

WEEK 1

LESSON GUIDE

measure up

BIG IDEA

God guides us
to safety.

BIBLE

The Escape to Egypt:
Matthew 2:13-23

WELCOME TIME

MUSIC | Praise in the Park

- **INSTRUCTIONS:** You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Why He Came" (Lifeway Kids Worship)
 - "Seek First His Kingdom" (Seeds Family Worship)
 - "Follow On" (Orange Kids Music)
 - "I Want to Be Like Jesus" (Lifetree Kids)
 - "I Wanna Do Right" (Jana Alayra)

ACTIVITY | Park Map Maze

- **INSTRUCTIONS:** Use tape on the floor to create a path(s) with fun turns and curves. Print out and place [amusement park icons](#) along the path(s). Encourage kids to go through the park in different ways: hop (one foot, two feet), skip, gallop, bear walk, tightrope walk, or walk backwards.
 - ✂ **TODDLER HACK:** Encourage younger kids to crawl, bear walk, run, or push a toy car as they follow the path.
- This month, we are going to talk all about growing up. **Did you know that when Jesus was on earth, he grew up, too?**
- When Jesus was a kid, I wonder if he would have liked going to amusement parks because . . . we are going to pretend to be at an awesome amusement park all month!
- Amusement parks have many paths that you can walk through to get to all the rides, games, and yummy food . . . it can really feel like a maze!
- Let's pretend we're walking through an amusement park together.

ACTIVITY | Snack Race

- **INSTRUCTIONS:** Invite kids to choose a piece of colored paper that they will crumple to represent their favorite snack. Add all of the crumpled paper “snacks” to a bin labeled “Home.” Place a second bin labeled “Park” on the other side of the room. Have one to two kids at a time use large spoons to scoop up a “snack” from the home bin, dash over and place the “snack” into the park bin, then pass their spoon to the next person. If you have a very large group, consider having multiple sets of bins and dividing the kids into teams. The first team to get all of their snacks to the park wins!
- ✂ **TODDLER HACK:** Blow up balloons or inflatable beach balls and draw common toddler foods (like fruits) onto them. Put on some fun amusement park theme music, and encourage younger kids to keep the balloons moving or to get all the balloons to one side of the room.
- Amusement parks are full of delicious food. But sometimes, it’s nice to bring a snack from home to eat, too!
- I wonder what some of Jesus’ favorite snacks were when he was growing up!
- **What are some of your favorite snacks that you would want to bring to the park?**
- Let’s pretend to make our snacks by thinking about what it looks like and crumpling our pieces of paper. We are going to work together to bring all of our snacks to the amusement park today!

STORY TIME

SCRIPTURE | Matthew 2:13–23 (The Escape to Egypt)

- **INSTRUCTIONS:** Choose a volunteer to be the face of Herod using the photo stand-in prop. As you tell the story from Matthew 2:13–23, the volunteer will insert their face into the photo stand-in and enact the appropriate emotions for the rest of the audience to follow. Alternatively, insert your face into the photo stand-in with the appropriate emotion, and invite kids to display that emotion with you as you tell the story.
- When Jesus was born, Herod was the ruler of the area. Herod loved being the king. But one day, he got some news.
 - Some Wise Men came by and told Herod they were searching for a baby who would be king of the Jews!
 - **Can you guess who that baby was?** Yes, Jesus!
- **How do you think King Herod felt about this news?** Herod was not happy about this news at all.
 - **Let’s make an unhappy face and say, “Hmph.”**
- Herod came up with a plan. He told the Wise Men to find the baby and tell him where the baby is. Herod said it was because he wanted to see the baby, too. But really, he just wanted to make the baby go away!
 - **Let’s make a shocked face and say, “Dun dun DUN!”**
- But God told the Wise Men not to go back to Herod. So after they found Jesus and worshipped him, they went home another way. Jesus and his family were safe!
 - **Let’s make a glad face and say, “Phew!”**
- But Herod was still looking for Jesus. So God sent an angel to talk to Joseph in a dream.
 - **Everyone show me a nice, big yawn.**
- In Joseph’s dream, the angel told him that his family was still in danger so he needed to take Mary and Jesus away to a place called Egypt.
- Joseph woke up and did what the angel told him in his dream. He and his family left for Egypt right away.
 - **Let’s make another glad face and say “Phew!”**
- After a while, Herod figured out that he had been tricked by the Wise Men and got really, really mad.
 - **Let’s make our angriest faces and say “Grrrr!”**

- Herod was so mad that he started to look everywhere for this baby king. But Jesus was safe in Egypt.
- After some time had passed, Herod wasn't a problem anymore. So God sent an angel to Joseph in another dream. The angel told him that it was safe to move back to Israel.
 - **Show me your biggest smile. Let's all say, "Thank you God!"**
- So they packed up and moved to Israel to a town called Nazareth. God kept Jesus and his family safe by guiding them where to go.

