



WEEK TWO – MAY 2025 – PRESCHOOL

Bible Story: *Aaron + Hur Help Moses | Exodus 17:8-13*

Key Question: *Who helps you do big things?*

Bottom Line: *God helps me do big things.*

Memory Verse: *“I know that God helps me.” – Psalm 54:4, NIV*

Basic Truth: *God loves me*

Series Overview: There was a time when learning how to tie our shoes was a big thing. Walking into a new preschool class was a big thing. And sleeping in our own bedroom by ourselves, that was a really big thing—like SO BIG! And now that we’re all grown up, the big things keep coming. God is going to give our preschoolers big things to do. God is going to give them little things to do. And whether it’s a big thing or a little thing, we want our preschoolers to know that they have the Lord our God to help them. God helps me do big things!

9:05 - 9:20 | 11:05 – 11:20 | EARLY ARRIVERS ACTIVITY

Opening Small Group Activity

Move: An activity that uses a preschooler's natural desire to move to help them learn

What You Need: N/A

What You Do:

- Gather the children in your activity area.
- Ask children to stretch their arms out to the sides and spread out so they're not touching any friends.
- Then tell them to put their arms down.
- Encourage children to raise their arms when you do and run in place.
- Then, when your arms are down by your side, freeze and make a sad face.
 - Repeat as time and interest allow.
- Introduce the Bible Story.

What You Say:

- *BEFORE THE ACTIVITY*
 - “Friends, gather here with me! Stretch your arms out to your sides like this (*demonstrate*) and spread out so no one is touching another person. Good job! You can put your arms down.”
- *DURING THE ACTIVITY*
 - “When I put my arms up like this (*raise your arms*) I want you to raise your arms too. (*Pause.*) Now, run in place like this. (*Demonstrate.*) Wow! Great job! (*Put your arms down.*) Now, freeze! (*Pause.*) I put my arms down so put yours down, too, and make a sad face. (*Pause.*) Those are some really sad faces. Now, everyone put your arms up and run in place. (*Repeat as desired.*) Whew! Great job!”
- *AFTER THE ACTIVITY*

- “In our Bible Story today, we’re going to hear about how God gave Moses people to help do a big thing. They helped Moses hold up his arms a LONG time!”

9:20 - 9:50 | 11:20 – 11:50 – LARGE GROUP

Story Focus: God gives us people to help us do big things. Moses is the leader of God’s people, and God’s people are attacked. As long as Moses holds his staff in the air, God’s people are winning. But when Moses’ arms get tired and he lowers the staff, God’s people start losing. Moses needs help, so that’s what God gives him. Moses’ friend, Hur, and his brother, Aaron, put a rock behind Moses for him to sit on. Then, they each hold up one of Moses’ hands. The result? Not only did God’s people win the battle, but Moses got to experience God giving him people to help him, which is a pretty big thing too!

9:50 – 10:10 | 11:50 – 12:10 – SMALL GROUP

Memory Verse With Motions

[Hear From God | Memory Verse Review]

Move: an activity that uses a preschooler’s natural desire to move to help them learn

What You Need: N/A

What You Do:

- Say the memory verse and teach the motions to the children
- Repeat the verse with the motions and invite the children to do it with you.
- Repeat several times.
- Review the Bottom Line.

What You Say:

- *BEFORE THE ACTIVITY*

- “Friends, come stand with me! Let me tell you our brand-new Memory Verse! Ready to hear it? It goes like this. ‘I know (*touch head with fingertips*) that God (*flat hand with thumb to forehead, pull down*) helps me,’ (*place thumbs-up on opposite palm*) Psalm 54:4.” (*Open hands like a book.*)

- *DURING THE ACTIVITY*

- “Now, let’s learn the motions. The first part of our verse says: ‘I know.’ (*Touch head with fingertips.*) Put your hand up to your head and gently tap the side like this two times, (*touch head with fingertips*) and say: ‘I know.’ (*With children.*) ‘I know.’ (*Touch head with fingertips.*) Great job!
- “The next part of our verse says: ‘That God.’ (*Flat hand with thumb to forehead, pull down.*) Put one hand up straight in front of you with your thumb almost touching your forehead, like this. (*Straight, flat hand with thumb at your forehead.*) Then you move your hand straight down in front of you, like this, (*pull down*) and say: ‘That God.’ (*With children.*) ‘That God.’ (*Flat hand with thumb to forehead, pull down.*) Wonderful! Now let’s put that together. ‘I know (*touch head with fingertips*) that God.’ (*flat hand with thumb to forehead, pull down*) Great job!
- “The next part of our verse says: ‘Helps me.’ (*Place thumbs-up on opposite palm.*) Put one hand out straight in front of you with your palm up, like this (*extend one arm in front of you, palm up*) then with your other hand, make a thumbs-up and put it in your palm like this, (*place thumbs-up on opposite palm*) and say: ‘Helps me.’ (*With children.*) ‘Helps me.’ (*Place thumbs-up on opposite palm.*) Super-duper! Now let’s put that together. ‘I know (*touch head with fingertips*) that God (*flat hand with thumb to forehead, pull down*) helps me.’ (*Place thumbs-up on opposite palm.*) Great job! a book.)
- Now the last part is: ‘Psalm 54:4.’ (*Open hands like a book.*) Put your hands together in front of you and open them like you are opening a book (*open hands like a book*), and say: ‘Psalm 54:4.’ (*With children.*) ‘Psalm 54:4.’ (*Open hands like a book.*) Great job! I think we are

ready to do it all together! Ready, friends? ‘I know (*touch head with fingertips*) that God (*flat hand with thumb to forehead, pull down*) helps me,’ (*place thumbs-up on opposite palm*) Psalm 54:4. (*Open hands like a book.*) Nice job. Let’s do it again!” (*Repeat several times.*)

- *AFTER THE ACTIVITY*
 - “The Bible teaches us that God will help us. **[Bottom Line] God helps me do big things.** That’s right, friends! **Who helps you do big things? [Bottom Line] God helps me do big things.** Let’s say that one more time, friends! **Who helps you do big things? [Bottom Line] God helps me do big things.”**

Ways to Help

[Live for God | Application Activity]

Think: An advanced activity specifically designed for older preschoolers

What You Need: N/A

What You Do:

- Gather the children to sit with you around a table or in a circle on the floor.
- Hold up each picture and talk about what you see.
- Ask the children to share ways they could help someone in the picture.
 - Remind them that even if it’s a big job, God can help them do big things!
- Review the Bottom Line.

What You Say:

- *BEFORE THE ACTIVITY*
 - “Friends, come sit here with me!”
- *DURING THE ACTIVITY*
 - “I’ll hold up a picture, and I want you tell me what you see. Are you ready? Great. (*Hold up one picture. Pictures include carrying groceries, dusting, getting a bandage for someone who is hurt, cleaning up toys, doing dishes, and feeding a pet.*) What’s happening

in this picture? *(Pause.)* How could you help this person? *(Pause.)*
Those are great helping ideas, friends! Let's look at the next picture.
(Repeat the dialogue above with each picture.)

- *AFTER THE ACTIVITY*
 - “Helping others is such a big thing to do, and God can help you do big things! **Who helps you do big things? [Bottom Line] God helps me do big things! Who helps you do big things? [Bottom Line] God helps me do big things!**”