



**HELP!**

## AT HOME ACTIVITY GUIDE

### WEEK OF NOVEMBER 15

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#### **BIG IDEA**

God helps us  
in our weakness.

#### **THE BIBLE**

God Calls Moses:  
Exodus 3:1-14, 4:1-17;  
(Psalm 103:6-13)

#### **MEMORY VERSE**

Psalm 121:2 (NIV)

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#### **FAMILY TABLE TALK**

Use [this guide](#) sometime this week as your family gathers for a meal. This is intended to be super easy to implement and the goal is simply to connect your family to one another and provide opportunities for meaningful conversations.

#### **ADDITIONAL ACTIVITIES**

Visit [www.loopkids.org/help](http://www.loopkids.org/help) to find this week's videos, coloring pages and this week's Toddler Bible Story. Also, feel free to check out additional activities below!

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#### **YOUNGER & OLDER KIDS ACTIVITY | Obstacle Course**

**INSTRUCTIONS:** Have your kids help you set up an obstacle course in your house or in your backyard! You can use many different items for your obstacle course: furniture, hula hoops, pillows, chairs, pool noodles, pool floaties, or anything you have at your house. You can make it as easy or as hard as your kids want it. This activity is a fun way to review the bible story with your children.

**SAY:** In our bible story this week, Moses had to leave Egypt and start a new life. He had a lot of obstacles in his life, but God always had a plan for Moses!

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## **YOUNGER & OLDER KIDS ACTIVITY | S.O.S.**

**INSTRUCTIONS:** Tell your kids that you have a special message to pass to each of them in a unique way. Ask one of your kids to sit with their back to you. "Draw" either a circle, square, or triangle on their back with your finger. They have to guess what shape you drew. When they think they know the answer, ask them to shout it out. Repeat this activity with any other kids you have until everyone has received the "special message."

**SAY:** You see, just like this special message traveled through each one of you and eventually got around to everyone in our group, we are going to hear a story today about how God used Moses to send a special message to the people of Israel.

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## **YOUNGER & OLDER KIDS ACTIVITY | Post-it Positivity**

**INSTRUCTIONS:** Give each child some sticky notes or pieces of paper. Write the word "WEAKNESS" on a piece of paper in block or bubble letters. Tell your kid(s) to think about something that makes them feel weak and have them write it on the sticky note, using words or pictures. Some examples are, "not smart enough," "not old enough," "I don't feel worthy," "someone is bullying me," "I don't understand Math class," etc. Have them take the sticky note and place it inside the word, "WEAKNESS."

**SAY:** Remember when we are feeling weak, no matter what, God will help us. God helps us in our weakness.

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## **OLDER KIDS ACTIVITY | I Am Charades**

**INSTRUCTIONS:** Play a game of "Charades" by acting out the blank in the following sentence: "With God, I am \_\_\_\_\_ enough." Write the following words on little pieces of paper that the kids can pull out of a container: *strong, brave, fast, smart, old, tall, good, beautiful, talented.*

**SAY:** God told Moses to tell Pharaoh that "I am Who I am" sent God. God is so great that we can't even use human words to fully describe God! Now, we might not have an epic name like God does, but with God we have more than enough. God helps us in our weakness.

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## **EASY CRAFT | Burning Bush**

**INSTRUCTIONS:** Print and distribute the [burning bush printable](#). Have your kids color it with markers or crayons. Then, if you have it in your home, give them pieces of orange, yellow, and red tissue paper (or construction paper) to glue pieces of it to the flames, make the fire on the bush.

**ASK:**

- Who was talking from the burning bush?
- What did God ask Moses to do?
- How did God help Moses?

**SAY:** God helped Moses in his weakness, and God helps you and me in our weakness, too.

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## **SNACK| Burning Bush Veggies**

**INSTRUCTIONS:** Give your kid a cup with broccoli and carrots, topped with Thousand Island dressing. Alternatively, you can do green grapes topped with yellow cheddar cubes.

**SAY:** God helped Moses in today's Bible story. God sent Moses with his brother, Aaron, and a staff. How does God help you and me? Who does God put in our lives to help us?