



WEEK 1

ELEMENTARY LESSON OUTLINE

THE GREAT ESCAPE

BIG IDEA

God can send people to help you.

THE BIBLE

Baby Moses in a Basket: Exodus 2:1-10
(Ecclesiastes 4:9-13, Philippians 1:3-6)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **ACTIVITY** | Puzzle #1 - Baby Food Bowls
- **ACTIVITY** | Puzzle #2 - Baskets
- **ACTIVITY** | Puzzle #3 - Locked Up Hieroglyphics
- **THE BIG IDEA** | God can send people to help you.
- **BIBLE STORY** | Exodus 2:1-10
- **ACTIVITY** | Rescue the Baby Race
- **VIDEO** | Help to Finish the Race
- **ACTIVITY** | Trust Sit
- **SCRIPTURE** | Ecclesiastes 4:9-13
- **OBJECT LESSON** | How many does it take?
- **ACTIVITY** | Baby in a Basket Craft
- **PRAYER** | Thank You Basket
- **MEMORY VERSES** | Colossians 3:20; Psalm 46:10

SMALL GROUP TIME

- **DISCUSSION**
 - Why did Moses' mother put him in a basket in the river?
 - Who found him?
 - Can you share about a person God has put in your life to help you?
 - How have you helped someone else who was going through a hard time?
 - Who in your life needs help right now?
 - Do we always realize when God sends someone to help us? Why or why not?
- **SCRIPTURE** | Philippians 1:3-6
- **ACTIVITY** | Hieroglyphics Helper
- **MEMORY VERSES** | Colossians 3:20; Psalm 46:10



WEEK 1

ELEMENTARY LESSON GUIDE

THE GREAT ESCAPE

BIG IDEA

God can send people to help you.

THE BIBLE

Baby Moses in a Basket: Exodus 2:1-10
(Ecclesiastes 4:9-13, Philippians 1:3-6)

LARGE GROUP TIME

WHAT? What are we talking about today?

ACTIVITY | Puzzle #1 – Baby Food Bowls

- Welcome to church and to a brand new series called *The Great Escape!* We're pretending we're in an escape room called Egypt. To escape, we'll have a series of puzzles to solve over the next few weeks. If you don't know what an escape room is, that's okay! It's a game where you pretend to be trapped and you have to solve clues to get out. The door for escape can only be opened by working together to solve puzzles and finding the four big ideas.
- **INSTRUCTIONS:** *You can do the puzzles as a large group or in their small groups. Before the service, hide three baskets around the room and write three clues about where they are hidden on small pieces of paper. Prepare three small clear bowls and plastic spoons for each group. On the bottom of each bowl, tape a clue with a hint about where one of the baskets is hidden around the room. Tape it under the bowl, with the writing facing upward, so the clue can be read when the bowl is emptied. Fill each bowl with baby food to cover the clue. Give each group of kids the bowls of baby food so they can find the clues at the bottom that will point kids to finding the baskets. They can have one person eat it (no double dipping!) or give each person a spoon and let them each take one bite (or just scoop it out with their spoons and put it into a trash can). Once they find their clues and go to the corresponding baskets, they can start the next puzzle.*

ACTIVITY | Puzzle #2 – Baskets

- **INSTRUCTIONS:** *For this puzzle, you will use the combination from a three-digit combination lock. This lock will be attached to a lock box used in puzzle #3. Use three baskets that have been labeled*

#1, #2, and #3. The #1 basket will correspond with the first spot in the combination lock; the #2 basket will correspond with the second spot in the lock, and the #3 basket will go with the third spot. In each basket, put the number of marbles that corresponds with the number of the combination for each digit. For example, if the correct number for the first digit on the lock is “7”, have 7 marbles in the that basket. Once the kids count the marbles in each basket, you can give them access to the lock box and let them use the combination to unlock the box.

ACTIVITY | Puzzle #3 – Locked Up Hieroglyphics

- **INSTRUCTIONS:** Before the service, print the Hieroglyphics printable and put it in the lockbox. Set the lockbox where the kids will find it. Make sure the combination is set to match the numbers of marbles in each basket in puzzle #2. Upon opening the box, the kids will find the hieroglyphics key code and use it to figure out the Big Idea of the day: God can send people to help you.
- **FOR KIDS WITH SPECIAL NEEDS:** A child with special needs may have difficulty engaging in the puzzle activities. Give them a separate copy of the hieroglyphics to decode at the beginning of the service, so they'll have extra time to decode the Big Idea during the first three activities.
- Congratulations on completing your first round of puzzles. You haven't escaped yet, but you are one-fourth of the way there. And even better, you discovered our Big Idea of the day!

SO WHAT? WHY DOES IT MATTER TO GOD AND TO US?

