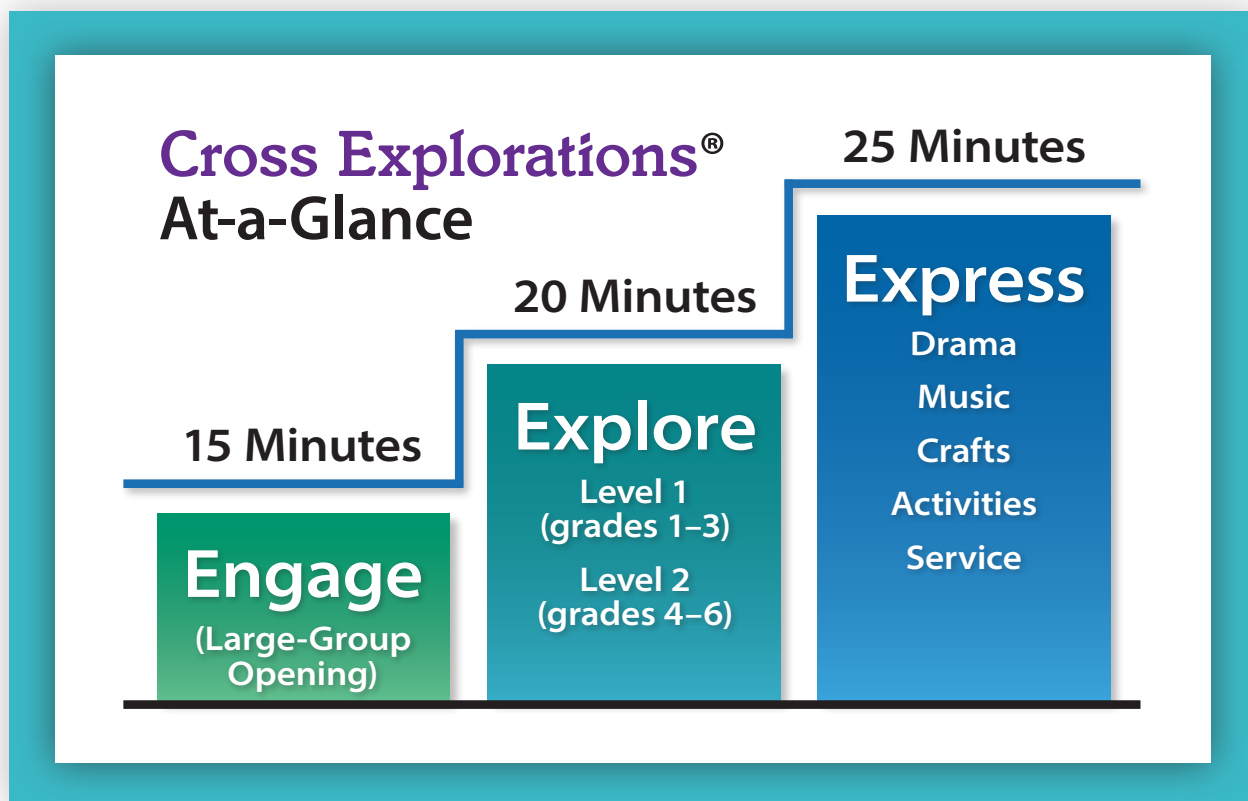




What's on the Express Activities & More CD?

The Express Activities & More CD gives you a choice of activities to help students apply the Bible lesson to their lives. It includes science, music, games, snacks, service projects, and more, organized by week and by type of activity. Choose activities that fit the time you have available and the talents of your volunteers.

Do not expect to do all the activities each week. Rather, vary the ones you choose from week to week so students get a chance to experience different types of learning. If you use Cross Explorations in a Midweek setting, use any extra time to include additional small-group Express options.

The Craft Patterns folder on the Activities & More CD has patterns for the crafts you will find in the separate Craft Booklet in the Cross Explorations kit.

Site Leaders

Cross Explorations site leaders do what they do best! If you love helping students apply the Bible truths in the lessons through music, games, science activities, themed food, service projects, and the like, you'd make an excellent site leader for the Express activities on this CD. Recruit people with other talents or strengths to lead activities you are not as comfortable doing.

Site Location

Express sessions offer flexibility for meeting locations. You may choose to meet in separate classrooms that are set up for specific sites or in one larger space.

