CHOOSE YOUR OPTIONS
Each option below is designed to last 10 minutes. The option used to tell the Bible story is designated with the Bible image. Always do this option first in your large-group time. Use the chart below to plan the rest of your large-group time in whatever order fits your needs. Check the options you want to use.

### Large Group

#### Choose Your Options

<table>
<thead>
<tr>
<th>Choose Your Options</th>
<th>Get Your Supplies</th>
<th>Planning Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Connect With Groups</td>
<td>• Large-Group DVD</td>
<td></td>
</tr>
<tr>
<td>□ Praise &amp; Worship Sing It Out</td>
<td>• Large-Group DVD</td>
<td></td>
</tr>
<tr>
<td>□ Skit Balloon Bop</td>
<td>• Large-Group DVD</td>
<td>• 1 red, green, or yellow balloon per child • curling ribbon (optional)</td>
</tr>
<tr>
<td>□ Object Lesson: The Art of Giving Credit</td>
<td>• Large-Group DVD</td>
<td>• dry-erase board or easel with paper • marker</td>
</tr>
<tr>
<td>□ Experiment: Waves of Praise</td>
<td>• Large-Group DVD</td>
<td></td>
</tr>
<tr>
<td>□ Game: Freak-Out-O-Meter</td>
<td>• Large-Group DVD</td>
<td></td>
</tr>
</tbody>
</table>

Teach the Key Verse anytime during large group.

### Small Group

#### WHAT GROUPS WILL NEED

<table>
<thead>
<tr>
<th>Preschool Supplies</th>
<th>Lower Elementary Supplies</th>
<th>Upper Elementary Supplies</th>
</tr>
</thead>
<tbody>
<tr>
<td>• brown construction paper</td>
<td>• white paper</td>
<td>• markers (colored and glitter)</td>
</tr>
<tr>
<td>• blue paper</td>
<td>• white crayons</td>
<td>• colored index cards</td>
</tr>
<tr>
<td>• tape</td>
<td>• red tempera paint</td>
<td>• gel pens</td>
</tr>
<tr>
<td>• scissors</td>
<td>• paintbrushes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 pie pan or shallow dish for every 3 or 4 kids</td>
<td></td>
</tr>
</tbody>
</table>

**Key Verse**

“Be strong and courageous!”
—Joshua 1:9

**The Point**

True heroes give God the credit.

Permission to photocopy this page from Group’s Living Inside Out® Heroes granted for local church use.
Copyright © Group Publishing, Inc., 1515 Cascade Ave., Loveland, CO 80538. group.com
A STRATEGIC DETOUR
Though finally released from slavery, the two million Israelites led by Moses were not carefree travelers as they began their journey to the Promised Land. The most direct route to Canaan was pitted with danger, and God knew it would shake the Israelites’ faith if they confronted the warlike Philistines right at the onset. God detoured the Israelites, turning them back toward Egypt so Pharaoh would assume they were wandering aimlessly and would follow in pursuit. It was a perfect plan to lure Pharaoh’s army just where God wanted them to go.

LIGHTING THE WAY
God sent a pillar of cloud to guide the Hebrews by day and a pillar of fire to guide them by night along their journey. Though the pillars may have frightened the people at first, they must’ve been an awesome spectacle! They became symbols of God’s presence that must’ve been extremely reassuring to the newly freed slaves traveling in unknown territory.

A DESPERATE SITUATION
Remember, the Israelites were slaves of the Egyptians only days prior to this event. They’d been whipped by slave drivers during captivity, and they were familiar with the superior weapons Egyptians carried. They must’ve realized that their fighting skills were nothing compared to those of Pharaoh’s army and they couldn’t compete with horse-drawn chariots. Not only that, they were backed against the sea, with mountains on two sides, as the Egyptians bore down on them. The Israelites blamed Moses for their hopeless dilemma.