THE BIG IDEA | God can send people to help you.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:
 - Ask the kids to give you a drumroll by stomping their feet or patting their laps.
 - Shout the Big Idea, then point to the kids and have them shout it back (Change it up by using funny voices, different volumes, or inflections).
 - Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
 - Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a “hunt” for it. When it's found, ask someone to come up and read it.
- **FOR PRETEENS:** See your weekly instructions for some fun ideas to let your preteens discover each week's Big Idea with an escape room theme.
- This week's Big Idea: **God can send people to help you.**

BIBLE STORY | Exodus 2:1-10

- **INSTRUCTIONS:** Look up the story in your Bible and encourage kids to do the same. Read it!
- **FOR KIDS WITH SPECIAL NEEDS:** Explain to them what a pharaoh is (a ruler in ancient Egypt). You can show them a picture of an Egyptian pharaoh. You can use props, such as pictures to represent different parts of the Bible story, such as a river, a basket, a baby, a palace.
- In our last series, we learned about Joseph becoming a leader in Egypt and his family settling down in Egypt to live. After years passed, Joseph passed away, but his people kept growing in numbers in Egypt. The new ruler of Egypt didn't remember Joseph or care about the Israelites. He was afraid of them and made them slaves. Then he gave instructions to get rid of all the newborn baby boys.
- **What did Moses' mother do to try to save baby Moses?** She put him in a basket and put the basket in the river. **Could you imagine what it must have felt like for his mother to trust that he**

would be okay?

- God sent someone to help Moses and take care of him. **Who found baby Moses in the river?** Pharaoh's daughter found him. **Do you remember what she did?** Moses' sister went to find a woman to feed him, and it was Moses' own mother! How cool!
- **Where did Moses grow up?** Moses went from being in danger and floating in a basket to being adopted into Pharaoh's house. God protected him. God sent people to help him.
- As we learn more of Moses' story, you'll see that God had a purpose for Moses to grow up in Pharaoh's house. You will see that it isn't an accident that people saved Moses as a baby.
- **How would Moses' story have been different if God had not sent people to help?**
- This story is a reminder that we are all helpless in our sin by ourselves. Just like God sent Moses' sister and Pharaoh's daughter to help Moses, God sent His Son, Jesus, to help us and save us from our sin. Not only did He do that, but He is also so good to provide people in our lives to help us be who He wants us to be and to help us do great things for Him.
- **Who are some people you know God has sent to help you?**
- **What are some ways God can use you to help other people?**

ACTIVITY | Rescue the Baby Race

- **INSTRUCTIONS:** *Divide the group into two teams and have them both line up. Place a basket at one end of the line. Give a baby doll to the person at the front of each line. When you say, "Go," the kids will pass the baby down their line. The first person will pass the doll under their legs and the second person will pass the doll over their head. They will continue alternating over and under down the line until they get to the basket. That team member should put the baby in the basket and then pass the basket back the same way.*
- God sent people to help Moses and care for him, probably a lot more carefully than you handled the babies in that race!

VIDEO | Help To Finish the Race

- Now let's watch what happens when an Olympic runner had a big problem in the middle of his race and almost couldn't finish.
- **INSTRUCTIONS:** *Watch [this video](#) together.*
- **What happened to the Olympian?**
- **How was he able to finish the race?** His father came beside him and gave him strength and helped him finish. God does the same thing for us when we need help and let Him help us.
- **Can you think of a time someone helped you do something you wouldn't have been able to do on your own?**
- We may not be running a race or floating down a river, but we all have times in our lives when we need help too. God sends people to help us. We can thank Him for those people.

NOW WHAT? *What does God want us to do about it?*

ACTIVITY | Trust Sit

- **INSTRUCTIONS:** *Have the kids form a circle, standing closely side-by-side. Have them turn a quarter of a turn to their left. They should now be in a circle one behind the other. Instruct them to all sit down*

at the same time when you count to three. They'll be sitting in each other's laps. With some balance and effort, they should be able to balance there. If you have a large group, you could split two circles: one with boys and one with girls.

- **FOR KIDS WITH SPECIAL NEEDS:** A child with special needs may have trouble comprehending this activity. They may not understand they're supposed to catch the child in front of them. You could have a leader or helper do a Trust Sit off to the side with them. For a child who is physically challenged, they can be actively engaged by being the person who counts before the kids sit, or by blowing a whistle or ringing a bell signaling when it is time for the kids to sit.
- **What made this work or not work?**
- **How did you have to depend on each other to get the circle of people to stay up?**
- **Is it hard sometimes to depend on others or accept help from others? Why?**
- Sometimes, it's hard to trust other people. Maybe you've been disappointed before or someone let you down. People do that sometimes. No human being can be perfect, but God still uses people to help us. When we do trust others and let them help us, great things can happen in our lives.

