



# Week 3 / Junior KS2

## Exodus & Freedom

### Session plan

**Core value:** Trust. Listen. Act. The 'alt' to freedom.

#### Resources:



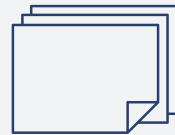
Blindfold



Twirl bar of chocolate  
(or any easily divided  
bar of chocolate)



Resources for Craft  
(optional)



Bible Starter – verse  
written out on paper as  
instructed below

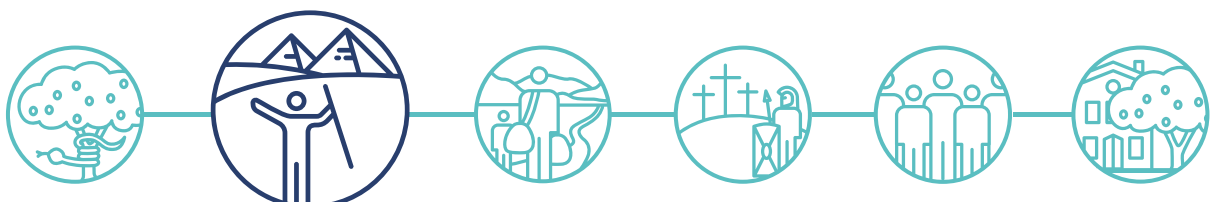
### Twirl of Love Recap

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 questions – 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 are:** Who made us? (God) What is the most important thing that God made? (People) God designed us as a MASTERPIECE. He knows us inside and out. Can you think of three things God knows about us? (Anything from Psalm 139).

#### 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

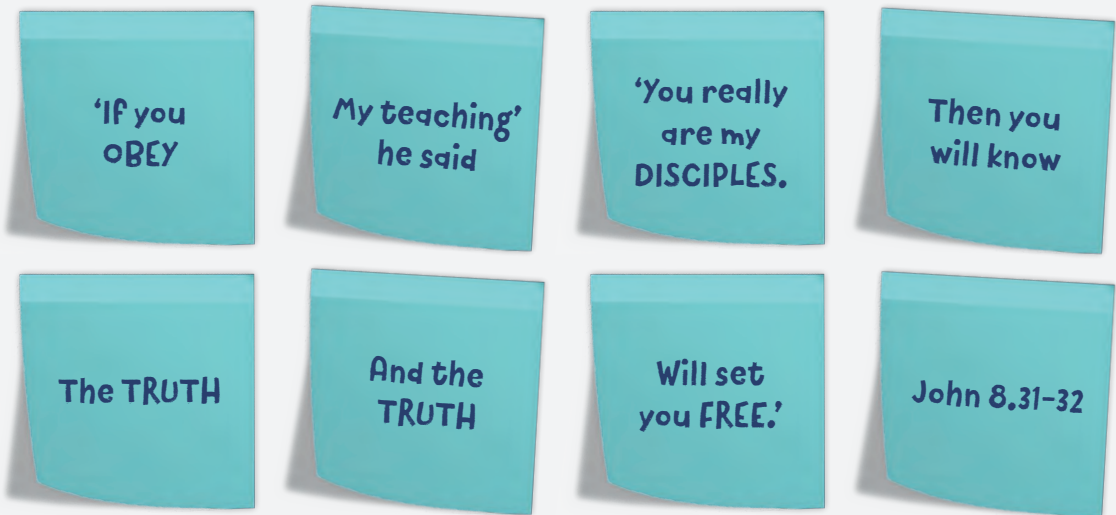




## Bible Starter

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: Freedom

Ask the children what they think freedom is? What does it mean to be free?

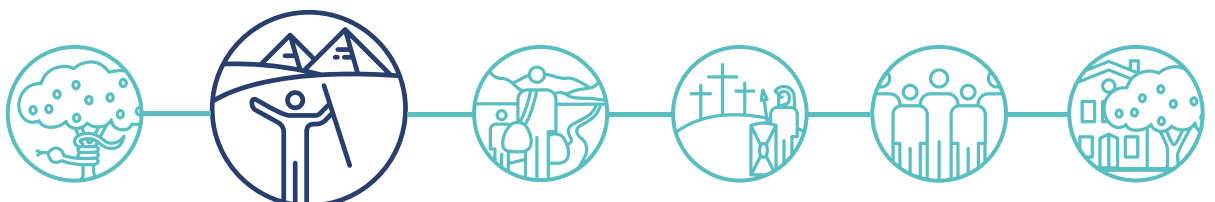
Many will likely offer answers but if they don't you could ask, 'Is freedom about not having rules?'

See how the children answer.

Now you are going to sample freedom (do one or all of the following, as suits your group)

- Turn some music on and allow the children to move as they wish. What was the outcome?
- Ask them to close their eyes and type on a computer as freely as they wish. What was the outcome?
- Ask them to share anything from their day, but at the same time as everyone else. What was the outcome?

