

LESSON 3

BABY MOSES

LESSON AT A GLANCE

WONDER TRUTH: God Sends Help to His People

SCRIPTURE: [Exodus 1–2](#)

GOD'S BIG STORY: Pharaoh's decree to kill all male Hebrew babies threatens the life of newborn Moses. God sends help to rescue Moses, who would one day lead God's people out of slavery in Egypt.

MEMORY VERSE: So I want you to realize that the Lord your God is God. He is the faithful God. He keeps his covenant for all time to come. He keeps it with those who love him and obey his commandments. He shows them his love. —[Deuteronomy 7:9](#)

CURIOSITY Large Group or Small Group

An object lesson, experiment, or activity that sparks curiosity, encourages exploration, and gets kids thinking about the wonder of God.

- Welcome Question: If you could pick any superhero to be your helper for a week, who would you pick and why?
- Free Play
- Countdown
- Curiosity Questions
- Declaring God's Wonder

**BELIEF** Large Group

A deep and interactive dive into Scripture that guides kids into knowing God more deeply, exploring His big story, and marveling at His wonder.

- Prayer of Invitation
- God's Big Story: Hear It, Watch It, Experience It!
- Connecting the Wonder Truth
- Memory Verse: [Deuteronomy 7:9](#)

FAITH Small Group

An intentional conversation that helps kids see the wonder of God's story and how it connects to their own, emboldening their faith and fostering a deeper understanding of their place in God's kingdom.

- Discussion Questions for Younger and Older Kids
- Small Group Prayer Time
- Blessing Your Kids

IDENTITY Large Group or Small Group

An interactive activity to keep kids engaged during pick-up and to re-inforce the lesson.

- Pharaoh, God's People, Baby Moses Game

INVITATION

We invite you to pause, listen, and shift your gaze toward the Father ...

The book of Exodus is a favorite in the whole Bible. It's a fascinating story; it introduces us to what God's salvation looks like, and it teaches us so much about the character of God. And yet, you can also look at the book of Exodus and wonder why God allowed His people to suffer for so long. Did they really have to be slaves?

Sometimes I look at the world around us or situations in my own life, and I wonder why. Why do people suffer? Why doesn't God step in and fix what I'm going through?

As you prepare to lead kids through this lesson, some of them may wonder the same thing. You might know some of their life situations and wonder along with them—why has God allowed this?

I don't know that we'll get the answers we want from God. But what I do know is that God is always faithful to send His help. [Exodus 2](#) says that God heard the groaning of His people "and was concerned about them" ([Exodus 2:25](#), NIV). He knew it was time to act.

God is always on time. He is faithful to help His people when we call to Him. Pray for the kids you'll be leading through this lesson—that they would see His faithfulness as He sends help to His people.

DID YOU KNOW?**FOUNDATION BUILDING BLOCKS****WHO?**

Moses' older sister was named Miriam. Along with their brother, Aaron, she played a large role in helping Moses lead Israel out of slavery in Egypt. After crossing the Red Sea, Miriam led worship and was called a prophet ([Exodus 15:20–21](#)).

WHAT?

Joseph and his family had all died, and many generations had passed. Pharaoh was afraid of the growing Hebrew population. He ordered that all Hebrews be put under slave drivers and all male Hebrew babies be murdered. Baby Moses was saved by God through an Egyptian princess.

WHERE?

This passage mainly takes place in Egypt within the land of Goshen. Goshen is a fertile land in the northeastern part of the country where the Nile runs into the Nile Delta, then out to the Mediterranean Sea. The Red Sea is just to the southeast.

WHEN?

Moses was born many years after Joseph and his brothers had died in Egypt, perhaps several centuries. After his birth in [Exodus 2](#), Moses grew up and fled to Midian after killing an Egyptian. In [Exodus 3](#), Moses encountered God at the burning bush and was sent to deliver the Israelites from Egyptian slavery.

CONNECTING TO GOD'S BIG STORY

God worked through Moses to deliver Israel from slavery in Egypt. Years later, Jesus, the Messiah, accomplished an even greater deliverance, saving people from sin and death. This salvation reaches to the ends of the earth, available to all who call on Jesus' name.

Large Group or Small Group

Spark curiosity, encourage exploration, and get kids thinking about the wonder of God.

Welcome Question

The following question will be written on the whiteboard: “If you could pick any superhero to be your helper for a week, who would you pick and why?” Set out sheets of paper and colored pencils.



As kids arrive ...

Warmly welcome kids by name and show them the [Welcome Question](#). Encourage them to respond to the question by sharing their answers with each other. This welcome time is an opportunity to help kids make and deepen friendships, and conversations go a long way toward making that happen. If you have younger kids, be sure to read the question for them.

