



# HEROES OF THE FAITH

INTERMEDIATE  
Small Group

## LESSON 5: INTERMEDIATE SMALL GROUP

### Moses

#### MAIN IDEA

God can do great things through anyone, regardless of their weaknesses or insecurities.

#### BIBLE PASSAGES

- Exodus 2:11–14:31

#### MEMORY VERSE

The LORD is my light and my salvation— so why should I be afraid?

The LORD is my fortress, protecting me from danger, so why should I tremble?

Psalm 27:1, NLT



Prepare your heart to teach.  
Plan for the lesson.



Connect with the kids and make them feel heard and cared for. (15 minutes)



Facilitate activity and study to help kids know and love Jesus. (20-25 minutes)



Lead kids to live out the mission of the Gospel. (5-10 minutes)

## Prepare



Prepare your heart to teach.  
Plan for the lesson.

## QUESTIONS

- How can you be praying for the students this week?
- Are there any specific students or requests you can pray for?
- Are there any adaptations that you can make to the lesson this week to better serve the kids in your small group or make your small group more effective?
- How can you connect with the students outside of the club over the next few weeks?
- Is there a sporting event or performance you can go to? Can you plan a casual park or fast-food meet-up with them and their families (as a group or individually)?

## MATERIALS NEEDED:

- Bible
- Name tags
- Snacks, 1 per child
- Plain white paper, 1 sheet per student
- Crayons or markers, 1 box per small group
- Plastic handcuffs with the word "fears" written on them, 1 per small group (available at Walmart or on Amazon.com)
- Printout 3, 1 per child
- Pens or pencils, 1 per child
- Memory Verse Cards, 1 per child

## Connect



Connect with the kids and make them feel heard and cared for.  
(15 minutes)

## Small Group Session 1

### ICE BREAKER

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while children eat their snack:

- Option 1: Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week).
- Option 2: Ask the children to take turns sharing how they're feeling today using the "How Are You Feeling?" chart (from the CKC Games Bag).

### PRAY TOGETHER

Collect prayer requests from the students. The leader or a student can pray for the entire group or a leader can pair up students and invite them to pray for one another.

### INTRODUCTION

Ask:

- **What is something scary someone has asked you to do?**
- **Why was it scary?**
- **Did you end up doing it?**

Say, **There are some things that we are scared to do. There are other things that we don't feel comfortable doing because we aren't sure how we are supposed to do it.**

### ACTIVITY: IMPOSSIBLE TASK

Give each student a piece of paper and ask them to fold the paper in half eight times. While they are trying to do this, you might want to play the theme song from the movie *Mission Impossible*.

After a few minutes of trying, say:

**This is an impossible task. It cannot be done—not even by the strongest person on earth.**

**Sometimes God gives his people impossible tasks, but when he does, there is a purpose (not like this paper folding activity), and he enables them to succeed if they will obey and trust him. An example of this is today's hero—Moses. We will get to hear about Moses' story in Large Group.**

Close in prayer.

## Heart



Facilitate activity and study to help kids know and love Jesus.  
(20-25 minutes)

## Small Group Session 2

Say, **Moses was given an impossible task from God. He was to lead God's people out of slavery. This was something that was impossible for Moses to do on his own, but God uses ordinary people just like you and me to accomplish impossible tasks for him.**

Pass out Printout 3 to each student, and allow about five minutes to write, draw, or think.

After this, ask the students to share what they've written, drawn, or thought.

Write down each thing the students say so that you can better pray for them.

Ask:

- **What is something hard God might be asking you to do?** (Forgive a brother or sister, keep up with homework, be patient with someone)
- **What are some things that are holding you back from your task?**
- **What are some of your doubts or fears?** (Remind them of the doubts and fears that Moses had.)

**ACTIVITY: FREEDOM FROM FEARS**

Ask for a student volunteer, and handcuff them with toy handcuffs with the word “Fears” written on them. Tell the students that their task is to free the volunteer from his or her fears so that he or she can serve God wholeheartedly.

If and when they ask, give them the key freely. Don’t give the key without being asked, and don’t reveal that there is a key.

Say, **God’s love is the key to freeing us from our fears so that we can accomplish impossible tasks for him. When we are chained to a fear that is holding us down, we can’t serve God the right way.**

**We just need to trust God and come to him and ask for his help. He wants to help us!**

Ask, **How can we overcome our fears?**

**The Bible talks many times about God being our Heavenly Father. He loves us and is there for us when we need him.**

Read John 1:12 out loud.

- **Who is a child of God?**
- **How can someone become a child of God?** (By believing in Jesus)

Read Matthew 10:29-31 out loud.

- **Who takes care of sparrows?**
- **Are you more important than birds to God?**
- **How does this verse help you not worry?**

Read Matthew 7:9-11 out loud.

- **Have you received a really good gift from a family member?**
- **How did they know what to get you?**
- **What does this passage teach us about God giving us good things?**

**HELPFUL HINT**

Consider having students read the passages whenever possible.

# Hands



Lead kids to live out the mission of the Gospel.  
(5-10 minutes)

## Small Group Session 2

### WRAP IT UP

Say, **I am glad you are here, and you are important, both to me and to God.**

**God has given us his word, the Bible, to help us understand that he is always there for us. God asked Moses to do some things that scared him, but God helped him through all of it.**

**God is also with us and can help us through the difficult times. We can learn from Moses that trusting God will allow us to do things that might seem impossible to us, but they aren't impossible to God.**

Read Matthew 19:26 out loud for the group.

### RESPONSE & REFLECTION

- **What are some things that you worry about?**
- **What might God be calling you to do for him that is scary or seems impossible?**

**Write or draw on the back of your memory verse card some things that you worry about, things that might be scary for you, or things God might be asking you to do for him. Pray about those things this week, and then read this verse as a reminder of how God is your help and strength and your salvation.**

Print out the memory verse.

Practice the memory verse for this unit (Psalm 27:1).

Pray with the students and dismiss them.



Bible Memory Verse  
Games