

# Lesson Plan

July 5th, 2026

**This Month's Truth:** I Am Broken

**Bible Story:** God was with Israel (Exodus 13-40)

**Theme Verse:** "Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need." (Hebrews 4:16)

**Teachers rally with your team a few minutes before kids start to arrive:** Rally is a pre-service time for you to be expectant and equipped before the kids start arriving. Go over the lesson and any ideas for the day. Pray over your space and for the kids that will be coming that they will be connected to the person of Jesus.

**Share:** In the month of July we are teaching the Simple Truth, "I Am Broken." Kids will learn that our sin leads to brokenness in our world, ourselves, and our relationship with God, but the good news is that God made the way for us to be forgiven and rescued from brokenness. Today we get to teach kids about God's presence. God guided His people with a cloud by day and a fire by night, showing them His continual presence in a tangible way. Despite their sin and brokenness, God called them His special possession. (Read Exodus 19:5-6.) Let's teach kids that, despite our brokenness, God loves and cares for us too and His presence helps us every day. Let's help kids see that we need God every day.

**Pray:** Lead the group in prayer, asking God to help kids know they need Him every day.

## Pre Service

**Arrival time, please use this time to build relationships with kids and encourage them to build relationships with one another.**

## Service

**What To Do:**

- **Teacher Start 5-minute countdown 5 minutes prior to service start time.**

**Teacher Opener:** Hi, everyone! My name is \_\_\_\_, and it is great to see you all here! This month we are diving into the Theme SOS. It used to be that ships at sea used Morse code, which

allowed them to send short messages using dots and dashes for letters which spelled words. Signaling “SOS” meant the ship was in trouble and needed help. While we are not on ships at sea, today we will learn that the Bible says we are broken and need help. Say, “Oh no!” (Oh no!) Say, “SOS.” (SOS.) And no, I do not mean our bones are broken. We are broken because we sin, which is when we choose to do what we think is best rather than follow what God says is best. But the good news is that God loves us, and He has always had a plan to rescue us. Say, “That is good news!” (That is good news!) Let me hear you say, “Let’s go!” (Let’s go!)

### **Sticky Stackers**

**Leader Prep:** Place 10 inflated balloons on two-three different tables or a flat surface (if needed the kids can do the game on the floor). Place a roll of tape on each table or space. Consider keeping a few extra balloons to the side in case any pop. Also, if needed you can pre-tape the balloons or add a tricky layer of the kids having to apply the tape themselves as they build.

#### **Game Rules:**

1. Divide the classroom into two-three different teams.
2. Invite one player from each team to the front.
3. Assign each team a table/space and a roll of tape.
4. Start the video.
5. Direct the players to take the inflated balloons to use tape to make a balloon tower.
6. Declare the team with the tallest tower standing on its own at the end of the video as the winner!

**What You Say:** Let’s get ready to play a game! It is called “Sticky Stackers!” What is it called? (Sticky Stackers!) First, we need to make three teams. (Invite one player from each team to the front) The balloons for each team will be in a specific spot for each team. Each of the people that were selected to play will take the balloons, one at a time, to see who can make the tallest tower!

If you have a latex allergy, you can sit this one out and cheer on your team! How tall do you think you can get your balloon towers? We are about to find out. Your team will have three minutes to make your balloon tower as tall and as sturdy as you can. The team with the tallest balloon tower standing on its own at the end of three minutes wins! Everyone else, be sure you are cheering on your teammates! If you are ready say, “Let’s get stacking!” (Let’s get stacking!)

(Keep the energy high, cheering on kids as they play. Allow kids to see the completed towers as you declare the winners.) Congratulations to \_\_\_\_! Let's cheer for all our players! (Invite players to place the balloons in the trash can.)

