

# Lesson 8

## Rock Solid

“Show Up!”

### **The Point of the Lesson:**

Each child will realize that God can always be in their lives when they need Him. His promises are real and true. I will learn that as God is always faithful, I can also show up to do the right things and follow the plan that God has for my life.

### **The Power of God’s Word:**

*Do what God’s teaching says; do not just listen and do nothing. James 1:22 NLT*

### **The Prayer of Each Child:**

Lord, help me to trust You more each day and see how You are always there for me. Guide me to learn how I can stay close to You and obey You so that I can show others how to live a godly life. Help me think of two ways that I can show up and obey Your teachings this week. Amen.

---

### **Lesson in a Word:**

Obey

**Prepare: (Before service)**

Safety harness or rope

**Preview: (5 minutes)****Welcome from MC:**

Rock climbing is really cool. But you have to know what you are doing before you get out there. It's not as easy as it looks.

**Object Lesson:**

(Hold up safety harness/rope) There is a lot to learn when you first go rock climbing. You need to be sure that you follow all the rules and use the safety harness and ropes correctly. If you don't obey the safety rules it could be very dangerous. But if you follow the rules, then when you show up to climb you can count on the harness to hold you. God is like our harness. When we obey His rules, we can show up at the things we need to do and know that God will protect us and give us strength.

**Kid Connect Question:**

Would you rather climb the side of a mountain or explore the inside of a cave?

**Play: (5 Minutes)****Simon Says**

Have all the kids stand up. MC will call out commands. If the kids do the command without hearing "Simon Says" then they have to sit down. The last one standing wins. Have the leaders stand around the room and help determine who is out.

**Transition for MC:**

It's hard to do everything just right. Following the directions and obeying the commands can get pretty tricky. Just like with God's teachings, we need to listen closely and make the right decisions. Today we will hear about someone who chose to obey, even when it wasn't easy.

**Praise: (15 Minutes)**

This is a time of corporate worship through singing and music. Plug in your own worship session here.

**Process: (15 Minutes)**

This process includes the ten minute teaching video, practice point, and memory verse.

**Teaching Video:**

Turn on DVD and play the lesson here.

**Lesson in a Word:** Obey**What Should I See?**

Moses and Aaron went to Pharaoh to ask him to free the people of Israel from slavery so they could go and worship God. But Pharaoh would not let them go. When Moses and Aaron asked again, Pharaoh still said no and made the working conditions even harder for the Israelites. Moses was pretty discouraged because Pharaoh would not let the people leave Egypt. Then Moses went back to Pharaoh and performed mighty acts in God's strength to convince Pharaoh to let the people go. A series of ten plagues came over Egypt. Finally, Pharaoh agreed to let the people leave. (Source: Exodus 5:1–12:32)

**Memory Verse:**

*Do what God's teaching says; do not just listen and do nothing.* James 1:22 NLT

**What's The Key?**

It's easy to listen to God's word. It's the actual obeying and doing it that takes more effort. Moses didn't want to "show up", but he did. And look at how God used him!

**What's That To Me?**

God cannot work through us unless we "show up" and put into practice the things we are learning. We have God's promise that He will always show up to help us. We need to remember that God is always with us, and He will give us the power we need to do His work.

**How Should I Be?**

As we listen and learn about God, we need to do things that show what we have learned — things like being kind, honest, watching our words and our anger. When we make good choices, we are doing something God's way. We are showing up to live for Him.

**Practice Point:**

No matter what comes my way,  
I will "show up" and obey!

## **Practice: (35 Minutes)**

This segment consists of **Total Recall**, **Live It**, **Memory Madness** and **G3**.

### **Total Recall** (10 Minutes)

Question 1: Who went to talk to Pharaoh? (Moses and Aaron)

Question 2: Who had to work as slaves? (The Israelites)

Question 3: In what country were the Israelites slaves? (Egypt)

Question 4: How many plagues did God bring down on Egypt? (Ten)

Question 5: When did the Israelites finally leave Egypt? (After the 10<sup>th</sup> plague)

Question 6: How did Moses do his mighty acts? (With God's power)

Question 7: Fill in the blank for this week: \_\_\_\_\_ Up! (Show)

Question 8: Where is the Bible memory verse found? (James 1:22)

### **Live It** (5 minutes)

#### **Things To Do Here:**

Question 1: What is a promise from God that you can count on? (He is always with me, He loves me, He helps me, He gives me strength, peace, joy)

Question 2: What are some ways that you can obey God? (read the Bible, obey my parents, listen to adults, make good choices, go to church)

Question 3: What does it mean to you to "show up" for God? (to obey Him, to serve him in ministries, to learn about Him, to tell others about Him)

#### **Things To Do At Home:**

Question 1: Look up James 1:25. What happens when you do what God's word says?

Question 2: Memorize this week's Bible verse and say it to two people. To whom did you say it?

Question 3: Write down two ways that you can obey God's teachings this week. Check them off after you do them.

**Memory Madness** (10 Minutes)

Each team participates in their group by trying to recite the week's verse with the hand motions. *Do what God's teaching says; do not just listen and do nothing.* James 1:22 NLT

**G3** (5 Minutes)

Turn on DVD and play the G3 here. G3 stands for Get it-Got it-Good. This segment is based on asking three questions to a participant on camera and the group of kids vote on whether or not the person will get them right. This segment is done on video and played for the kids.

Question 1: Who was Moses' brother? (Aaron)

Question 2: Who was the ruler of Egypt? (Pharaoh)

Question 3: True or False: Pharaoh gladly let the Israelites leave Egypt. (False)

**Live It Testimony on Video** (5 minutes)

Turn on DVD and play the Live It here. This is an interview done on location with one child.

Question 1: What is a promise from God that you can count on? (He is always with me, He loves me, He helps me, He gives me strength, peace, joy)

Question 2: What are some ways that you can obey God? (Read the Bible, obey my parents, listen to adults, make good choices, go to church)

Question 3: What does it mean to you to "show up" for God? (To obey Him, to serve Him in ministries, to learn about Him, to tell others about Him)