



Week 3 / Pre-teens KS3

Exodus & Freedom

Session plan

Core value: 'His truth will set you free' (John 8.31–32)

Resources:



Bibles



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



Clue fill-in
sheet – provided



Pens



Masking tape
or duct tape



4 x rubber ducks
or tennis balls



4 x blindfolds



1 x football – use
chairs for the goals

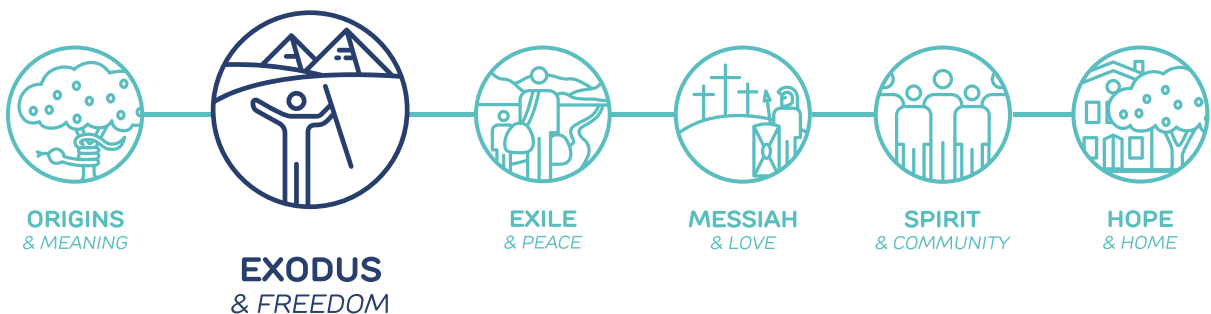


Codebreaker card and
riddle – provided



Facilities to play two
YouTube clips
(see links below)

Saddleback Kids: Moses and the Exodus: www.youtube.com/watch?v=rzcYLCYituc
Pharrell Williams – Freedom: www.youtube.com/watch?v=LIY90IG_Fuw





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 question is: Why are human beings considered to be God's masterpiece?

(Answer – because we are created in his image).

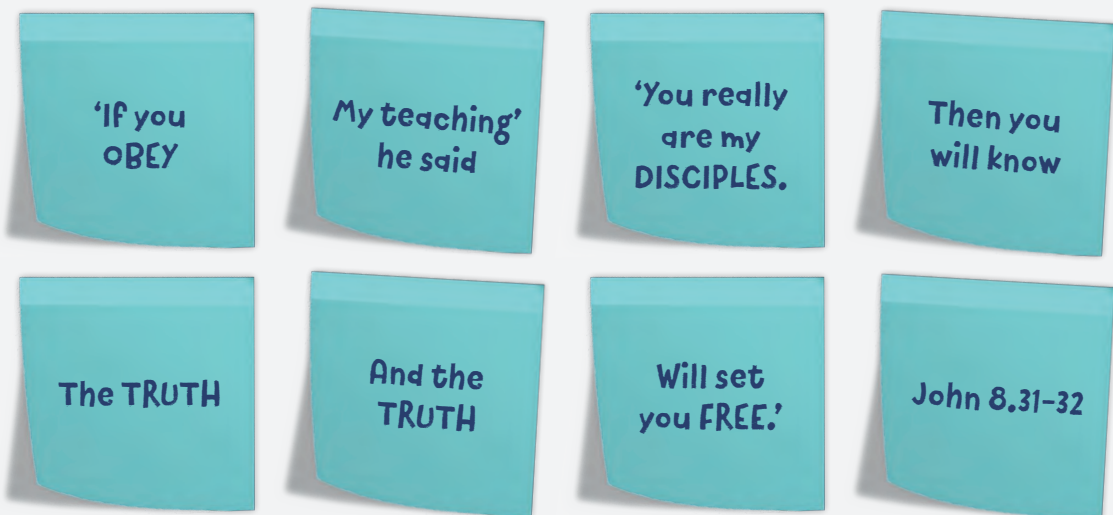
Zoom Tweak

- Ahead of the session warn the young people that they will need a piece of paper numbered 1–18 and a pen. Plan to email the 'Clue fill-in sheet' to them in advance.
- 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

