



SESSION 1

LESSON GUIDE

MISSION:
DEEP SEA

THE BIG IDEA

People can help my
faith grow.

THE BIBLE

Moses and the Red Sea:
Exodus 14

WHAT? *What are we talking about today?*

VIDEO | Morning Intro 1

- **INSTRUCTIONS:** *Play today's intro video.*

MUSIC | Waves of Worship

- **INSTRUCTIONS:** *Tell the kids to sing and dance along to some fun songs about God's love, including our original theme song, "We Go Deep!" Here are some other songs we like:*
- ["God's Love is Big"](#)
- ["Holding On"](#)
- ["Oceans"](#)

ACTIVITY | S.E.A. Agent Badge

- Starting today, each of us are S.E.A. Agents-in-Training at Mission: DEEP SEA. We are going to have to work together to make it through the program. It is our job to take care of each other. So, let's get to know your team!
- **INSTRUCTIONS:** *Using the S.E.A. Agent badge printable, the kids will create their own S.E.A. agent badge to wear during VBS.*
 - ✂ **PRETEEN HACK:** *Make your preteen badges a little different, perhaps adding in a stripe or a different color. Or, you can give them a specific color of yarn not available to the other kids. Also, allow them to help the younger kids make their badges.*

✂ **SPECIAL NEEDS HACK:** Pre-print the badge on a larger label so there is more space to create on. Have kids partner with an adult or peer who can spell the name out loud while they write it together.

✂ **PRESCHOOL HACK:** Tell the adult to write each kid's name on the badge using dashed/dotted lines for the kids to trace with washable marker. Provide colored pencils and crayons to decorate, then laminate them, if possible. Then, hole punch and lace the badge for them.

- Just like God made the ocean and everything in it unique, God made each of us special and different, too. Go greet your fellow S.E.A. Agents-in-Training!

ACTIVITY | Sticky Toes

- As S.E.A. Agents-in-Training, we never know what kind of creatures we may encounter in the sea. We are going to play a game that allows us to dive deep into the ocean.
- **INSTRUCTIONS:** Before VBS, fill a bucket or small tub with blue Jell-O. Inside the Jell-O, place small plastic sea creatures. The kids will take turns using their toes to grab as many sea creatures as they can. Remind the kids the Jell-O is there for playing, not eating! If you prefer a non-food option, you can use blue slime (or clear slime and add blue food coloring).
 - ✂ **SPECIAL NEEDS HACK:** Fill baggies with blue hair gel and sea creatures. Make sure they are duct-taped shut, allowing the kids to play with these during this activity. Ask them to point out different creatures and squish them through the ocean gel.
 - ✂ **PRESCHOOL HACK:** Encourage the preschoolers to use their hands instead of their toes. For kids sensitive to texture, use tongs or large tweezers, or try creating a sensory tub with items dyed blue (e.g., rice, dry pasta, or even cooked spaghetti).
- In today's Bible story, we are going to talk about a group of people who also did not know what they would encounter as they came across a big sea.

SO WHAT? Why does it matter to God and to us?

ACTIVITY | DEEP SEA HQ Skit

- **INSTRUCTIONS:** Use the script provided in your Teaching folder to perform a skit or make a video for the kids.

ACTIVITY | Crossing the Sea

- S.E.A. Agents-in-Training, our first mission is to work together to collect sea shells from the bottom of the ocean.
- **INSTRUCTIONS:** Small groups will work together to cross the sea, picking up sea shells as they go. Cut out the printable and prep one set for each group. Scatter the seashells (which have words from the Big Idea) along brown butcher paper on the ground. Place a volunteer on each side of this "dry ground," holding up blue bed sheets to create the sea wall. Tell the kids to walk through and collect seashells as they go.

- ✂ **PRETEEN HACK:** Tell the preteens to “[crab walk](#)” through this activity. Encourage them to wait for the younger kids to go first so the preteens don’t pick up all the shells. Or, organize your small group so it’s comprised of only preteens.
 - ✂ **SPECIAL NEEDS HACK:** Partner the kids with a peer and walk through together. Wheelchair friends can be wheeled through while other kids hand them seashells. You can also modify this activity by placing the shells on blankets that volunteers are holding up instead of putting them on the ground, so that kids can reach them easily.
 - ✂ **PRESCHOOL HACK:** Using real seashells might be easier to pick up than small pieces of paper on the floor.
- Once you collect all of the seashells, drop your seashell in your group’s bucket. We’ll wait for further instructions from DEEP SEA HQ.