Free Play

Tables will be set with games, toys, and activities for kids to play until the lesson begins. This is a great opportunity to get to know kids and build relationships with them.

This is also a great time for a bathroom reminder!

Countdown Video

Play the [countdown video](#) provided and then show it every week five minutes before your official start to signify clean up time.



Curiosity Questions

At your start time ...

Take it as a challenge to zip around, giving as many high fives as possible in 10 seconds as you make your way to the front of the room. Then ask for several volunteers to share their answers to the Welcome Question: **If you could pick any superhero to be your helper for a week, who would you pick and why?**

No matter what superhero you chose, there's a limit to what that superhero could do for you. But here's some good news: you know someone who is not only all-powerful, but who loves you. And that's God! Today we'll explore how God sends help to His people. But, first, it's time to be curious. Pose the following "I'm curious" questions. Say "I'm curious ..." before each question and give kids a chance to think about and answer each one. After each question, consider having kids share their ideas with a neighbor before you call on one or two of them to share with the group.

I'm curious ...

- **If you were listing all the things you'd like a helper to do for you, what would you say?**
- **Do you think of God as a helper? Why or why not?**

Declaring God's Wonder

SUPPLIES: Moses Declaration Slide

Display the [Moses Declaration Slide](#). Read each line boldly and invite kids to repeat after you.

Thank You, God, that You are good! (Kids repeat.)

You made me on purpose, for a purpose. (Kids repeat.)

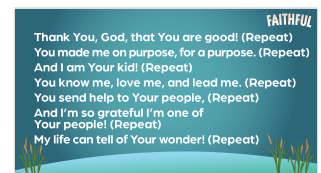
And I am Your kid! (Kids repeat.)

You know me, love me, and lead me. (Kids repeat.)

You send help to Your people, (Kids repeat.)

And I'm so grateful I'm one of Your people! (Kids repeat.)

My life can tell of Your wonder! (Kids repeat.)



Large Group

Guide kids into knowing God, exploring His big story, and marveling at His wonder.

LESSON AT A GLANCE

WONDER TRUTH: God Sends Help to His People

SCRIPTURE: Exodus 1–2

MEMORY VERSE: Deuteronomy 7:9

Prayer of Invitation

Before entering into God’s big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, Your love brought Jesus to earth to save us from sin—and there’s no greater help than that. We thank You, praise You, and we invite Your Holy Spirit to help us know You better, today and every day. In Jesus’ name, Amen.**

God's Big Story Intro

SUPPLIES: Bibles (1 per kid), [Moses Title Slide](#), [Baby Moses God’s Big Story Video](#)

Display the [Moses Title Slide](#). Explain that today’s Bible passage is in Exodus, the second book of the Bible, right after Genesis. Then do one or both of the following:

- View [Baby Moses God’s Big Story Video](#)
- Use the following Baby Moses Experience It! Script



FOR OLDER KIDS: Invite kids to open their Bibles to [Exodus 1](#). Tell kids that Exodus means “a group of people leaving a place”—in this case, Moses’ and God’s people, the Israelites.

Let’s start by reading part of God’s big story directly from the Bible. Afterward, we will watch and experience more of the story!

Recruit a willing volunteer to boldly read aloud Pharaoh’s words in [Exodus 1:7–11](#). You’ll read [1:22](#) and [2:1–10](#).

Then do one or both of the following:

- View [Baby Moses God's Big Story Video](#)
- Use the following Baby Moses Experience It! Script

Leader Tip: Exodus 1:22 is a difficult verse that may upset some kids. Use your discernment when deciding whether to read the verse aloud or summarize it in your own words.

Watch God's Big Story

Watch the [Baby Moses God's Big Story!](#)



LESSON 3 BABY MOSES

EXPERIENCE IT! SCRIPT

SUPPLIES: painter's tape (optional), [Emoticon Slide](#), [Emoticon Sheets](#) (optional)

Display the [Emoticon Slides](#) on the screen, explaining the faces represent four feelings: sad, mad, glad, and scared. Consider printing the [Emoticon Sheets](#) and taping them to the walls in the four corners of the room so that they correspond with the Emoticon Slide.



Explain that the people in today's portion of God's big story experienced a variety of different emotions. Kids will choose which emoticon best represents people's emotions at different points in the story.

God made an unbreakable promise to a man named Abraham. God told Abraham he'd be the father of a great nation with many, many descendants—and God kept His promise. Abraham had a son named Isaac. Isaac married Rebekah, and they had a son named Jacob, who grew up and had 12 sons, including a boy named Joseph. Joseph was eventually sold as a slave by his brothers and taken to Egypt, but he rose to a position of great power. Joseph saved the lives of many people, including his father and brothers, who came to live with him in Egypt.