**Application:** The dictionary defines freedom as the power to act or speak and think as one wants – it's a state of not being imprisoned or enslaved. But can true freedom really be found in doing what we want, when we want? The Bible often sees things differently to the world we live in. Let's see if rules lead to freedom or not!





## Activity: No Rules Eye Spy

Invite the group to play a game of eye spy – but you are playing it with ‘freedom’. The only rule is ... there are no rules! Start to play typically: ‘I spy with my little eye something beginning with ‘a’. But as children guess at any point you can change the thing you spy and say ‘Oh I have changed my mind, now it’s, ‘I spy something beginning with ‘c’. If they guess the word, you can say, ‘Oh I don’t like that object anymore, so now I have chosen a different one’. Allow this to go on until it annoys everyone. Add your own crazy rules and changes as you go.

**Application:** Freedom can’t be doing what we want all the time. Sometimes we NEED the rules to be truly free.

## Activity: Freedom Test

Let us test that theory out, let’s look at some rules and decide how they actually GIVE freedom. Each time consider what might happen if the rules weren’t followed:

### Freedom Test 1

- Why does music have set notes, rhythms and timings?

### Freedom Test 2

- Why are there 20mph speed limits by schools?

### Freedom Test 3

- Why does making a cake involve certain amounts of flour, butter, sugar and eggs and even certain time needed in the oven?

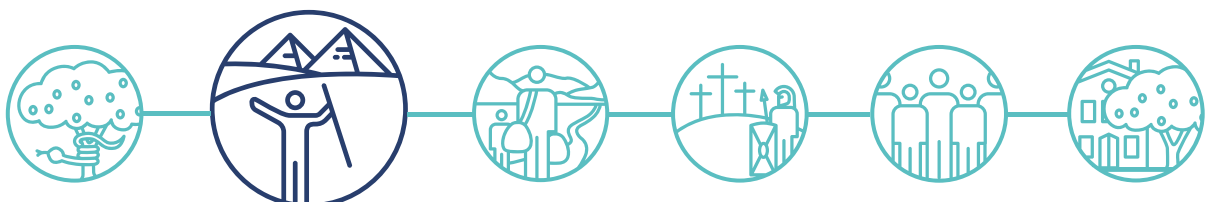
**Application:** True freedom is found when we follow rules. So, whose rules should we follow to be truly free?

## The Story

Watch the Storytellers film about The Red Sea: [www.youtube.com/watch?v=nusOFSAzNYQ](https://www.youtube.com/watch?v=nusOFSAzNYQ)

### Read:

The story of the exodus spreads over 7 chapters in the Bible (Exodus 7—14). As a leader it would be helpful to read it yourself in preparation. For the children use a version found in a Children’s Bible that will summarise and shorten the story for you – or use creative version as below:





## Activity: Plagues. Clouds. Sea. Free.

(Get the children to clap and create a rhythm as you deliver the story with some stops for an action as you proceed through story. Make sure the children say the chorus with you each time.)

**Leader's Note:** You can rehearse this with another person doing the actions. Alternatively, you can allow the children to follow and mimic you. Equally, you can do the actions alone as the children keep the clap beat.

The beat isn't perfect but that adds to the fun. As long as delivery is dramatic and includes storytelling techniques it will work.

God's people were not free  
*(shake head and wag finger)*  
They were slaves and REALLY sad.  
*(sad face)*  
God said, 'Moses set them free'  
*(arm out as if giving an order)*  
But each time Moses asked 'P'  
... the Big P, the Pharaoh said NO  
Plus he got really, really, MAD  
*(big growl)*

*Children join in here and carry on clapping rhythm*  
Plagues. Clouds. Sea. Free.  
Plagues. Clouds. Sea. Free.

So, God sent plagues  
*(hold up 10 fingers)*  
To change the Pharaoh's mind,  
*(twirl fingers by temples)*  
River of blood, frogs, gnats and flies  
*(urgh, be a frog, fly and make buzzing sound)*  
Itchy sores, hail, locust and dark  
*(Itch, use fingers as if illustrating rain but harder, fly again, place hands over eyes)*  
And then each Egyptian first-born died  
*(hand over mouth in shock)*

*Children join in here and carry on clapping rhythm*  
Plagues. Clouds. Sea. Free.  
Plagues. Clouds. Sea. Free.

In the end the Pharaoh said – GO!  
*(arm out as if giving an order)*  
God's people packed and ran  
*(run on spot checking over shoulder a few times)*

A pillar of fire to follow at night  
*(make wavy hands in front of face and a fire sound)*  
A pillar of cloud to follow by day  
*(make wavy hands in front of face with a wind sound)*  
But then they reached the Sea  
*(stop suddenly and out in panic)*

*Children join in here and carry on clapping rhythm*  
Plagues. Clouds. Sea. Free.  
Plagues. Clouds. Sea. Free.

