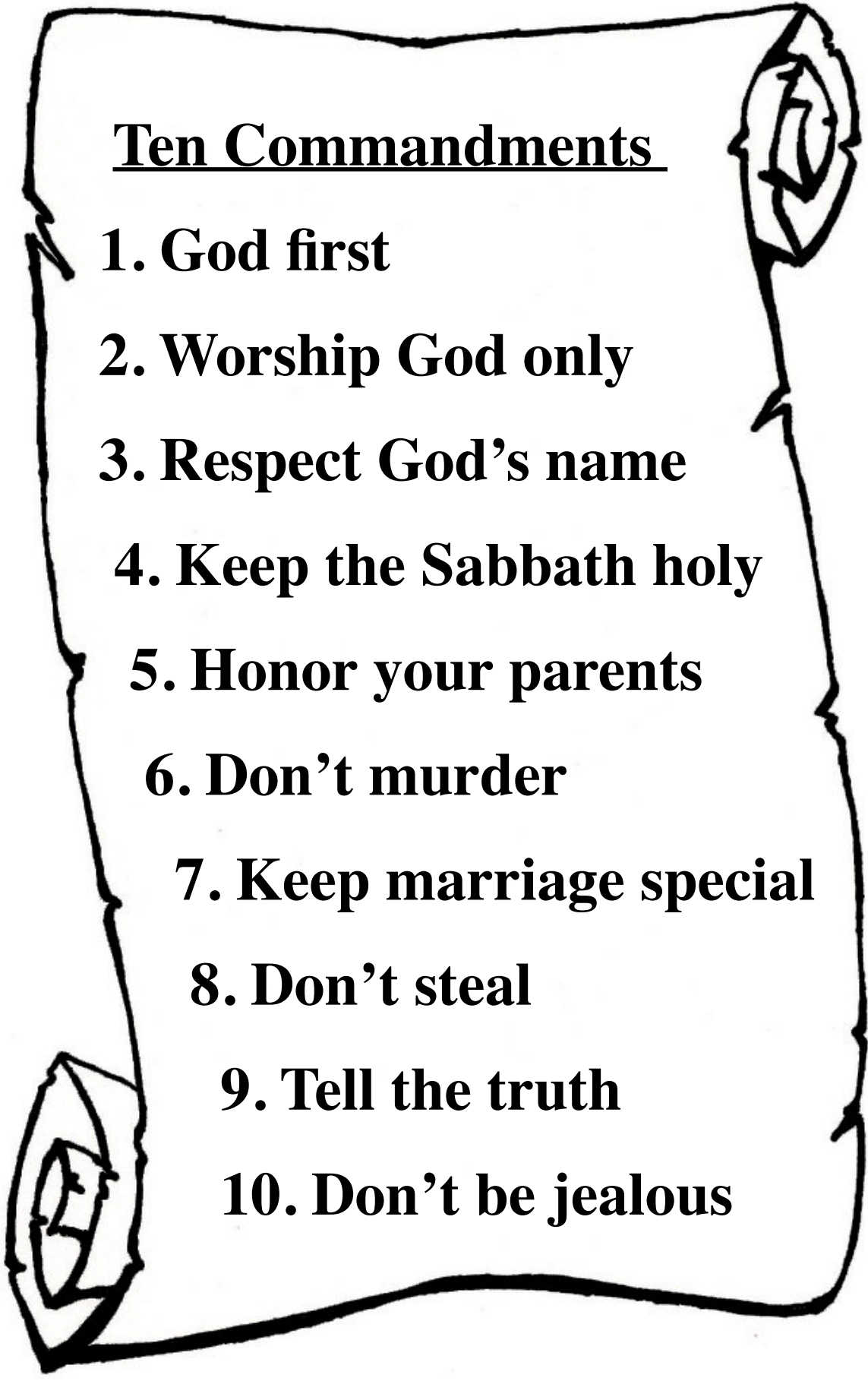
Red Sea Parting Craft:

Color, cut, and glue activity page.