Jacob's family grew and grew and became known as the Hebrew people—they were also called the Israelites. Many years passed, and Egypt had a new Pharaoh, or king, who was afraid of the Israelites because there were so many of them. He feared they might take over Egypt. So Pharaoh told the Egyptians to put the people of Israel to work as slaves. The slave drivers treated them badly and made them work very, very hard.

The Israelites suffered a lot as slaves, but then things got even worse. Pharaoh gave an order: every Hebrew baby boy must be killed.

Ask kids to stand in the center of the room. Point out which corner corresponds to each emoticon, using the Emoticon Slide as a guide. **At this time a Hebrew couple gave birth to a baby boy. When babies are born, how do you think their moms and dads usually feel? Go to the corner of the room that best represents how you think most parents feel when they have a new baby come into the family.** Give kids time to move.



Thanks! Now everyone, come back to the center of the room. Pause as kids respond. **Remember, this wasn't a usual time. As this baby boy's mother held him close, she knew Pharaoh wanted to kill him. How do you think she felt knowing this? Go to that corner.** Pause as kids respond, then call them back to the center of the room.

This mother hid her baby for three months. Then, when she couldn't hide him anymore, she made a basket that would float in the water and placed the child in it. She set the basket in the Nile River. How do you think she felt when she did that? Pause as kids respond, then call them back to the center of the room.

While the baby's mother set her son afloat in the water, his older sister watched from a safe distance to see what would happen to her brother. How do you think she felt? Pause as kids respond, then call them back to the center of the room.

Just then, Pharaoh's daughter came to the river to take a bath. She saw the basket floating among the tall grass and asked one of her servants to pick it up and bring it to her. How do you think Pharaoh's daughter was feeling? Pause as kids respond, then call them back to the center of the room.

Pharaoh's daughter opened the basket and saw the baby. He was crying, and she felt sorry for him. Right away she knew he was one of the Hebrew babies.

The baby's older sister who had kept watch approached Pharaoh's daughter. She offered to get a Hebrew woman to help feed the baby. The king's daughter agreed, but she didn't know the girl was the baby's sister. The baby's sister ran home and brought back her mother. How do you think the baby's mother felt as she walked up to Pharaoh's daughter? Pause as kids respond, then call them back to the center of the room.

Pharaoh's daughter asked the woman to feed the baby and even offered to pay her; she still didn't realize the woman was the baby's own mother. God sent help to the baby and his family just when they needed it most. How do you think the baby's mother and sister were feeling now? Pause as kids respond, then call them back to the center of the room.

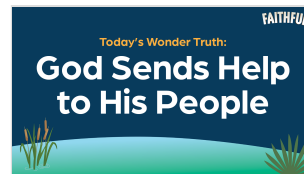
When the baby grew older, his mother returned him to Pharaoh's daughter. She took him as her son and named him Moses, which means "pulled out," because she pulled him out of the water.

Though Moses grew up in Pharaoh's palace, he was still a Hebrew. Years later, the Hebrew people would cry out to God for help, and God would call Moses to lead them out of slavery in Egypt. God cares about His people and rescued Moses as a baby because He knew who Moses would grow up to become. Just when they needed it most, God sent help to His people.

Connecting the Wonder Truth

SUPPLIES: Moses Wonder Truth Slide

Display the Moses Wonder Truth Slide.



Our Wonder Truth today is **GOD SENDS HELP TO HIS PEOPLE.**

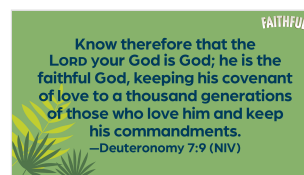
When Moses grew up, God worked through him to deliver Israel from slavery in Egypt. Years later, Jesus delivered all people from our slavery to sin and death. Because of Jesus' death and resurrection, our sins—the wrong things we do—are forgiven, and we can live with God forever! Salvation through Jesus is available to all who call on Jesus' name.

Memory Verse

SUPPLIES: Memory Verse slide

Our Memory Verse is found in **Deuteronomy 7:9**. In this verse we hear some truths about God and truths that help us know why we can count on God to send help to His people. Let's read the Memory Verse now!

Display the Memory Verse Slide on the screen. Tell kids as they read the verse with you and they hear a truth about God, they can hold up a finger. Pause after each "fact" presented about God, and hold up one finger for each fact. In the NIV, there are three.



Small Group

Help kids see the wonder of God's story and how it connects to their own story.

