



WEEK ONE – OCTOBER 2025 – PRETEEN

Bible Story: *Moses* | *Exodus 3-6:12, 7-12:42; 13:17-14-31*

Conversation Starter: *When have you tried something new?*

Memory Verse: *“It is for freedom Christ has set you free.” – Galatians 5:1 (NIRV)*

Insight: *God’s Spirit/Transformation – God’s Spirit is transforming my unique and imperfect life into the character of Jesus*

Application: *Courage – When God helps you to be brave enough to do hard things.*

Series Overview: God has given each of us a key role to play in His story—but that doesn’t mean the journey will be easy. As we continue to follow the journey of God’s people, we discover that Moses wasn’t ready for his leading role; that Joshua and Caleb had to go against the flow; that Rahab put everything on the line for the sake of a God worshiped by her enemies; and that Ruth set aside the safety of home to forge into the unknown. God’s people were on the move, but every new step was an act of courage. While the kids in your ministry aren’t facing down an Egyptian ruler or setting off for new lands, they still need courage to do difficult things every single day. From speaking up in class to starting a conversation with a new kid to facing a doctor visit, kids need the help of God’s Holy Spirit. You can remind them that feeling scared doesn’t mean they can’t be brave. In fact, courage means trusting God to help you be brave. When kids choose to rely on God’s help to do something hard, even when they’re afraid, others can see God at work.

8:45 - 9:05 | 10:45 – 11:05 | EARLY ARRIVERS ACTIVITY

Connection Centers

Connect: a time that invites kids to share with others and leaders

What You Need: Activity Bins + Coloring Sheets (find on your shelves in space)

What You Do:

- *PRE-CONNECTION TIME*
 - **Before kids arrive, pray for your group before they arrive. Pray for kids who will visit your group for the first time. Recall a time when God gave you the courage to do something you didn't think you were ready for. Thank God for sending the Holy Spirit to live inside of you and help you take the next step! Ask God to help the kids trust Him when they feel nervous or unsure. Whether it's a big change or something small, pray that kids would know God is with them even when they don't feel ready.**
- *DURING CONNECTION TIME*
 - Greet each child by name and with a high five or fist bump!
 - **Make sure to grab second sticker from the child + place it on your sticker sheet**
 - Invite kids who brought an offering to place it in the offering container.
 - Pull out your activity bins + set aside some coloring sheets for kids to partake in your small group space
 - Ask questions in order to connect with + get to know your few as you partake in activities alongside them...you can use these :
 - ***“You get to pick one tool to carve a pumpkin: a spoon, a tiny saw, or a giant potato peeler. Which one do you choose and what kind of jack-o'-lantern face will you make with it?”***
 - ***“Describe your perfect fall afternoon. What food are you eating, who are you with, and what are you doing?”***

- *“You are in charge of planning the best fall festival ever. What is one super-unique game or food booth you would make sure to include?”*
- *“Would you rather have to rake a giant pile of leaves every day for a month, or be forced to eat only pumpkin-flavored food for a whole week?”*
- *AFTER CONNECTION TIME*
 - *Use this time to review over how to be successful in small group time as well as Flatirons Kids by using the SG Structure 101 sheet featured on your activity shelf*
 - Go over each rule to create a great small group experience
 - Transition into the Opening Small Group Activity

9:05 - 9:20 | 11:05 – 11:20 | OPENING SMALL GROUP

OPENING ACTIVITY

What You Need: N/A

What You Do:

- Invite the kids to form groups of two.
- Tell the kids they will play a game called “Staff-Fire-Water” (like Rock-Paper-Scissors).
- To begin each round, kids say, “Staff-Fire-Water, Go!”
- On “Go!” each kid should do one of the following motions:
 - **Staff:** *Hold out a fist like gripping an imaginary staff. (Staff beats water.)*
 - **Fire:** *Wiggle fingers like a flame. (Fire beats staff.)*
 - **Water:** *Move a hand in a wavy motion like water. (Water beats fire.)*
- Each pair will play best out of three rounds to determine a winner.
- Switch pairs and play again if time allows.

