



WEEK 4

PRESCHOOL LESSON GUIDE

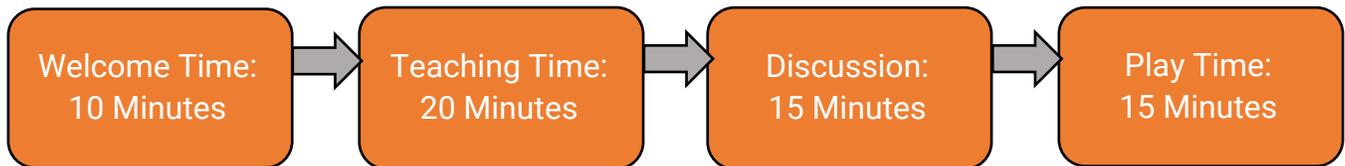


THE BIG IDEA

God helps us help others.

THE BIBLE

God Provides Food and Water:
Exodus 15:22-25, 16:1-16, 17:1-7



WELCOME TIME

MUSIC | Can't Help But Praise!

- **INSTRUCTIONS:** Sing and dance along to some fun songs about God, who helps us!

ACTIVITY | Helping Hands

- **How does a firetruck help?** Yes! It helps put out fires.
- **How does a police car help?** Yes! They help keep us safe.
- **How does an ambulance help?** Yes! They help take people to the hospital.
- **Now, does anyone know how a helicopter can help?** Yes, it can help find lost people and help bring people to safety!

TEACHING TIME

SCRIPTURE | Exodus 16:1-16, 17:1-7

- Last we heard about Moses, God protected the people of Israel during those awful plagues in Egypt so that the people of Israel were safe! Not only that, now God helped

the people of Israel escape Egypt and head toward a new land that God was going to show them.

- They were probably really happy about this, right? Well, they were at first. But getting to the land God promised them was going to be a long journey. **How do you think they got to the promised land?**
 - **Did they fly a helicopter?** No.
 - **Did they go really fast in an ambulance?** No.
 - **Did they have a really big firetruck?** No.
- No, they didn't have any of these things! They had to walk and walk and walk and walk. Let's walk around the room a few times like the Israelites walked.
- So, we only walked around a few times, but the Israelites walked for a really, really long time. After a while, they started to get tired. They wanted good food. They thought God was being unfair to them. They forgot all the ways God helped them before!
 - Want to hear what that was like? [*Say in whiny voice.*] "I'm hungry! I'm thirsty!"
Hmm . . . maybe this is not the best way to say how we feel!
- Moses didn't know what to do, so he prayed to God. Turns out, that was the best thing to do!
 - When the people said they were hungry, God told Moses to tell them God was going to give them food – bread, called manna, and quail – which were going to fall from the sky! And guess what? They would never run out!
 - When the people said they were thirsty, God told Moses to strike a rock with his staff, and water came out of it!
- God gave Moses everything he needed to help the people of Israel. That's because God often helps us through other people. And we can help others with God's help, too!

THE BIG IDEA | God helps us help others.

- **INSTRUCTIONS:** Prepare three pictures to show the kids. Guide their conversations to land on the Big Idea for the week after they see the pictures.
 - **TODDLER HACK:** Show just one picture of people helping and talk about the picture with the kids.
- **What do all of the pictures have in common?**
- 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 tell them the Big Idea!

VIDEO | Help! Episode 4

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



ACTIVITY | It's Raining Manna!

- **INSTRUCTIONS:** Print [this image](#) of the people collecting manna on white card stock paper. Tell the kids to color the picture. When they are done coloring, tell them to glue cornflakes onto the pictures of manna.
- Manna was the special bread God sent down from the sky. It tasted nothing like the people had ever tasted before! And they always had enough to eat.
- Manna was just one of the many ways God helped the people through Moses. If Moses didn't pray to God, who knows if they would have gotten to try manna? **God helps us help others.**

PRAYER

- Thank You, God for helping Moses help the Israelites. Help us to remember You are always nearby to help us. Thank You for helping me to help others, too!

DISCUSSION TIME

- **Which person helped the Israelites in today's story?** Moses.
- **Who helped Moses help the Israelites?** God.
- **Do you remember what they ate and drank?** They ate meat and bread, and drank water from a rock.

ACTIVITY | Helpers Stick Together

- **Does God help us to help other people?** Yes!
- **Who are some people you can help? How can you help them?**
- You can also help by saying kind things and making people smile. **Who is someone you can help in that way?**
- **INSTRUCTIONS:** Try to encourage the kids to name a specific person, like my Aunt Lee, or my neighbor, Kris, whom they can help.

ACTIVITY | Help with H2O

- 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 a friend at school, or teacher, or a neighbor.
- **INSTRUCTIONS:** Give each kid a strip of paper, crayons, and markers. Instruct the kids to decorate the paper with pictures of encouragement or even someone's name or picture they want to encourage. When they are done, use clear, sticky tape to stick the strip of



HELP! | WEEK 4 PRESCHOOL LESSON

paper to the water bottle. When they're done, collect them and pass them back out as the kids leave at the end of service.

- Think of an encouraging picture to draw on the paper, something that will make someone smile! When you're done, we will tape the paper onto a water bottle for you to take on your way out today. Then, you can give this to someone you want to make smile!
- **God helps us help others!**

MEMORY VERSE | Psalm 121:2

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *Print and distribute this week's coloring page along with crayons or markers. Review today's Bible story and Big Idea as they color.*

Encourage your preschoolers to help clean up the room while they wait for their parents.