Divide your group into smaller groups based on age. If your group is already small, stay together for this time.

MEMORY VERSE

Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.

—Deuteronomy 7:9 (NIV)

Questions: Younger Kids

- God was faithful to keep His unbreakable promise to Abraham. What in this story shows that God was keeping it?
- How do you think Moses' mother felt when she set him afloat in the river? Why?
- God helped His people a lot. How did He help Moses? Moses' family? The whole Hebrew family?
- Nobody expected God to work through an Egyptian princess to help Moses. When's a time someone unexpected helped you?
- Sometimes God works through His people to help others who need something. How could you be a helper to someone?
- If you could say five words to God about how He helps you, what would they be?

God sends help to His people—and that's us! But let's not call on Him only when we need something. Let's pause right now to thank and praise God for His help in the past!

Prayer Time: Younger Kids

Ask kids to pray silently, assuring them God will know what they're thinking and feeling. Prompt kids to thank God for His help, praise God for His help, and then ask God to help family and friends. After each prompt, pause as kids pray. Wrap up with a brief prayer thanking God for both loving us and listening to us.

Questions: Older Kids

- **God kept His unbreakable promise to Abraham. How did He do it?**
- **How do you think Moses' sister felt watching her baby brother floating in the Nile River? Why?**
- **God helped His people a lot. How did He help Moses? Moses' family? The Hebrew people?**
- **When the Egyptian princess adopted Moses, some things in his life changed and some didn't. What's something that changed? What's something that stayed the same?**
- **When God sent help for Moses, He chose an unlikely source: the Egyptian princess. When's a time God sent help to you through an unexpected source?**
- **God sent help to His people—but not right away. What's a promise someone made to you and kept—but not right away? What are you waiting on God for today?**

God sends help to His people, but that doesn't mean we should only call on Him when we need something. Let's thank and praise Him for His help in the past!

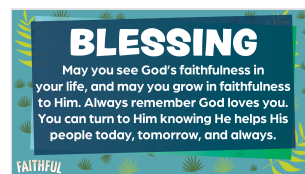
Prayer Time: Older Kids

Ask kids to pray silently, assuring them God will know what they're thinking and feeling. Prompt kids to thank God for His help, praise God for His help, and then ask God to help family and friends. After each prompt, pause as kids pray. Finish with a brief prayer thanking God for both loving us and listening to us.

Blessing Your Kids

Speak this blessing over your kids, as a group or as individuals. If you bless kids individually, insert each name into the blessing.

Blessing: **May you see God's faithfulness in your life, and may you grow in faithfulness to Him. Always remember God loves you. You can turn to Him knowing He helps His people today, tomorrow, and always.**



Large Group or Small Group

Use the following activity to keep kids engaged during pick-up time and to re-inforce the lesson.

GAME 3: PHARAOH, GOD'S PEOPLE, BABY MOSES

SUPPLIES: whiteboard (optional), dry-erase marker (optional)

Works well with the
Baby Moses lesson!

In this modified version of Rock, Paper, Scissors, kids make motions to represent Pharaoh, God's people, and baby Moses. Call the kids together to demonstrate the motions. For Pharaoh, turn sideways with arms bent at the elbows, fingers pointed outwards for the "Egyptian walk." For God's people, place the palms together in prayer, head bowed. For baby Moses, cradle and rock an invisible baby.

Pharaoh treated God's people very badly. When Moses was a baby, his mother saved him by putting him in a basket and placing it among the tall grass that grew along the Nile River. Baby Moses grew up and became a powerful leader who, with God's help, defeated Pharaoh. Let's play a game like Rock, Paper, Scissors. Here's how the game works: Pharaoh "beats" God's people.

Demonstrate the Pharaoh and God's people motions. **God's people "beats" baby Moses.** Demonstrate the God's people and baby Moses motions. **And baby Moses "beats" Pharaoh.** Demonstrate the baby Moses and Pharaoh motions. Invite the kids to practice each motion as you model it for them. Consider writing who beats whom on a whiteboard for kids to reference during the game.

Leader Tip: Before starting the tournament, allow kids to circulate and play a few rounds with several opponents, getting used to the motions and which one "beats" which.

Have a tournament to determine the champion. Pair students up to battle. The kids who lose this round sit out while the winners go on to challenge someone else. Continue eliminating kids until a single champion remains.

Of course, the real story was more complicated than that. Pharaoh mistreated God's people, but God's people—namely Moses' mother—outsmarted Pharaoh. And Pharaoh's daughter was a key player. She had baby Moses pulled out of the water and raised him as her own. Throughout it all, God was fulfilling His plans. God's people cried out to Him for help, and God sent help to His people.