






Week 3 / Infants KS1

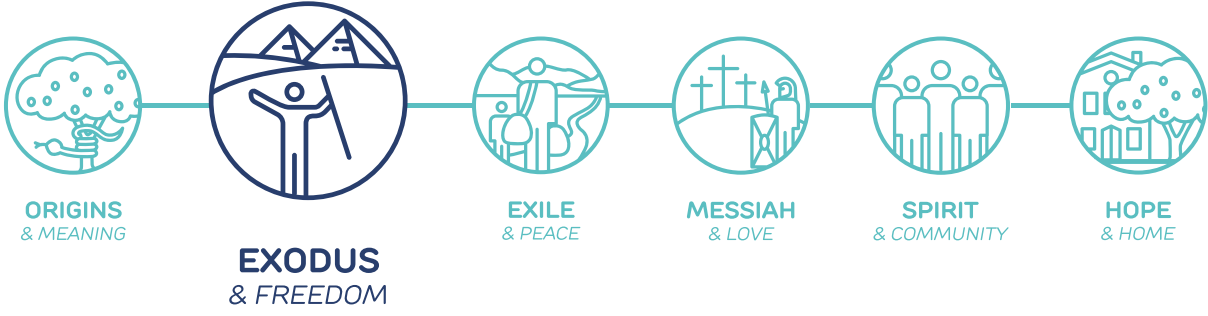
Exodus & Freedom

Session plan

Core value: God always sets us free and we are never stuck with him

Resources:

 Various types of music (perhaps create a playlist on your phone)	 Children's Bible and relevant props/resources to tell the Exodus story	 Part made paper chain	 Several slips of paper, 4x1 cm	 Stapler or sticky tape
 A sharpie or felt tip pen	 Either a PowerPoint split into two halves – one labelled 'God's team'	 Or a sheet of paper labelled 'God's team'	 Masking tape	 Twirl bar of chocolate (or any easily divided bar of chocolate)
 4 x blindfolds	 Facilities to play/watch YouTube film: www.youtube.com/watch?v=nusOFSaZNYQ			





Twirl of Love Recap

Choose a volunteer and blindfold them or have facing the wall (*so that they can't see the other three volunteers about to be chosen*). Choose three more volunteers (*careful not to choose using their names*) and call them A, B & C. Hand the original volunteer this week's question – if not blindfolded they can read aloud, if blindfolded leader reads. Encourage volunteer one to listen carefully to the answers A, B & C give. They must choose the best answer and whoever they choose will be the one they share the chocolate with.

This week's questions is: Last week we learned that we were the best thing that God made. We are so amazing, he said that we are what? (Clue: it's a word used to describe incredible paintings and pieces of art) Answer: Masterpiece

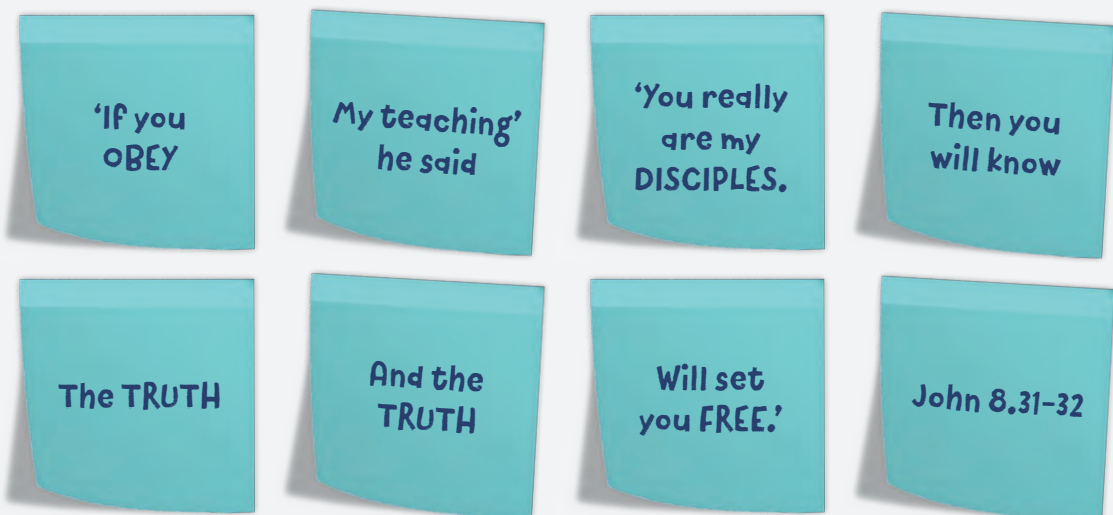
Zoom Tweak

- This can still be played – volunteer one simply needs to blindfold themselves on screen
- When you choose your three additional volunteers, write their names on paper and hold to screen, so they can see and know who you have chosen
- Have a physical Twirl with you to show on screen and pretend to hand to the final winners