The Pharaoh now had changed his mind  
Sent an army 'go get God's people back'  
*(mean voice 'get them back')*

An army behind  
*(pretend to chase on horseback)*  
A sea ahead  
*(sea noises)*  
Freedom? Would God's people ever find?  
*(hands up in question)*

*Children join in here and carry on clapping rhythm*  
Plagues. Clouds. Sea. Free.  
Plagues. Clouds. Sea. Free.

But God told Moses 'raise your staff'  
Moses TRUSTED God would set them free  
*(look up at heavens and nod)*  
God's people moaned  
*('we're going to die')*  
Moses LISTENED  
*(look up at heavens and nod)*

And acted on God's command  
He raised his staff, high for all to see  
*(raise hand as if lifting up a staff)*

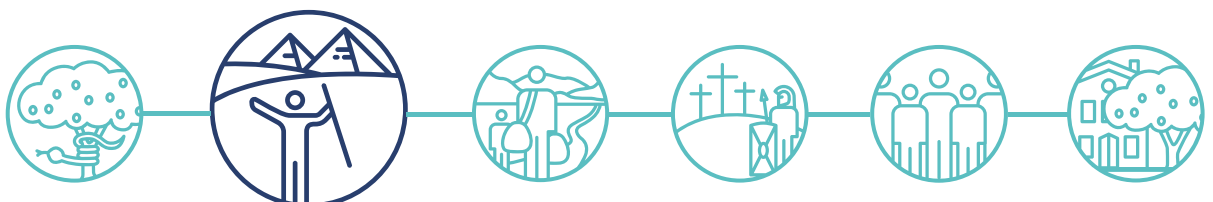
*Children join in here and carry on clapping rhythm*  
Plagues. Clouds. Sea. Free.  
Plagues. Clouds. Sea. Free.

God hid his people with a big fat cloud  
*(whooshing noises)*  
The army couldn't see  
*(hands over face and stumble)*  
But by now, God has split, yes split the sea  
*(part hands with a BIG whoosh)*  
A path was in the middle...  
For God's people to go free!  
*(walk freely with a big smile)*

*Children join in here and carry on clapping rhythm*  
Plagues. Clouds. Sea. Free.  
Plagues. Clouds. Sea. Free.

God's people were actually, finally free  
Escaped by the sea  
Trusting, Listening, Acting  
God had set his people free

*Children join in here and carry on clapping rhythm*  
Plagues. Clouds. Sea. Free.  
Plagues. Clouds. Sea. Free.





## Activity: Trust Free

Ask a willing volunteer to leave the room. Show the rest of the group a chocolate bar. Prime the watching children to make all sorts of 'Urgh that's disgusting' comments when you produce the chocolate bar. Bring back the willing volunteer and blindfold them – explain you are about to give them something to eat. Do they trust you enough to actually eat what they are given even though they don't know what it is (hint: get them to hold nose so they can't smell anything). Once blindfolded, the other children must go to town on the 'That's disgusting' 'Urgh' noises to make the volunteer doubt whether to trust you or not.

**Application:** Trusting God even when it seems crazy is ALWAYS the best choice and always ends up with the best result. You trusted me and got a chocolate. The Israelites had to trust that God could do anything to ensure their freedom, even when it seemed impossible.

### Zoom Tweak

- Have a person you live with be the blindfolded person
- The children on screen have to make all the 'that's disgusting' comments

## Activity: 'Ref Free Football'

Space permitting, split group into two teams. Deliberately don't oversee the team split but allow them to work it out instead. If teams are uneven, allow it. Tell children they can play a three-minute game of football where the ones with the most goals win. Don't determine who scores where, don't even blow a whistle to start or say 'go'. Allow the YP to sort it out (or not as the case may be). If they ask you for direction purposefully give none.

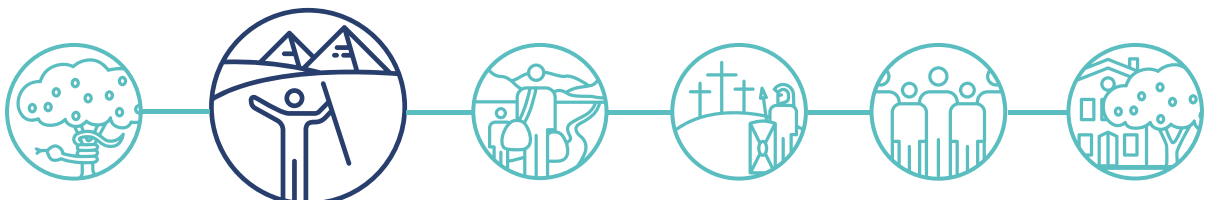
Allow play to continue for as long as is safe.

