

September 9, 2026

THE EXODUS

LESSON AT A GLANCE

WONDER TRUTH: God Is Powerful

SCRIPTURE: [Exodus 6–12](#)

GOD'S BIG STORY: God sends Moses to ask Pharaoh to let His people leave Egypt, where they are slaves. Pharaoh refuses repeatedly, and each time God shows His power by sending a plague until Pharaoh finally lets them go.

WORD OF WONDER: Nothing is too hard for God. —from [Jeremiah 32:17](#)

Activity: Frogs and Bugs and Bandages!

Worship

God's Big Story

Prayer and Blessing

Activity: Frogs, Bugs, Bye!

Wonder@Home™

Designed for families to engage in the wonder of God together at home. This resource includes a video, worship playlists, activities, and more! [WONDER@HOME \(PDF\)](#)

Activity: Frogs and Bugs and Bandages!

SUPPLIES: scissors (prep only)

Wonder Ink RESOURCES: [Frogs and Bugs Sheet](#)

Before the kids arrive, print and cut out the images from the Frogs and Bugs Sheet.

In God's big story today, God used different things to show His power and save His people. Let's see how many of the things we can name.

Hold up each picture from the Frogs and Bugs Sheet. Ask the kids to name the thing in each picture.



- River—**This is a river. In our story, God turned a river red.**
- Frog—**This is a frog. What sound does a frog make?** Allow the kids to respond.
- Locust—**This is a grasshopper. God even used bugs to save His people!**
- Bandage—**This is a bandage. What do we use bandages for? To help when we get hurt or sick. God even used sickness and sores to help save His people.**

In our story today, God used lots of different things to show how powerful He is. Our Wonder Truth today is **GOD IS POWERFUL.**

Encourage the kids to do the following motions while you repeat the Wonder Truth. Older toddlers can say the words with you as they do the motions.

GOD IS—*Point up.*

POWERFUL—*Flex your muscles.*

God's Big Story

SUPPLIES: Bible, scissors (prep only)

Wonder Ink RESOURCES: [Bible Story Picture](#), [The Exodus God's Big Story Video](#)

Ahead of time, print the Bible Story Picture, and cut apart the pictures.

Our God's big story today is a great story from the Bible about a man named Moses and how God used some bad things to show His power and set His people free. Encourage the kids to say, "Moses." **Let's find out from the Bible what happened.**

Show the kids the God's Big Story Video, read the story from the Bible, or use the script provided. You can also print the Bible Story Picture for a visual depiction of the Bible story.



Our God's big story today is a great story from the Bible about Moses. Encourage the kids to say "Moses."

In the story, every time I wave my finger like this (demonstrate moving finger back and forth in a "no" motion and shaking head no), **you can say, "No!"**

Pharaoh was the king of Egypt. He was mean to God's people (the Israelites) and kept them trapped. God sent Moses to tell Pharaoh, "Let my people go."

But Pharaoh said, (wave finger) **"No!"** Encourage the kids to wave their fingers and say, "No!"

So, God sent bad things to the Egyptians called "plagues." Hold up each of the plague pictures as you name them. He made their water yucky so they couldn't drink it or get fish for food. He sent lots and lots of grasshoppers. He sent lots and lots of frogs. The grasshoppers ate all the food. The frogs made a mess everywhere! He made animals and people get sick and hurt. He even made hail (ice) fall from the sky!

Every time Moses told Pharaoh, "Let my people go," Pharaoh said (wave finger) **"No!"** Encourage the kids to wave their fingers and say, "No!"

Finally, after ten really bad things happened, Pharaoh said, "OK. Go!" God is more powerful than anything. Nothing can stop God! We can always remember that God is powerful.

Watch God's Big Story

Watch the [Exodus God's Big Story](#)!



Prayer and Blessing

Let's talk to God. When I say, "strong and powerful," pretend to make muscles with your arms like this. Demonstrate how to flex your muscles.

God, thank You for being strong and powerful (*flex muscles*) and always taking care of us because You love us. We love You! In Jesus' name, Amen.

Encourage the kids to hold their hands in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: Our God, who loves you, is with you! He is mighty to save and will never leave you. May you always trust Him.

Activity: Frogs, Bugs, Bye!

SUPPLIES: images of a frog, flying bug or grasshopper, green "Go" traffic signal, and waving hand sign (all optional)

Today we learned about when God saved His people by showing His power to the people in Egypt. He used things like frogs and grasshoppers to show His power. We're going to play a listening game to help us remember how God used His power so Pharaoh would let the Israelites go.

Encourage the kids to listen carefully. When you say, "frog," they can pretend to be a frog. When you say, "bug," they can pretend to fly like a bug. When you say, "Go," they can jump or stand up. When you say, "Bye," they can walk or crawl to the other side of the room.

Say each word and encourage the kids to do the motions after you say them. Repeat as time allows.

- **Frog**—Pretend to be a frog.
- **Bug**—Pretend to fly like a flying bug.
- **Go**—Stand up.
- **Bye**—Crawl or walk to the other side of the room.

Instead of saying the words, you could hold up a picture of a frog, a flying bug or grasshopper, or a green "Go" traffic signal, or a waving hand for "Bye!"