



WEEK 4

ELEMENTARY LESSON OUTLINE

HELP!

THE BIG IDEA

God helps us help others.

THE BIBLE

God Provides Food and Water: Exodus 15:22-25, 16:1-16, 17:1-7; (Philippians 2:1-4)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- MUSIC** | Can't Help But Praise!
- ACTIVITY** | Helping Hands
- ACTIVITY** | Helpful Words
- POLL** | Helping Counts
- SCRIPTURE** | Exodus 15:22-25, 16:1-16, 17:1-7
- THE BIG IDEA** | God helps us help others.
- VIDEO** | Help!, Episode 4
- QUESTION** | Remember That?
- REFLECTION** | Help Center
- SCRIPTURE** | Philippians 2:1-4
- REFLECTION** | Who's Hard to Help?
- ACTIVITY** | Help with H²O
- MEMORY VERSE** | Life Preserver
- PRAYER**

SMALL GROUP TIME

- DISCUSSION**
 - What were the Israelites complaining about?
 - What did Moses do when he heard the complaints?
 - How did God help Moses help the Israelites?
 - Re-read Philippians 2:3-4. What does it mean to "not look at your own interests, but to the interests of others?"
 - Can you think of a time when you might find it hard to help others?
 - What can you do to help them anyway?
 - What are some other ways you can help others at school? At church? Or in your neighborhood?
- ACTIVITY** | Band-Aid Buddy
- MEMORY VERSE** | Psalm 121:2 (NIV)



WEEK 4

HACKS FOR PRETEENS

HELP!

BY MIKE SHELEY

HOW TO HACK THIS SERIES FOR PRETEENS

In children's ministry, you've got a wide range of ages you need to engage every week, but preteens tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your preteens more engaged.

MUSIC | Can't Help but Praise!

Supplement your worship playlist with these preteen faves!

- ["Shine a Light"](#)
- ["Nothing is Impossible"](#)
- ["We are Royals"](#)

POLL | Helping Counts

Give your preteens a chance to make up their own phrases to poll the group.

REFLECTION | Who's Hard to Help?

Tell your preteens to divide into groups of three. Tell them to each write down what they are going to do to help someone who isn't the easiest person to help. As they share their response in their group, encourage them to jot down each other's responses as well. Designate some time the following week for these groups to check in on each other to see how they did! This is a great way to encourage accountability among your preteens. Discuss how accountability motivates us to do things we already know we should do because we know there is going to be someone who will follow up.

ACTIVITY | Help with H2O

One way to expand this activity for preteens is to provide them with an opportunity to teach others what they have learned and help them use it.

You can ask the preteen(s) who did the sketchnotes for you last week to come up with four to five sketchnote images that go with encouraging messages. They can teach the other kids how to draw these images to help them decorate their bottles. Be sure to use this as an opportunity to show how God can use a variety of gifts, talents, and abilities in ministry!



WEEK 4

HACKS FOR KIDS WITH SPECIAL NEEDS



BY KIM DORPENYO

HOW TO HACK THIS SERIES FOR KIDS WITH SPECIAL NEEDS

In children's ministry, you've got a wide range of ages you need to engage every week, but kids with special needs tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your kids with special needs more engaged.

ACTIVITY | Helping Hands

To prevent overstimulation from trying to search for something, being blindfolded, and having someone talk to them, allow the kids to simply find the item mixed in the bucket. They can search at the same time as the other kids or they can have their own bucket and find the same things that the other kids have to find each round.

ACTIVITY | Helpful Words

Provide a buddy to assist with writing the words or allow the kids to draw a picture (e.g., smiley face, heart, the cross, a rainbow, a flower – anything they are confident in drawing that would make someone smile.)

POLL | Helping Counts

Remember that kids in wheelchairs or those who have tense muscles can still participate, but may need some support to move their fingers, or require a buddy to hold up fingers on their behalf.

THE BIG IDEA | God helps us help others.

Provide hand motions to help the kids remember the Big Idea.

- God (*Point up*)
- helps us (*Reach forward then pull hands back into fists*)
- help others (*Point to friends around the room*)

**REFLECTION | Help Center**

Provide magazines for the kids to cut out and glue to the poster board. Provide a buddy to help write words on the poster board.

**MEMORY VERSE | Psalm 121:2**

Provide memory verse labels for the kids to put in order on the life preserver. Be sure to have a pre-made preserver for the kids to look at and re-create.



WEEK 4

ELEMENTARY LESSON GUIDE

HELP!

THE BIG IDEA

God helps us help others.

THE BIBLE

God Provides Food and Water: Exodus 15:22-25, 16:1-16, 17:1-7; (Philippians 2:1-4)

LARGE GROUP TIME

WHAT? *What are we talking about today?*

MUSIC | Can't Help But Praise!

