

Cliffhanger: The story isn't over



First, watch
this week's
video!

**Grit: Refusing
to give up when
life gets hard**

Memory Verse

"Let us not become
tired of doing good.
At the right time we
will gather a crop
if we don't give up."
Galatians 6:9, NIV

Bible Story

Israel Goes
Through the
Red Sea
Exodus 13:17-14:31

Bottom Line

Hold on because
God is still in control.

Use this guide to help your family
learn how God can help us have grit.

Activity

Story Order

What You Need:

paper, scissors; bowl

What You Do:

Print off or write down the following phrases. Then, cut out each one individually, fold them, and put them in a bowl.

Have your child open and read aloud each part of the story from today. Then challenge them to put the story in order. If you want to make it even more challenging, set a timer for 90 seconds to see how quickly they can order the story.

Story order:

- "Let my people go!"
- "Yes, please leave!"
- Pillar of cloud by day
- Pillar of fire by night
- The Red Sea
- Pharaoh and his chariots
- Moses with his staff
- The Red Sea parts
- The Israelites walk through the Red Sea

When your child has the right order, congratulate them and say, "You know what the best part of this story is? That God was with the Israelites during each and every minute of what they were going through. No matter how things might have looked, God was always in control."



Talk About the Bible Story

If you had been the Israelites, would it have been easy or hard to believe that God was in control?

Do you feel as if God is in control of your life? Why or why now?

What helps you when you feel out of control?

What are some things you can say or pray to remind yourself that God is always in control?

Parent: Share a story of a time when you felt like life was out of control. Were you able to see how God was in control as your situation unfolded? Did you feel God's presence, and did that help you push through?



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, I love knowing that You are in control. When I try to control my own life, it ends up a mess. When I let You to be in control, it always turns out best for me. When things get hard, help our family to remember to hold on because You are in control. In Jesus' name we pray, amen."

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Key Question

What feels out of control?

Activity

The Nice Dice

What You Need:

a die (you could use a random number generator online if you don't have a die)

What You Do:

Tell your child that you're going to play a game where the two of you have to complete certain challenges, but you don't get to choose your challenge: the die does. Let the first person roll the die and attempt the corresponding challenge. Go back and forth, completing the challenges as time allows.

Dice guide:

1. Remain in a plank position for 30 seconds.
2. Hum the tune of "Twinkle, Twinkle, Little Star."
3. Say the letters of the alphabet in reverse order.
4. Walk like a crab (on all fours, with your back facing the ground) in a circle around the entire room, three times.
5. Give a compliment to every single person in the family. (No repeats; it must be a different compliment for each person!)
6. Do jumping jacks while singing "Mary Had a Little Lamb."

After the activity, say, "There was a little bit of uncertainty in this game, wasn't there? Each time I got ready to roll, you didn't know what you were about to have to do. What's one thing you're currently facing that's making you feel uncertain?"



Talk About the Bible Story

Why do things sometimes feel out of control?

What helps you calm down when things feel out of control?

Who are some people in your life that you can trust to help you?

What are some ways you can rely on God to help you?

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