If you have multiple sites in one space, use rolling dividers, moveable walls, or even fabric panels to block sight and sound distractions. Food options will sometimes require kitchen access.

God Provides Judges and a King

Old Testament 3 • Activities At-a-Glance

Lesson	Activity	Food	Service
1		Promised Land Snack	Military Care Packages
2	Stop the Water	Milk and Honey	
3	Breaking Down the Wall of Sin Lord's Prayer Poster	Nugget Crosses	
4	Godly Surprises Memory Songs	Explosive Power	Judge Appreciation
5	Egg-ceptional Strength Prayer Cards	Overcoming Darkness Whoopie Pies	
6	Samson and Delilah Relay	Grinding Corn and Griddle Cakes	
7	Taking Troubles to the Cross	Gleaning Snack God's Family Lineage	
8	Taking Off the Covers	Sin and Forgiveness Pudding	Pastor Appreciation Gifts
9	Guess the Fad Challenge Whom Do We Follow?	Cupcake Choices	
10	Giant Fears	Victory Snack	
11	Friend, Indeed	Pretzel Hugs	
12	Joyful, Joyful Royal Fireworks	Olive Oil for a King	
13	Crashing Sin Creative Confrontations	Crushing Sin	

God Provides Judges and a King

Old Testament 3 • Lessons At-a-Glance

Lesson	Lesson Title / Scripture	Key Point
1	The Twelve Spies in Canaan Numbers 13–14	By God’s power, Israel rose victorious over many great enemies. By the power of Christ, who fought for us on the cross, we are victorious over the greater enemies of sin, death, and the devil.
2	Entering the Promised Land Joshua 3:1–5:12	Led by Joshua through the Jordan River, Israel left the desert and entered the Promised Land. Led by Christ through the water of our Baptism, we leave behind the desert of sin, death, and Satan and enter into the promised land of His heavenly kingdom.
3	The Fall of Jericho Joshua 6	Through His servant Joshua, God gave the Israelites victory over Jericho by causing its fortress walls to fall. Through Jesus Christ, God gives us victory over our enemy, Satan, causing the fortress of sin and death to fall and assuring us that we are His people.
4	Deborah Judges 4–5	Through the unlikely acts of Deborah, Barak, and Jael, God freed His people from tyranny. Through Christ’s unlikely virgin birth and His death on the cross, God freed us from the tyranny of sin and death.
5	Gideon Judges 6:11–7:25	Christ, the light of the world, overcomes the darkness of sin and death, just as God overcame Israel’s enemy while the light streamed from the lamps of Gideon’s men.
6	Samson Judges 16	Samson delivered God’s people from those who oppressed them. Jesus, God’s Son, delivers us from sin and death and wins salvation for us. We are weak, but He is strong!
7	Ruth Book of Ruth	Through the lineage of a common woman, Ruth, God ultimately brought forth His Son, who is the Savior of all: Jews and Gentiles, men and women.
8	God’s Servant Samuel 1 Samuel 1–3	For the sake of Christ, God, who is ever eager to forgive us and grant us His grace, calls all to repentance through preachers such as Samuel.
9	Saul Becomes King 1 Samuel 8–10; 11:12–15	Though God lets us have our own way at times, His is the way of forgiving and saving, which He did for His people of old and does for us today.
10	David and Goliath 1 Samuel 17	As David struck down the giant Goliath, so David’s greater Son—Jesus—struck down the Goliaths of sin, Satan, and death through His own death on the cross.
11	David and Jonathan 1 Samuel 18:1–5; 20	Just as God’s love filled Jonathan and David and helped them love each other, so Christ fills our hearts with God’s love, enabling us to love our neighbor.
12	David Becomes King 1 Samuel 16:1–13; 2 Samuel 5:1–10	Just as David reigned over Israel, so the God-man, Jesus, our David, reigns over the kingdom of grace, of which we are citizens.
13	God Forgives David 2 Samuel 12:1–23	Just as God accepted and forgave King David and other great saints who committed grave sins, so He accepts and forgives us, all for the sake of Christ.



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Edited by Lorraine Groth

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Promised Land Snack

Lesson 1

The Twelve Spies in Canaan

Numbers 13–14

Key Point

By God's power, Israel rose victorious over many great enemies. By the power of Christ, who fought for us on the cross, we are victorious over the greater enemies of sin, death, and the devil.