- **INSTRUCTIONS:** *Play these songs and lead the kids in fun worship time!*
 - ["We Will Go"](#)
 - ["Love Won't Let Me Down"](#)
- ✂ **PRETEEN HACK:** *Supplement your worship playlist with these preteen faves! "Shine a Light" / "Nothing is Impossible" / "We are Royals"*

ACTIVITY | Helping Hands

- **INSTRUCTIONS:** *Invite four groups of two kids on stage. Prepare a large bucket for each group filled with the same items. Item suggestions are: one LEGO piece, a ping pong ball, a football, a Barbie doll, an orange, a water bottle, a candy bar, and anything else you have available to you.*
 - ✂ **SPECIAL NEEDS HACK:** *Encourage the kids to simply find the item mixed in the bucket. They can search at the same time as the other kids or they can have their own bucket while the other kids find the same things that the people have to find each round.*
- We are going to blindfold one person on each team.
- When I say, "Go!", find these items in this order:

- Ping pong ball
- LEGO piece
- Orange
- Candy bar
- But not so fast! We have some rules! The partner that isn't blindfolded can only look inside the bucket and give instructions to help their partner who is blindfolded.
- The group to find all the items first in the correct order wins!

ACTIVITY | Helpful Words

- One great way we can all help others is by encouraging them!
- **INSTRUCTIONS:** Give everyone a stack of sticky notes and tell them to think of one kind and happy word (such as nice, cool, awesome, amazing, brilliant, super, and other words you might find on encouragement stickers). Instruct them to write their word on multiple sticky notes. When everyone is ready, tell them to go around and put their sticky notes on the backs of their friends!
 - ✂ **SPECIAL NEEDS HACK:** Provide a buddy to assist with writing the words or allow the kids to draw a picture (e.g., smiley face, heart, the cross, a rainbow, a flower – anything they are confident in drawing that would make someone smile.)

POLL | Helping Counts

- God gives us opportunities to help others. I will ask you a question and I want you to show me with your fingers on scale of one to five how likely you would be willing to help. One being the lowest, five being the highest.
 - ✂ **PRETEEN HACK:** Give your preteens a chance to make up their own phrase and ask the group.
 - ✂ **SPECIAL NEEDS HACK:** Remember that kids in wheelchairs or those who have tense muscles can still participate, but may need some support to move their fingers, or require a buddy to hold up fingers on their behalf.
- Your dad needs help picking up the dog poop in the backyard. Gross!
- Your grandma asks you to help her unload the groceries from the store.
- Your little sister needs help learning how to ride her bike.
- Your mom asks you to set the table before dinner.
- God loves it when we help other people!

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

SCRIPTURE | Exodus 15:22-25, 16:1-16, 17:1-7

- **INSTRUCTIONS:** Summarize today's Bible passages for the kids. Here is one way you can do this.
- **Can anyone tell me some of the things we've learned about Moses this month?**
- We are picking up the story today after the Israelites were set free after they had been slaves in Egypt for a very long time.

- God called Moses to lead them out of Egypt and they were going to the Promised Land. So, now that they are free, they were excited, right? Wrong. They quickly forgot how God had helped them escape Egypt and began to complain. What did they complain about?
- **INSTRUCTIONS:** *Pick a few kids to come to the front and in their best whiniest voice say, “We have no food! We have no bread! We’re hungry! We’re thirsty! We should have stayed in Egypt!”*
- They were feeling so sorry for themselves, they began to think that it would have been better for them to stay as slaves in Egypt! Moses didn’t know what to do, so he prayed to God.
- Even though whining and complaining is not the best way to talk to God, God still helped the people. God gave Moses some pro tips to help the people.
 - When the Israelites came across bitter water, God showed Moses a piece of wood he could throw in the water to make it drinkable.
 - Later on, God told Moses that the people will have real food – a special bread called, manna, and a bird similar to chicken called, quail – which were going to fall from the sky, and they would always have enough to eat.
 - The people got thirsty and whiny again and this time, God told Moses to strike a rock and water came out from it!
- Again and again, God helped Moses help the Israelites. Moses cared enough about the Israelites to keep asking God for answers. And God was loving enough to help. . . and is still helping today! What’s more, God gives us the tools we need to go help others.

THE BIG IDEA | God helps us help others.

- **INSTRUCTIONS:** *Prepare five pictures to show on the screen. Guide the kids’ conversations to land on the Big Idea for the week after they see the pictures. Show each photo for about ten seconds.*
 - ✂ **SPECIAL NEEDS HACK:** *Provide hand motions to help the kids remember the Big Idea. God (Point up) helps us (Reach forward then pull hands back into fists) to help others (Point to friends around the room).*
- **What do all of the pictures have in common?**
- Great observations! All of the pictures show someone helping someone else.
- Our Big Idea this week is: **God helps us help others.**
- Turn to your neighbor and say the Big Idea to each other!

VIDEO | Help!, Episode 4

- **INSTRUCTIONS:** *Play this week’s [teaching video](#).*

QUESTION | Remember That?