You did a great job working together to build these towers. What were the towers made of? (Balloons!) Right! They are made of balloons. Are balloon towers super strong? (No!) The balloon towers were a bit wobbly, right? Sometimes, our lives can feel a bit wobbly too. We try to build our lives with good things—like being kind or saying nice things, obeying, and doing our best—but even our best intentions do not stack up perfectly. We make wrong choices. That is because we are broken—not because we are bad at stacking balloons, but because of our sin. Sin is when we do what we think is best instead of following what God says is best. Sin is bad news, and it means we are broken. But the good news is that God comes to our rescue!

**Transition Script to go into the Intro Video:** Everyone, say, “SOS!” (SOS!) While SOS is a signal boats can use when they need help, it is also the name of a competition show called SOS: Surviving Out at Sea! Get our show started by saying, “Let's sail!” (Let's sail!)

## Play Intro Video

**What You Say:** Lilly won some sunscreen, which will be very helpful as she continues to compete on the show. There are things we all need every day, but our biggest need is God. Our biggest need is who? (God!) That's right! The brokenness in our world and the brokenness in our lives is not something we can ignore or fix on our own. But there is good news! Let me hear you say, “Good news!” (Good news!) The good news is that God can fix our brokenness. He sees what we need, and He provides for us because He loves and cares for us. We need God every day, and He gives us what we need every day—His love! Everyone, say, “I need God every day!” (I need God every day!)

## Worship

**What You Say:** Let's all come up front and worship together this morning!

**What To Do:**

- Turn lights off
- 2 songs of worship

- Teachers and Small Group Leaders worship with the kids, modeling what it looks like to give God our praise. Stand in the front of the room, or next to the kids- but not in the back.
- Dismiss the kids back to their seats when the songs are over

### What To Do:

- Have the kids **open up** a physical Bible and find the Bible story for that day.
- Use the Bibles provided in the classroom if a kid does not have their own Bible with them.

**Transition Script to go into the Bible Story Video:** (Open the Bible to Exodus 13-40.) The Bible is God's true message to us about Himself. In it, God shows us who He is and how He is at work in the world He has made. We can learn about our brokenness, God's goodness, and the fact that we need God every day. Say, "I need God every day!" (I need God every day!) We are going to hear a story from the Bible about a time God took care of His people when they were desperate for help. Say, "SOS!" to get our Bible story started! (SOS!)

## Play Bible Story Video

### Questions to consider asking after the video:

- What is something that you learned about God from the video?
- What is something that you learned about people?
- What can you take away from the video?
  - How can you apply the lesson from today into your life?

**Making The Connection Script:** The Israelites had just escaped Egypt after being slaves for hundreds of years. But even after their big rescue, they still faced scary stuff—angry armies, no food, no water. But guess what? Say, "What?" (What?) God never left them! He led them with a pillar of cloud during the day and a pillar of fire at night. That cloud and fire showed everyone that God was with them—right there, every step of the way. God was with His people. Where was God? (With His people!) Why? Because they were His people—and He never left them alone.

And God did not stop there! He gave them water when they were thirsty. He gave them food every day, including a special food called manna (MAN uh). He gave them strength when they faced enemies. When they camped at Mount Sinai (SIGH nigh), God's presence came down in a thick cloud and fire. That is how serious God was about being close to His people. He even gave

Moses instructions to build a special portable tent called the tabernacle (TAB uhr nak uhl) where God would meet with His people.

God helped them—and He helps us—when we face challenges. But what if life feels okay? What if we are not scared, sad, or facing challenges? Do we still need God then? The answer is yes! Say, “Yes!” (Yes!) Just because things feel fine doesn’t mean we are not broken and in need of God. We all are broken and need God. We need God to rescue us from sin, and we need God to help us follow Him every day. Even when life seems good, we still sin. In the good times and the hard times, the Israelites still needed God every day. Our greatest need is for God! Say, “I need God every day!” (I need God every day!)

### Use the Three Circle Graphics on the Playlist

(Circle 1) From the very beginning, God made people and people needed Him every day. He designed people to have a relationship with Him—to know and love Him. When God made all things, He declared that it was good. Give me a thumbs-up and say, “It was good!” (It was good!) God created people to be His special people, His treasured possession. God gave people everything they needed, and it was good!

