



COURAGE | WEEK 1 | SEPTEMBER 7, 2025 | ELEMENTARY

MOSES

Key Application: Courage - When God helps you to be brave enough to do hard things.

Bible Story: Moses (Burning Bush, Plagues, Red Sea) • *Exodus 3-6:12, 7-12:42, 13:17-14:31*

Key Question: When have you tried something new?

Basic Truth: I am loved by God no matter what so I can trust God to guide me.

Memory Verse: When I'm afraid, I put my trust in you. Psalm 56:3 (NirV)

LEADER BIBLE STUDY

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—and on the move.

Pre-Service Check List

- HUDDLE AS TEAM → • You're in this together! Pray together and talk about the activities for the day.
- PLAY MUSIC
- PUT OUT TOYS → • A welcoming environment is important! We want it to be obvious from the moment kids walk in that they belong HERE!
- PUT ASIDE DISTRACTIONS
- ENGAGE WITH KIDS

Morning Flow

Doors
Open
9:15/11:00

Large Group
Starts
9:35/11:20

Small Group
Starts
10:05/11:50

LARGE GROUP

COUNTDOWN AND WELCOME (3 Minutes)

(VIDEO: COUNTDOWN, SLIDE: KIDCITY EXPECTATIONS)

LGL: “Welcome everyone! I’m so glad you are able to come hang out with us in KidCity today. My name is [INSERT NAME]. We are going to have a lot of fun today, but before we do let’s go over these announcements/KidCity Expectations.

(SLIDE: KIDCITY EXPECTATIONS) “Now, let’s quickly go over our KidCity Expectations (rules) so we can make sure that we make the most of our time today: *(Don’t dwell on these too long, but make sure you review them briefly so we can set everyone up for success.)*

1. Be Kind
2. Be Safe
3. Have Fun

LARGE GROUP GAME (5 Min)

ON THE MOVE CHALLENGE

(Hula Hoop – 1 per LG, Stopwatch [can be on phone or a physical one])

We are continuing our journey through the Bible this year. Last month was all about faith, and this month is all about courage.

(SLIDE: KEY APPLICATION) Courage - When God helps you to be brave enough to do hard things.

Following God’s way is ALWAYS right, but it’s not always easy. Ever since the beginning and sin broke the world, people naturally want to turn away from God. Doing the right thing and going God’s way when other people around may not be takes courage!

Courage DOESN’T mean that you’ll never be afraid. Godly courage means that you trust that God is always with you and works all things together for the good of those who love Him. The more you trust Him and have courage, the quicker you will be to face hard things again, because you know that God was with you in the past.

Let’s check out our memory verse for the month.

(SLIDE: MEMORY VERSE) When I’m afraid, I put my trust in you. Psalm 56:3 (NIRV)

Take a minute to explain that ‘Psalm’ is a book in the Old Testament, and that the first number means ‘chapter’ and the second one means ‘verse’. ‘NIRV’ is what translation the Bible is in. The Bible wasn’t originally written in English! There are different translations.

You’ll have more time to practice this month’s verse, but for now let’s play a game!

(SLIDES: GAME SLIDE with MUSIC)

HOW TO PLAY

- Have the whole group stand in a big circle and hold hands.
- Tell kids that they will be practicing taking a 'step of courage'. The more we practice trusting God and having courage to do the right thing, the quicker we do it next time.
- On 'GO', kids will step through and pass the hula hoop around the circle without letting go of each others' hands. Time the kids and see how fast they can do it.
- Once completed, tell the kids their time and challenge them to do it again but faster.
- *Depending on the size of your environment, have the kids go one more time. The total game time shouldn't exceed 4 minutes.*

"That was so fun! Now everyone stand up and let's worship God!"

WORSHIP (6-7 Minutes)

(VIDEO: AT THE TOP OF MY LUNGS, MY FEET ARE ON THE ROCK)

BIBLE STORY (12 Minutes)

(No Supplies)

I'm thinking about that Memory Verse: *'When I'm afraid, I put my trust in you.'* Trusting God takes courage, especially when we don't feel ready or brave enough for what's in front of us.

Speaking of not feeling ready . . . have you ever been asked to do something new, or maybe something kinda big or scary, and your first thought was: 'Uh oh. No way. Can't do it'? *(Pause for responses.)*

"Maybe it was trying out for the school play, or giving a presentation, or even just speaking up when you saw something unfair. We all have those moments where we hesitate, where we come up with reasons not to do the brave thing. Let's call those 'excuses'. What would be some excuses that you would maybe think or feel or say when you were facing something new or challenging? *(Pause for responses)*

Wow. See? We all have these feelings, these reasons why stepping up feels hard. These excuses pop into our heads and can make us freeze up. It can make us think: 'What makes it hard to feel brave?'