- **INSTRUCTIONS:** *Take a large sheet of butcher paper and create two columns on it, with one column titled, “How God helped Moses” and the other with, “How God has helped me.” Ask the kids to shout out responses, or have a couple of them come up one at a time and write their responses on the butcher paper.*
- **How did God help Moses?**
- **How has God helped you?**

REFLECTION | Help Center

- **INSTRUCTIONS:** *Divide the kids into groups of five or less and tell them to sit in a circle. Pass out a poster board and markers to each group.*
 - ✂ **SPECIAL NEEDS HACK:** *Provide magazines for the kids to cut out pictures and glue to the poster board. Provide a buddy to help write words on the poster board.*
- Today, we are going to do a massive brainstorm session to get thinking about the different types of people who may need help!
- Let's think about how everyone we may know would need help somehow. Maybe you have a grandparent or elderly neighbor who needs help. Write their name down.
- Try to fill the poster board with as many people or groups as possible!
- We don't have to look very far to find someone who needs help. There are so many people who need help.
- Sometimes, it's someone who lives in our house, such as a brother or sister. Sometimes, it's a neighbor or a relative. Sometimes, it's people we don't know across the street or people who live far away. God helps us help others!

SCRIPTURE | Philippians 2:1-4

- **INSTRUCTIONS:** *Open the Bible and read Philippians 2:1-4 out loud.*
- These Bible verses get to the core of why we should help others. It's not so we can feel good about ourselves or because there is some sort of reward every time we help someone.
- We help others because we want to be more like Jesus, God's Son, who served others all the time while Jesus was on Earth. Jesus did that because Jesus truly cared and loved people.
- It's always easier to do what we want. It's natural to think about ourselves and forget about others. But just like God really wanted to help the Israelites in the desert, God really wants to help people we know. And God wants to help us to be the ones who help them!

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

REFLECTION | Who's Hard to Help?

- **INSTRUCTIONS:** *Lead the kids in a time of reflection.*
 - ✂ **PRETEEN HACK:** *Tell the preteens to divide into groups of three. As they share their response in their group, tell them to jot down each other's responses as well. Designate some time the following week for these groups to check in on each other to see how they did!*
- Sometimes, it's hard to help other people. Moses had a group of people – the Israelites – who God had just rescued from Egypt and we saw how they responded. . . with lots of whining and complaining.
- I'm sure it wasn't easy for Moses to help them. But God asked Moses to help them, so he obeyed. God helped Moses help them!
- **Think about someone in your life who may not be the easiest person to help.** This could be a sibling, a friend you're arguing with, or someone at school who isn't very nice to you.
- **How might you be able to help them even if it's hard?**

ACTIVITY | Help with H²O

- **INSTRUCTIONS:** Give each kid a blank water [bottle label](#) and colorful permanent markers. Encourage the kids to decorate and stick their labels on a water bottle. Make sure the kids do not break the seal on the bottles.
 - ✂ **PRETEEN HACK:** Provide your preteens with an opportunity for them to teach other kids how to draw some images on their labels.
- One of the things the Israelite people cried about most was water. Which gets me thinking. . . one way to help others is to give away a bottle of water! It can be to a friend at school, or teacher, or a neighbor.
- Think of an encouraging message to write on the water bottle. It can be a verse we read in the Bible or a fun statement like, “You got this!”
- Our encouraging words are a great way to help the people in our lives and in our community. God helps us help others!

MEMORY VERSE | Life Preser-verse

- **INSTRUCTIONS:** Give each kid a paper plate, and instruct them to cut the inner circle out so they are left with a ring. Then, tell them to position a piece of yarn in a circle loosely around the plate, then tape it to the plate with four pieces of [red tape](#), to make a life preserver ring, which will look something like [this](#). Lastly, tell the kids to write the memory verse around the plate and decorate it.
 - ✂ **SPECIAL NEEDS HACK:** Provide memory verse labels for the kids to put on the life preserver in order. Be sure to have a pre-made preserver for the kids to look at and re-create.

PRAYER

- Dear God, thank You for reminding us that helping isn't always easy, but it's what You want each of us to do. This week, show each of us who You want us to help and how we can love them. Amen.

SMALL GROUP TIME

DISCUSSION

- What were the Israelites complaining about?
- What did Moses do when he heard the complaints?
- How did God help Moses help the Israelites?
- Re-read Philippians 2:3-4. What does it mean to “not look at your own interests, but to the interests of others?”
- Can you think of a time when you might find it hard to help others?
- What can you do to help them anyway?
- What are some other ways you can help others at school? At church? Or in your neighborhood?

ACTIVITY | Band-Aid Buddy

- **INSTRUCTIONS:** Give each kid a piece of cardstock paper, a [Band-Aid](#), a pair of googly eyes, a permanent marker, and other art supplies. Instruct them to fold the cardstock paper in half, then stick the Band-Aid on the front of their card. Tell them to create a character out of the Band-Aid using the googly eyes and permanent marker. Encourage them to decorate the card. Check out [this example](#), if you need ideas.
- Who is someone who could use your help by receiving an encouraging card? Maybe it's a Get Well Soon, Happy Birthday, or even a Just Because card that will make them smile this week!

MEMORY VERSE | Psalm 121:2 (NIV)

- **INSTRUCTIONS:** Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.