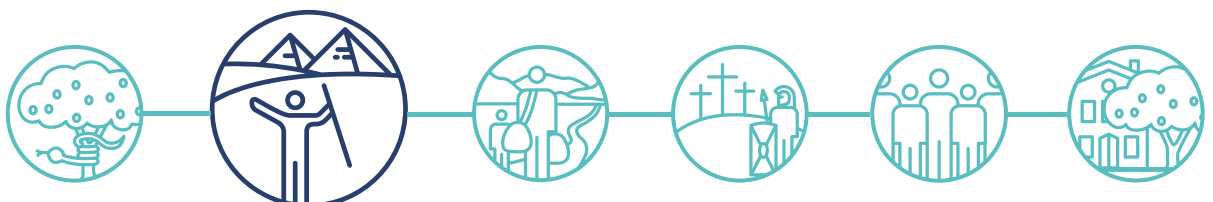
Reference the key Bible verse – if using paper, write out the verses on separate pieces of paper like the diagram below. Read the verse aloud together.

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: Escape Room

This week's session is based around the idea of 'Escape Rooms' where you solve a number of clues in order to be able to make your escape. You could have a physical key displayed in the room as a reminder (if on Zoom show the group a key on the screen). The young people are slaves in Egypt (your venue or their room if on Zoom), they can't escape until they solve the clues and find the key to their freedom. The clues are based on the story of the Exodus and the Israelites escaping from Egypt. Each activity that follows contains various clues. Answers need to be completed on the clue fill-in sheet (so each young person will need a copy).

- **Zoom Tweak**

Ahead of the session warn the young people that they will need a piece of paper numbered 1–18 and a pen.

Escape Room Part 1: Searching for key moments

Watch: Saddleback Kids Moses and the Exodus: www.youtube.com/watch?v=rzcYLCYItuc

Read: Exodus 3.1–8

- **Clue 1:** What is the key moment in these verses? Discuss and write an answer on the clue sheet. (Answer - What you want them to see is that God calls and Moses listens: 'here I am.' (v.4))

Escape Room Part 2: The Price of Slavery

Explain to the group that God's people (the Israelites) are trapped as slaves in Egypt. The Egyptian ruler, called Pharaoh, made these people suffer terrible hardship.

Read: Exodus 3.7–8

- **Clue 2:** What has God heard? Discuss and write an answer on the clue sheet. (Answer – the cries of the people)
- **Clue 3:** What is God concerned about? Discuss and write an answer on the clue sheet. (Answer – their suffering)

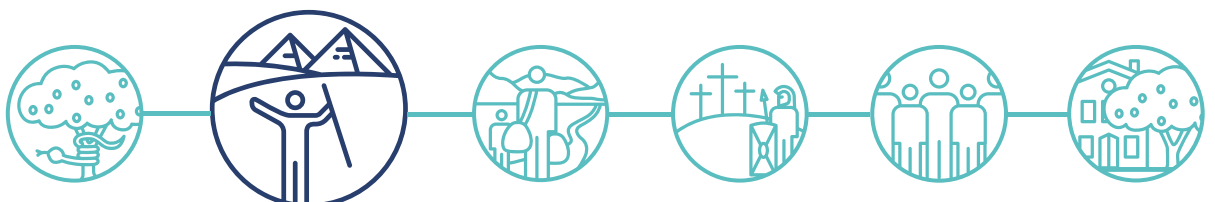
Brief Discussion: Being Trapped

Question: What do you think it must have been like for God's people to be trapped?

Comment: As slaves the Israelites were trapped under the rule of the powerful Pharaoh. The Bible says that we are trapped by something called sin.

Question: What do you think this means? What is sin? (A rejection of God, just like Pharaoh)

Comment: How does sin trap us? Without God, we can find ourselves living in our own selfish ways. This is usually the opposite of what God wants for us. We want to be free, independent and in charge of our lives. But too much freedom isn't good for us. Imagine being home alone and discovering the treat cupboard! You are free to gorge on biscuits, sweets, chocolate cakes for hours. This sounds like a wonderful freedom, but how do you feel a few hours later vomiting down the toilet! Too much freedom isn't good for us.





