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Lesson Overview

In today's lesson, we're going to talk about some great advice Moses received from his father in law, Jethro. As we've been learning, Moses had a lot of responsibilities. He was the leader of the Israelites and he was in charge of everything. In fact, the Bible says that every day from morning until night, Moses would listen to the fights people were having with each other and then he would give his ruling based on God's laws. This was exhausting for Moses and Jethro could see that. So, Jethro gave Moses some really good advice. He told Moses to find some smart guys who loved God to be like his helpers. Instead of Moses having to deal with every issue, these guys could deal with some of the smaller problems so Moses would be free to deal with the bigger stuff. Moses loved that idea. It was exactly what he needed to hear. This is a great lesson for us, too. We don't need to do everything on our own. We should ask for help and we should look for ways to help others, too. That way, we won't get stressed out!

Big Idea

God loves it when everyone pitches in and helps out

Key Question

How can we help others?

Memory Verse

Ecclesiastes 4:19 "Two people are better off than one, for they can help each other succeed."

Classroom Agenda

- 1. (5 min) Let kids start working on Activity Page #1.
- 2. (5 min) WARM UP: If you were President for a day, what would you do and who would you help? (Tip:Maybe you make school only 2 hours a day or everyone gets Chic fil A for free on Tuesdays.)
- 3. (5 min) PREVIEW: Write out the Big Idea, Memory Verse, and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1 (if applicable).
- 4. (20 min) LARGE GROUP: Gather for songs and videos with other kids. Then return to class to finish this guide.
- 5. (2 min) RECAP: Read the Lesson Overview (see above).
- 6. (3 min) **KQ: Answer the Key Question.** (Answer: **By being kind and willing to serve.** (One of the easiest ways to help someone is by simply being kind. Give a nice compliment and be willing to share whatever you have. But also be willing to step in and help when you see a need. Pay attention to how you can help at home. Whether with chores or yard work, or even helping a sibling with homework. Be a servant.)
 - Bonus Questions: How can we help others? Why is it important to serve? 4-5th How has Jesus served us?
- 7. (5 min) EXPLORE: Read Hebrews 13:1-3. What does this passage say people should do for others? How can you be more helpful to the people in your life? Answer: We should love everyone like they're members of our families. We should be welcoming, willing to serve everyone, and even stand up for those that are mistreated. Look for ways to help your parents at home or ways you can be nice to kids at school who don't have a lot of friends.)
- 8. (10 min) PLAY: Choose a group activity from Activity Page #2.

(5 min) **CLOSE: Share prayer requests and pray as a class.** Encourage kids to use the Family Guide at home with their parents - and remind them to go online to pursueGODkids.org to find this week's lesson video.

Teacher instructions: Choose an activity for your classroom.

OPTION 1: HELPING HANDS WREATH CRAFT

Instructions:

- Give each kid 4 different colors of construction paper and a pencil.
- Have them trace their handprint on each of the colored pieces. Have them cut out each handprint.
- Have them glue the handprints together, making a wreath.
- Then, write this phrase up on the board for the kids to write on their handprints: "God wants us to be helpful"
- Then, read the story of Moses and Jethro from Exodus 18:13-23. Remind the kids how important it is to help and serve others.

Supplies needed: Construction paper, Scissors, Pencils, Glue

OPTION 2:HELPING HANDS RELAY

Instructions:

- Before playing, tape 2 lines next to each other at one end of the room and two lines next to each other at the other end of the room.
- Divide the class into 2 teams. Have the teams line up behind the lines at one end of the room. Give each team the following items: Sunglasses, Adult shirt, Adult slippers, and gloves. Have them place the items on the floor in front of the line. When you say, "Go!", have the teams race to get the first kid in line dressed with all the items. That kid then has to run to the other end of the room to touch the line and back. Then, have the kids help undress and dress the next kid in line. Continue the relay until all the kids have gone. First team to do it, wins.
- If you have time, read the story of Moses and Jethro from Exodus 18:13-23. Remind the kids how important it is to help and serve others.

Supplies needed: Tape, Relay Items (2 Sets: Sunglasses, Adult shirt, Adult slippers, Gloves)



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Moses ended up with a job bigger than himself, and that's why he needed some help from his father-in-law.

Key Points:

•	Moses was going to wear himself out leading the Israelites		
	Exodus 18:13		
•	Jethro gave Moses some really practical advice about _		·
	Exodus 18:17-23		
•	God loves it when	pitches in and helps out.	

Memory Verse:

Ecclesiastes 4:19 Two people are better off than one, for they can help each other succeed.

Talk About It

- 1. What's your favorite part of the video? What's one thing you learned from it?
- 2. If you were President for a day, what would you do and who would you help?
- 3. Why was Moses so tired? Who gave Moses some good advice?
- 4. What was Jethro's advice to Moses? Who helps you to be the best kid you can be?
- 5. Read Hebrews 13:1-3. What all does this passage say people should do for others? How can you be more helpful to the people in your life?
- 6. How will you apply this lesson to your life this week?

Instructions: Color the picture.

GOD LOYES IT WHEN EVERYONE PITCHES IN AND HELPS OUT

Key Question

How can we help others?

Memory Verse

Ecclesiastes 4:19 "Two people are better off than one, for they can help each other succeed."



I can follow Jesus by helping others.