

God says "Trust me and I will lead you." Sometimes it may seem that God doesn't know what He is doing - but God knows the future and He wants what is best for us.

S O M E T I M E S L E Y O U A
D I N G R G A U A I D E I S N
G T G E U A Y C Y H B I N G T
K N O W S R A I S E E M N I N
N G D L T E H A D I S N G G U
O I D E I N E G B U T T W E A
W H A T C H I N G T R A A I N
I N N G L E A D I D O I N G N
G O D G G F O R U I D E T I N
O G T E A U C H I N G I S T H
D O E S N T R A I N I N G L E
E A D I N U G A G W I L L U I
I T D E I R N N G H T E A C I
H H I N L E A D G A T M R A S
I A N I N G L E A T H E D I N
G T G U I D E I N G T E A C H

Escape!

Sabbath

Do you know what emotions are?

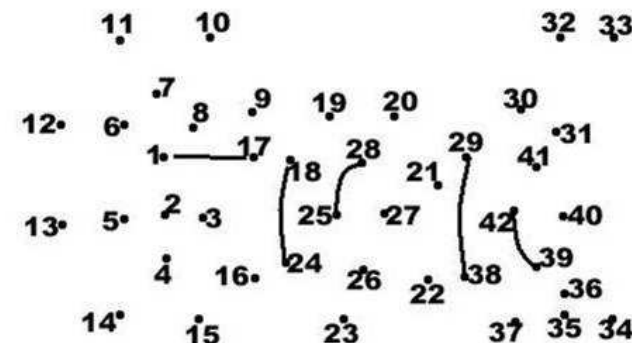
According to Google, it is a strong feeling which comes from your circumstances or relationships.

Do you know what each of these words mean? – if you don't look them up or ask your parents. Highlight the emotions that feel nice in yellow and the ones that are not nice in brown – you can leave some white if you want.

Love	Bored	Grumpy	Content
Joy	Lonely	Calm	Scared
Peace	Surprised	Envious	Proud
Patient	Pleased	Amused	Happy
Nervous	Shy	Disappointed	Amazed
Sad	Worried	Quiet	Discouraged
Anger	Amazed	Anxious	Empty
Excited	Guilty	Grateful	Sceptical
Safe	Cheerful	Hopeless	Tired
Embarrassed	Optimistic	Impatient	Glad

Why do we have emotions? Solve the dot-to-dot to find out.

As you study the story this week, try to imagine what emotions the people experienced.



Year 1, Quarter 2, Week 12, Level: "Pre/Teens"

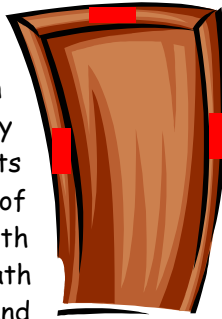
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Refer: Exodus 12:21-51; 13:17-22 NLT; Patriarchs and Prophets p273-290; The Bible Story vol2 p117-132

Sunday

One last time, God sent a warning to Pharaoh and then God gave these special instructions to Moses: "Every family must choose a young lamb or goat and paint its blood across the top and sides of the doorframes of their house. Roast the meat and eat it standing up, with unleavened bread - ready to leave. The angel of death will strike down the first-born of the Egyptians and their animals; but he will pass over your house and you will be safe. "Remember, these instructions, follow them every year and tell your children about this night."



Can you imagine how they must have felt? Excited, knowing they would soon be leaving, but perhaps also a little fearful - especially those who knew they were first-born in their family. They probably kept checking that the blood was on the doorway and wondering if there was any chance of the angel of death making a mistake.

At midnight a loud wailing was heard throughout the land of Egypt; someone from every house had died, just as God had warned! Then Pharaoh said, "Get out! Take your people and go!" And the Egyptian people gave the Israelites gifts including silver and gold.

God led the Israelites with a cloud by day and a pillar of fire at night. But instead of leading them on the most direct route to Canaan, He led them by the desert road until they camped by the Red Sea. God knew that after being slaves for so long, they weren't ready to fight the Philistines.

All the excitement of finally leaving, the chaos of getting everything and everyone organised was followed by days or nights of walking - sleeping on the ground in tents or even out in the open. Chances are the excitement was starting to wear off, followed by exhaustion or tiredness at least for the adults; the kids probably thought it was a great adventure.

Take some time to try and imagine what it was like.