Purpose

Students will make and eat a snack using foods that represent what the Israelites ate in the wilderness. As they do this, help them think about what the Bible lesson means for their lives today. Adapt the questions and teacher talk to work for the students you teach.

Encourage students to offer examples from their lives where they see God at work doing sometimes seemingly impossible things. Share some of your own examples and help students think about how Jesus can work in their lives too.

You Need

- ☐ Paper plates, spoons & cups for serving
- ☐ 4 serving platters
- ☐ 4 large dish towels to cover the platters
- ☐ Pitcher of water
- ☐ Bowl of cornflakes
- ☐ Pieces of bread (preferably a bread that is sweet or made with oil)
- ☐ Pieces of cooked chicken (to represent quail)
- ☐ Milk
- ☐ Honey or pieces of honeycomb
- ☐ Grapes, pomegranates, or figs (or all of them)

Get Ready

Put a jug of water on one platter, and cover it with a large dish towel.

Put a plate of small pieces of bread on the second platter with a bowl of cornflakes beside it, and cover it with a large dish towel.

Put a plate of small pieces of cooked chicken on the third platter, and cover it with a large dish towel.

Arrange a bowl of honey or pieces of honeycomb, grapes, pomegranates, figs, and a container of milk on the fourth platter. Cover with a large dish towel.

Set the four platters out on a table.

Set out plates, spoons, and cups on the table where the students will sit for their snack. Alternately, put them on the end of the food table and have the students sit on blankets on the floor for their snack (as if they were traveling like the Israelites).

Make the Point

Gather the students near the tables and tell them that they will be having food similar to what God gave the Israelites while they were in the wilderness on their way to the Promised Land. Review the story as you uncover each tray of food.

Say The Israelites kept forgetting how well God was taking care of them. Even though they saw God do many miracles, they kept whining for more from Him.

Ask What does whining and complaining sound like? Accept responses or give an example. **What was the first thing the people wanted? Water!**

Say God made water come out of a rock so that they would have nice fresh water to drink. Uncover the first tray. **Next, the people were complaining that they were hungry.**

Ask What did God give them? **God gave them manna.** Uncover the second tray.

Say The manna looked like tiny white flakes and appeared on the ground every morning except on the Sabbath, their day of worship. The people collected the little flakes and made bread with it. God also gave the people meat to eat by sending a huge flock of quails every night. Uncover the third tray.

Say This is chicken, but it is similar to the quail meat the people got when they collected quails every night.

When God brought the people to the edge of the Promised Land, the Israelites sent twelve spies in to see what the land was like. The spies came back after forty days.

Ask What did they say? **The land flowed with milk and honey and had wonderful fruit.** Uncover the fourth tray.

What else did they say? Briefly discuss the report of the ten spies compared to that of Joshua and Caleb, who trusted that God would take care of them since He was the one sending them to the Promised Land.

Say The Israelites started complaining again and were too scared to go to the Promised Land. Because the people did not trust God, He said they would not get to enter the Promised Land. Instead, He let them wander in the wilderness for forty years. It would be their children, along with Joshua and Caleb who did trust in God, who would get to enter the Promised Land and conquer it.

Let students choose their snack from your trays. As they eat it, engage them in a discussion.

Say When we hear this story, it is hard to understand how the Israelites could keep complaining and sinning so much when they kept seeing God make miracles happen for them. But they were sinners just like us. Think of times you've complained or not trusted God.

Have students share examples or share some of your own. If you have a large group, divide students into groups of three or four so they will be more comfortable sharing.

Say Sometimes, sin has uncomfortable consequences. The Israelites experienced this when they had to wander in the desert. Wandering in the

desert was kind of like being given a very long time-out or being grounded until they were ready to behave again. God wanted them to learn to trust in Him.

Ask Can you think of examples in your life when you've experienced the consequences of sin? **Examples of answers: Maybe they did not listen to their parents and left their bike out overnight, so they lost the privilege of riding it for a few days, or it could have been stolen; maybe they took something from a sibling that didn't belong to them and broke it, so even if their brother or sister forgave them, they still had to do extra chores to pay for a replacement of the item.**

Say No matter how much we have sinned—or even when we experience natural consequences for our sin, God always keeps loving us and wanting what is best for us. God loves us so much that He sent Jesus to die so that we could be saved from our sins.