**Application:** (depending on what happened – some groups will assert their own rules, others will not) A game of football descends into disaster if there is no ref and there are no rules. The game isn't something those playing or those watching enjoy. Players get hurt. No one knows if someone has scored or not, bad behaviour can happen and instead of fairness reigning and penalties or yellow/red cards being awarded to address the bad play, everything gets more dangerous and deeply frustrating. Nothing works. The game becomes dangerous and pointless and is no longer really a game of football at all. The ref and the rules make football the best game in can possibly be. The ref is worth listening to as they will make sure the game is played properly.

### Zoom Tweak

- Simply tell this as a story.
- Allow them to imagine attending a much anticipated game. They have saved for the tickets for a year and it's their favourite team against their most hated team.
- Before it starts you notice something strange – both teams are on the field but no ref and no officials
- Crowd decides it doesn't matter and start to whistle themselves to start the game
- The players play but with no ref, they make up their own rules
- No one is there to award yellow or red cards, players get injured, wheeled off on stretchers, fights happen everywhere – the game has descended into chaos
- The game needs a ref. Someone you trust enough to listen to.

**Application:** True freedom is not only trusting God, but also listening to him and doing as he tells us. If Moses had not listened to God and raised his staff, the sea may never have split into two.





## Activity: Stuck

Work through some of these 'Stuck' scenarios. Ask them what they can do in each one to act in a way that is in keeping with what God might say – an act that leads to freedom. When they have chosen, allow them time to discuss what the final result of their choice might be.

### Scenario 1

You are in school and you and your best mate have had a BIG argument. How can you act so that God's freedom is the final result?

- a. Don't speak to them for a week
- b. Even though they have been unkind, find a way to be kind to them
- c. Moan about your friend to everyone who will listen to you

### Scenario 2

Someone you love is poorly and you feel sad, angry and scared. How can you act so that God's freedom is the final result?

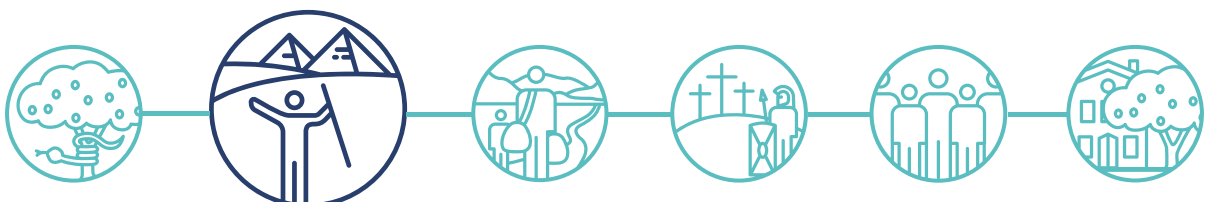
- a. Tell God exactly how you feel and then talk to someone you trust
- b. Get so mad you kick a ball into a window and break it
- c. Shout at your brother/sister and hide in your room for a week

### Scenario 3

You have a test in school and you already know you can't do it. You don't want to look silly or to fail. How can you act so that God's freedom is the final result?

- a. Pretend to be sick on the day of the test so you don't have to go to school
- b. Choose not to get ready for the test and not even try
- c. Work hard at getting ready for the test and go into it knowing you have done all you can

**Application:** We are truly free when we trust, listen to and act on what God says. Just like the Israelites learned. In each of the scenarios above, God wants us to tell him about everything that makes us feel stuck and sad. He teaches us ways to get unstuck. Be kind to everyone, even our enemies. Tell God everything, even if we are mad at Him. Always work hard, at everything we do. God and all his ways always bring freedom.





## 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:**

*Lord, without you we are in a tangle*

*You bring us freedom*

*Help us to learn to trust you, listen to you and act on what you say*

*Thank you that with you we are FREE*

*Thank you for making me free*

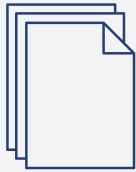
*Amen*

**Zoom Tweak**

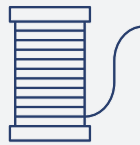
Ask each child watching to tangle their arms up in the most complex way then can, around their head and shoulders. Ask them to hold their tangled position as you pray and they can only release once you say the word 'FREE'

## Optional Craft Activity

**You will need:**



A4 sheet of blue paper  
– one for each child



String



Printed strips reading 'With  
God we are truly free'



Glue

Give each child some A4 card and some string. Ask children to try to tie some knots in the string and then glue them to the sheet. Give each child another short length of string. Ask them to glue this string below the knots. Hand out the printed pieces of paper which say: 'With God we are truly free' to stick on their sheet.