Escape Room Part 2 – The Price of Slavery (*continued*)

- **Clue 4:** The Israelites were physically trapped as slaves in Egypt, but what does the Bible say we're trapped by today? (Answer – sin)
- **Clue 5:** How does being trapped by sin affect us? (Answer – It affects our lives and we aren't free to live life to the full)

Escape Room Part 3: Big Mistake

Game – Grab a Duck

- **Clue 7:** As the young people play the following game, they need to think about what they **MUST** do to win at this game.

Create a large square on the floor using masking tape. Place the rubber ducks or tennis balls inside it. Invite two pairs of young people to stand on each of the four sides of the square. Nominate one from each pair to be 'A' and blindfold them. Once blindfolded, they enter the square on their hands and knees. Their partner 'B' directs them with specific instructions to find the balls or rubber ducks in the grid. Once 'A' finds a ball or duck, 'B' must then instruct them to throw it and hit the other blindfolded person in the grid – this counts as 1 point. The pairs must count how many direct hits they get. The pair with the most wins.

- **Clue 6:** At the end of the game, ask them what they had to do to play the game effectively? (Answer – listen and follow instructions)

Zoom Tweak:

If doing this on Zoom, the leader needs a second person they live with to help model the game for the young people to see. Use toys or random objects to serve as 'other' players. The leader and helper play the game (throw your ducks at) the teddies or objects placed as other contenders.

Application: This is a significant clue. The key to the Israelites' freedom was listening to God.

Read: Exodus 5.1–2

- **Clue 7:** What was Pharaoh's biggest mistake? (Answer – not listening to God)
- **Clue 8:** What does this lead to? (Answer - the plagues)

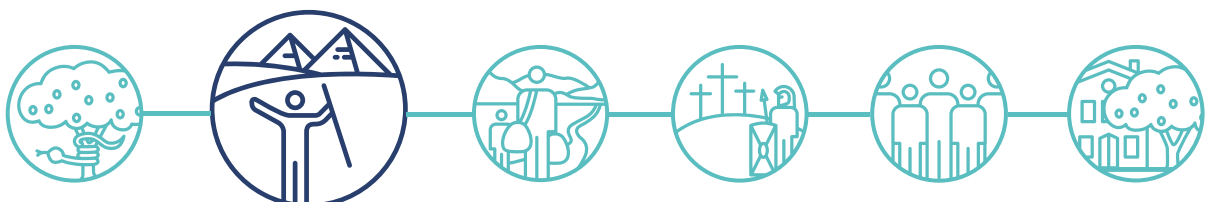
Discuss

Exodus 7—11: Look at the first nine plagues (just look at the headers in Exodus 7—11)

- **Clue 9:** What do you think it would have been like to live in Egypt during these plagues? (Answer – horrible! Frightening)
- **Clue 10:** Do you think the Egyptians deserved the plagues? Why? (Answer – yes because of making God's people slaves and Pharaoh's refusal to let them go)
- **Clue 11:** What was the one thing the Pharaoh needed to do to stop the plagues? (Answer - listen to God and let the people go)

Read Exodus 7.14

- **Clue 12:** Why wouldn't Pharaoh let the people go? (Answer – he had a stubborn heart towards God)





Escape Room Part 4: Finding Freedom

Watch the YouTube video of Pharrell Williams' track 'Freedom'

www.youtube.com/watch?v=LIY90IG_Fuw

Discuss the video. What did they think of the song, the images, the message?

- **Clue 13:** What do you think Pharrell is saying is the key to freedom?
(Answer - it's a state of mind)
- **Clue 14:** Is freedom just 'a state of mind'? How does God give us freedom?
(Answer - by listening, trusting and obeying him)

Read: Exodus 12.21–28

- **Clue 15:** Why are these instructions/rules important?
(Answer - these instructions guarantee their escape to freedom)

Escape Room Part 5: Escape!

Create a codebreaker like the one in the photos on the right using this poem printed out on sheets of paper.

Freedom is something you are so close to finding.

Have you worked out **a**ll the clues?

Will you escape this room? Will you choose

To have a soft **h**eart that engages in listening?

