



# WEEK 5

## ELEMENTARY LESSON OUTLINE



### BIG IDEA

Heroes need help too.

### THE BIBLE

**The Israelites Become Slaves in Egypt:** Exodus 1:6-14  
(Ephesians 6:17; Hebrews 4:12, John 8:34–36)

### THIS WEEK AT A GLANCE

## LARGE GROUP TIME

- **ACTIVITY** | Superhero Parade
- **ACTIVITY** | Knock the Villains Down
- **STORY** | Share a time when you were rescued.
- **VIDEO** | Lego Batman Clip
- **THE BIG IDEA** | Heroes need help, too.
- **BIBLE STORY** | Exodus 1:6-1
- **ACTIVITY** | Penny Jail
- **ACTIVITY** | Ankle Weight Races
- **ACTIVITY** | Black Widow Challenge
- **SCRIPTURE** | Ephesians 6:17; Hebrews 4:12
- **REFLECTION** | The Sword of the Spirit
- **TALK** | RECAP OF THE MONTH
- **MEMORY VERSES** | Hebrews 11:1; Isaiah 40:31

## SMALL GROUP TIME

- **DISCUSSION**
  - Why did the Egyptians treat the Israelites so harshly?
  - What do you think it would take to rescue the Israelites?
  - Was God with the Israelites during this tough time?
  - Why do we need rescuing?
  - How has God given you power during a hard time?
- **SCRIPTURE** | John 8:34–36
- **ACTIVITY** | Handcuffed by Sin



# WEEK 5

## ELEMENTARY LESSON GUIDE



### BIG IDEA

Heroes need help too.

### THE BIBLE

**The Israelites Become Slaves in Egypt:** Exodus 1:6-14  
(Ephesians 6:17; Hebrews 4:12, John 8:34–36)

## LARGE GROUP TIME

**WHAT?** *What are we talking about today?*

### ACTIVITY | Superhero Parade

- Welcome to our last week of our hero series. We've been talking about the life of Joseph, and how we can be heroes like he was. Let's make some superhero costumes!
- **INSTRUCTIONS:** *Split the kids into teams of three to five kids, or their small groups. One person from each team will be the superhero model, while the other kids use colored crepe paper streamers and construction paper to dress them up in a superhero costume. They can make a cape, a shield, a mask, or anything else they want to make for their superhero. Have them come up with a superhero name and super power or ability for their superhero. Have them introduce their superhero to the group.*
- **FOR KIDS WITH SPECIAL NEEDS:** *Before the service, ask families of kids with special needs to send in superheroes costumes if they have any (capoes, masks, robes, sheets) to make a costume. Let them dress up and be creative with their costumes.*
- **FOR PRETEENS:** *Use an app like Superheroes Masks to take pictures of your preteens and let them make themselves into superheroes.*
- Every superhero needs a great costume! But even with a great costume and super powers, heroes need help.

**ACTIVITY | Knock the Villains Down**

- Superheroes might need help escaping the clutches of their enemies. **Who are some of the villains you can think of from superhero stories?**
- **INSTRUCTIONS:** Split your kids into teams of five to ten. Write or draw five villains on plastic or Styrofoam cups per team. Line the cups up on the floor (or a table) ten feet away from the group. Give them small foam balls and let them race to see which team can be the first to knock over all five villains.
- **FOR KIDS WITH SPECIAL NEEDS:** Prepare two sets of cups with villains written on before the service.

**STORY | Share a time when you were rescued.**

- **INSTRUCTIONS:** Ask a leader to share a time they needed to be rescued (something that relates to kids, if possible). It could be a time they were lost, got left behind somewhere, crashed their bike into a ditch, or got locked in a room by accident. Share how it felt to be vulnerable. Did you freak out? Did you hide? Did you lose your ability to chill? How did you feel when someone came to your rescue?