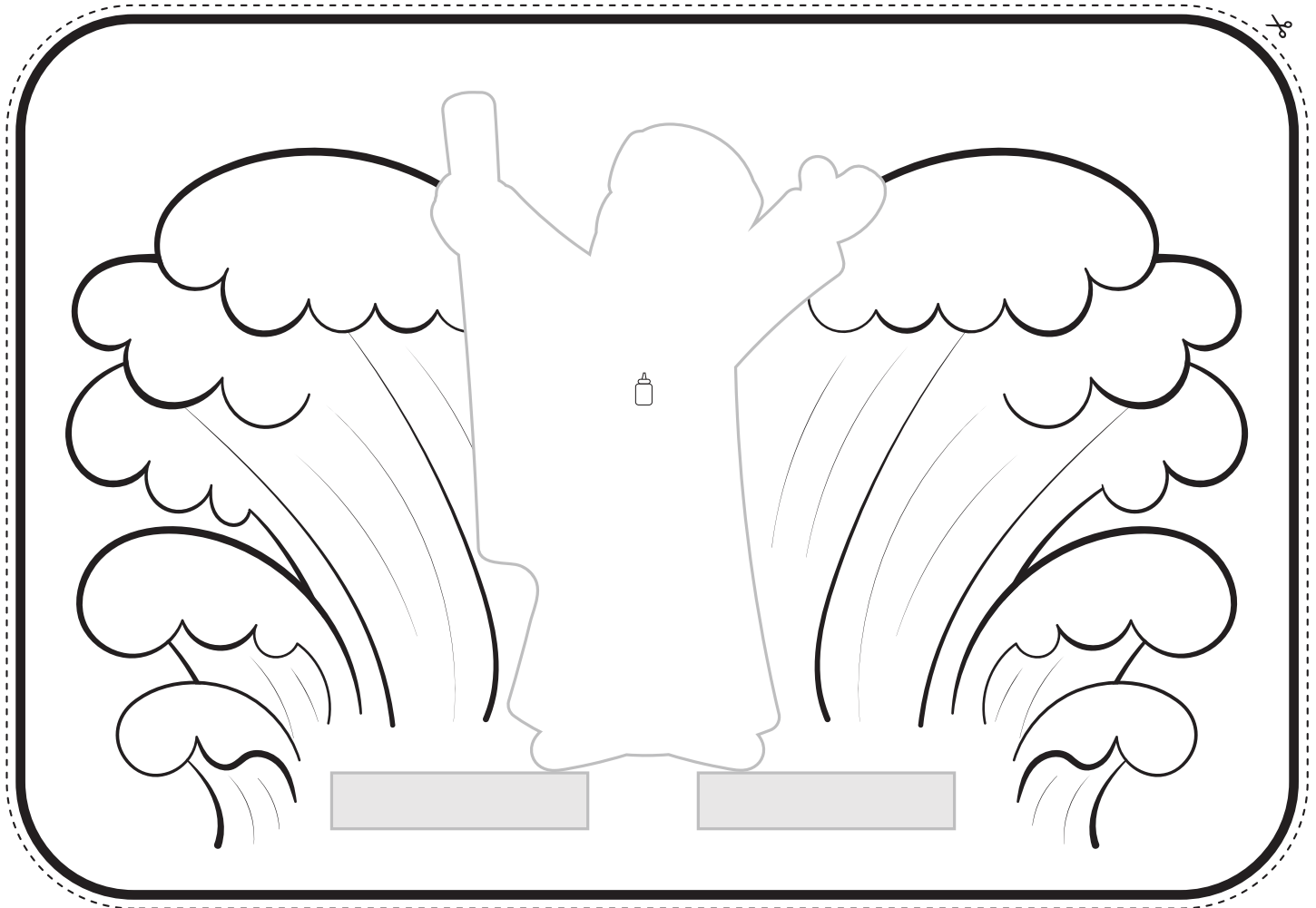
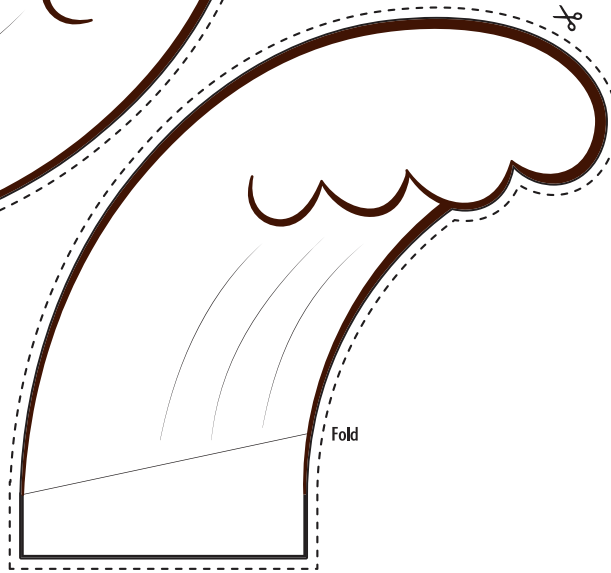
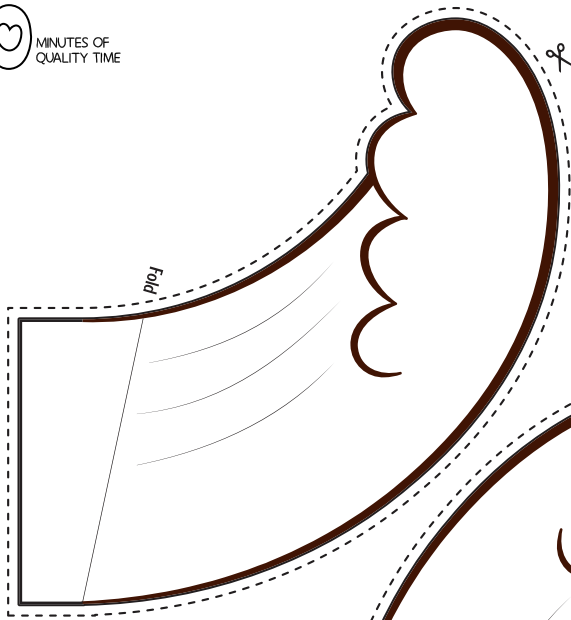
Commandments Tablet Craft:

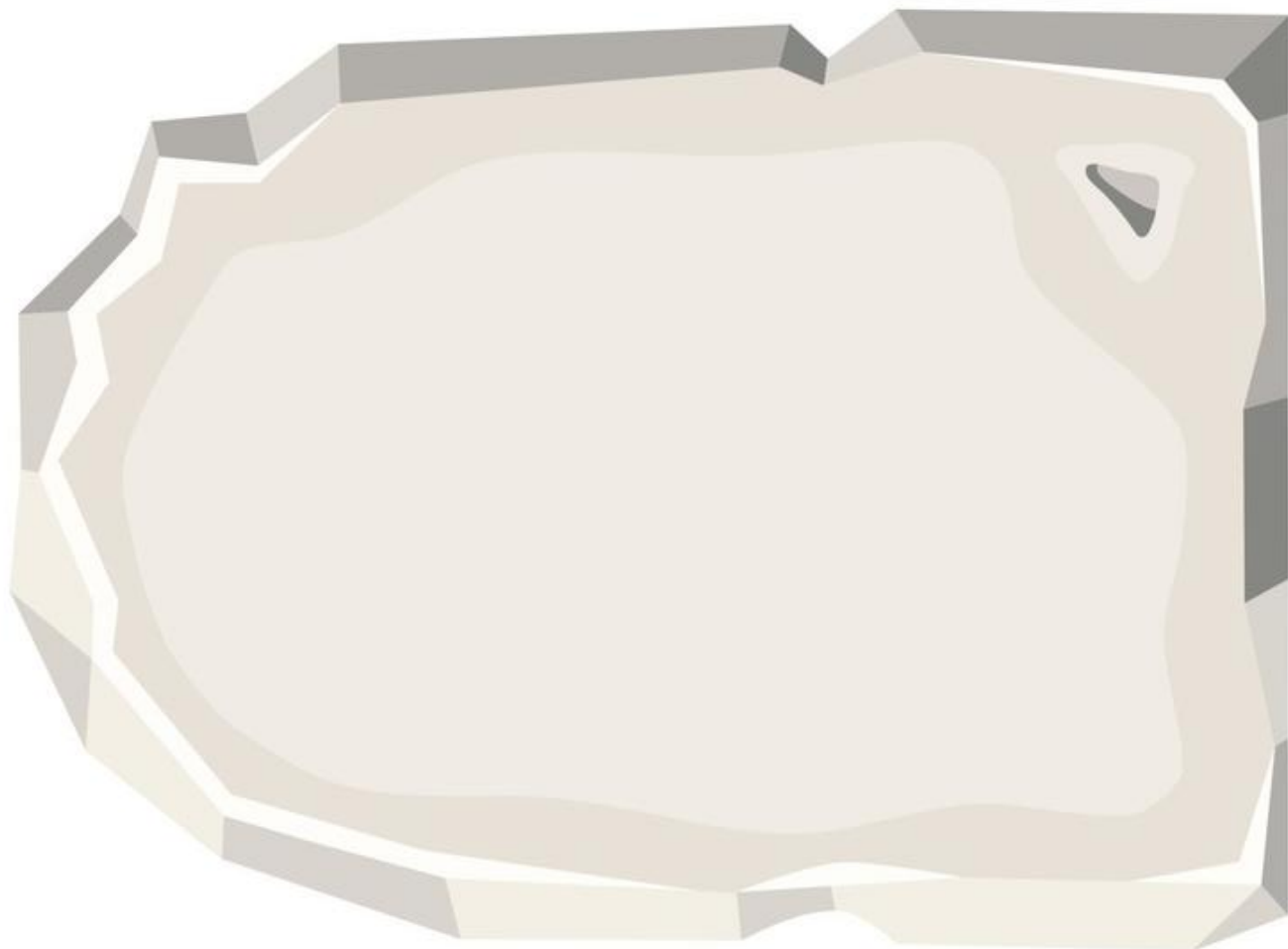
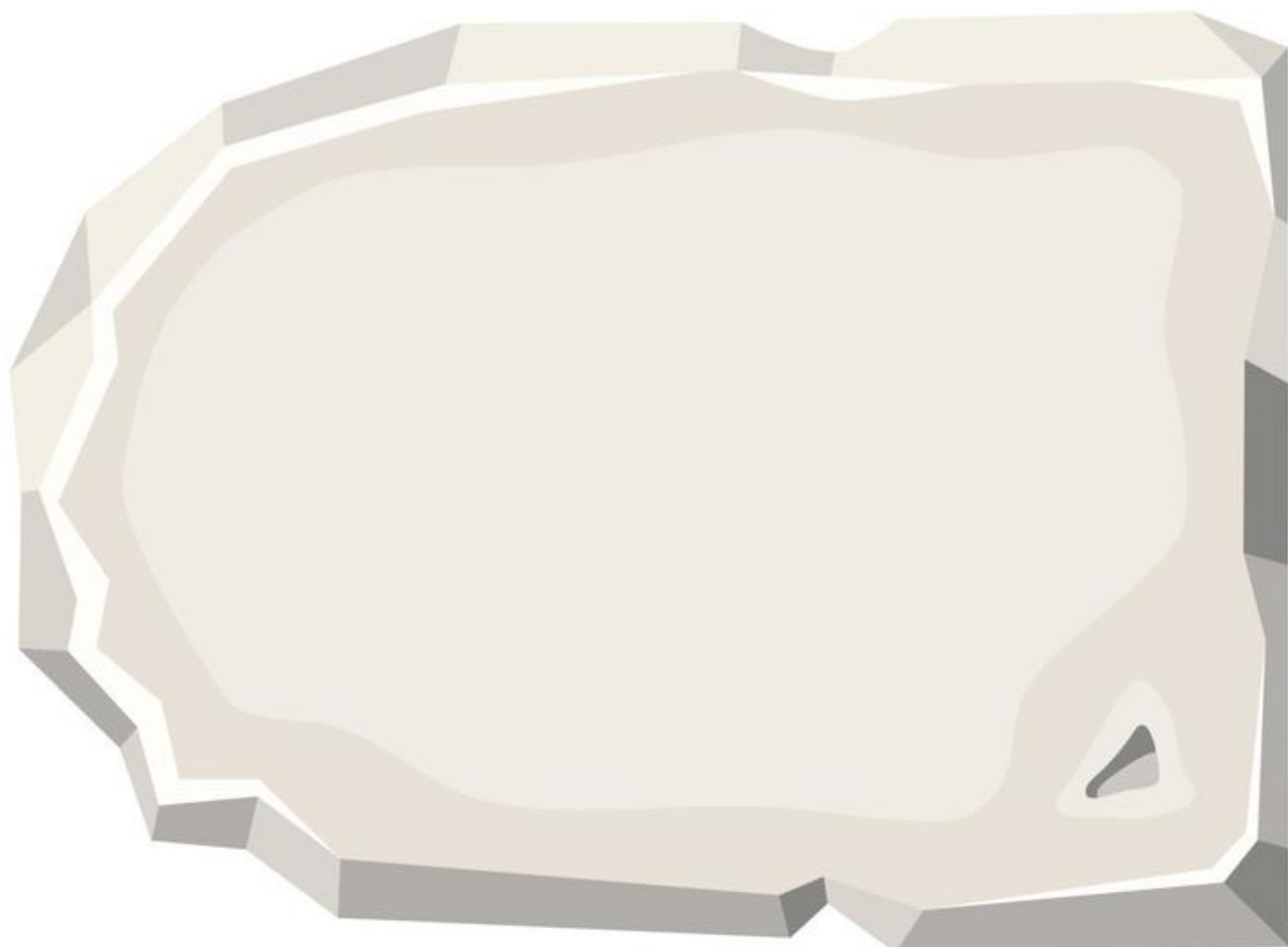
Print rock tablet page on cardstock. Have children write out (older kids) or cut and paste (younger kids) the commandments on each tablet. Separate in to two categories: Love God and Love others.