(The letters in red will be revealed once the top sheet is placed over the poem, to reveal the word 'faith')

Zoom Tweak:

Develop your own code breaker on a PowerPoint slide. You need the group to discover the word 'faith'.

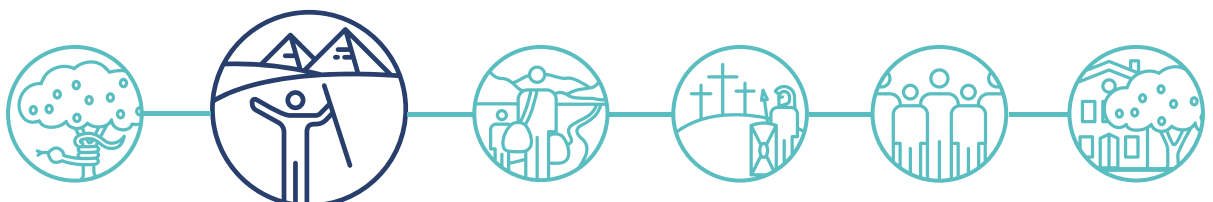
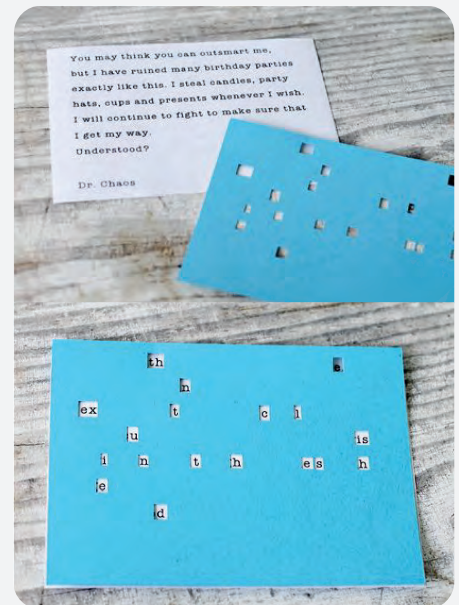
Read: Exodus 13.17–22 and 14.1–31

News Report role-play

This is an opportunity for those who like to do role-play. Ask for two volunteers. One is an Israelite who has escaped from Egypt and the other is a news reporter. The news reporter simply asks the 'Israelite' questions about what it was like to escape Egypt based on the story they've just heard.

Zoom Tweak: The more extrovert and dramatic amongst your group will enjoy this.

- **Clue 18:** As you hear this incredible story, what do you think it must have been like for the Israelites as they escaped from Egypt?
(Answer - various possible answers - amazing, powerful, memorable...)





Conclusion

Can you escape? Quickly run through all the answers below.

Clue 1	Moses: Here I am	Clue 10	Horrible / Frightening
Clue 2	Cries of His people	Clue 11	Listen to God and let the people go
Clue 3	His people's suffering	Clue 12	He had a stubborn heart towards God
Clue 4	Sin	Clue 13	It's a state of mind
Clue 5	It affects our lives, we aren't free to live life to the full	Clue 14	by listening, trusting and obeying him
Clue 6	Listen and follow instructions	Clue 15	these instructions guarantee their escape to freedom
Clue 7	Not listening to God	Clue 16	Faith
Clue 8	The Plagues	Clue 17	To trust in God
Clue 9	Horrible / frightening	Clue 18	Variable answers from – amazing, powerful, memorable

Summary

Question: What do you think the Israelites needed to make their escape?

(Answer - Faith – trust in God, which includes acting on that faith and following God's instructions)

The Israelites were physically trapped in Egypt and the Bible says that we are spiritually trapped by sin today. The answer to our escape is to have faith and trust in Jesus. His death and resurrection enable us to be free to live for him.

Creative Prayer

Use a number of chairs to mark out two lanes. Invite the young people to slowly walk through the middle (like the Red Sea). As they do so, the leaders can speak words of encouragement and blessing over them.

Once this is done, gather for the following prayer:

Pray

Jesus, we thank you that you are the key to our freedom.

Thank you that trusting in you always makes sense.

Jesus help us to have hearts that are soft enough to know that you always know best.

May we always take your lead knowing that you are worth trusting in and worth listening to.

Thank you for setting us free. Amen

