

**LOW-ENERGY GAME****Glow or No Glow****[10 min]****Supplies**

- glow-stick necklaces* (1 per child, plus a few extra in case any don't work)
- plastic water bottles (1 for every 5 kids)—these don't have to be empty water bottles
- upbeat music (optional)

Play Ring Toss

Say: **The Bible is full of amazing, special things God has done. In Moses' life alone, God showed his presence in a way that changed the lives of Moses and his people.**

Let's play a game to celebrate how God can change us, too!

- Form teams of about five, and give each team a water bottle.
- Have teams spread out a little in the room and each place their water bottle on the floor and stand in a circle around it.
- Have kids get out their glow-stick necklaces from Core Bible Discovery.
- Have kids use the necklaces to play ring toss with the lights on.
- If you'd like, play upbeat music while kids play.
- Turn off or dim the lights.
- Have kids play another round in the dark with their glowing rings.

Talk About It

Ask: • **Which round seemed more special? Why?**

• **What's something special you'd like to do with God?**

Say: **We don't normally play glow-in-the-dark games here, so it was special to do something different. When Moses spent time with God, it was special and made him look different. God is special, and when we spend time with him, he makes *us* different!**

**TALK-ABOUT VIDEO**
You Choose[10 min]

Supplies

- “You Choose” teaching video

Discuss and Watch “You Choose”

Say: Today we’re learning that God is special, and he has the ability to change us. In the Bible, spending time with God changed the way Moses’ face looked! Let’s see what can change about us when we spend time with God.

Watch “You Choose.”

Ask: • **What differences did you notice in the girl’s day?**

• **Describe the differences you’ve noticed in your own life when you’ve spent time with God and when you haven’t.** Share your own example first.

• **What do you think it is about spending time with God that changes us?**

Say: God is special, and he has the ability to change us. He’s so special that the more we get to know him, the more we want to be like him! God is loving, kind, and forgiving, and he changes our hearts to be more like him.



DEEPER BIBLE

How Would Someone Know That I've Spent Time With God?

[15 min]

Supplies

- Bibles
- plain white paper
- white crayons
- highlighters
- glow-stick necklaces*

Set It Up

Say: **In our Bible story, everyone could tell Moses had spent time with God because his face was radiant. That means it was glowing! God is special, and spending time with God changed Moses from the inside out! Moses even had to cover his face with a veil because the brightness was too special for people to look at.**

Have kids hold their glow-stick necklaces around their faces.

Say: **What about us? I don't know about you, but my face has never glowed after a prayer. How can people tell we've spent time with God? Let's dig in to that.**

Dig Deeper

Say: **I'm going to read a verse that explains what Moses' veil means in our lives today.**

Read 2 Corinthians 3:18.

Ask: **How would you explain "the glory of the Lord" to someone younger than you?**

• **Tell about a time you saw someone else showing God's awesomeness or power or love.** Share your own example, and then give kids a chance to share with a partner.

Say: **When we spend time with God, our faces might not reflect how special he is...but our *lives* do. This verse says that the Lord makes us more and more like him and changes us into his glorious image.**

The Bible tells us what God's image looks like in our lives.

Read Galatians 5:22-23.

Distribute paper, white crayons, and highlighters.

Say: **Let's go through this list and think about how evidence that we've spent time with God would look.**

Have kids each choose a fruit of the Spirit and think about evidence of that fruit in their lives. Then kids will use the white crayons on white paper to draw pictures of themselves showing that fruit in everyday life.

Walk around and look at kids' pictures. Say: **Are you *sure* you're showing evidence of your time with God? I'm not seeing anything on your papers!**

That's because on our own, we don't have the fruit of the Spirit. The fruit begins to grow when we spend time with God. The more time we spend with God, the more he changes us to be like him! Now watch how the fruit "glows" like Moses' face.

Have kids color over their white crayon writing with highlighters. Then have kids form trios and share their pictures with each other.

Say: **When we spend time with God, our faces may not glow, but our lives do! As we spend time with God, he changes us to be more like him. He reveals his character through us. People can tell we've spent time with God because we reflect his heart in everyday life. God is special, and he changes us to reflect him when we spend time with him.**



LIFE APPLICATION WRAP-UP

Special Time With God

[5 min]

Supplies

- bedsheets or disposable tablecloths* (1 per child, ideally)
- fan* (optional)
- glow-stick necklaces* (1 per child)

Spend Time With God

- Kids will spend time praying as they did in their favorite experience. Here are the options:
 - Sit under a bedsheet or tablecloth, and imagine you're in the Tent of Meeting.
 - Crouch as if you're in a crevice, and cover your face with your arms.
 - Wrap a bedsheet or tablecloth around yourself like a cloud. If one is available, sit in front of a fan.
 - Hold a glow-stick necklace in front of your face.
- Kids can talk to God about why they think he's special, having a conversation as if talking to a friend.

Wrap Up

Pray: **God, thank you that you are special and that you change us.**

Thank you that you showed Moses just how special you are and that you'll do the same for us. Change us as we spend time with you. In Jesus' name, amen.

Thank kids for coming, and encourage them to come back next week.



ACTIVITY PAGES WITH A POINT

Glimpse of Glory

[10 min]

Supplies

- “Moses Sees God's Holiness” Activity Page
- scissors
- envelopes
- crayons
- yellow highlighters

Older Kids: Do an Activity Page

Say: **God is special.** God is so special that when Moses asked to see him, he could only see a little glimpse of God's glory. Any more than that would be too much to handle! Let's see what a jigsaw puzzle can teach us about that.

Distribute the activity pages and scissors. Kids can cut the page into tiny pieces for a challenging puzzle or bigger ones for an easier puzzle.

Ask: • **What's one little way you've seen how special God is?**

• **When you think of all our answers together, what does that show you?**

Say: **God is special.** Like Moses, we can't handle seeing just how special God is all at once. But we get little glimpses—like little puzzle pieces—that help us see who God is. And those glimpses of God can change our hearts!

Provide envelopes so kids can take their puzzle pieces home.

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Moses got to see a little bit of how God is special when God passed by his cave. Let's use shiny yellow markers to show the light shining from God.**

Allow time for kids to color the picture, using highlighters for the light shining in front of the cave.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.