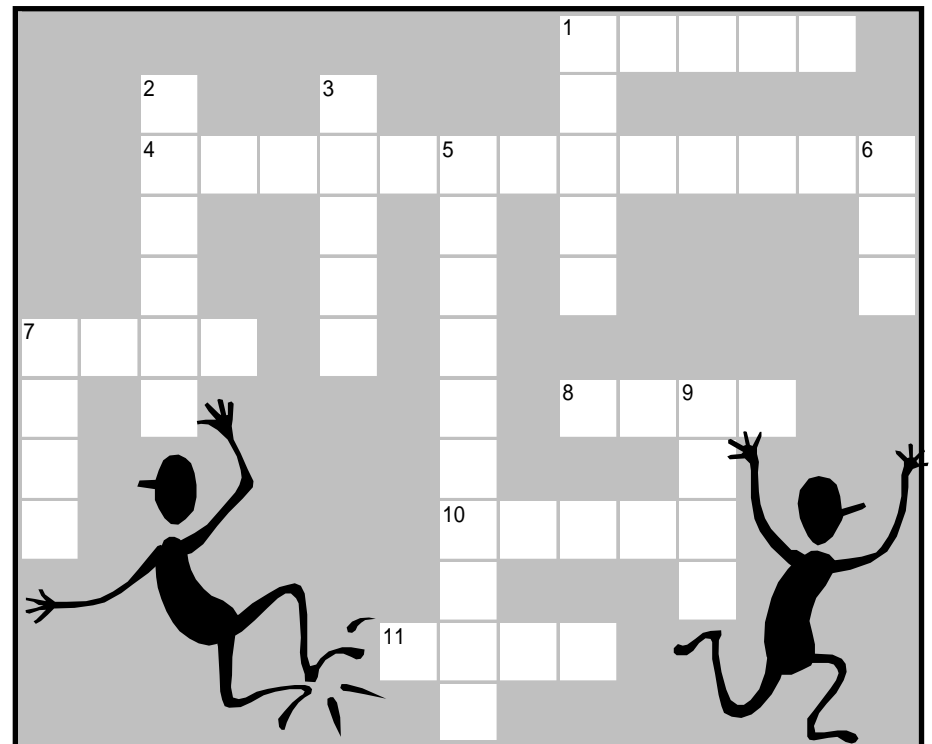
Friday

Fill in the missing words from these Bible texts and then fit them into the crossword.

Proverbs 3:5, 6NLT, "_____ (10 across) in the _____ 7a with all your _____ 3d; do not depend on your own _____ 4a. Seek His will in all you do, and he will show you which _____ 9d to take."

Jeremiah 29:11NLT, "'For I know the _____ 1a I have for you,' says the _____ 7a. 'They are _____ 1d for good and not for disaster, to give you a _____ 2d and a _____ 8a.'"

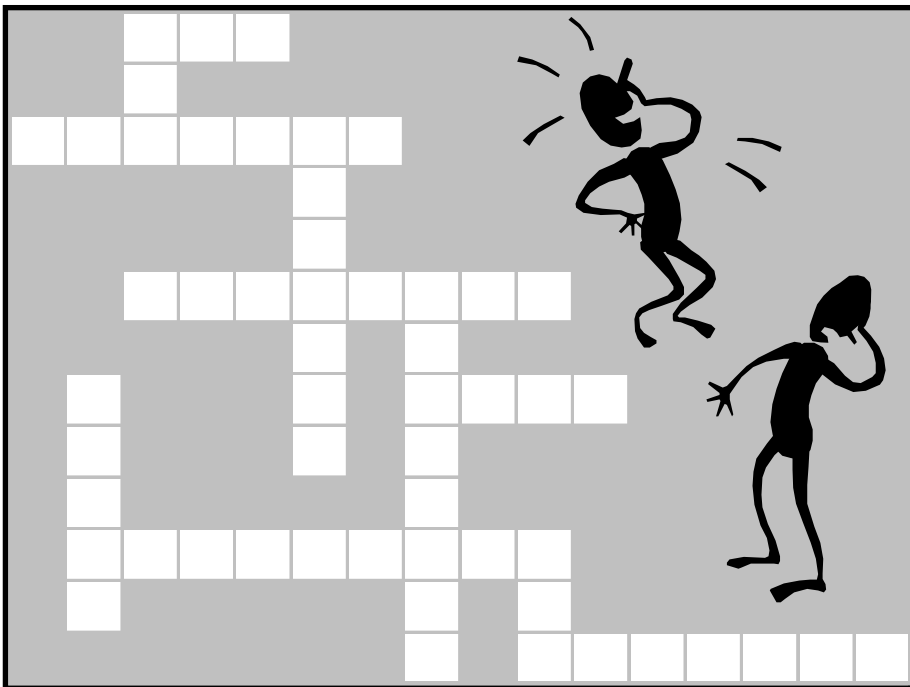
Isaiah 41:10NLT, "Don't be afraid, for I am with you. Don't be discouraged, for I am your _____ 6d. I will _____ 5d you and _____ 11a you..."