"Keep that question in mind. Because today, we're diving into the story of someone who probably could have filled this whole basket with excuses. His name was Moses, and God gave him a task that was so big, it probably seemed impossible!

(VIDEO: BIBLE STORY 7 MIN)

Maybe some of those excuses you wrote down earlier feel really true for you. Maybe you feel like you're not smart enough, or strong enough, or popular enough, or brave enough for the things God might ask you to do, or just for the challenges you face every day. Guess what? That's okay! Just like Moses, you don't have to feel ready. God, the God of the universe, is with you.

“When we follow Jesus, God gives us His Holy Spirit to live inside us. The Spirit is our helper, our guide, and He will give us everything we need, when we need it. God is closer than close through His Spirit inside of us, and we never face anything alone.

“We might still feel afraid. Remember our Memory Verse? Psalm 56:3? It says: ‘*When I’m afraid . . .*’ It doesn’t say IF, it says WHEN! Fear is normal. But the verse continues: ‘*I put my trust in you.*’ We can choose to trust God, even with shaky knees and scared hearts, and ask Him for the courage we need for that next step. Because God can give you courage when you don’t feel ready.

When we think about Moses, we can remember that in spite of his fears, God always promised to be with him. God gave Moses signs; He gave him his brother to help him speak—all of these things to help him. But most importantly, God gave Moses His presence. He promised that He would go with him.

“And the same is true about you. God is with you everywhere you go. So even when you face something hard, remember that God is always with you. You can trust Him even when you don’t feel like you can do what you’re facing alone. He will give you the ability to do it, even if you’re scared, and He will go with you every step of the way.

Another way to say it is how our Basic Truth for this week says it...

(SLIDE: BASIC TRUTH) I am loved by God no matter what so I can trust God to guide me.

As we head to Small Groups, we want you to consider this question:

(SLIDE: KEY QUESTION) ‘What makes it hard to feel brave?’

Have kids turn and talk to their shoulder partner for 60 seconds. Your KQ slide on Playlist will keep track of time for you. While kids are talking, walk around and listen in to what they are saying and give prompts if needed. Don’t try to resolve anything, kids will have a further discussion within their small group time.

“Ok friends, come back together in 3, 2, 1....

“I heard some great thoughts floating around. You are going to have more of a chance to talk about this in small group time, but for now let’s pray.

God, thank you for the story of Moses. Thank you for showing us that you don’t need us to feel perfectly ready or brave on our own. You just ask us to trust you. We admit, God, that sometimes it’s really hard to feel brave. We feel scared, we make excuses, we feel like we’re not enough. But please help us to trust and believe you are with us, and you are enough. Thank you for giving us your Spirit. Thank you for going with us everywhere we go. Please fill us with your courage for whatever we face this week, especially when we don’t feel ready. Help us remember to put our trust in you. And thank you for Jesus, our Passover Lamb, who saves us. We love you, and we pray these things in Jesus’ name. Amen.

DISMISS TO SMALL GROUPS



SMALL GROUP

Key Application: Courage - When God helps you to be brave enough to do hard things.

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TALK ABOUT IT (K-5th)

There are no right or wrong answers but try to challenge the kids to think deeper.

Key Question: What makes it hard to feel brave?

(Answers will vary; It's hard to feel brave when we forget who God is and start focusing on the size of our problem instead of the size of our Savior. Fear grows when we believe we're on our own, but the truth is—we're never alone.)

LOOK IT UP (K-5th)

Grab Bibles, look up, and read the following passage.

Look Up: Psalm 56:3

Say: The Book of Psalms (Old Testament) is like a songbook in the Bible with 150 poems and prayers! King David wrote most of them, but a few others helped too—like Moses and some musicians called the sons of Korah. Psalms shows us it's okay to talk to God about *anything*—whether we're happy, scared, sad, or thankful. And over and over, it reminds us that God is good, God listens, and God is always with us!