God makes it really easy for us to be saved too. There's nothing we have to do. It is just a free gift of forgiveness that God gives to everyone who believes that Jesus' dying on the cross saves us from our sins.

Because Jesus came back to life and went to heaven, we know that everyone who believes in Jesus will be able to come back to life and go to heaven some day when they die too. Heaven is our promised land.

Ask What difference does it make in your life to know God loves you that much?

Let students give personal examples. If no one volunteers, share some of your own; then have students divide into small groups, which are less intimidating, to share some of their faith stories.

Military Care Packages

Lesson 1

The Twelve Spies in Canaan

Number 13–14

Key Point

By God's power, Israel rose victorious over many great enemies. By the power of Christ, who fought for us on the cross, we are victorious over the greater enemies of sin, death, and the devil.

Purpose

In today's Bible lesson, the twelve spies sent to scope out the Promised Land remind us of military reconnaissance today when military special forces teams go outside an area occupied by friendly forces to gain information about the natural features of the land and enemy presence.

Help students think about and value the work of our armed forces today as they assemble care packages for those in the military. Use the opportunity to talk about how God protects us through the work of military personnel and our role in supporting them.

Most of all, help students see that while in this life we still have troubles such as war, God has won the battle over our spiritual enemies through His Son, Jesus.

You Need

- ☐ Recommendation Form (end of activity)
- ☐ Box for each person who will receive a care package (choose boxes that are about the size you will be able to afford to ship)
- ☐ Small box or coffee can to collect donations for postage
- ☐ Poster paper
- ☐ Markers
- ☐ Masking tape (to put up posters)
- ☐ Strong shipping tape

Get Ready

Ask your congregation to fill out a recommendation form for those they want to receive a military care package. This form includes the name, APO/FPO/DPO address, branch of the military, where the person is serving, a list of items that would be a special treat, and how the person is connected to the congregation (e.g., "daughter of," "grandson of," "friend of," "confirmed here in 2008"). Ask for photos of the military personnel named on the form. Tape the photos you receive to the donation box.

Get a box for each person to whom you'll send a care package. On the box, put a sign with the person's name, branch of the military, and place where he or she is serving. Tape a photocopy of the filled-out military care package recommendation form to the box, so it is easy to remove when it is time to ship the box.

Next to the boxes, put out another box or coffee can with a money slot in the top to collect donations to help cover postage. Put a sign on it that says something like "Donations to help pay postage."

Check with your local post office to find out the current guidelines and restrictions for sending packages to each person on your list. Also be aware of how high or low the temperatures are at each destination, so you can send appropriate items that won't be damaged due to extreme heat or cold.

Do This

Have students make signs advertising that the Sunday School is preparing care packages for family and friends in the military. The posters should invite congregation members to include letters, thank-you cards, and small gifts. Be sure to include the deadline date by which all donations must be in the boxes.

Have the students put up the signs and set up a table with the care-package boxes in the narthex, fellowship hall, or somewhere that the congregation will see them each Sunday until the deadline date.

Have the students come up to the front of the church and help you make an announcement after worship to let everyone know about the boxes.

Encourage the students to draw pictures, make thank-you cards, or write letters to include in the care packages. *Option:* Take a picture of your church building or congregation gathered in front of the church with the Sunday School students in the front. Make 8 × 10-inch prints and include a copy in each care package.

Set a day and time for the students to get together to prepare the boxes for shipping (e.g., during your regular Sunday School time, after Sunday morning church, or on a Saturday morning).

If a person is given both food items and chemical items (such as deodorant or antibiotic cream), send those items in separate packages.

Make the Point

When you set the boxes up at the start of the donation time or when you gather to prepare the care packages to be mailed, talk about why you are doing this activity.

Say The spies went on a dangerous mission to check out the Promised Land. Upon their return, they reported that the people were giants who lived in walled cities. Their enemies would not be easily conquered.

Our soldiers work long hours in dangerous places to keep us safe from enemies who would hurt us. As students, you might think there is nothing you can do. But you have a source of power beyond anything in the world. What is it? Accept answers.

You belong to Jesus, who fought the battle against sin, death, and the devil for you and won. Now the Holy Spirit gives you power to fight against the devil too. Even though you do not go to dangerous places in the world to help protect our country, there are other important things you can do. By sending care packages to soldiers, you are showing support for them and reminding them that they are loved and appreciated.

