

VOUS KIDS HEROES LESSON
MARCH 22nd, 2020
THIS MONTH'S HERO OF THE BIBLE: MOSES

Hey parents!

Although we are not gathering at our church locations this Sunday, VOUS Kids is still on! We want to be sure to equip you with everything you need 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*

Overview of Today's Lesson:

MAIN POINT: God calls me a leader

BIBLE STORY: The Red Sea (Exodus 14:5-31)

MEMORY VERSE: "The Lord is my strength and my song. He has given me victory!" Exodus 15:2

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:

What is your favorite color? Name 3 things that are your favorite color.

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LET'S PRAISE! | WORSHIP MOMENT

It's time to worship! Take a minute to get your kids excited to worship. Say "if you're ready to worship, touch your toes, let's jump up and down, come on get all your wiggles out!". 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 2- Super Wonderful God](#)

[Worship Song 2- Gonna Serve](#)

[Worship Song 3- Praise the Lord Everyday](#)

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 Heroes Video Lesson on VOUS Kids Online now.*
2. Then, after a quick stretch break (or 20 jumping jacks), come back together to talk about this story and what it means to YOU!

GO DEEPER! | ACT IT OUT

Let's recreate Moses crossing the Red Sea in your home. Gather two blankets and four chairs. Use the blankets to drape over the chairs, to create a walkway. Cut fish out of construction paper to tape on the blankets. Have fun with this activity! You can even use a broomstick to represent Moses' staff. Encourage your kids to play and talk through the story, lets make learning the bible fun!

[Moses Crossing the Red Sea Activity](#)



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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 Heroes Memory Verse Video Now on VOUS Kids Online*
[Heroes March Memory Verse](#)

MEMORY VERSE: "The Lord is my strength and my song; he has given me victory. Exodus 15:2 (NLT)

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! 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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OPTIONAL COLORING PAGE

VOUSKIDS



**“The Lord is my strength and my song. He has given me victory!”
Exodus 15:2**

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ADDITIONAL PARENT RESOURCES:

The Bible at Home

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

[SATTLEBACK KIDS](#)

THE PRINCE OF EGYPT (Movie available on Netflix and Disney Plus)

Practice the Scriptures

Use these fun songs to help teaching your kids scripture:

[PROVERBS 3:5-6](#)

[2 CORINTHIANS 5:17](#)

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](#)