PRACTICE IT (K-5th)

("Location Signs" and "Review" Activity Pages – one set per small group, Flashlight and Tape)

What You Do:

- Before you begin, tape the 'Burning Bush' sign from the "Location Signs" Activity Pages to the back of a chair or the wall. (This will be your finish line.)
- Use the painter's tape to mark a start line for the kids to stand behind on the other end of your group space.
- Inform the kids that they will be traveling to three different places to follow Moses' journey.

Move Together:

- The Burning Bush
 - Instruct the kids to line up on the painter's tape line, facing the 'Burning Bush' sign.
 - Say, "When I shine the flashlight ON the sign, slow hop forward. When I turn the flashlight OFF, freeze in place!"
 - Do this three times (turning the flashlight on and off) each time ask one question from the "Review" Activity Page.

- End by keeping the flashlight on so that every kid reaches the 'Burning Bush' sign by slowly hopping.
- The Plagues
 - Direct the kids to travel back to the start line.
 - Replace the bush and 'Burning Bush' sign with 'The Plagues' sign.
 - Say, "When you hear the music, frog hop towards me! When the music stops, freeze in place!"
 - Stop the music three times and ask a question from the "Review" Activity Page each time.
 - End by keeping the music on so that every kid reaches 'The Plagues' Sign by frog hopping.
- The Red Sea
 - Replace the 'The Plagues' sign with the 'The Red Sea' sign.
 - Direct the kids to travel back to the start line.
 - Divide the kids into two teams: 'God's People' and 'The Egyptians.'
 - Say, "If you're one of God's people, walk quickly to 'The Red Sea' sign! When I say 'Freeze!' freeze in place."
 - Let "God's people" travel a bit, and then shout, "Freeze!"
 - Say, "Now, if you're an Egyptian, go after behind God's people by hopping on one foot! When I say 'Freeze!' you must freeze in place."
 - Do this three times (saying freeze) after each time. Ask one question from the "Review" Activity Page.
 - End the game by declaring God's people safe!

Discussion Questions (3rd-5th)

Ask:

- When have you tried something new?
- What are some things that make you feel nervous or unprepared?
- 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?

Pro Tips:

- Read each question twice and give the kids time to process before prompting them to respond.
- Provide an item to pass 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 ____."

What You Say:

Moses didn't think he was ready to lead God's people, but God showed him over and over how He would help. And Moses trusted God and went to talk to Pharaoh, even though he was scared. Have you ever felt like you weren't ready for something? Maybe starting a new grade, speaking in front of your class, or doing something for the first time? (Pause for answers.) Moses felt that way too.

"But God didn't just give Moses a task. God gave Moses everything he needed to be brave—including telling Moses that He Himself would be with him! God showed His power through the

plagues, protected His people during Passover, and made a miracle happen when He parted the Red Sea! And the entire time, when doing all of those powerful things, God Himself went with Moses.

“We are closer than that to God when we choose to follow Jesus, the Holy Spirit comes to live inside of us. God Himself is with us all of the time. He is with us and He helps us—just like He went with Moses and helped him. So, whenever you feel scared or not ready, remember: God can give you courage when you don’t feel ready.”

GET STRONGER (K-5th)

(Memory Verse Poster and Bibles Marked at Psalm 56:3, “Verse Motions” Activity Page – 1 per group)

What You Do:

- Have a few Bibles for each group.
- Invite the kids to look up Psalm 56:3.
- Repeat the verse together several times.

Move Together:

- Demonstrate the verse motions.
 - NlrV: When I’m (point to self)
afraid (make a scared face),
I put my trust (make a cross with index fingers)
in you (point up).
Psalm 56:3 (Hold hands like an open Bible.)
- Try it slowly at first, then faster, then in a whisper voice to keep the kids engaged.
- Gather to discuss.

What You Say:

“Amazing job, friends! I love reading the Bible with each of you. This verse comes from a time when King David was in REAL danger. He was afraid and didn’t know what was going to happen next. But instead of giving up, he chose to trust God! You and I might not face the same things David did or Moses, but we do feel scared sometimes. And when we do, we can do what David did. We can remember that God is with us and trust Him!

“When you choose to follow Jesus, God gives you the Holy Spirit to live inside you. That means you’re never facing hard things alone. And He can give you courage to face whatever is coming your way. God can give you courage when you don’t feel ready.”

PRAYER

What You Say:

“Dear God, thank you for sending Jesus and giving us the gift of the Holy Spirit. Thank you for promising to always be with us. When we feel nervous, unready, or scared, please remind us that you’re right there! Please fill us with courage. And remind us that we can face anything with you. We pray these things in Jesus’ name, Amen.”