SCRIPTURE | Exodus 14

- Going on an adventure together means working as a team. At Mission: DEEP SEA, we are going to work together as S.E.A. Agents-in-Training to explore God’s creation, the ocean, and the depths of God’s love for us!
- Back in Bible times, the Israelites had to work as a team, too, as they were escaping Egypt. Let’s dive in to today’s Bible story!
- **INSTRUCTIONS:** Read or summarize Exodus 14 using [action figures](#) for Moses and Pharaoh, and red Jell-O.
- *[Hold up Moses action figure for kids to see.]* Moses was the influencer and leader of faith for the Israelites, God’s people, after they had been slaves in Egypt for such a long time. They needed someone to lead them and needed each other to escape Pharaoh.
- *[Hold up Pharaoh action figure for kids to see.]* Pharaoh sent his army after the Israelites and they were getting closer.
- *[Move Moses to the plate with the red Jell-O mold.]* Moses and the Israelites came to the Red Sea. There was no way they would be able to cross it in time before Pharaoh’s army caught up to them.
- *[Move Pharaoh close to Moses on the plate with the red Jell-O mold.]* But guess what? God told Moses to raise his staff and stretch out his hands. God provided everything the Israelites needed, including parting the sea! *[Use a plastic knife to cut the red Jell-O mold in half, then “walk” Moses through the Jell-O.]*
- Sometimes, when we are facing a tough situation, we might forget to trust God with our problems. But God has given us some people in our lives who can help us with that. Even though all the Israelites were afraid and thought there was no way out, Moses knew God had it under control. Moses obeyed God, and when he stretched out his hands over the sea, everyone was saved. What’s more, their faith in God grew stronger that day!

THE BIG IDEA | People can help my faith grow.

- Now, it’s time to complete our mission from before. Thanks to our story from Exodus 14, we were able to walk on dry ground to collect some special seashells. DEEP SEA HQ wants us to figure out the secret message from our shells.

- **INSTRUCTIONS:** Groups will work together to unscramble the Big Idea for the day.
 - ✂ **PRESCHOOL HACK:** To help younger kids remember the Big Idea, provide hand motions for the words. Example: People (point to different people in the room around you) can help (raise your hands) my faith (hands to heart) grow (move a hand from the ground up in levels to demonstrate something growing taller).
 - ✂ **SPECIAL NEEDS HACK:** Provide hand motions for kids with special needs to help them retain the Big Idea. You can use the same hand motions as the ones suggested for preschool, or make your own!
- Great job, S.E.A. Agents-in-Training! We did it! The secret message is our Big Idea for the day:
People can help my faith grow!

OBJECT LESSON | Parting of the Red Sea

- Today's story in Exodus 14 showed us God used Moses to do something incredible! God told Moses to stretch out his hand over the sea and the water split right down the middle. Because of that, the Israelites were able to walk through on dry ground.
- **INSTRUCTIONS:** Open the bottle of water, pour half of the water into a cup. Place five drops of blue food coloring into the water. Pour the olive oil into the bottle. Allow kids to take turns shaking up the bottle. The olive oil and blue water will mix together. Once the shaking stops, the oil and water will begin to separate.
 - ✂ **PRESCHOOL HACK:** Add a little glitter to the mixture to create "calming jars" that kids can take home. Make sure you hot glue the lids of the bottles closed.
 - ✂ **SPECIAL NEEDS HACK:** Turn this object lesson into a craft by using a bottle with a wider mouth so that it's easier for them to pour things into the bottle. Pre-make a few bottles in case they are unable to make them so they can still play and take one home.
- The parting of the Red Sea may have looked something like this – but way cooler! Imagine you were one of the people crossing the sea on dry land. **What kinds of things might they have seen as the waters of the Red Sea parted?** [Allow the kids to yell out some answers: fish, whales, seaweed, sharks, etc.]
- I would have been so amazed at what was happening. The Israelites were, too! We know this because of what it says in Exodus 14:31: Because of this miraculous event, the people of Israel had faith in God and in Moses, their leader.

PRAYER

- God, Thank You for the story of Moses, and for reminding us we can always put our faith in You. Thank You for the people in my life who can help my faith grow.

SNACK | Snack of the Sea

- **INSTRUCTIONS:** In a bowl, combine colorful Goldfish crackers, blueberries and Cheerios. Use small cups to dip out a portion for each kid in the group. Ask the following questions while the kids eat.
- **If you were going to create a sea creature, what would it look like?**
- **What would you call it?**
- **What would it eat?**

DISCUSSION

- **INSTRUCTIONS:** Split off into small groups and have kids share their responses to the following questions. You could choose to combine this with snack time, if you'd like!
- **Who were Moses and the Israelites running from?** Pharaoh and his army.
- **When Pharaoh's army was getting closer to them, what did the Israelites ask Moses?** Why did you bring us here? What have you done?
- **What did God tell Moses to do that made the water part?** Stretch out his hand.
- **Read Exodus 14:13-14. Why did Moses tell the people they need only to "be still"?**
- **Have you ever been in a situation where you thought you had no way out? What happened?**
- **What do you think it means for your faith to grow?**
- **Who is someone who has helped your faith grow? How?**

ACTIVITY | Play Stations

- **INSTRUCTIONS:** See the "Play Stations" section for some ideas for this free play segment. You can set up the same stations every day or change them up for each session. Let kids float around between stations freely, but designate leaders to supervise. Some ways to monitor the flow is to tell the kids that each station cannot exceed a certain number of kids (e.g., 5-6), so if they see a station that is full, they can go to another one. If you feel there is a station that is more popular, set a timer for how long kids are allowed to stay, or ensure them that the station will be back next session.

