



# SESSION 1

## OVERVIEW

MISSION:  
**DEEP SEA**

### THE BIG IDEA

People can help my  
faith grow.

### THE BIBLE

Moses and the Red Sea:  
Exodus 14

#### STUFF FOR THIS SESSION

### TEACHING – SESSION 1

- ▶ How to Prepare
  - ▶ [Shopping List](#)
  - ▶ [Prep List](#)
- ▶ [Lesson Outline](#)
- ▶ [Preteen Hacks](#)
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- ▶ [Preschool Hacks](#)
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- ▶ [Small Group Guide](#)
- ▶ [Printables](#)

### PARENTS & VOLUNTEERS

- ▶ [Session 1 Volunteer Email](#)
- ▶ [Volunteer Huddles](#)
- ▶ [Parent Email](#)
- ▶ [Parent Handouts](#)
- ▶ [Memory Verse Sign Language](#)

#### HOW TO PREPARE FOR THIS SESSION



### DESIGN

We made **lots of graphics** for you! Use them to create slides, social media posts, and more! You can find them in your [Graphics folder](#) & [Video folder](#).



### SHOP

We made a **list** of everything you'll need to buy, borrow, or dig out of your storage closet in order to make this week happen. Get your editable shopping [right here](#).



## PREP

We made a list of everything you'll need to print, cut, glue, build, or make in order to make this week happen. Get the list [right here](#).



## CUSTOMIZE

You know your kids and ministry better than we do, so **you'll probably want make some tweaks** to this lesson. You can do that by editing the Word document in your series downloads.



## HACK

If you're using Grow for your toddlers, you may want to make some tweaks to make it more age appropriate. **Get the Preteen Hacks** for Session 1 [here](#) and the **Special Needs Hacks** for Session 1 [here](#) and the **Preschool Hacks** for Session 1 [here](#).



## COMMUNICATE

To make sure volunteers and parents are in the loop, don't forget about these . . .

- ▶ [Session 1 Volunteer Email](#)
- ▶ [Volunteer Huddles](#)
- ▶ [Monthly Parent Email](#)
- ▶ [Parent Handouts](#)
- ▶ [Memory Verse Sign Language](#)



# SESSION 1

## WEEKDAY LESSON OUTLINE

MISSION:  
**DEEP SEA**

### THE BIG IDEA

People can help my  
faith grow.

### THE BIBLE

**Moses and the Red Sea:**  
Exodus 14

#### THIS SESSION AT A GLANCE

- **VIDEO** | Morning Intro 1
- **MUSIC** | Waves of Worship
- **ACTIVITY** | S.E.A. Agent Badge
- **ACTIVITY** | Sticky Toes
- **ACTIVITY** | DEEP SEA HQ Skit
- **ACTIVITY** | Crossing the Sea
- **SCRIPTURE** | Exodus 14
- **THE BIG IDEA** | People can help my faith grow.
- **OBJECT LESSON** | Parting of the Red Sea
- **PRAYER**
- **SNACK** | Snack of the Sea
- **DISCUSSION**
  - Who were Moses and the Israelites running from?
  - When Pharaoh's army was getting closer to them, what did the Israelites ask Moses?
  - What did God tell Moses to do that made the water part?
  - 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 to grow your faith?
  - Who is someone that has helped your faith grow? How?
- **ACTIVITY** | Play Stations
- **VIDEO** | Afternoon Countdown 1
- **REFLECTION** | Tentacles of Faith
- **ACTIVITY** | Red Sea Sprint
- **ACTIVITY** | Fish Key Chain Craft
- **MEMORY VERSE** | Ephesians 3:18



# SESSION 1

## EVENING LESSON OUTLINE

**MISSION:**  
**DEEP SEA**

### **THE BIG IDEA**

People can help my  
faith grow.

### **THE BIBLE**

**Moses and the Red Sea:**  
Exodus 14

#### *THIS SESSION AT A GLANCE*

- **VIDEO** | S.E.A. Agent Training, Level 1
- **MUSIC** | Waves of Worship
- **ACTIVITY** | S.E.A. Agent Badge
- **ACTIVITY** | Crossing the Sea
- **SCRIPTURE** | Exodus 14
- **THE BIG IDEA** | People can help my faith grow.
- **OBJECT LESSON** | Parting of the Red Sea
- **PRAYER**
- **SNACK** | Snack of the Sea

#### ■ **DISCUSSION**

- Who were Moses and the Israelites running from?
- When Pharaoh's army was getting closer to them, what did the Israelites ask Moses?
- What did God tell Moses to do that made the water part?
- 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 that has helped your faith grow? How?