Ask What is something else you can do? **Write letters, help their families, and the like.**

Say An even more important thing you can do is to pray for our soldiers. You can ask God to keep them safe and to help them make smart decisions. Most important, you can ask God to help all of our soldiers know that Jesus came to fight against the worst enemies of all. When Jesus died on the cross, He beat sin once and for all so that all who believe in Him are forgiven of their sins and receive eternal life.

So, think about it: every time you pray or tell people what is in the Bible, you are being soldiers against the bad things the devil wants!

Take time to walk past the row of care packages, and pray, by name, for each person who is getting one.

Military Care Package Recommendation Form

Name of soldier:

APO/FPO/DPO address:

Branch of the military:

Where he/she is serving:

Items he/she would appreciate:

Items that are not allowed:

Connection to the congregation:

Military Care Package Recommendation Form

Name of soldier:

APO/FPO/DPO address:

Branch of the military:

Where he/she is serving:

Items he/she would appreciate:

Items that are not allowed:

Connection to the congregation:

Stop the Water

Lesson 2

Entering the Promised Land

Joshua 3:1–5:12

Key Point

Led by Joshua through the Jordan River, Israel left the desert and entered the Promised Land. Led by Christ through the water of our Baptism, we leave behind the desert of sin, death, and Satan and enter into the promised land of His heavenly kingdom.

Purpose

God stopped the rushing water of the Jordan River, so that Joshua could lead the Israelites across.

In this simple experiment, you can demonstrate how to stop a flowing liquid. It will provide an opportunity to talk about the fantastic miracle God worked to get His people to the Promised Land.

You Need

- ☐ Cornstarch
- ☐ Water
- ☐ Measuring cups
- ☐ Bowl
- ☐ Spoon
- ☐ *Optional:* Scissors, toy figure

Do This

Put 1 cup of cornstarch in a 2-cup measuring cup.

Gradually add ½ cup of water, mixing it with a spoon. The mixture should be fluid but increasingly harder to mix. When it's the right consistency, cracks should form but fill in quickly.

Slowly begin to pour the cornstarch mixture into a bowl.

As the mixture streams out of the measuring cup, ask a student to pull it away quickly. Or, if a student doesn't want to touch the mixture, he or she can snip it firmly with scissors.

Understand It

God stopped the flow of water in the Jordan. In this experiment, you should be able to pull away or cut the liquid and stop the flow momentarily. That is because cornstarch and water form what is called a non-Newtonian fluid, which acts like a solid when acted on with force but like a liquid when it is treated gently.

Force causes the long molecules of the cornstarch to tangle together, trapping the water and creating a solid. But when the mixture is subjected to only gentle pressure, water molecules can move easily between the cornstarch molecules, so the mixture acts like a liquid.

To see how it acts as a liquid, hold a play figure (e.g., a Lego block or Playmobil figure) gently on the surface and watch it sink. But if you march it forcefully across the mixture's surface, it will remain dry.

Make the Point

After you have demonstrated the experiment, explain what happened in it. Then discuss the Bible lesson.

Say The demonstration you just saw is not a miracle. So, how can the cornstarch and water act like both a solid and a liquid?

The cornstarch and water form a non-Newtonian fluid. When this kind of fluid is acted on with force, it acts like a solid, but when it's treated gently, it works like a liquid. But God did perform several miracles to get the Israelites across the Jordan River.

Ask What were they? Let students offer the answer; then walk them through the event.

Say First, He stopped the flow of water—can you even imagine that? How could He have done that without the water overflowing its banks and flooding the surrounding area? It must have piled higher and higher.

Then, He dried up the riverbed to allow people to walk across. Think about the mud at the bottom of a pond or

stream—you wouldn't be able to walk across a mushy bottom like that, would you? But God made it dry so His people could walk across. Finally, He caused the water to return to its natural flow.

Ask Can you think of another time in the Bible when God miraculously stopped the flow of water? Allow students to answer.

Say That's right, when Moses led the captive Israelites across the Red Sea, with their Egyptian captors at their heels.

Ask How was that different than crossing the Jordan? **God parted the waters for them to walk across the Red Sea; this time, crossing the Jordan, He stopped the water from flowing altogether till they crossed.** How were the events similar? **Both times, God performed miracles to save His people.**

Say God often used miracles in the natural world to demonstrate His power as God and to save His people.