(Circle 2) The bad news is that things did not stay good for long. The first people God made turned away from Him. They wanted to do things their way instead of God’s way. Sin is when we choose to do what we think is best instead of following what God says is best. The Israelites disobeyed God in the wilderness. Though He provided for them, they struggled to trust Him and do what He said. They were broken because of their sin, and we are broken because of our sin too. This means our relationship with God is broken, and our relationships with other people are broken. Our sin deserves punishment. That is bad news. Give me a thumbs-down and say, “SOS!” (SOS!)

(Circle 3) The Israelites faced problems in the wilderness they could not solve on their own. They needed food, water, and a home to call their own. Like the Israelites, we cannot fix our sin problem on our own. The good news is that God gives us exactly what we need! Let me hear you say, “SOS!” (SOS!) God sent His own Son, Jesus, into the world. Jesus lived a perfect life and never sinned. But He died on a cross, taking the punishment we deserved because of sin. But Jesus did not stay dead! Jesus came back to life, showing that He is more powerful than both sin and death. This is how He made the way for us to have a relationship with God. We can repent, which means turning away from and saying no to sin, and ask Jesus to forgive us. Then we can believe, trust, and follow Him.

And He gives us new life with God now and forever. Though we are broken because of sin, God rescues us! What does God do? (Rescues us!)

Sometimes we feel broken and sometimes we do not. But like the Israelites needed God, we also need God every day. Even when we experience forgiveness from Jesus, we are still tempted to sin and choose what we think is best rather than follow what God says is best. The good news is that God rescues us from sin, and He is with us every day. He helps us love, trust, and follow Him—and we need that help!

Repeat after me: “I need God every day!” (I need God every day!) If you have questions about how God rescues us from sin or want to know more about following Jesus, talk with me or your Small Group Leader. We know we need God every day and we are more than happy to talk with you about it.

## Theme Verse Review:

### Theme Verse Motions:

Therefore, let us approach the throne of grace with boldness, (Start with fists at your shoulders. Bring your fists down in front of you, stopping at your waist.)  
so that we may receive mercy and find grace (Pull your fists toward you.)  
to help us in time of need. (Clasp your hands in front of your chest.)  
Hebrews 4:16 (Hold your hands out like a book.)

**What You Say:** We are going to learn a verse from the Bible that reminds us how much God loves us. We are broken because of our sin, but God rescued us and made the way for us to be close to Him. Say, “SOS!” (SOS!) Let’s get ready to learn our Theme verse. What are we going to learn? (Our Theme verse!)

## Play Theme Verse Video

**What You Say:** We need God because we are broken. Say, “SOS!” (SOS!) God is with us and gives us what we need to love and follow Him. He knew we needed rescue, so He sent Jesus to make the way for us to have a relationship with Him. God gives us mercy, which means God does not punish us for sin, even though we deserve it. God also gives us grace, which is His undeserved love for us. Like this Bible verse says, we can approach God with boldness and know that He will help us every day. Say, “I need God every day!” (I need God every day!)

## **Large Group Closing:**

**What You Say:** We are broken and need God to rescue us. Say, “SOS!” (SOS!) We do not just need God when things are hard. We need God every day. Say, “I need God every day.” (I need God every day!) Like the Israelites, we need God’s presence in our lives every day. Whether life feels hard or totally fine, we still need God to guide us, help us, and stay close to us every day. Now let’s take a moment to talk with God and thank Him for always being with us. Let’s pray in 3-2-1.

**Closing Prayer:** God, Thank You for being with us every day. We know we are broken, and we need You to help us know, love, and follow You. Thank You for sending Jesus to forgive us and for being with us every day. Please remind us to trust You and follow You no matter what. Amen.

**Transition to Small Group Time:** Split the kids into small groups. This can be done either by age, grade, or gender.

## **Small Group Time:**

### **Option #1: Connection Questions**

**What To Do:** We have learned a lot today about how we are broken and need God every day. Let’s spend a few minutes discovering more!

