

Deliverance

Week 4



Big Idea: God is our deliverer.

Key Verse: Exodus 13:3

Then Moses said to the people, “Commemorate this day, the day you came out of Egypt, out of the land of slavery, because the LORD brought you out of it with a mighty hand.”

Living Faith

Grab a flashlight and bring your family to a dark room or into the basement. This activity can also be done outside on a dark night. Explain that according to the Bible, God led the Israelites at night with a pillar of fire (Exodus 13:21). By following the pillar of fire at night and the pillar of cloud during the day, God’s people always knew exactly where to go. Tell your family that you’re going to play a game of “Reverse Hide and Seek.” Instead of one person counting and everybody hiding, the person holding the flashlight will hide and everybody else will count. Have a parent hide first.

After everybody counts to 20, let them search for the person hiding. Once that person is found, let him hide again. This time after everybody has counted, wait a couple minutes and then turn on the flashlight before anybody finds you. With the flashlight on, allow every family member to get to you. Let other family members take turns hiding.

When you’re finished, ask:

Were you ever scared being stuck in the dark and not knowing where to go?

Was it easier to find the hidden person when the flashlight was on or off?

How does God shine his “flashlight” today, so it’s easier for us to follow him? (He gave us the Bible; instruction from parents; youth leaders at church.)

How does God’s light deliver us and keep us safe?

God’s “flashlight” is on all the time. How does it make you feel to know you can go to him whenever you’re in need?

The Bible says, “You are in the light because of what the Lord has done. Live like children of the light” (Ephesians 5:8). What are some ways we can live as children of the light?

Extra Mile

On a Sunday night (or early on a Monday morning if you wake up before your children), tell your family that you’re going to eat breakfast like the Israelites did when they escaped Egypt. The Bible says that thin flakes of bread appeared on the ground every morning (Exodus 15:15–16). The Israelites would gather up enough for their family and eat it throughout the day. The next morning a whole new crop of manna, which comes from the Hebrew words “What is it?” would be waiting for them to eat. Instead of manna, explain that your family will eat oatmeal every morning. At some point during the week, ask your family what the Israelites must’ve felt like after eating manna every day for years.

Movie Night—the Prince of Egypt

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