Bible Starter

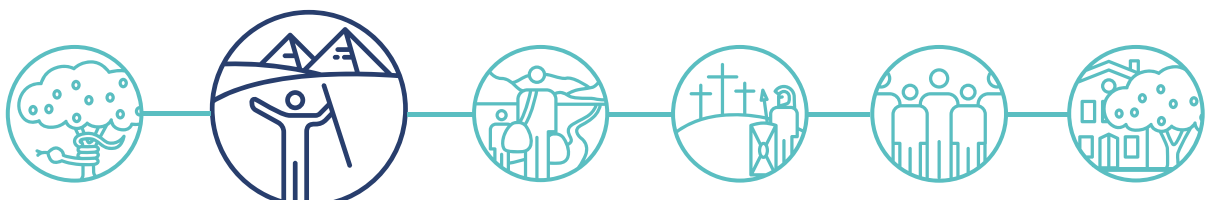
Reference the key Bible verse – if using paper, write out the verses on separate pieces of paper like the diagram below. Read the verse aloud together

Start each reading with these lines... 'The Bible is FULL of God's words. What does God have to tell us today?'



Zoom Tweak

- The easiest way to achieve this is to have the verse on a PowerPoint and share your screen
- You can also have it written on paper which you can hold up to the screen





Activity: Free

Play some music and encourage the children to 'freely' dance – watch for some groovy moves. Allow them to express themselves. Change the music to different styles and rhythms three or four times and see how they choose to move differently

Application: God made us to be his masterpieces and to be free!

Activity: Story Time

Watch 'The Red Sea' by Storytellers on YouTube: www.youtube.com/watch?v=nusOFSAzNYQ

Alternatively, you could read the Exodus story from a children's Bible and use props to aid the storytelling.

Application: What was the scariest moment for God's people? I think it was when they reached the sea and they knew the Pharaoh was close behind them trying to catch them again with his army. They had nowhere to go and they were truly stuck. However, remember that with God we are never stuck. Did God leave his people stuck? No! He did some amazing things to set his people free.

Activity: What stops us being free?

Prepare a few rings of a paper chain, perhaps six circles long already. Have a series of pre-cut paper strips, about 4 cm long by 1 cm wide ready to add to the chain. Ask the children what things can stop them feeling free – offer an example. (E.g. *Being afraid can stop us being free – I really hate spiders and if I know there is one in the bathroom when it's time to brush my teeth, I can't go in. I am TOO SCARED. I am so afraid I am not free to go into the bathroom.*) Write the word 'FEAR' on one strip of paper with a thick pen. Show the paper to them and then make it into a circle, adding it to your paper chain.

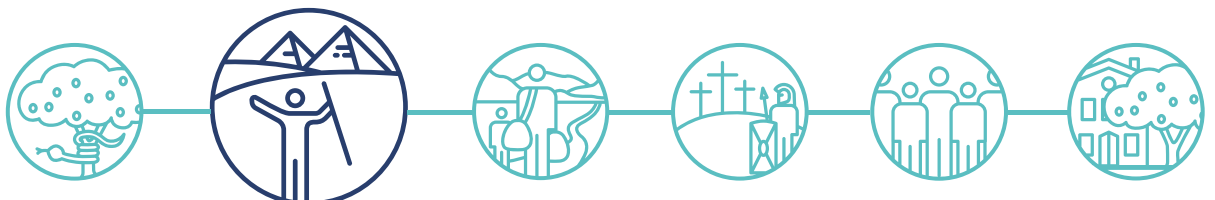
Ask the children to offer other ideas – what things stop them being free? (E.g. sadness – if someone is unkind in school, guilt – you've taken extra sweets before tea when you were told you couldn't.) As each child offers an answer write it on a paper strip and add to the chain. When you have a number of extra links and the children have stopped offering answers, explain that all these things can stop us being free. Wrap the paper chain around a willing volunteer (**note:** choose a volunteer that won't immediately break out and rip the chain)

Application: God designed us to be free. Being friends with him always means we end up being free.

Then let your volunteer rip themselves out of the chain, so that they are now free.

Zoom Tweak

Wrap a paperchain around yourself and show how limiting it is when wrapped in the chain. Demonstrate how you can't dance, run or lift an arm to your mouth to even eat. Then apply the application above.





