



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)
- full plastic water bottles (1 for every 5 kids)
- 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!**



[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 Glitter Paintings

[15 min]

Supplies

- Bible
- white paper (1 sheet per child)
- white glue
- disposable bowls
- paintbrushes (1 per child)
- various colors of glitter
- cafeteria trays or shallow bins (1 for every 3 children)

Easy Prep

- Pour the glue into disposable bowls.
- Set out the bowls of glue and a paintbrush and sheet of paper for each child.
- Place the trays and glitter on a separate table to create a glitter station.

Paint With Glue

Say: **God is special. There's no one as powerful or loving as God! Listen to what the Bible says about how special God is.**

Read Jeremiah 10:6.

Say: **When we're friends with God, he changes us. He's so special that being around him can change us. God can change our hearts so we are great at being kind, loving, and forgiving like God is. And when people see the way we love others, we can tell them God changed us. We can tell them how being friends with God helps us because God is so special. Let's make some special paintings together.**

Let kids "paint" on their papers with glue.

As kids finish painting, have them carry their papers to the glitter station to place on the trays.

Show kids how to sprinkle glitter over their paintings and then shake the excess glitter onto the trays.

Ask: • **How did your paintings change when you added the glitter?**

Say: **We changed our paintings into something beautiful and special by adding the glitter. Like that, God can change our hearts into something beautiful and special. When we're friends with our special God, he changes us into something beautiful.**

Sing a Song

Say: **Let's sing a song about how special God is. We'll sing our song to the tune of "Happy Birthday," because that's what we sing to people on their birthdays so they know they're special to us.**

Lead kids in singing the following to the tune of "Happy Birthday," and invite them to make up motions after they learn the lyrics.

**God is special to me.
God is special to me.
God is greater than anything;
God is special to me.**

**God can cha-ange my heart.
God can cha-ange my heart.
God can make me more like him;
God can cha-ange my heart.**



LIFE APPLICATION WRAP-UP

The Light on Us

[5 min]

Supplies

- flashlight

Thank God for Being Special

Have the children sit in a circle. Say: **The Bible tells us that God is special. Shine the flashlight into the center of the circle. God brings light into our lives. We heard how just being with God made Moses' face light up! Let's tell God that we know he's special.**

Lead the children in a prayer, telling God that you know he's special.

Ask God to Change Us

Shine the flashlight all around the group of kids so they can see the light shining on themselves. Avoid shining it in their eyes. Say: **Since God is so special, when we're with him, he changes us. In the Bible, God didn't just change Moses' face; God also changed Moses' heart. That change helped Moses love others more like God loves them.**

Shine the flashlight all around the group of kids once more. Say: **Let's ask God to change us so we can be great friends to others.** Lead the children in a prayer, asking God to help change you and the kids.

Receive an Affirmation

Say: **God loves each one of you so much! God is super special, and he wants to be with each of you.** Shine the flashlight on each individual child, and as you do, say, "[Child's name], God loves you."

Say: **It's pretty amazing to know that such a special God wants to be with us all the time! Let's all thank God once more for being our friend.** Lead the children in saying "thank you, God" all together.

Thank kids for joining you at church, and ask them to come back next week.



ACTIVITY PAGES WITH A POINT

Glimpse of Glory

[10 min]

Supplies

- “Moses Sees God's Holiness” Coloring 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.