BIG IDEA | God guides us to safety.

- **INSTRUCTIONS:** Assemble a carnival punch-out game board following [these instructions](#). To make it more reusable, you can use rubber bands to secure the tissue paper rather than using hot glue. Use raffle tickets and write one word of the Big Idea on each ticket. Without tearing them, fold them up and place them inside one of the cups before placing the tissue paper to cover the opening of the cup. Kids take turns punching holes in the cups until the winning ticket is found!
- You found the winning ticket! Today's Big Idea is . . . **God guides us to safety.**

VIDEO | Measure Up, Episode 1

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).

ACTIVITY | Safety Squares

- **INSTRUCTIONS:** Use painter's tape to make a large four-square grid on the floor. Gather all the kids in one square of the grid. If you have a very large group, split them into smaller groups that can take turns playing. Choose a volunteer to play Herod, and have Herod stand in the square diagonally across from the kids. The goal of the game is for the group to always stay diagonally across from Herod, no matter where he moves. Play music and have the group wiggle and dance because they're safe! When the music stops, Herod moves to an empty square, and the group has to move squares, too, to get to safety. One round can equal the length of one short song.
 - ✂ **TODDLER HACK:** Have one adult volunteer play Herod. Have a second adult volunteer be the leader to guide the group of kids to safety.
- King Herod had a mean plan to get rid of baby Jesus. But God kept Jesus and his family safe!
- We can remember that **God guides us to safety**, too.

PRAYER

- God, thank you for protecting us! We know that you will always be there to guide us to safety. Amen.

SHARING TIME

SNACK | Banana Pops

- **INSTRUCTIONS:** Give each kid a half piece of banana, a stick, and a bowl. Have them place the stick into their banana, then peel their banana carefully to make their own banana pop. Drizzle chocolate syrup and shake sprinkles onto their bananas.
- **Have you ever visited an amusement park? What did you do there?**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Stack three cups into a pyramid in the middle of the circle. Pass the ball to the person who will answer a question. After they answer, have them roll the ball to knock down the pyramid. You can repeat questions so that everyone has a chance to knock down the cups.

- How did God speak to Joseph?
- Why did God tell Joseph to move with Jesus to another city?
- How does God keep you safe?

ACTIVITY | Escape to Egypt

- **INSTRUCTIONS:** View [this rocket craft](#) to see how the activity will work, except instead of a rocket, kids will tape a person cutout to a string that can be moved horizontally. Give each kid one person cutout. Encourage them to decorate their cutout with crayons and googly eyes. Use the hole punch to create one hole at each end of the printed template at the designated dots. Have kids use tape to secure the person cutout to the middle of the string so that the person is perpendicular to the string. Encourage kids to thread each end of the string through opposite holes in the paper. Help kids tie the two ends of the string together on the back. Demonstrate how kids can move the string so their person can move from one end of the paper to the other. (See a worked example [here](#).)
- God guided Jesus' family to a safe place when they were in danger! Say the Big Idea with me: **God guides us to safety.**

MEMORY VERSE | Matthew 6:33 (NIV)

- "But seek first his kingdom and his righteousness, and all these things will be given to you as well."
- **INSTRUCTIONS:** Choose eight kids at a time, and line them up side by side. Assign each kid a word to say. Have them practice saying it in order. Then, to make it more challenging, you can change the order they are lined up in while they still say their words in order.
- Our memory verse for the month is from Matthew 6:33! Today, let's learn the first part of our verse: **But seek first his kingdom and his righteousness.**

PLAY TIME

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.

ACTIVITY | Gel Paths

- **INSTRUCTIONS:** Fill gallon-sized zip bags with hair gel and your choice of food coloring, then mix together. Add in one pom pom to each bag. On a few different pieces of plain paper, draw simple paths such as straight, crooked, or curvy lines. Place the paper on the table, then lay a gel-filled bag on top of it. Tape the sides of the bag down. Encourage kids to trace the paths with their fingers or move the pom pom along the path.

ACTIVITY | Family Escape

- **INSTRUCTIONS:** Set out a tray of sand along with wooden peg dolls, an angel figurine, and a mini "Egypt" sign. Allow kids to play freely with these pieces that are representative of today's Bible story.