Activity: Walk Like an Egyptian

Gather your group to one side of your space and inform them that they are the Israelites. Nominate one person to be an Egyptian. The Israelites have to try and run from one side of room to the other without being tagged by the Egyptian. The Egyptian however can only move in a 'walk like an Egyptian' way (you will need to demonstrate this) in order to catch the Israelites. Once an Israelite is caught, they become an Egyptian and must hold hands with the other Egyptian and similarly 'walk like an Egyptian', to catch more Israelites. At any point, a leader can call 'God has set you free' and any caught Israelites can run back to a nominated space and be free. However, the first nominated Egyptian that was 'on' – can now run freely to try and re-catch people. Play the game for three rounds and see how many Israelites are still free.

Application: Explain that in this game you needed help to be free. You were only free to run about and move as you wanted when (name the leader), called your name and said 'God has set you free.' We needed help to be free. The only one who can ever help us be free is God. The only one who could ever help the Israelites to be free was God.

Zoom Tweak

All the children are Israelites and must run about as they wish in the space that they have. The leader is the Pharaoh (*if you have a Pharaoh headpiece to wear even better*). When the leader cries 'Sally, walk like an Egyptian', that child must walk in a funny Egyptian way (*you will need to demonstrate*). You can do these multiple times with as many children as you wish. They can only be free to run/move as they wish when another leader cries 'Sally, God has set you free!'

Activity: Set Me Free

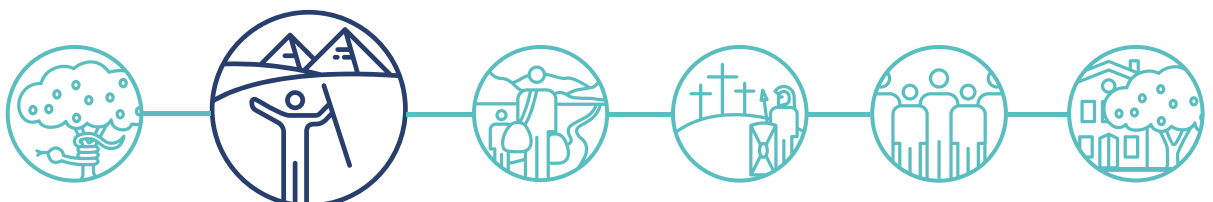
Mark out a space within your venue with chairs, tape or toys and label this space as 'God's team'. Explain that to be free we need to choose to be friends with God and to be part of God's team.

Give each child a piece of paper and ask them this question: 'Do you want to be friends with God?' They simply write 'yes' or 'no' on the paper (make sure you have both words visible so those who struggle with writing can copy). Then ask them to screw their paper into balls and throw them into the space marked 'God's Team'.

Application: Explain that only God knows if you want to be his friend or not, but he promises that if you said 'yes' he can help us be free.

Zoom Tweak

Use a PowerPoint slide, split into two halves, with one half labelled 'God's Team'. Explain that to be free we need to choose to be friends with God, part of God's team. Ask the children the question: 'Do you want to be friends with God?' They simply put a thumbs up or a thumbs down (*make it clear that they don't have to let anyone see their choice if they can keep their thumbs below the camera*).





Creative Prayer

Have the children form a circle, tangle them up by asking them to grab hands as they walk towards the centre. Ask them to stay tangled as you say the prayer below.

Pray this prayer aloud:

Thank you God that when we are friends with you, we are never stuck.

Help us to choose to be friends with you.

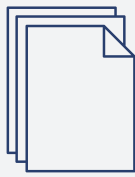
Thank you that when we are friends with us you set us free. Amen

Zoom Tweak

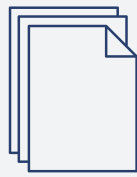
Ask each child watching to tangle their arms up in the most complex way then can, around their head and shoulders. Ask them to hold their tangled position as you pray and they can only release once you say the word 'FREE'!

Optional Craft Activity

You will need:



A4 sheet of blue paper
– one for each child



A4 sheet of white paper or
card – one for each child



Glue



Felt pens



Outline of Bible
characters to colour in



Scissors

Cut the blue sheet in half. Take one half and cut strips along the length from one end to the other – but don't cut all the way. Curl each strip up (to look like waves). Repeat for the second strip of blue paper. Glue each half of the curled blue paper onto the white sheet, so that it looks like two waves with white space between. Colour in the Israelite characters and attach the people with the glued tab to the white gap between the waves.