NOW WHAT? What does God want us to do about it?**VIDEO | Afternoon Countdown 1**

- **INSTRUCTIONS:** Play today's Countdown video.

REFLECTION | Tentacles of Faith

- We all have people in our lives who help our faith grow. For the Israelites in today's story, Moses was the person who helped their faith grow.
- **Can you think of someone in your life who helps your faith grow?**
- **INSTRUCTIONS:** Before VBS starts, cut out a large circle out of poster board or wood, and draw an octopus face on it (leave out tentacles). Hang the octopus somewhere near the stage or worship area. Split everyone into small groups. Tell the kids to think of the name of someone who has helped their faith grow and encourage them to write down that person's name on a strip of purple paper. They can write as many as they want. Once everyone in the group has written down some names, staple the strips of paper together to form a chain. As each group finishes their chain, attach the chain to the giant octopus with tape, creating tentacles!
 - ✂ **PRETEEN HACK:** In addition to making the tentacles, have some purple paper they can use to write a little thank you note or note of encouragement to that person. Challenge them to take the note home and ask their parents to help them mail it to the person.

- ✂ **SPECIAL NEEDS HACK:** Ask an adult or peer to partner with them for this activity. Supply stickers or pre-cut pictures of people they can choose from, like an image of a woman who has the word “mom” under it (also dad, grandma, grandpa, teacher, pastor, aunt, etc.). Also consider providing a [koosh ball](#) for them to squeeze during this activity. They will match the octopus, have tentacles, and provide movement and stress relief.
- ✂ **PRESCHOOL HACK:** Ask preschoolers, “Who is someone who shows us God’s love?” Then, ask an adult to write the names the kids say. Or, encourage the kid to draw a picture of the person they are thinking of.

- Take a moment to quietly pray for all these people in our lives who have helped our faith to grow!

ACTIVITY | Red Sea Sprint

- Imagine how rushed the Israelites felt trying to get across the Red Sea before Pharaoh’s army got there! Let’s play a game to see how fast you can cross the Red Sea!
- **INSTRUCTIONS:** In this game, teams will race against each other to cross the “Red Sea” with water balloons (be sure to check that no kids in your group have a latex allergy). Before the game begins, fill ten to twenty water balloons for each group. Use some sort of ground stakes and ribbon, preferably blue, to create lanes for each team. The kids will spread across their lane, double arms length apart. The first kid will pick up a water balloon and toss it to the next kid in line. The first group to get all their water balloons across, and has the most water balloons left intact, wins!
 - ✂ **SPECIAL NEEDS HACK:** Allow friends to go back and forth in between different lines to the side if a race is too difficult for them. Wheelchairs can be wheeled in this game. If you are concerned about balloons being popped, the kids getting wet and causing stress, provide foam balls instead.

MEMORY VERSE | Ephesians 3:18

- **INSTRUCTIONS:** Tell the kids to carefully write each word of the memory verse on strips of green crepe paper, one word per piece of “seaweed.” Then have them glue the seaweed strips in the correct order onto blue construction paper. Afterward, show the kids how to say the memory verse in sign language (which we’ve provided for you!).
 - ✂ **PRESCHOOL HACK:** Type and print the memory verse on strips of paper for this activity. Invite the younger kids to color it green and glue it down on the blue construction paper using glue sticks.
 - ✂ **SPECIAL NEEDS HACK:** Tell the kids to wave the “seaweed” while saying the verse to them. Shorten the verse, if needed.

ACTIVITY | Fish Key Chain Craft

- **INSTRUCTIONS:** The kids will make their own [fish keychain](#) to hang on their S.E.A. Agent badge! Form a heart shape in the center of the pipe cleaner and twist below it several times. Thread beads on both pipe cleaner ends. Add a keychain ring, then twist ends together to secure it. Assist the kids in hanging their fish on their S.E.A. Agent badge.

- Our story today showed that even when the Israelites faced something scary, God provided what they needed. God gave Moses the power to part the Red Sea so the people could pass safely on dry ground.
- Hearing stories of how God provided for people in the Bible and even other people we know can help our faith grow. These fish can be a reminder to us that there are people who can help my faith grow!