

FAMILY TABLE TALK

WEEK OF NOVEMBER 8TH



Once your family is seated at the table & eating, go through each section below together.

HIGH LOW BUFFALO

Take turns around the table to share your **HIGH** from the day (the best thing that happened), your **LOW** from the day (something that made you upset), and **SOMETHING RANDOM** from your day that you'd like to share.

This week, have the person with the NEXT BIRTHDAY go first.

LESSON RECAP

This week's story is from the book of Exodus, and it takes place in Egypt, where there was a king called Pharaoh. The Egyptians ruled over the Israelites (who were their slaves). And the Israelites were increasing in number, which made Pharaoh nervous. So, in Exodus 1:22 we read that Pharaoh ordered to get rid of every Hebrew baby boy. This was right around the time that Moses was born. His mom loved him so much, and she did the only thing she could think of. She used a basket as a boat to send baby Moses down the river in hopes of someone finding him. Incredibly, Pharaoh's daughter found him in the basket and raised him as her own. Even though Moses was helpless, God had a plan for him. He helped Moses and saved his life.

THE BIG IDEA: God helps us when we're helpless.

THE BIBLE: Moses in a Basket (Exodus 1:22-2:10)

ASK THIS

- How did Moses' mother protect him?
- Why did Miriam feel helpless?
- How did God help and provide for Miriam & her family?
- When you feel helpless, who is the first person you want to talk to?
- What are some ways God helps us when we feel helpless?

NOW WHAT?

Parents, share with your kids about a time when you felt helpless. Then, read Romans 15:13 together and take a few minutes to reflect on what the Bible says about our hope in God.