Ask Can you think of other times when God caused elements like water or fire to act differently than they naturally would? **Possible answers: He caused water to flow from a rock. Food rained down from heaven instead of growing on the earth. One time, He caused fire to rage on an altar, despite everyone's frantic efforts to douse the fire with water. He caused fire to burn in a bush without causing any harm to the bush.**

Ask Does God do miracles in your life? Let students share their thoughts on this. **What did God accomplish through the miracle in today's lesson? God took His people from wandering in the wilderness and brought them through the Jordan River into the Promised Land.**

Say Think about how you are like the Israelites and how God rescued you.

Lead students in discussing their grumbling sins and how they are like the Israelites wandering in the desert, not wanting to listen to God. But God rescues them through the waters of Baptism and brings them to faith in Jesus. He promises to be with them always and brings all who believe in Jesus to the promised land of heaven.

Milk and Honey

Lesson 2

Entering the Promised Land

Joshua 3:1–5:12

Key Point

Led by Joshua through the Jordan River, Israel left the desert and entered the Promised Land. Led by Christ through the water of our Baptism, we leave behind the desert of sin, death, and Satan and enter into the promised land of His heavenly kingdom.

Purpose

Help students remember the Bible lesson by making a snack to remind them of the Promised Land and the sweetness of the heavenly promised land that is ours in Christ Jesus. Adapt the teacher talk to work for the students you teach.

You Need

- ☐ Tablecloths
- ☐ Paper plates, spoons & napkins
- ☐ Serving bowls & spoons
- ☐ Granola (mix with a crunchy whole-grain cereal, if desired)*
- ☐ Vanilla yogurt*
- ☐ Honey (in squeezable containers)
- ☐ Berries or other seasonal fruit*

* Be aware of nut, gluten, dairy, and strawberry allergies students may have, and adapt accordingly.

Get Ready

Protect tables with tablecloths.

Cut fruit into bite-size pieces.

Set out honey, bowls of granola, fruit, and yogurt at each table.

Make the Point

Before students make their snack, talk about the lesson.

Say For generations, the Israelites wandered in the dry desert. How did God take care of them? **He gave them manna and quail every day for food.** Still, God's people grumbled and complained against God. They forgot how He was taking care of them.

Ask How are we like them? Do you ever grumble or complain or feel life treats you unfairly? Have you ever been mad because God didn't give you something you wanted? Let students share their own examples as you talk about sin in our lives.

Say But God promised to bring His people to the Promised Land, a land flowing with milk and honey. And He kept His promise. At the Jordan River, led by Joshua, Israel left the desert and entered the Promised Land of milk and honey.

Ask What promises does God make to us? Let students tell.

Say We talked about how we are sinful, just as the Israelites were. But God wants us to have new life in Him. He wants us to arrive in heaven, our promised land. That's why God sent His Son, Jesus, to be our Savior. God forgives our sins for Jesus' sake, even our sins of grumbling and complaining.

Through the waters of Baptism, God gives us faith in Jesus and makes us His children. Because we belong to God through faith, we have the forgiveness Christ won for us on the cross, and we look forward to living with Jesus in the promised land of heaven.

Today, you'll make a landscape of parched grains, produce, milk, and honey—ingredients that remind us of how God kept His promise to the Israelites.

Show each ingredient as you talk about it.
First, scoop the granola onto a plate.

Say This granola is dry like a desert, but it can also remind us of the grains God's people ate once they entered the Promised Land.

Show the yogurt. **Yogurt will be our "milk." It is made only when there is more than enough fresh milk available so that the extra can be preserved.**

Point to the honey. **Honey, sweet like God's goodness to us, would have been a rare treat for the people of Israel.**

Finally, fruit, another sweet, is a reminder of the lush produce of new land, and of our heavenly home.

Say The Bible often talks about heaven as a rich banquet full of the best foods. As you choose ingredients for your snack, think about how God cares for you and promises to give you a home in heaven.

Encourage students to create an edible landscape. Tell them they can form the "land" as they wish—into hills, valleys, and flatland. Before they eat their snack, lead them in a table prayer.

As they enjoy their snack, encourage them to talk about the blessings God gives them in this life and how He cares for them and forgives them and will one day bring them to the promised land of heaven.