1. What is the silliest mistake you have ever made? Maybe you dropped a plate after dinner when you were helping clear the table or maybe you left a marker on the table without the lid. We all make silly mistakes sometimes. Think about the silly mistake you made. Were you able to fix it? (Allow kids to answer and share your own answer.)
2. What kinds of things do we need everyday? (Food, water, air, and shelter.) Why do you think we need those things? (Allow kids to answer and share your own answer.) Why do we need to add God to that list? (We need God’s help and love every day because we are broken.)
3. The Bible tells us that we are broken, and we need God every day! Let’s open our Bibles to **Exodus 19:5-6** and read about it together. (Invite kids to open their Bibles. Read the passage aloud or invite a kid who volunteers to read the passage aloud. Be sure to have Bibles available for kids who need one. Help kids find the passage so everyone can

follow along together.) God made the whole world and everything in it, but He chose the Israelites (IZ ray el ights) to be His special people. These Bible verses say God wanted them to know and follow and trust Him. God brought the Israelites out of Egypt. He guided them through the wilderness, provided food and water for them, and He gave them instructions on how to live as His people. What are some ways you think God has helped you in the past week? (Allow kids to answer and share your own answer.)

4. We are broken because of our sin. Our wrong choices have broken our relationship with God, and we need Someone to rescue us. God sent His Son, Jesus, to take the punishment we deserve for sin. Jesus died and came back to life, showing He is more powerful than both sin and death! But even when we believe in Jesus, we are still tempted to sin and follow what we think is best. Like God was with the Israelites in the desert, how can Jesus help us every day? (Jesus helps us love and follow God every day. Jesus made the way for us to have a relationship with God, so we can enjoy God's help every day.)
5. The Bible tells us that we are broken, and we need God every day! Say, "SOS!" (SOS!) The good news is that God loves us so much, and He made the way for us to be rescued from brokenness. God is always here to help us. What is something you learned today? Is there anything you have questions about? (Allow kids to answer and share your own answer.)

### **Option #2:** Pillar of cloud and fire coloring page

**What To Do:** Today we are going to take a coloring page about our Bible story and add a few elements to help us remember that God is with us.

First we are going to color our page. (Allow time.)

Now I am going to pass out a fire sticker and a cotton ball. In the front of the group of Israelites on your page you are going to add the fire sticker and the cotton ball side by side. So, make sure you leave enough space for this. The fire represents the pillar of fire that led the Israelites at night. The cotton ball represents the pillar of cloud that led the Israelites during the day. (Allow time to complete both steps.)

**Loud And Clear:** The Israelites learned that they needed God every day. We also need God every day, and we can have a relationship with God now and forever when we follow and trust Jesus. Because of Jesus, God is with us and guides us every day.

### **Option #3:** Activity Page

**What To Do:** This activity page helps us remember some big things we have learned about today. As you color and work on activities, talk to a friend about some of your favorite parts of our time together.

**Leader Tip:** Get to know the kids better. Ask them what they remember about the Bible story, or remind them that like the Israelites needed God, we are broken and need God every day to help and guide us.

**Loud And Clear:** We need rescue! Say, “SOS!” (SOS!) We are broken because of our sin and need God’s help, not just once but every day! God loves us, and He always gives us what we need. We can rely on God to love us, forgive us, and help us follow Him.

## Close out in prayer:

**What To Do:**

- Ask for any specific prayer requests
- Pray with the group
- Lead the group in the prayer below.

**What You Say:** God, thank You for loving us. We know we are broken because of our sin and need You every day. Thank You for sending Jesus to help us and forgive us. Please stay close to us and help us follow You. We love You, God. Amen.

## Dismissal:

**Leader Tip:** Work with your team to dismiss the kids in a fun, manageable, and safe way. As kids leave, make sure they have all of the crafts and papers. Share with the person picking them up something positive you observed today. Invite them back next week.