What You Say:

“That was so fun! We used a staff, fire, and water to play this game. Any guesses about how these things relate to today’s Bible Story? *(Invite responses.)*”

[Transition] In today’s true story from the Bible, we’ll hear about someone who wasn’t sure he was ready for what God was asking him to do. But God gave him something He can give us all—**COURAGE!** God helped him use a staff, fire, and water in an **EPIC** way to lead His people. Let’s go!”

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

Though he’s a larger-than-life figure to us now, Moses actually didn’t feel prepared for any of the challenges he faced. When God called to Moses out of a burning bush and told him to go to Pharaoh, Moses protested—even when God gave him signs. But God was patient with Moses and gave him the courage and help he needed to go before Pharaoh and order the release of God’s people. God helped Moses to brave the ten plagues and the flight from Egypt. And God helped Moses to stand firm when God’s people were trapped between the Red Sea and the Egyptian army.

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

BIBLE STORY EXTENSION

[Talk About God | Bible Story Review]

What You Need: Story Scenarios” Activity Page, “Courage Cards” Activity Page, cones or floor tape

What You Do:

- Divide the kids into three teams.

- Use cones or floor tape to create a start and finish line for each team.
- Place the “Story Scenarios” Activity Page cards at each team’s finish line.
- Give each team a full set of “Courage Cards” Activity Page cards.
- Explain how to play:
 - Each team is to send one kid at a time to grab one scenario card and bring it back.
 - As a team, they are to read the scenario and choose a courage card that fits. (One of the six cards will fit.)
 - After reading the courage card, each team is to choose the option for the response they want, and they are to perform the action on their choice together. (For example, “Take a step backward,” “Move forward,” or “Stay where you are.”)
- Continue in this way until each team makes it to the finish line together.
- Encourage the kids:
 - Moses didn’t feel ready, but God was with him every step of the way and gave him everything he needed. When we choose to follow Jesus, God sends us the Holy Spirit to live inside of you. He will help you do what God calls you to do!
 - Remind them that God is always with them—whether they’re facing a challenge, making a tough decision, or trying something new.
 - Emphasize that Moses wasn’t alone, and neither are they! The same God who was with Moses as he led God’s people out of Egypt is with them through the Holy Spirit and will help them have courage in whatever they’re facing every day!

Inclusive Pro-Tips:

- Let kids choose how they will travel. They could walk, roll, crawl, or have a buddy assist them.
- Offer additional roles such as cheering for the team or reading the cards to the team.

What You Say:

DISCUSSION QUESTIONS

[Talk About God | Bible Story Review]

What You Need: N/A

What You Do:

- When have you tried something new?
- What are some things that make you feel nervous or unprepared?
- How do you think Moses felt when God asked him to go to Egypt and talk to Pharaoh?
- How can trusting God help us take the next step when we don't feel ready?
- Sometimes we don't feel ready for what's ahead, but God's Spirit is always with us! What's something coming up in your life that you can ask the Holy Spirit to help you with?

Inclusive Pro-Tips:

- Read each question twice and give the kids time to process before prompting them to respond.
- Reduce the number of questions.
- Provide a small ball to toss from kid to kid as each kid shares.
- Provide fidget tools for every kid to hold while discussing.
- Offer sentence starters to support students who struggle to express their ideas. Example: "I tried something new when I ____." "I feel nervous when I ____."

PRAYER TIME

[Pray to God | Prayer Activity]

What You Need: Pens or pencils, and index cards

What You Do:

- Gather the kids in a seated circle.
- Give each kid a pen or pencil and an index card.

- Say something like:
 - “Has something ever come up that made you feel just . . . not ready? Maybe it was your first basketball practice on a new team, or perhaps you needed to apologize to a friend, but you felt nervous about it and didn’t know how they would respond.”
- Invite the kids to write down **one thing** they don’t feel prepared for.
 - *This could be an upcoming event, a conversation, a doctor’s appointment, etc.*
- As the kids finish, direct them to place their cards in the center of the circle facedown.
- Explain to the kids that they’re placing their cards in the center as a way of saying, “God, I’m giving this to You, and I trust You with it!”
- Ask if anyone would like to pray for the group.
- Close the group in prayer, asking God to remind the kids that He’s always with them. Ask God to give them the courage to do hard things!

Inclusive Pro-Tips:

- Give concrete examples of what makes kids feel unprepared both verbally and visually.
- Allow kids to hold on to their cards instead of placing them in the center.
- Invite kids to draw instead of writing.