SCRIPTURE | Ecclesiastes 4:9-13

- **INSTRUCTIONS:** Look up the verses in your Bible and encourage kids to do the same. Read them!
- These verses tell us it is not better to be alone. It's better to do life with someone else.
- **What are some examples from the verses of how others can help us?**
- **What are some things you do that are easier with more than one person?**
- **What are some ways people have helped you?**

OBJECT LESSON | How Many Does It Take?

- **INSTRUCTIONS:** Before the service, blow up at least six helium balloons and tie strings to them. Show the kids an empty gift bag and ask them to guess how many balloons they think it will take to lift the bag up off of the ground. Tie on one balloon at a time until the balloon lifts the bag.
- **Was just one balloon by itself enough to lift the bag?**
- **What did we need to do to get the bag off of the ground?**
- In the same way, we need other people to help us do the big things God wants us to do. He has not called us to live for Him by ourselves. He gives us friends, family, and sometimes people we don't even know to help us.

ACTIVITY | Baby in a Basket Craft

- **INSTRUCTIONS:** Give each kid one piece of blue paper, one cupcake liner, one cotton ball, several strips of green paper, and one small piece of tissue paper. Have the kids arrange the tissue paper and cotton ball inside of the cupcake liner to look like a baby wrapped in a blanket. The cotton ball will be the head and the tissue paper will be the blanket. The cupcake liner will be the basket. Have them glue the cotton ball and the tissue paper onto the cupcake liner, then glue the cupcake liner to the middle of the blue paper. They can then decorate the blue paper to look like water. They can use the green strips or crayons to make plants in the water.
- **FOR KIDS WITH SPECIAL NEEDS:** Modeling is a powerful instructional tool. Demonstrate how to do this craft, describing what you are doing in clear and concise terms. Let the child with special needs hold the finished craft and use it as a model as they make their own.

- **FOR PRETEENS:** *Instead of creating this craft, challenge preteens to draw a picture of themselves with a scene where someone has helped them out in their life – even if it wasn't being rescued from a river!*
- Moses' sister and Pharaoh's daughter probably had no idea God was using them to save a baby who would grow up and change the world. As we study Moses' story over the next few weeks, remember how God sent people to help Moses, and He sends people to help us too.

PRAYER | Thank You Basket

- **INSTRUCTIONS:** *Give each kid an index card and have them write one way someone can help them, starting with the words "Someone who . . ." then tell them to drop their cards in a basket. Mix up the cards and tell the kids to come up and draw one, then let them pray and thank God for someone specific in their life who has helped them in that way. Some examples of things they could write may be: Someone who taught you about God, someone who forgave you, someone who gave you advice, someone who is your friend, someone who listens to you, someone who taught you something new, etc.*
- **FOR PRETEENS:** *Music is a good element to add to any service with preteens. Play the song, "Thankful for You" by TobyMac while preteens are praying. You could play [this lyric video](#) and have students talk about how the artist recognizes when God has helped him in his life.*

MEMORY VERSES | Colossians 3:20, Psalm 46:10

- **INSTRUCTIONS:** *Give every kid memory verse magnets or stickers. Then, work on the memory verse together. For ideas on how to do this well, check out the Memory Verse Guide in your Programming folder and give them to your small group leaders, if you'd like.*

SMALL GROUP TIME

DISCUSSION

- **Why did Moses' mother put him in a basket in the river?** *(To save his life.)*
- **Who found him?** *(Pharaoh's daughter.)*
- **Can you share about a person God has put in your life to help you?**
- **How have you helped someone else who was going through a hard time?**
- **Who in your life needs help right now?**
- **Do we always realize when God sends someone to help us? Why or why not?**

SCRIPTURE | Philippians 1:3-6

- **INSTRUCTIONS:** *Look up the verses in your Bible and encourage the kids to do the same. Read them!*
- **What did the writer Paul say he was thankful for?**
- **What were two things he did for the people?**
- **Whose name could you put into this verse if you were writing it about someone in your life?**

ACTIVITY | Hieroglyphics Helper

- **INSTRUCTIONS:** Use the Hieroglyphics key code from Puzzle #3 at the beginning of service and let kids write the name of someone who helps them, using hieroglyphics. You could also have them make up their own symbols to go with the alphabet.
- **FOR KIDS WITH SPECIAL NEEDS:** This activity could be difficult for kids with special needs because of the detail and coordination needed. Give them a plain piece of paper and let them draw a picture of someone they are thankful for or let them talk to you about someone they are thankful for.
- God has sent people to each of us to help us. Tell us about the person you wrote down who helps you.

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