A RED SEA MIRACLE
Historians offer various theories about the exact location where Moses raised his staff over the Red Sea and God parted the waters. While we don’t know details, the Bible tells us that God somehow moved the seawater away so the Israelites could cross and then collapsed the wall of water upon the pursuing Egyptian army. However this miraculous feat was accomplished, it was yet another example of God responding to the needs of his people.

LIVING INSIDE OUT
Though God protected the Israelites countless times during their exodus, they still struggled with faith. It literally took the dividing of a sea for Israelites to believe that God would remain true to his word. Sound familiar? Sometimes we put Jesus through the same kind of test, but having a relationship with him actually gives us the luxury of surrender. Jesus wants to carry our burdens, and he’s far more capable than we are. We can live out our faith by trusting him to do mighty things in our lives—and then by giving him the glory when he does.

How does today’s culture encourage self-reliance and self-congratulation? What areas of your life are hard to turn over to God? Pray that you’ll experience God’s faithfulness as you fully entrust your life—and this lesson—to him.
**Moses and the Red Sea**

**Exodus 13:17–15:21**

### Welcome

**YOU’LL NEED**

- TV or VPU
- DVD player
- Large-Group DVD

1. **COUNT DOWN**
   - Play one of the countdowns. Have children get with their small groups, and get them excited to worship!

2. **GREET**
   - Have small-group leaders greet kids in their groups—especially guests.

3. **ANNOUNCE**
   - Make any announcements (including birthdays), and collect offerings.

### Praise & Worship

**YOU’LL NEED**

- TV or VPU
- DVD player
- Large-Group DVD

1. **SING**
   - “Living Inside Out” (Song 1)
   - “Wherever You Go” (Joshua 1:9) (Song 2)
   - “No Greater Love” (John 15:13) (Song 3)
   - “God of Great Wonders” (Psalm 77:14) (Song 7)

2. **PRAY**
   - Thank God because he’s always ready to help us, he’s always with us, and he helps us accomplish great things for him.

3. **MAKE THE CONNECTION**
   - Say: Today we’re going to meet a famous Bible hero “up close and personal.” This guy knew that true heroes give God the credit. We can learn to give God the credit, too. Whenever something good happens to us or we succeed or we get out of a tough situation—that’s the perfect time to give God the credit. So let’s get started!

**Leader Tip**

**Easy Options:**
- Sing along with DVD lyrics and motions.
- Sing along with the CD.
- Show media slides provided on the CD.
Balloon Bop

1. **Distribute**
   Have kids get into pairs. Give a balloon to each child, randomly mixing up the colors.

2. **Begin**
   Open your Bible to Exodus, and say: In the Bible, we find out how God helped the Israelites escape from the Egyptians. God used a man named Moses to lead the Israelites to safety. Moses was a true hero, and he gave God the credit for helping the Israelites escape.

3. **Act**
   Follow the instructions in the skit Balloon Bop on page 12 of this leader guide.

4. **Discuss in Groups DVD Balloon Bop Questions**
   Cue the question screen for kids to answer each of the following:
   - What amazed you about this story?
   - Why did Moses and the Israelites give God the credit for saving them?
   - How have you given God the credit when he’s helped you through a difficult situation?

5. **Make the Connection**
   Say: Moses could’ve taken the credit for saving the Israelites, but he knew that true heroes give God the credit. Without God, Moses couldn’t have done any of those cool things, including leading the people out of Egypt and parting the Red Sea. Just like Moses, we can give God the credit for all the things he helps us do!
Object Lesson

YOU’LL NEED TV or VPU • DVD player • Large-Group DVD • dry-erase board or easel with paper • marker

The Art of Giving Credit

1 INTRODUCE
Hold up the marker and say: Sometimes when we do something good, we may think we’re pretty great. Sometimes we might think we should get all the credit.

