

Alley SG—October 30th, 2022

Today's Bible Story: When You Believe (Israel Goes Through the Red Sea) • Exodus 13:17-14:31

Today's Key Question: What feels out of control?

Today's Bottom Line: Hold on because God is still in control

Monthly Memory Verse: *Let us not become tired of doing good. At the right time we will gather a crop if we don't give up.* Galatians 6:9 (NIRV)

1. Verses to Take with You

What You Need: "Red Sea Verse" slips (2 Sets of the Verse per Group, printed on red and blue), 12 red cups, 12 blue cups (per Group)

What You Do:

- Divide kids into two teams and ask them to stand with their teams on one end of your group space.
- Place each set of 12 Cups in two lines (one line for red and one line for blue).
- Place one slip of the scrambled verse under each Cup.
- Be sure to space the lines far enough apart so they don't run into each other when kids are competing.
- Explain that the line of Cups is their "Red Sea," and they will need to work together to cross to the other side.
- When you say, "Go!" teams must walk in a line to their Cups.
- Once a team arrives to all their Cups, they must collect all 12 folded up slips of paper that were inside. They must work together to put the words of the verse in order.
- The first team to finish putting the verse together wins.
- Give the entire group a chance to say the verse out loud together.

2. Take a Snapshot

What You Need: Dice (1 per group)

What You Do:

- Ask kids to sit in a circle.
- Tell kids that you are going to play a game where everyone has to complete different challenges.
- They'll take turns rolling the die.
- Whatever number it lands on, they then have to complete the corresponding challenge from the list below:
 1. Remain in a plank position for 30 seconds.
 2. Hum the tune of "Twinkle, Twinkle, Little Star."
 3. Say the letters of the alphabet in reverse order.
 4. Walk like a crab (on all fours, with your back facing the ground) in a circle around the entire group three times.
 5. Give a compliment to every single person in the group. (No repeats—it must be a different compliment for each person!)
 6. Do jumping jacks while singing the entire song, "The Star-Spangled Banner"
- Once every kid has had a turn, ask kids:
 - Did you get the challenge you wanted? (*Give everyone a chance to answer.*)
 - What was hard about this game, especially if there was a challenge you really wanted or one that you weren't sure you'd be good at?
 - There was a degree of uncertainty in this game, wasn't there? Sometimes it can be difficult to move forward when you aren't sure of what's ahead. What are some things you are currently facing that might make you feel uncertain?
 - What kinds of situations make you feel like you have no control?

- Assure kids that your group is a safe place to share real-life situations and struggles.
- Remind them that even when things may feel out of control, God is in control of it all, so we can trust God no matter what.

3. Discussion Questions

- What feels out of control?
- Why do things sometimes feel out of control?
- What helps you calm down when things feel out of control?
- Who are some people in your life that you can trust to help you?
- What are some ways you can you rely on God to help you?

4. Make it Personal with Prayer

- Close the group in prayer.

What You Say:

“God, we have had such an incredible month together learning about how to have grit. Thank You for your Word and how it teaches us that we can hold on because you are in control. Help us to always remember that. In Jesus’ name, Amen.”