

WEEK 4 | OLDER ELEMENTARY

Need to Know: I Can Ask God for Help

Bible Story: God Feeds the Israelites

Bible Reference: Exodus 16-17



CIRCLE UP

- DO**
- Welcome kids to church and tell them who you are.
 - **Sanitize** kids' hands. Pass around the **cowboy hat** without looking at the **picture** taped inside. Allow kids to share their name, look at the picture without showing it to you, and answer a "yes" or "no" question that you ask them from the **Game Guide**. Remind kids not to tell you what the picture shows or give any extra hints.
 - After going around the group, guess what the picture shows and let kids tell you if you are right or wrong.

SAY *Just like I needed help figuring out what was inside the hat, we all need help sometimes. No matter what problem we have, we can ask God to help us. We can trust that He hears us and cares about the things we're going through.*

Today we are going to talk about how we can ask God for help. So let me hear you say this after me: (Motions optional for 4-5)

I Can Ask God (cup hands around mouth)

For Help (hands out, palms up)

READ THE BIBLE

**SAY &
DO**

Read the **Bible Story Cards** to the group. Then, ask the following questions:

- *When the Israelites faced hard times in the desert, what did they do?* (Grumbled and complained)
- *True or False: The Israelites said it would be better to go way out west than stay in the desert and starve.* (False, they said they would rather go back to Egypt)
- *How did God help the Israelites?* (By sending manna to fall from the sky, by giving them water from a rock)
- *God provided food and water for His people in unexpected ways. God sees any problem we have, and we can always ask Him to help us. We can trust that He loves us and wants to help us.*

LET'S PRACTICE

OPTION 1: I HAVE, WHO HAS?

DO

1. **Sanitize** kids' hands. Give each child a **Game Card**, making sure every Card has been used. Some kids may get more than one Card.
2. Explain that one person will read their Card to the group. The top picture will be the object they have, and the bottom picture will be the object they need. The child that has the object that is needed will stand up and say, "Giddy up, I've got it." Then, that child will read their Card to the group.
3. Have the group play as fast as they can to see how quickly they can find all of the items. Assist kids as needed.
4. Afterward, read the **Question Sheet** to the group, and have kids repeat:
I Can Ask God (cup hands around mouth)
For Help (hands out, palms up)

OPTION 2: DISCUSSION QUESTIONS

1. *What are some ways God has helped or taken care of you in the past?*
2. *When can you ask God for help?*
3. *Why can we still trust that God is helping us, even if He doesn't do it in the way we want Him to?*
4. Have kids repeat:
I Can Ask God (cup hands around mouth)
For Help (hands out, palms up)

LET'S PRAY

SAY

Hey God! Thank You for loving us and giving us everything we need. Help us to remember that we can always ask You for help, no matter what we face. In Jesus' name I pray. Amen.

MEMORIZE IT

SAY & DO

There's a verse in the Bible that helps us know that God is working things out for our good. Let's practice it together. Say this after me:

"We know that (both hands point to head)
God is always at work (pound fists)
for the good (thumbs to chest)
of everyone who loves Him. (cross arms over chest)
They are the ones (both hands point out)
God has chosen for His purpose." (hands out, palm up)
Romans 8:28 (make book with hands)

Place the **Memory Verse Footprints** on the ground in the correct order so that kids can step from one to the next. Have each child "chase the bandit" by stepping on the footprints and saying that portion of the memory verse. Assist kids as needed, and have kids sit down after their turn.