- **VIDEO** | Countdown Video
- **REFLECTION** | Tentacles of Faith
- **ACTIVITY** | Fish Key Chain Craft
- **MEMORY VERSE** | Ephesians 3:18



# SESSION 1

## HACKS FOR PRETEENS

MISSION:  
**DEEP SEA**

**BY MIKE SHELEY**

### HOW TO HACK THIS SESSION FOR PRETEENS

In kids ministry, you've got a wide range of ages you need to engage every week, but preteens tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your preteens more engaged.

#### GENERAL TIPS FOR ALL SESSIONS

**Worship time.** Unless you have a large enough preteen group to do a separate worship with slightly more "preteen" songs, the best hack here is to involve them in leading worship. Some will be good at actually singing, whether or not you mic them. Others can be really good with leading motions. And then others can be dispersed among the younger kids, leading the others in worship by example.

**Bible story time.** Preteens would be more engaged if you have them help act out the story or if you have them read it while others are acting it out. Try to bring in props during the storytelling, such as a can of sardines for Jesus Feeds the Crowd, or a mist bottle to spray the kids while telling the Moses or Jonah stories.

#### ACTIVITY | S.E.A. Agent Badge

Make your preteen badges a little different, perhaps adding in a stripe or a different color. Or you could give them a specific color of yarn not available to the other kids. Also allow them to help younger kids make their badges.

#### ACTIVITY | Crossing the Sea

If your small groups have mixed ages, have preteens let the younger kids go first. This is similar to how some people run an Easter Egg hunt. Only let the preteens go after the younger children have gone so they don't take all the shells. And have preteens "[crab walk](#)" through this activity. . . if

anyone's going to enjoy a good challenge of picking up shells while crab walking, it will be your preteens!  
\*Bonus: If you have any gymnastics preteens, they are probably good at crab walking and can teach the others!




**REFLECTION | Tentacles of Faith**

- In addition to making the tentacle, 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 have their parents help them mail it to the person.

ABOUT THE AUTHOR

# MIKE SHELEY



 [facebook.com/michaelsheley](https://facebook.com/michaelsheley)  
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Mike Sheley is the Middle School Pastor overseeing ministries for preteen (5th-6th grade) and young adolescent (7th-8th grade) students at Mount Pleasant Christian Church in central Indiana. He has been in student ministry for over twenty years, with more than twelve of those years in his current position. In his current ministry, preteens participate alongside middle schoolers for weekly programming, but have their own lessons and special events. However, part of the health of the ministry is due to the close friendship and working relationship Mike has with the children’s ministry team.

Mike is married and has three kids - one in college,

one in high school and one in middle school. Mike has had the joy and challenge of ministering to all of his kids as their youth pastor during their preteen and middle school years.

Mike’s odd jobs over the years have included working at the his local Apple Store, Target, and at a couple fast-food restaurants. He has a weird fascination with presentations and fonts.

If you’d like to chat with Mike about spiritual disciplines with preteens, parent ministry or developing better presentations, reach out! He would love to connect with you!

**ADDITIONAL DEVELOPMENT:** Elle Campbell, Brooklyn Lindsey, Amber Stephens, Linda Moon.

**TEACHING VIDEOS:** Sunday Cool, After School Program.

**TEACHING SKITS:** Natasha McGill.

**PRETEEN HACKS:** Mikey Sheley.

**SPECIAL NEEDS HACKS:** Kimberly Dorpenyo.

**PRESCHOOL HACKS:** Tiffany Thenor.

**MEMORY VERSE SIGN LANGUAGE:** Sunny Brown.

**GRAPHIC DESIGN:** Josh Gosney, Jules Gray, Elle Campbell.

**LAYOUT DESIGN:** Jules Gray, Elle Campbell.

**ILLUSTRATION:** James Huang.

**ADDITIONAL SUPPORT:** Kenny Campbell, Tash McGill, Stephen Switzer, Ali Anne, Eddie Irvin, Ari Raines, Kellee Gentry, Tim Synan, Josh McLemore, Amber Gaddis, Megan Romer, Kathie Phillips, Sunny Brown, Dena Kitchens.



# SESSION 1

## HACKS FOR KIDS WITH SPECIAL NEEDS

MISSION:  
**DEEP SEA**

**BY KIMBERLY DORPENYO**

### *HOW TO HACK THIS SESSION FOR KIDS WITH SPECIAL NEEDS*

In kids ministry, you've got a wide range of ages you need to engage every week, but kids with special needs tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your kids with special needs more engaged.