Thursday

Learning how to live with emotions is a very important part of growing up into a mature adult. Here are some steps that can help you.

- **Talk to God about it.**
- **Identify the emotion:** talking to an adult you trust can help
- **Identify the "who" and "why" etc.** Who is annoying you? Why are you feeling annoyed?
- **Is anything else affecting you?** Did anything else happen? Are you tired, or sick, or having a bad day?
- **Take a break:** do something else for a while, don't think about it
- **Discuss the problem** with someone you trust, discuss the problem with an adult you trust.



Monday

Pharaoh decided he wanted his slaves back; so he called his army to catch them. When the people of Israel saw the Egyptians coming they were scared.

All the excitement, followed by all the work of packing and setting up camp, the days or nights of walking and now the biggest fear which was lurking in the back of their minds had been realised. To make matters worse, there are also Egyptian families who decided to join the Israelites and now want to change their minds and so the fear and panic spreads.



Then Moses raised his hands and the pillar of cloud moved between the Israelites and the Egyptians, providing light for the Israelites, and darkness to slow the Egyptians and the Lord opened up a path through the sea so the people of Israel walked through the middle of the sea, with walls of water on each side!

Can you imagine how exciting that must have been?

The Egyptians started following through the sea, but as soon as all the Israelites were safe, God said to Moses, "Raise your hand over the sea again, and the water will rush back and stop the Egyptians."

So God rescued Israel from the Egyptians and when the Israelites saw the power of God they worshiped Him and sang songs of praise and thanks.

What an emotional roller-coaster! - That's what we say when we have high or good feelings followed by low or bad feelings, followed by more highs and lows. Have you ever experienced lots emotional of highs and lows?

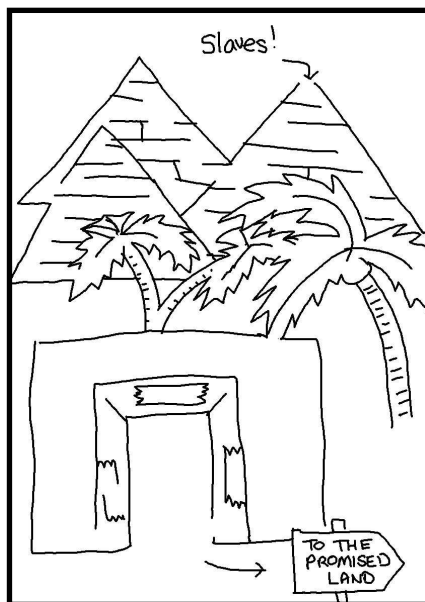
Tuesday

Find a way through the maze from Egypt to the Promised Land.

Below are some ways to get across a sea or river.
Unscramble the words.

How did the Israelites cross the Red Sea?

NEACO
LANEP
ATBO
MUJP
REFRY
DIGERB
HIPS
MISW
LISA
KLAW



♠	♠	♠	♠	♠	♠	♠	♠	♠	♠	♠	♠	♠
A	B	C	D	E	F	G	H	I	J	K	L	M
♠	♠	♠	♠	♠	♠	♠	♠	♠	♠	♠	♠	♠
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Decode this important message from God in Isaiah 55:8^{NLT}

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Wednesday

Use the words from Sabbath to answer these questions then find your answers in the grid below.

How do you think the Israelites felt at each of these times?

After being slaves for so long? _____

When Moses and Aaron told them God was going to rescue them?_

When Pharaoh would listen to God?

During the first plagues?_____

During the last plagues? _____

Waiting for the angel of death?

As they left Egypt? _____

After days of walking?_____

When they saw the Egyptians coming? _____

When they saw the path through the sea? _____

As they walked through the sea? _____

When they saw the Egyptians drowned? _____

N I C E O R Y U C K Y E M A M A Z E D O T I O N Q S G O O
 D O R B A D E M O T I O N N S G R E A T O R P T U E R R I
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