

God Hears His People

Sunday Plan

SCRIPTURE

Exodus 1-2

MEMORY VERSE

Exodus 2:24

OPTIONAL VIDEO

Baby Moses

<https://southside.cc/349-322>

God heard his people because he keeps his promises.

For the Teacher

Read this before you teach. This quarter we're walking through the Exodus story. Today is the setup: how God's people ended up enslaved in Egypt, and what God did about it. The kids need to leave with one idea firmly in place.

KEY TRUTH

God heard his people because he keeps his promises.

The covenant matters. Back in Genesis, God promised Abraham that his family would become a great nation and that through them, the whole world would be blessed. By Exodus 1, Abraham has been dead for four hundred years, his family is enslaved in a foreign country, and from the outside it looks like the promise is dead. Exodus 2:24 is the verse that breaks that tension: "God heard their groaning, and God remembered his covenant with Abraham, with Isaac, and with Jacob." God isn't responding to suffering in general. He's keeping a specific promise to specific people. That's the engine of the whole book.

The four verbs in 2:24–25 are the heart of today's lesson. God *heard*, *remembered*, *saw*, and *knew*. The Hebrew piles them up on purpose. After centuries of silence, the text floods you with God's attention all at once. You want the kids to feel that shift.

What we're skipping and why. The full chapters include the Hebrew midwives defying Pharaoh and Moses' birth and rescue. Those are coming up in the next two weeks. Today stays focused on the question: did God forget his people? Answer: no.

Repeat the bottom line all morning. Say it at least six times across the lesson. Have the kids say it back. Write it on the board. End with it.

MATERIALS

- Bibles for every student
- Whiteboard or large paper, markers
- Pencils, crayons or colored pencils
- Index cards
- A basket
- Activity sheets (printed in advance from this week's activities — pick what you'll use)

1. Gather

Welcome the kids and have them sit together. Tell them you're starting a new story today that will take several weeks to finish — the story of how God rescued his people from slavery in Egypt.

ASK

Has anyone ever had a promise made to them and then forgotten? How did that feel?

Let two or three kids share briefly. Then tell them: today we're going to find out what happens when it looks like God forgot a promise — but he didn't. We're going to learn one big idea, and they should listen for it. Write it on the board:

SAY

God heard his people because he keeps his promises.

2. The Story

Setting the Stage

Before opening the Bible, the kids need to know where they are in the larger story — don't assume they remember. Tell them, in your own words:

SAY

A long time before today's story, God made a promise to a man named Abraham. He told Abraham that his family would grow into a huge nation, and that God would bless the whole world through them. Abraham had a son, Isaac. Isaac had a son, Jacob. Jacob had twelve sons, and his family moved to Egypt during a famine because his son Joseph was a leader there. They were safe and well-fed.

But that was four hundred years ago. Four hundred years. Abraham is long dead. Joseph is long dead. And now Abraham's family — which by now is huge — is in serious trouble.

Reading the Text

Have everyone open to Exodus 1:8. Go around the circle and have each student read one verse aloud through verse 14. If a student struggles with a word, help them quietly. If a student doesn't want to read, let them pass — don't make it a battle.

Exodus 1:8–14

After the reading, work through these questions together:

DISCUSSION

1. The new king didn't know about Joseph. Why does that matter?

→ *When leaders forget, people get hurt.*

2. Look at verse 12. What happens the more the Egyptians hurt them?

→ *The Israelites multiply even more. God's promise to Abraham was that his family would be huge — even when Pharaoh tries to destroy them, the promise is still working.*

3. Verse 14 says their lives were "bitter." What's a bitter life? What does that feel like?

→ *Hard work, no rest, no hope, treated like animals. Don't rush past this — the kids need to feel the weight before they hear the rescue.*

TRANSITION

Now we're skipping ahead. There are parts of this story we'll come back to in the next few weeks. Right now we want them to see what happens after a long, long time of suffering.

The Four Verbs

Have them turn to Exodus 2:23. Pick a confident reader and have them read Exodus 2:23–25 aloud, slowly.

Exodus 2:23–25

Then tell the class to read those same verses again, in their heads this time, and listen for four things God does. Give them thirty seconds. Then have another student read the same verses out loud again.

ASK

What four things does God do in these verses?

Write them on the board as the kids find them in their own Bibles:

God HEARD. God REMEMBERED. God SAW. God KNEW.

Pause. Let it sit on the board.

The Most Important Question

This is the hinge of the whole lesson. Slow down here.

DISCUSSION

1. Look at verse 24 in your Bible. What did God remember?

→ *His covenant with Abraham, with Isaac, and with Jacob. Make them find it themselves — don't say it for them.*

2. What's a covenant?

→ *A serious promise, the kind you don't break. God made a covenant with Abraham four hundred years ago — and now, when his people are crying out, the Bible says God remembered it.*

3. Did God forget about his people during those four hundred years?

→ *It felt like he forgot, but he didn't. God's timing isn't our timing. He was working even when his people couldn't see it. Let the kids wrestle with this — the honest answer is harder than it looks.*

3. The Point

Say the bottom line again, with the kids:

SAY

God heard his people because he keeps his promises.

Have a student look up and read Psalm 34:17 aloud:

SCRIPTURE

Psalm 34:17

The righteous cry out, and the Lord hears them.

SAY

The same God who heard his people in Egypt hears you. Not because you're special on your own, but because of what kind of God he is — a God who keeps his promises and pays attention to his people.

The Index Cards

Hand out index cards. Have each student write or draw one thing they want God to hear from them — something they're sad about, scared of, thankful for, or asking for. Tell them no one else will read it. They'll fold it and put it in the basket, and you'll pray over the basket.

NOTE

While they write, walk around quietly. If a kid is stuck, help them think of something specific.

The Memory Verse

When they're done, have everyone come back together and turn to Exodus 2:24. Have a student read the memory verse aloud:

SCRIPTURE

*Exodus 2:24**God heard their groaning, and God remembered his covenant.*

Then read it together three ways: all together normally, all together in a whisper, and all together with one hand on their heart.

SAY

That word “remembered” is the most important word in the verse. God didn’t suddenly find out his people were hurting. He was keeping his promise the whole time.

Closing Prayer

Hold the basket and pray:

PRAY

God, you heard your people in Egypt because you keep your promises. You hear these kids today for the same reason. Thank you for being a God who doesn’t forget. Help us remember, when we feel like you’re far away, that you are listening, seeing, knowing, and working — even when we can’t see it yet. Amen.

4. The Work

Pick one or more activities from this week’s menu. Print enough copies for each kid in advance. The kids don’t have to do all of them — pick what fits the group’s energy and what time you have left.

The menu for this week:

- **What God Did** — coloring page reinforcing the four verbs from Exodus 2:24–25.
- **Names and Promises** — word search with names from the covenant story (includes a sneak peek of next week).
- **When God Heard Me** — drawing prompt connecting the lesson to the kid’s life.
- **Remember the Story** — fill-in-the-blanks recall using the kids’ Bibles.

The full production specs for each activity are in this week’s activities file.

NOTE

While the kids work, sit with them. Ask one or two what they’re working on. Reinforce the bottom line one more time before class ends. If you finish early, have a few kids share what they made. If you run long, send the activity sheets home.

What Comes Next Week

Pharaoh’s plan to kill the Hebrew baby boys, and the women — the midwives, Moses’ mother, his sister, even Pharaoh’s own daughter — who refuse to let it happen. God isn’t just hearing his people. He’s already raising up the rescuer.