**SO WHAT?** Why does it matter to God and to us?

**VIDEO | Lego Batman Clip \*\* RUN THIS BY ELLE – Brooklyn**

- In the *Lego Batman* movie, we can see what happened when the people of Gotham needed to be saved, and Batman came up with an unusual way to save them!
- **INSTRUCTIONS:** Show [this clip](#) from the *Lego Batman* movie. Note: at 1:53-1:59, Batman talks about giving up a “life spent with Russian ballerinas and lady activewear models.” You can mute this part in the clip if you don’t want your kids to hear that phrase.
- **How did Batman save the people of Gotham?** They all had to work together. Batman needed help from someone he didn’t expect! There will be times when you might need help, but that doesn’t mean you aren’t strong. Heroes need help, too!

**THE BIG IDEA | Heroes need help, too.**

- **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.
- This week’s Big Idea: **Heroes need help, too.**

**BIBLE STORY | Exodus 1:6-1**

- After Joseph and his brothers made up, they returned to their father to tell him the good news that Joseph was alive and in charge over Egypt. Joseph’s father was so happy! Their whole family moved to Egypt and settled in under the care of Joseph. It was a happy time for them, but it didn’t last forever. Today, we’ll learn what happened a

little while after Joseph saved his people in Egypt.

- **INSTRUCTIONS:** *Look up the story in your Bible and encourage the kids to do the same. Read it!*
- After years of prospering in Egypt with God’s favor, the people of Israel entered a dark time. A new king, who did not know Joseph or see for himself how God was with Joseph, felt threatened by the Israelites.
- This new king forced the Israelites into slavery, just like their relative, Joseph, had once been a slave in Egypt.
- They had no freedom and they were forced to work really hard for no pay. They were being held captive by the Egyptians. For many years, the Israelites were trapped there, but God had a rescue plan.
- One of the reasons we love superhero stories is because of the cool ways the superheroes help the victims find freedom. They might swoop in from the sky, sneak up behind the villains, or use their powers to rescue the people who are in trouble. **Can you think of a rescue scene from your favorite superhero story?**
- God had a really cool rescue plan to help his people who were slaves in Egypt, and we’ll learn more about it in our next series, The Great Escape.
- **Did you know we need to be saved, too?** We don’t need Superman or Spider-Man to save us. We aren’t trapped as slaves or held captive by villains. We have something keeping us captive from the life God hoped we would have. God imagined we’d always be connected to good things, but we are separated from Him because of sin. We needed Jesus to come and make up for everything we’re missing.
- But the cool thing is God sent Jesus to save us and forgive our sins! Jesus is our rescuer and our protector! And no matter how strong we are, God will always be able to help us.

### ACTIVITY | Penny Jail

- The Israelites couldn’t save themselves. They needed God’s help. We’re going to play a game where you have to depend on someone else to save you.
- **INSTRUCTIONS:** *Give every kid a coin and show them how to flip the coin and tell if it’s heads or tails. Designate a space to be the “jail.” When you say, “Go,” they will all flip their coins. If it lands on heads, they’re safe. If it lands on tails, they have to go stand in the jail area. The only way they can escape is if a friend comes over to them and flips three heads in a row. They can’t save themselves from jail. The people who are still in the game have to keep flipping continuously. At the end of two minutes, call, “Stop,” and whoever is in the game at that time wins.*
- **FOR KIDS WITH SPECIAL NEEDS:** *If they are not able to participate due to the dexterity of their fingers or because of the idea of going to jail, assign them the role of jailer. They can watch and monitor until heads is flipped three times for kids to get out of jail.*
- **What was it like to have to depend on someone else to rescue you?** We can trust God to help us when we need help.

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

### ACTIVITY | Ankle Weight Races

- **INSTRUCTIONS:** *Get two volunteers who consider themselves fast walkers. Set cones or floor tape*

at one side of the room for a starting line and the other side of the room for a finish line. Have the kids stand at the starting line and race by hopping across the room as fast as they can without running (unless you're outdoors or have the space for it). Whoever wins the first race will be "shackled" in the next round. Shackle the winning racer by loosely tying his or her ankles together with the Velcro straps. Now, have them race again and see if the shackled racer is hindered by the ankle weights or Velcro straps.

