



Lesson 2: God is My Savior 3-5 In-Person Plan

<u>Key Teaching Point</u>	God is my Savior, so I can turn to him for help in my time of need.
<u>Bible Verse</u>	“And there is no God apart from me, a righteous God and a Savior; there is none but me. Let the world look to me for salvation. For I am God, and there is no other.” (Isaiah 45:21b-45:22, NLT).
<u>Scripture Passage</u>	“God Saves Israel.” (Exodus 5-12, NLT)
<u>Materials</u>	<ul style="list-style-type: none"> ● Bible ● A squishy ball* ● A sheet of scrap paper to keep score ● Five dice* ● Pens and pencils ● One copy of Handout one, printed in color

*Materials marked with an asterisk are in the CKC Games Bag.

Relate (20 minutes)

Welcome students with a snack.

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while students eat their snack:

Icebreaker Options (Choose one.):

- **God sightings:** Ask students to describe how they’ve seen God at work in their school or at their home in the past week.
- Let students take turns sharing how they’re feeling today using the “How Are You Feeling?” chart (from the CKC Games Bag).
- Open a discussion with a question, Open a discussion with a question, “Do you know any great rescue stories from any books or any movies you’ve read or watched? How would you describe the rescuer?”

Play a game.

Dice Dash

You will need five dice and a pencil and paper to keep score. A student picks a number to be rolled, e.g. 6. Rolling all five dice, if they roll a 6 as one of the dice, they can continue to roll or stop and record the sum of all their dice. If they do not roll a 6, their turn is over and they lose all the points from that turn. They must decide whether to keep their points or roll again before each roll. The student with the most points wins.

Silent Speedball

Begin by having all players stand close to the center of the playing area. Throw a squishy ball into the air over the players. Whoever grabs the ball first can take three steps in any direction and has five seconds to throw it. They may either throw it up into the air again or try to throw to tag another player. If they tag someone with the ball, the player sits down. If they catch it, the player who threw must sit down. Anyone sitting down can get back up if they are able to grab the ball (without moving from their seated spot) and tag another standing player. There are no teams, and no “winners” in this game, although you may play until there are only a few remaining, declare them “winners” and begin a new round.



Receive (20 minutes)

Read God’s Word.


Today’s true Bible story comes from several chapters in the book of Exodus (Chapters 5-12). Hold up a Bible. It is a story of a great rescue! Can you think of any great rescue stories?

Take student responses.



The characters in this story experience a wide variety of emotions, and you will help tell me which emojis match the emotions they may have been feeling.

Cut out the emojis in Handout 1 and lay them out on the floor or on a table so the students can see them. Instruct students to select which emoji they think matches the teaching note you read aloud.

God Rescues His People in Egypt

Emoji	Story Connection (Teaching Notes)
	God’s people were slaves in Egypt. They cried out to God, “Please save us!”

	<p>God called Moses to go to the Pharaoh to tell him to let God's people go free. Moses was shy and afraid. But God was with him and helped him have the courage to speak with the help of his brother Aaron.</p>
	<p>First, Pharaoh laughed at Moses and didn't take him seriously, or his God. No way! He said! What a silly thing to ask me, to let all the Israelites go free!</p>
	<p>Then God send plagues on the Egyptians. Plagues like turning the Nile River to blood, and infesting the land with locusts, flies, gnats. The people got sick with nasty boils on their skin. Hail came raining down on their land. Their cows and livestock died, etc. It was pretty terrible and disgusting!</p>
	<p>God even turned the whole sky dark for three days.</p>
	<p>Another plague was the land filled with frogs - these were not the kind you'd want to kiss!</p>
	<p>Pharaoh was getting angry with Moses and his God. So, reluctantly, he agreed to let the people could go.</p>
	<p>But he tried to trick them by not really letting them go free - he said the Israelites could go worship their God out in the desert. But he wouldn't let them take their farm animals. He knew they'd have to come back. Later he said they could go, but he changed his mind. The Israelites probably wondered, would God ever save his people from their slavery?</p>
	<p>That's when God dealt his last plague on Pharaoh on the Egyptians. One night, he sent the angel of death and every first born son in the land of Egypt died.</p>

	<p>But God had a plan to save his people whom he loved- He told them to take the blood of a lamb and put it across the top of their doorposts. This protected all the Israelite babies. God made a way for his people to be saved from the terrible punishment of Pharaoh’s disobedience.</p>
	<p>Finally the Pharaoh agreed to let the people go. God led his people out of slavery in Egypt to a new land that he had promised them.</p>

God saved his people from their slavery in Egypt. That’s what God does, because that’s who he is - he is our Savior. Our verse today says just that! “Our God is a God who saves!”

What does it mean for God to save people like you and me?

Take student responses.



Respond (20 minutes)

Apply God’s truth.

Ask students to imagine the following scenarios and act them out as you narrate:

1. **You have been caught in a pool of quicksand. Your feet are frozen and you can’t move them! You try to take off your shoes to escape but you have sunk too fast! The sand is already up to your knees! You try to move but your body is stuck. You are waving your arms around and calling out for help! If you don’t get out of this, you will be dead!**
 - a. **Ask: How do you feel in this situation?**

2. **You are lost at sea, with the nearest shore miles away. Your boat has sunk and all you can do now is swim to stay afloat. You are doing a doggy paddle, a breaststroke, a butterfly, every swim move you know! But soon you get tired! There is no land anywhere in sight. You start to lose your energy and sink in the water. You call out for help!**
 - a. **Ask: How do you feel in this situation?**

Discuss:

- **How did you feel when you were drowning/sinking?** (Answers will vary.)
- **How would you get out of danger?** (Answers may vary)
- **Could you help yourself? Why not?** (No, you were unable to help yourself. You were trapped.)

Without God, it is like we are drowning in water or sinking in quicksand. That is what sin does to us. We cannot escape sin by just trying to be better, we are doomed and need a rescuer! Who is our rescuer?

Take student responses.

Jesus is our rescuer!

Just like God freed his people from their slavery in Egypt, God sent Jesus to free us, his children, from our slavery to sin. If we reach out to Jesus and ask him to rescue us, he will set us free and give us new life with him.

Open a discussion:

- **What is a slave? What do you think it was like for the Israelites living as slaves in Egypt?** (Answers will vary.)
- ***How did God save the Israelites?** (He showed his power over the Egyptians and moved Pharaoh to let them go free.)
- **How do you think the Israelites lives might have been different from when they were slaves and when they were free?** (Answers will vary.)
- ***What does it mean to save or rescue someone?** (To free someone from danger or trouble) **How would you feel if someone rescued you from trouble or danger?** (Answers will vary.)
- ***What does God save us from?** (God saves us from our sin.)
- **How might someone's life look different before God saves them and after?** (Answers will vary.)

Sing and worship together.

Pick a song from the [Praise and Worship Guide](#), or choose one of your own. Incorporate movement into the songs whenever possible.

Close in prayer together.

Doesn't knowing that God is Savior make you want to give him thanks? Have you asked him to be your Savior? Is he the leader of your life? If so, think about what he has saved you from - sin and a life without God. We can thank him for that. Also, think about people in your life who might not know yet that God is Savior. How can you share this with them?

Give students the following prompts to pray out loud.

- **Dear God, thank you for saving me from _____.**
- **Please help _____ to know that you are Savior.**

Take prayer requests and close in prayer.

Handout 1

