

# Crossing the Red Sea

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Sunday Plan

SCRIPTURE

Exodus 14

MEMORY VERSE

Exodus 14:14

OPTIONAL VIDEO

Moses and the Red Sea

<https://southside.cc/895-157>

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*God fights for his people.*

## For the Teacher

Read this before you teach. Last week the kids saw God show his power to set his people free. Today's lesson is what happens when “free” isn't really free yet — Pharaoh changes his mind and sends his army after them. The Israelites end up trapped between an army and a sea. And God does something they didn't see coming.

### KEY TRUTH

God fights for his people.

**Pharaoh's heart again.** After the tenth plague, Pharaoh told the Israelites to leave. He meant it for about a day. By Exodus 14:5–6 he's already chasing them with six hundred chariots. The kids need this on the table — being rescued from Egypt didn't mean Egypt was done with them. The story isn't over until God says it's over.

**Exodus 14:13–14 is the heart of the lesson.** Moses says: “Fear not, stand firm, and see the salvation of the LORD... the LORD will fight for you, and you have only to be silent.” That's the verse to soak into the kids. God's people aren't fighting in this story. They're standing still and watching God do it.

**The miracle is bigger than parted water.** It's also that God put the cloud-pillar between the Israelites and the Egyptians so the army couldn't catch up overnight (Exodus 14:19–20). And it's that the same sea that saved Israel destroyed Pharaoh's army (Exodus 14:26–28). God delivered his people and ended the threat that had been chasing them for four hundred years. Both at once.

**What we're skipping and why.** The Song of Moses in Exodus 15 is beautiful and worth its own week someday — today it would crowd out the story itself. Stay in chapter 14.

**Repeat the bottom line all morning.** Say it at least six times.

### MATERIALS

- Bibles for every student
- Whiteboard or large paper, markers
- Pencils, crayons or colored pencils
- A long blue cloth or two large sheets of blue construction paper (for the object lesson moment)
- A small toy figure or action figure (for the same)
- Activity sheets (printed in advance from this week's activities — pick what you'll use)

## 1. Gather

Welcome the kids back. Tell them today picks up the very next day after last week's story.

### ASK

*Has there ever been a moment when you thought you were safe — and then it turned out you weren't?*

Let two or three kids share. Then tell them: that's exactly what happens to God's people today. They thought they were free. And then they look behind them and see a problem they did *not* see coming.

Write the bottom line on the board:

### SAY

*God fights for his people.*

## 2. The Story

### Setting the Stage

Tell them, in your own words: last week, after ten plagues, Pharaoh told God’s people to go. They went. They walked out of Egypt as a free people for the first time in four hundred years. God led them with a tall pillar of cloud during the day and a pillar of fire at night so they could see where to go.

But here’s the thing. They had been Pharaoh’s slaves for so long that by the time they got to a place called the Red Sea, Pharaoh had already changed his mind. He woke up one morning and thought, “Wait — who’s going to do all our work?” So he got six hundred chariots and his whole army, and he went after them.

### Reading the Text

Have everyone open to Exodus 14. Pick a confident reader for the first section.

#### Exodus 14:5–10

##### DISCUSSION

1. What did Pharaoh do?

→ *Changed his mind, took his army, and chased after God’s people.*

2. Look at verse 10. How did God’s people feel when they saw the army?

→ *They were terrified. They cried out to God.*

3. Try to picture this. Sea on one side, army on the other, no way forward, no way back. What would *you* feel?

→ *Scared. Trapped. Stuck.*

If you brought the blue cloth and toy figure, set them up here. Put the figure between the cloth and the wall — sea on one side, wall on the other. That’s where God’s people were. No way out. Watch what God does.

### What Moses Says

Have a kid read the next part — slowly. This is the verse the lesson is built on.

#### Exodus 14:13–14

Have them read it again. Have a *different* kid read it again.

##### SAY

*Listen to what Moses just said. He didn’t say, “Get ready to fight.” He didn’t say, “Run.” He said: “Fear not. Stand firm. The LORD will fight for you, and you have only to be silent.” God’s people aren’t fighting in this story. They’re standing still. And God is doing the work.*

Write it on the board: **“The LORD will fight for you.”**

### What God Does

#### Exodus 14:19–22

## DISCUSSION

1. In verses 19–20, what moves between the Israelites and the Egyptians during the night?  
→ *The angel of God and the pillar of cloud. God put himself between his people and their enemy.*
2. In verses 21–22, what does God do with the sea?  
→ *He drives the water back with a strong wind, all night, and his people walk through on dry ground.*
3. Whose hand is doing the fighting in this story — Moses', Israel's, or God's?  
→ *God's. Moses just stretched out his hand because God told him to. The Israelites just walked. God did the rest.*

## How It Ends

## Exodus 14:26–28

## ASK

*What happened to Pharaoh's army?*

*The sea closed back over them. The army that had been chasing God's people for four hundred years was gone.*

Now read the last verse of the chapter:

## Exodus 14:31

## ASK

*What did God's people do when they saw what God did?*

*They feared the LORD and they believed in him.*

Watching God fight for them changed how God's people thought about him. They believed. That's what God's fighting does — not just rescue us, but show us who he is.

### 3. The Point

Say the bottom line again, with the kids:

## SAY

*God fights for his people.*

#### The Memory Verse

Have everyone turn to Exodus 14:14. Read it together:

## SCRIPTURE

*Exodus 14:14*

*The LORD will fight for you, and you have only to be silent.*

Read it together three ways: all together normally, all together in a whisper, then a third time with their hands at their sides — not fighting.

## SAY

*That last part — “you have only to be silent” — is hard. We want to fight our own battles. We want to argue, run, panic. God says: stand still. Watch what I'll do.*

## What This Means For Us

### DISCUSSION

1. What are some battles in your life that feel too big for you?

→ *Listen for: a hard friendship, a sickness in the family, fear, bullying, a sin they keep falling into. Don't rush past their answers — let them sit.*

2. What does it look like to “stand firm” instead of fighting on your own?

→ *Praying. Asking grown-ups for help. Trusting God to act. Doing the next right thing instead of panicking.*

## Closing Prayer

### PRAY

*God, you fought for your people at the Red Sea. They didn't have to do anything but stand and watch. Thank you for being the kind of God who fights for his people. When we feel trapped or afraid, help us remember to stand still and trust you. You are bigger than what's chasing us. Amen.*

## 4. The Work

Pick one or more activities from this week's menu. Print enough copies for each kid in advance.

The menu for this week:

- **Through the Sea** — coloring page of the path through the parted water with the memory verse.
- **The Lord Will Fight** — word search with words from the Red Sea story (includes a sneak peek of next week).
- **My Red Sea** — drawing prompt where the kids draw something that feels too big for them, and what it would look like for God to fight for them in it.
- **Stand Firm** — 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. Reinforce the bottom line one more time before class ends.

## What Comes Next Week

The Israelites are out of Egypt for real now — but a free people needs to learn how to live free. God leads them to a mountain called Sinai, and there he teaches them his Law. Next week is the Ten Commandments and the start of God's people learning what it means to live as God's own.