Ten Commandments

- 1. God first**
- 2. Worship God only**
- 3. Respect God's name**
- 4. Keep the Sabbath holy**
- 5. Honor your parents**
- 6. Don't murder**
- 7. Keep marriage special**
- 8. Don't steal**
- 9. Tell the truth**
- 10. Don't be jealous**





Ten Commandments

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Exodus 14:1-31

God Makes a Path through the Red Sea

Big Book of Coloring Pages
with Bible Stories for Kids of All Ages
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God Makes a Path through the Red Sea

Exodus 14:1–31

Pharaoh wanted the Israelites to come back to Egypt. He didn't have enough slaves left to do all the work the Israelites had done before they left.

So Pharaoh and his army chased the Israelites. When the people saw the army coming, they were afraid. They couldn't run away because they were at the edge of the Red Sea.

But God took care of His people. God told Moses to hold his hand out over the Red Sea. God sent a strong wind that blew and blew and made a path of dry land through the water. The people walked through the sea on dry ground!

The Egyptian army tried to follow them. When all the Israelites were safe on the other side, God told Moses to stretch his hand out over the sea again. The water went back into its place. *Whoosh!* The Egyptian army was covered up by the water.

All the Israelites trusted God because of the way He saved them from the Egyptians.



Exodus 16

God Gives Manna to Eat

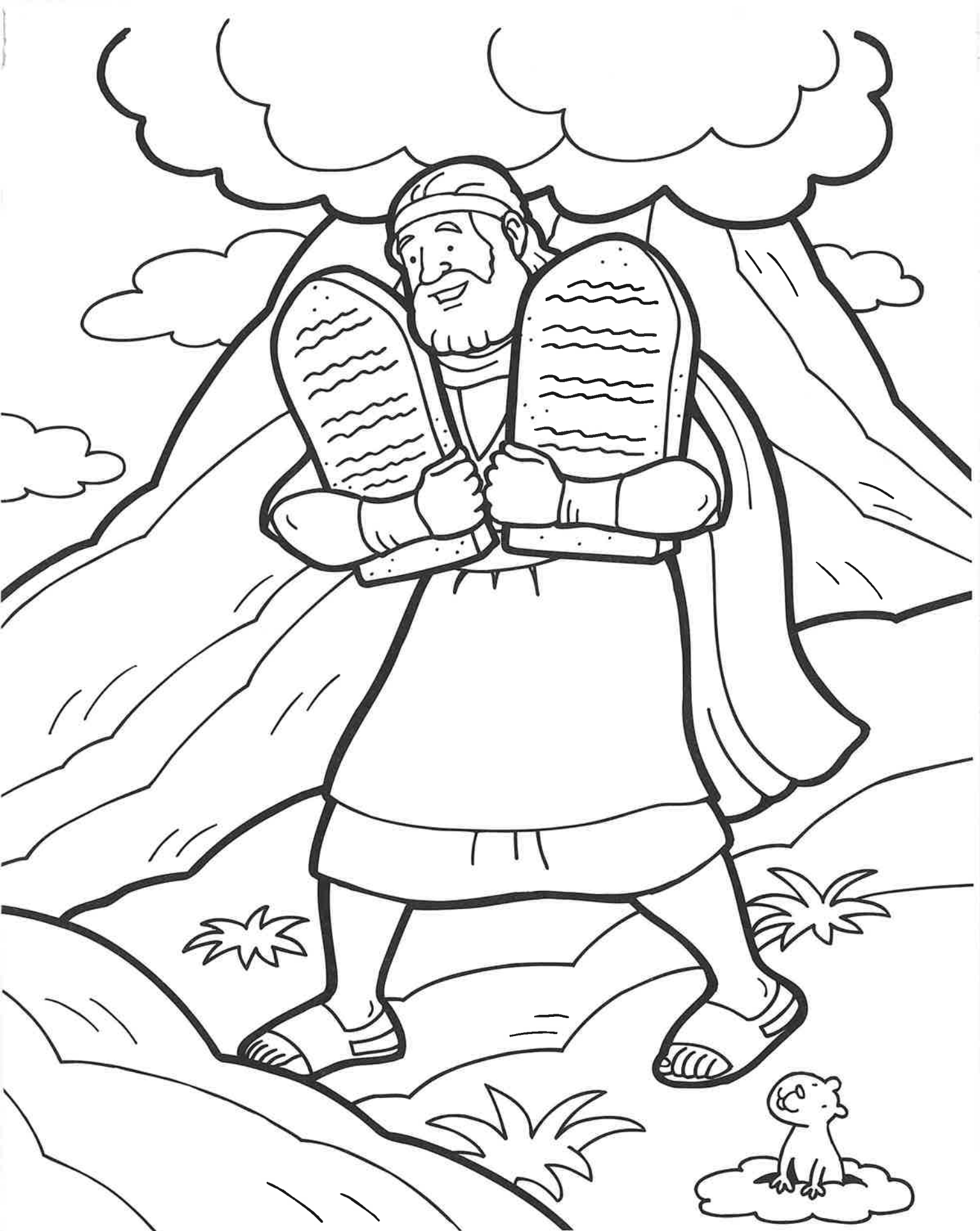
God Gives Manna to Eat

Exodus 16

The people were hungry. They had been traveling in the desert for many days. They didn't have any more good food to eat. The people started to complain. They forgot that God would take care of them.

God had not forgotten about His people. God told Moses He was going to give them special food.