#### **GENERAL TIPS FOR ALL SESSIONS**

**Worship time.** Use simple, repetitive actions for kids with special needs. If they cannot do the actions, have them jump up and down. Movement always helps memory and senses. Have noise-cancelling headphones available for kids sensitive to loud sounds. For kids using wheelchairs, have someone "dance" them during fast songs and hold up their hands during slow ones.

**Bible story time.** Many friends are visual learners. Provide a print out of pictures for them to follow, or provide a coloring page for them to color while you tell the story. If they need to move, provide their own action figures in the back of the room by the visual pictures so they can re-enact the story themselves.

#### **ACTIVITY | S.E.A. Agent Badge**

Have the badge pre-printed on a larger label so there is more space to create on. Many friends write bigger letters than other students. Have an older student or one-on-one partner put the child's hand on top of his hand and spell the name out loud while they write it together.

Additionally, some friends may need to give a high five or fist bump to connect with the other kids that they are meeting. Give them a chance to say each name alone. When they are done, have the crew celebrate.

**ACTIVITY | Sticky Toes**

Have baggies filled with blue hair gel and sea creatures. Make sure they are duct-taped shut, allowing the kids to play with these during this activity. Have them point out different creatures and squish them through the ocean gel.

**ACTIVITY | Crossing the Sea**

Have kids buddy up 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.

**THE BIG IDEA | People can help my faith grow.**

Provide hand motions to help them remember the Big Idea. 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).

**OBJECT LESSON | Parting of the Red Sea**

Provide a buddy with whom they can create this craft. You may also want provide a gatorade bottle instead of a water bottle so the lid is wider and easier for them to pour things into. Have a few bottles pre-made in case they are unable to make them so they can still play and take one home.

**REFLECTION | Tentacles of Faith**

Have an adult or peer help write and attach the strips of paper together. Supply stickers or pre-cut pictures of people they can choose from, like an image of a woman that has the word “mom” under it (also dad, grandma, grandpa, teacher, pastor, aunt, etc.). Also consider providing a squishy, [koosh ball](#) for them to squeeze during this activity. They will match the octopus, have tentacles, and provide movement and stress relief!

**ACTIVITY | Red Sea Sprint**

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 and getting wet causing stress, provide foam balls instead.

**MEMORY VERSE | Ephesians 3:18**

Have friends wave the “seaweed” while saying the verse to them. Shorten the verse if needed.



ABOUT THE AUTHOR

# KIMBERLY DORPENYO



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Kim serves as the Children's Minister at Wentzville Christian Church, where she has been creating a VIP program for friends with special abilities. They now have one-on-ones for kids, a sensory room, and she is looking at adding sensory-friendly services at least once a month.

She has been in ministry in some capacity for almost 20 years, and her experience involves community development, city-wide networking, empowering women to lead safe groups for teenage girls, and pioneering multiple facets of ministry throughout Africa.

Her daughter, Makaela, is 9 years old and the light of her life. Together they thrive on knowing God and making God known. They are constantly serving in their church and community, believing the church has no walls but lives in the heart of God's people. Their newest adventure, is become a foster family for a family of 3 siblings!

She loves to sing, travel, and drink coffee...lots of coffee.

**ADDITIONAL DEVELOPMENT:** Elle Campbell, Brooklyn Lindsey, Amber Stephens, Linda Moon.

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# SESSION 1

## HACKS FOR PRESCHOOLERS

MISSION:  
**DEEP SEA**

**BY TIFFANY THENOR**

### HOW TO HACK THIS SESSION FOR PRESCHOOLERS

In kids ministry, you've got a wide range of ages you need to engage every week. Here are a few adjustments you can make to this week in order to keep your preschoolers more engaged.

#### GENERAL TIPS FOR ALL SESSIONS

**Worship time.** Worship might be a great opportunity to open up some of the Play Station activities to keep students engaged. You can also play Freeze Dance with these songs or provide hand motions. Also, remember that less is more. Young children have difficulty keeping focus. One well-intentioned song might have more impact than three songs to fill time. Choose wisely and make it fun!

**Bible story time.** Young children LOVE storytelling. What makes a great story telling experience is how engaging and interactive it is. Gathering children up close pulls in their attention. Telling the story on their level helps to keep their attention. Inviting the children to help you act out the story while you are telling it can help the children remember what you have said.

**Discussion time.** Instead of engaging one child's response at a time, have children turn to their buddy beside them to answer each of the questions so that all children can be responding at the same time.

#### ACTIVITY | S.E.A. Agent Badge

Have the adult write each child's name on the badge using dashed/dotted lines so that the preschool child can trace their own name in washable marker. If you would like them to decorate the badge afterwards, provide color pencils and crayons. Have the adult hole punch and lace the badge for the younger child. It is recommended that the adult also laminate these badges, as the younger child might handle the badge more than the others, causing it to tear.