2 PRAISE
Start drawing a simple picture with the marker. While drawing, comically praise the marker. Say: Oh, how wonderful you are, marker! You draw the most beautiful pictures! Marker, you are so talented! About halfway through your drawing, ask a child to come up and thank the marker. Encourage the child to talk right to the marker, giving it praise. Have the child hand the marker to two other kids, and have them all say wonderful things to the marker.

3 TEACH
Get the marker back and finish the picture. Step back from your drawing and say: What a fabulous picture my talented marker drew! Three cheers for the marker! Lead kids in three “hip-hip-hoorays” for the marker.

4 DISCUSS IN GROUPS DVD The Art of Giving Credit Questions
Cue the question screen for kids to answer each of the following:
• Talk about where the credit for the picture should go.
• What things does God do that only he can do?
• What happens when we take credit for something that only God can do?

5 MAKE THE CONNECTION
Say: The truth is, we’re like the marker. We can create things—but when we’re in God’s hands, we can create a masterpiece! When we praise God for amazing things he does, we become true heroes—because true heroes give God the credit.

Leader Tip

Prepare Ahead
Set up the dry-erase board or easel with paper in front of the group.

Due credit for this object lesson is given to Living Inside Out® Heroes: Permission to photocopy this page from Group’s Living Inside Out® Heroes granted for local church use.
Experiment

YOU’LL NEED TV or VPU • DVD player • Large-Group DVD

Waves of Praise

1 GET STARTED
Say: In today’s story, God helped Moses part the Red Sea. God used Moses in an amazing way, and God can use you, too. Let’s use a giant wave to praise God! Designate four separate groups, and assign each group one of the following syllables: hah, lay, lou, yah.

2 LEAD
Explain that when you point to each group, kids in that group should shout their syllable while making a wave motion with their arms. Lead the praise with the syllables jumbled. Add variety by going slowly and then faster and faster. End by putting the syllables in order and having kids make the “hallelujah” wave several times.

3 DISCUSS IN GROUPS DVD Waves of Praise Questions
Cue the question screen for kids to answer each of the following:
• How did all our unique sounds make a wave of praise?
• Talk about a unique gift or talent God has given you.
• How can you use your unique gifts or talents for God this week?

4 MAKE THE CONNECTION
Say: God gave each of us gifts and talents that we can use to serve him. It’s good to praise and thank God for our gifts and talents, because true heroes give God the credit. Let’s do one more wave of praise to give God the credit for giving us talents and helping us use them. Lead kids in a final wave of praise.
**Game**

**YOU’LL NEED** Bible • TV or VPU • DVD player • Large-Group DVD

---

**Freak-Out-O-Meter**

1. **BEGIN**
   Explain that the room will represent a living “Freak-Out-O-Meter.” The room will be like a scale: One wall will represent “totally, completely, absolutely terrified,” and the opposite wall will represent “not freaked out at all.” Then invite a child to read aloud Exodus 14:5-9.

2. **FREAK**
   Say: Imagine you were an Israelite trapped between the Egyptian army and the Red Sea. Where would you be on the Freak-Out-O-Meter? Go stand there. Pause. Now turn to someone near you and discuss this question: Why did you stand where you did?

   Read the following scenarios, and let kids show their reactions by standing at the appropriate wall of the Freak-Out-O-Meter. After each scenario, have kids turn to new partners to explain their choices.

   - Think about your first day at school. Your parents just dropped you off, the bell rang, and everyone headed inside. How freaked out did you feel?
   - Think about a time you sang in front of people, maybe for a solo or a school concert. How freaked out did you feel?
   - Think about a time you couldn’t find your mom or dad. How freaked out did you feel?
   - Think of someone you know who doesn’t know Jesus. You felt like God was telling you to tell that person all about God, Jesus, and church. How freaked out did you feel?

3. **DISCUSS IN GROUPS**
   Cue the question screen for kids to answer each of the following:

   - What did the Israelites learn about God?
   - When has God helped you in a freaky situation?
   - Why is giving God the credit an important trait of a true hero?