The next morning there were strange white flakes all around on the ground. "This is bread from the Lord," Moses told the people. The people called the bread manna. It tasted like crackers made with honey. All the people worked together to pick up the manna. Every day each person had enough to eat.



Exodus 19:1—24:18

God Gives the Ten Commandments

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God Gives the Ten Commandments

Exodus 19:1—24:18

The Israelites walked in the desert for many days. They came to a mountain. God told them to camp by the mountain. All the people set up tents. They gathered fuel and made fires so they could cook their food. They found places for their animals to rest and eat.

God told Moses to go to the top of the mountain. God wanted to talk with Moses. God told Moses many things while Moses was on the mountain. God gave Moses two stone tablets that God wrote His laws on. God told Moses many more laws for the people to follow. God's laws helped the people know what God wanted. God's laws told the people to be fair to each other.

Moses went down from the mountain and told the Israelites everything God had told him. The people promised to obey God.

Memory Verse:

September 20, 2026

“But Moses said to the people, ‘Don’t be afraid. Stand firm and see the Lord’s salvation.’”

--Exodus 14:13a

Fill in the Blanks

But Moses _____ to the
_____, 'Don't be _____.
Stand _____ and _____ the
Lord's _____.'
-Exodus 14:13a

What is one thing you are afraid of?

Draw or write how God can give you
strength when you are afraid.

Fill in the Blanks

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Moses: The Exodus
Exodus 13-20

Memory Verse: "But Moses said to the people, 'Don't be afraid. Stand firm and see the Lord's salvation.'"

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*Kids that recite the memory verse
to the teacher next week earn a prize ☺

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**Link to Old Testament
Books Song**

**Once kids know the Old
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