### ACTIVITY | Sticky Toes

This activity might be too challenging for younger students. An alternative would be to use their hands instead of their toes. To prevent children from eating the jello or putting their hands in their mouths, have them watch you spray the jello before the activity with hair spray or something clear and non-edible as a visual reminder this is NOT FOOD. Also, have hand sanitizer and baby wipes readily available for cleaning hands/feet after each turn. Additionally, some children might opt out of this activity entirely due to being sensitive to texture. In this case, a sensory tub with blue-dyed rice or dry paste can have the same effect. Children could also use tongs to large tweezers to pull out the sea creatures instead of hands. Blue-dyed cooked spaghetti is also a fun alternative to the jello.

### ACTIVITY | Crossing the Sea

Using real seashells might be easier to pick up than small pieces of paper on the floor.

### THE BIG IDEA | People can help my faith grow.

To help younger children 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).

### OBJECT LESSON | Parting of the Red Sea

Make sure you hot glue the lids of the bottles shut for this activity. Little hands will open it otherwise. Also, adding a little glitter into the bottle makes for an excellent “calming jar” which can be used as an extension to this lesson and a great take-home reminder for young children that God uses people to help us. Help us with situations, feelings, and everyday needs.

### REFLECTION | Tentacles of Faith




This language might be too difficult for a young child to relate to. Using the language “someone who reminds us Jesus loves us” or “someone who shows us God’s love” might help the child connect with the question better. Also, have an adult write the names dictated by the child for them. Or, have the child draw a picture of the person they are thinking of.

### MEMORY VERSE | Ephesians 3:18

Have the memory verse typed and printed out in strips of paper for this activity. Invite the younger children to color it green and glue it down on the blue construction paper using glue sticks.

ABOUT THE AUTHOR

# TIFFANY THENOR

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Tiffany Thenor graduated from Southeastern University with a degree in Elementary Education. She is a professional educator with 11 years of experience teaching in public and private education. Now, she spends the bulk of her time innovating and collaborating with parents and other educators through her Learn & Play Studio in Lakeland, FL-WonderHere. Prior to this, she has served in the local church as a children’s pastor and in other capacities in both children’s and youth ministry. She now believes her primary ministry field is parenting and homeschooling her small children and working

with parents and students through her educational facility and online platform.

Tiffany has been married to the love of her life, Jeffrey Thenor, for 9 years. Together, they raise their two beautiful boys, Jeremiah (age 4) and Ezra (age 1.5). They are super thrilled to be expecting their newest addition, a baby girl in May of 2020.

If you’d like to chat with Tiffany about Preschool Ministry, Children’s Ministry, homeschooling, or just whatever-reach out! She would love to connect with you!

**ADDITIONAL DEVELOPMENT:** Elle Campbell, Brooklyn Lindsey, Amber Stephens, Linda Moon.

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# 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!

# SESSION 1

## SMALL GROUP GUIDE

MISSION:  
**DEEP SEA**

### THE BIG IDEA

People can help my  
faith grow.

### THE BIBLE

**Moses and the Red Sea:**  
Exodus 14

Wait for cues from your VBS leader throughout the day about when you will be breaking off into small groups for the activities listed below. We suggest you have a designated area where you can keep your group's crafts and other personal items so that they can collect them all at once when it's time to leave.

#### ACTIVITY | S.E.A. Agent Badge

- **INSTRUCTIONS:** Have kids create their own S.E.A. agent badge to wear during VBS.

#### ACTIVITY | Crossing the Sea

- **INSTRUCTIONS:** Gather your group and work together to cross the sea, picking up sea shells as they go. Hold on to these sea shells for the Big Idea activity.

#### THE BIG IDEA | People can help my faith grow.

- **INSTRUCTIONS:** Groups will work together to unscramble the Big Idea for the day.

#### DISCUSSION

- **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?**

#### REFLECTION | Tentacles of Faith

- **INSTRUCTIONS:** 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. Then attach your chain to the giant octopus in the main meeting room.

#### **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 glue the seaweed strips in the correct order onto blue construction paper.

#### **ACTIVITY | Fish Key Chain Craft**

- **INSTRUCTIONS:** 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 the keychain ring, then twist ends together to secure it. Assist the kids in hanging their fish on their S.E.A. Agent badge.

### **MEMORY VERSE FOR MISSION: DEEP SEA: Ephesians 3:18 (NIV)**

*"Grasp how wide and long and high and deep is the love of Christ."*

Looking for sign language? Go to [growcurriculum.org/Ephesians3-18](http://growcurriculum.org/Ephesians3-18) and get memorizing!