- **FOR KIDS WITH SPECIAL NEEDS:** Use panty hose or similar items to loosely tie legs together as they will give more to support students with balance and mobility struggles.
- The Bible says to throw off the weights that hinder us—the sin that entangles us—so that we can run the race that God has for us. That race is the life that God has planned for us. Jesus came to help us so we don't have to let sin hold us back.

### ACTIVITY | Black Widow Challenge

- Think of a difficult situation you've faced. **What crazy super powers would have helped you in that situation?**
- The Black Widow is a superhero from Avengers who has special acrobatic and gymnastic powers. Let's see if you can get through a hula hoop with a pretend Black Widow spider on your head!
- **INSTRUCTIONS:** Have six kids hold hula hoops up so they are perpendicular with the floor (not parallel with it), in two lines with three people in each line. Choose two kids and put fake plastic (or paper) spiders on their heads. Tell them to race through the lines to see who can get their body through the hula hoops without letting the spider fall.
- **FOR PRETEENS:** Play this game Limbo-style with a long rod, and see who can get under the rod with a plastic spider on their head.

### SCRIPTURE | Ephesians 6:17; Hebrews 4:12

- **INSTRUCTIONS:** Look up the verse and read it.
- **What is the sword of the Spirit?**
- **What does the verse say is sharper than a sword?** The Word of God tells us about the power of God and how God can help us be brave to face tough situations.
- **How is the Bible different from other books?** It is alive and active, which means God uses it to teach us and help us!

### REFLECTION | The Sword of the Spirit

- The Bible is called the Sword of the Spirit because God uses it to help us. Let's think about ways the Bible can help us in different situations.
- **INSTRUCTIONS:** Give each kid a *Sword of the Spirit* printable and tell them to write one way the Bible can help them in each of the categories. When they're done, pray with them and ask God for help for each of the categories.

### TALK | RECAP OF THE MONTH

- We've had a super awesome month learning about how God can help us be heroes! Let's recap everything we've learned this month!
- The first week, we learned that **Jesus is a hero** and a Good Shepherd who protects and guides His

people.

- The second week, we heard the story of Joseph and the coat of many colors, and we learned that **God can help us become heroes.**
- The third week, we learned about Joseph being captive as a slave in Potiphar's house and then in prison, and we learned that **heroes make wise choices.**
- Last week, we learned that **heroes help others** when we heard about how Joseph save his people by saving food.
- And today, we learned about the Israelites becoming slaves in Egypt, and that **heroes need help too.**
- We learned so much this month! Now go into the world and be brave, because with God on our side, we can be heroes!

### MEMORY VERSES | Hebrews 11:1; Isaiah 40:31

- **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 the Egyptians treat the Israelites so harshly?** (*The king was worried about them growing in number. The king never knew Joseph or saw how God worked through Joseph to save Egypt.*)
- **What do you think it would take to rescue the Israelites?**
- **Was God with the Israelites during this tough time?**
- **Why do all of us need rescuing?**
- **How has God helped you or given you power during a hard time?**

### SCRIPTURE | John 8:34–36

- **INSTRUCTIONS:** Look up the verses in your Bible and encourage the kids to do the same.
- **What poor choices are you tempted to make?**
- **How can Jesus set you free from that temptation?**

### ACTIVITY | Handcuffed by Sin

- Elastigirl from The Incredibles movie may have super stretchiness as her super power, but even she could get captured and would need to be rescued.
- **INSTRUCTIONS:** Give each child two plastic or latex gloves and inflate the gloves by blowing into them. **\*Be aware of Latex allergies.** You could also cut out paper hands. The gloves represent hands that perform heroic deeds, like Elastigirl, but those hands can be bound by sin. Give the kids a piece of masking tape and put it on the floor or a table. Have them write on the tape something that can trap them or hold them back, and wrap the tape around the bottom of the hands or gloves.
- Sin can be like shackles or handcuffs that hold you back from living out God's plan for you. **What choices are holding you back? How can God help you overcome them?**

**MEMORY VERSES | Hebrews 11:1; Isaiah 40:31**

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