4. **MAKE THE CONNECTION**
   Say: Like the Israelites, we sometimes get in situations that can freak us out. But just as God helped the Israelites, God will help us. Moses was a true hero, and true heroes give God the credit. We can be true heroes, too, when we give God the credit for the things he does for us.
**Balloon Bop**

**THE SKIT**
This telling of the Bible story involves everyone! Using balloons to designate roles, kids decide what they’d do if they were either the Israelites or the Egyptians in this Bible account—and the drama will unfold!

**YOU’LL NEED**

**THE SCENE**
Designate one side of your large-group area as Egypt and the other side as the Promised Land. The middle of the room will be the Red Sea.

**THE SIMPLE SETUP**
Have kids with yellow and green balloons move together to the side of the room designated as Egypt. Have kids with red balloons move to the Red Sea area. Have kids with yellow and green balloons practice bopping them up and down as if the Israelites and Egyptians are walking. Have kids with red balloons pass them back and forth to suggest waves and currents. Explain that sometimes during the story kids will pass the balloons from person to person. At other times, kids will move while holding the balloons.

**THE CAST**
• Narrator (you!)
• Egyptians (green balloons)
• Israelites (yellow balloons)
• Red Sea (red balloons)

**THE PROPS**
• 1 red, green, or yellow balloon per child
NARRATOR
I’ll tell the story while your balloons act it out. The Israelites and Egyptians all lived together in Egypt because the Israelites were slaves there. The Israelites had to do anything the Egyptians said to do.

Have kids pass the yellow and green balloons from person to person so they’re mingled in “Egypt.” Have the red balloons keep making waves in the Red Sea.

NARRATOR
After hundreds of years, God named Moses as leader of the Israelites. God told Moses he’d help him lead the people out of slavery in Egypt. With God’s help, Moses forced the Egyptian leader to let the Israelites leave. The Israelites headed into the desert, and the Egyptians stayed put.

Have kids pass the yellow balloons out of “Egypt” and toward the center of the room. Kids who end up holding yellow balloons should move toward the “Red Sea.” Kids holding green balloons should keep them bopping in “Egypt.”

NARRATOR
The Israelites were so happy not to be slaves anymore that they jumped for joy.

Have kids vigorously bop the yellow balloons.

NARRATOR
Then they traveled for days, led by God. Finally, they camped by the Red Sea.

Have kids bop the yellow balloons to the Red Sea.

NARRATOR
Meanwhile, the Egyptian leader got upset because he had let all the slaves go. The Egyptians were mad!

Have kids bop the green balloons vigorously.

NARRATOR
They came up with a plan to capture the escaping Israelites. The Israelites heard the Egyptians coming and shook with fear as the army came after them.

Have kids shake the yellow balloons. Allow kids with green balloons to chase kids with yellow balloons.
NARRATOR
Moses told the people to trust God. God told Moses to raise his staff over the water. Then God opened the waters of the Red Sea so the Israelites could walk through.

Have kids move the red balloons so there’s a space for kids with the yellow balloons to walk through to the other side.

NARRATOR
The Israelites walked through the Red Sea on dry land, with big walls of water on either side. When they had all passed through, the Egyptians followed.

Have kids with green balloons walk into the “Red Sea.”

NARRATOR
God closed the waters of the Red Sea over the Egyptians, and they were drowned.

Have kids pull the green balloons down to the floor and move the red balloons back together, as if the green balloons are being “swallowed up” by the red balloons.

NARRATOR
God did an amazing miracle! The Israelites were saved, and Moses knew exactly who should get all the credit. The Israelites praised God with all their might by jumping, smiling, dancing, and singing at the top of their voices!

Have kids stand up and praise God by jumping, smiling and dancing with their balloons.

NARRATOR
Moses gave God the credit for saving the Israelites, and the Israelites knew that God had saved them in a mighty way. They put their faith in God!

Have kids bop the yellow balloons vigorously. Then collect the balloons and have kids return to their small groups.