

VOUS KIDS LEGENDS LESSON

**MARCH 22nd, 2020**  
**COLLECTION: EXODUS**

*Hey parents!*

*Although we are not gathering at our church locations this Sunday, VOUS Kids is still on! We wanted to make sure to provide you with an opportunity to do this Sunday's lesson at home. Have fun with it! We love you and are praying for your family today!*

*Love,  
The VOUS Kids Team*

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**Overview of Today's Lesson:**

**COLLECTION:** Exodus: God Delivers His People

**MAIN POINT:** God Delivers Us

**BIBLE STORY:** The Red Sea Exodus 14:21-28

**MEMORY VERSE:** "The Lord is my strength and my song; he has given me victory. This is my God, and I will praise him—my father's God, and I will exalt him! The Lord is a warrior; Yahweh is his name!" Exodus 15:2-3 (NLT)

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**BREAK THE ICE! | GAME TIME**

Find a comfy place in your home to gather together as a family. Grab some snacks, grab your Bible, and get ready to make a moment of it!

Now, start off by having each person take a turn answering this question:

*If you won a million dollars, what would you do with it?*

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## **LET'S PRAISE! | WORSHIP MOMENT**

Let's get into a time of worship! Take a moment to stand/ stretch and then go ahead and play some worship music in your home. Have fun with it! Raise your hands, jump, close your eyes – engage in the worship moment as a family. It is special! Here are some songs to choose from:

**Worship Song 1** - [Every Move I Make by Hillsong Kids](#)

**Worship Song 2** - [Never Stop by Urban Rescue](#)

**Worship Song 3** - [Waymaker by Leeland](#)

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## **DIVE IN! | BIBLE LESSON**

Now it's time to jump into our Bible Story from Exodus 14-15: The story of Deliverance through The Red Sea.

1. First, get comfy, grab a Bible, and check out our VOUS Kids Lesson Video here: [\*Watch Legends Video Lesson on VOUS Kids Online now.\*](#)
  2. Then, after a quick stretch break (or 50 jumping jacks), come back together to talk about this story and what it means to YOU!
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## **GO DEEPER! | FAMILY DISCUSSION QUESTIONS**

5-7 YEAR OLDS:

- Who led the Israelites out of Egypt?
- Who was the leader of Egypt?
- What did God do to help the Israelites leave Egypt?
- Has God ever helped you?
- How can you help others?

## 8-11 YEAR OLDS:

- What happened in today's Bible story?
- Has there been a time God delivered or helped you in a tough situation (examples: bullying, issues at home, issues at school)? Did he send someone to help you?
- How can you help others in difficult situations (examples: bullying, issues at home, issues at school)?

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## **NOW LET IT SINK IN! | MEMORY VERSE**

Time to get God's Word deep into our hearts. We believe memorizing scripture is so important to knowing His ways and having wisdom for everyday situations.

Check out our VOUS Kids Memory Verse Video: [Watch Legends Memory Verse Video on VOUS Kids Online now.](#)

*Memory Verse: "The Lord is my strength and my song; he has given me victory. This is my God, and I will praise him—my father's God, and I will exalt him! The Lord is a warrior; Yahweh is his name!" Exodus 15:2-3 (NLT)*

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## **PRAY IT OUT! | LET'S TALK TO GOD**

You did it! You just took a deep dive into God's Word – together! Let's take time now to talk to God. You can use this prayer to pray as a family:

*Dear God,*

*Thank you for being our Father and loving us so much! Thank you for forgiving all of our sins and sending your only son, Jesus to die on a cross*

*and beat death. We trust you and we know that you are always with us no matter what! You make us strong and brave. We love you!*  
*In Jesus' name,*  
*Amen.*

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## **ADDITIONAL PARENT RESOURCES:**

The Bible at Home

**For more about Moses and the Exodus, check out these fun videos:**

**[SUPERBOOK](#)**

**[THE PRINCE OF EGYPT](#)** (Also available on Netflix and Disney Plus)

Fun Game Ideas

**[INDOOR GAMES TO PLAY AT HOME](#)**

**[KIDS GAMES FOR THE FAMILY](#)**

Health and Safety

**For more information about how to stay safe, check out these resources:**

**[CDC HOME & WORKPLACE GUIDANCE](#)**

**[WHAT TO DO IF YOU ARE SICK](#)**

**[MENTAL HEALTH & COPING WITH COVID-19](#)**