

Crossing the Red Sea

Wednesday Plan

SCRIPTURE

Exodus 14

MEMORY VERSE

Exodus 14:14

OPTIONAL VIDEO

Moses and the Parting of the Red Sea

<https://southside.cc/282-931>

God fights for his people.

For the Teacher

Wednesday night reinforces what the kids learned on Sunday. Don't re-teach the whole crossing. Tonight is about *standing still* — the hardest part of the verse.

KEY TRUTH

God fights for his people.

Same bottom line as Sunday, by design. Wednesday uses the exact same sentence the kids heard on Sunday. Repeat it.

The “stand firm” pose is the spine of tonight. Sunday introduced Moses' words from Exodus 14:13–14. Tonight the kids will physically practice what those words look like — feet planted, hands down — and work through situations where they'd usually fight back, run, or panic, and instead “stand firm.”

What to skip. Don't re-read all of Exodus 14. The kids did that Sunday. Tonight you'll re-read Exodus 14:13–14 (the verse) and Exodus 14:21–22 (the crossing). If a kid wasn't there Sunday, give them a one-sentence catch-up: “God's people were trapped between an army and a sea, and God fought for them by parting the water.”

Energy management. This Wednesday balances kinetic with quiet. The “Stand Firm” game asks the kids to *not* move when their first instinct is to panic. That's harder than running around. Lean into it.

MATERIALS

- Bibles for every student
- Whiteboard or large paper, markers
- A long blue cloth or two large sheets of blue paper (optional, for the Red Sea Walk)
- **God Fights For Me** prayer cards (printed in advance from this week's activities)
- Pencils

1. Gather

Welcome the kids back. Tell them:

SAY

On Sunday we learned one big idea, and we're going to learn it again tonight. Say it with me: God fights for his people.

Have them say it back. Then again, with their feet planted firmly on the ground. Then again in a whisper.

Write it on the board.

Tell them tonight is going to be different from Sunday — they're going to practice what it looks like to *stand firm* when something scary is coming. But first, a quick review.

2. The Story

Quick Review

ASK

Where were God's people stuck on Sunday?

You're looking for: between Pharaoh's army and the Red Sea. No way forward. No way back.

ASK

What did Moses tell them to do?

You're looking for: don't be afraid, stand firm, watch God fight for them, be silent.

Re-Read the Verse

Have them open to Exodus 14:13. Pick a confident reader and have them read 14:13–14 aloud, slowly. Then have a *different* student read it again.

Exodus 14:13–14

Write the four moves on the board as the kids name them:

Fear not. Stand firm. See God's salvation. Be silent.

What God Did

Have one student read the next part:

Exodus 14:21–22

ASK

While God's people were standing firm, what was God doing?

Driving back the sea with a wind, all night long. Making a path through the water.

Say the bottom line again, with the kids:

SAY

God fights for his people.

3. The Work

The Stand Firm Game

Gather everyone in the middle of the room. Tell them: "I'm going to read a situation. Your job isn't to run, hide, or fight back — your job is to *stand firm*. Feet planted. Hands down. Take a deep breath. Then we'll talk about what 'standing firm' means in that situation."

Read each scenario, give them three to five seconds to plant their feet, then ask one of the questions underneath.

Round 1 — Story scenarios.

1. *You are an Israelite. You see the Egyptian army coming. What does standing firm look like?*
(*Trust God. Stay where Moses tells you to stay. Don't run back to Egypt.*)
2. *You are at the edge of the Red Sea. The water is about to part. What does standing firm look like?*
(*Wait. Watch. Don't try to fight Pharaoh on your own.*)

Round 2 — Your scenarios.

1. *Someone says something mean about you at school. You want to say something mean back. What does standing firm look like?*
(Walk away. Pray. Tell a grown-up. Trust God to handle it.)
2. *You're scared at night and your imagination is making things worse. What does standing firm look like?*
(Pray. Repeat the memory verse. Trust that God is fighting for you while you sleep.)
3. *You're worried about something hard happening to your family. What does standing firm look like?*
(Pray. Ask grown-ups what's true. Trust God instead of trying to fix it yourself.)
4. *A friend is pressuring you to do something you know is wrong. What does standing firm look like?*
(Say no. Walk away. Don't fight, just don't go along.)

After each scenario, ask one or two kids what *they* thought standing firm looked like. Don't correct them — let them work it out.

Walk Through the Sea

If you have the blue cloth, this part is fun. Spread the cloth (or the blue paper) on the floor in two halves with a path down the middle. Have one or two volunteers hold the cloth up like walls of water. The kids walk through one at a time.

As each kid walks, the rest of the class reads together:

SCRIPTURE

Exodus 14:14

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

When everyone has walked through, gather back in the middle. Tell them: the Israelites didn't part the sea. They didn't fight Pharaoh's army. They walked. God did the rest. That's what it looks like when God fights for his people.

4. The Point

God Fights For Me Prayer Card

Hand out the **God Fights For Me** prayer cards. Have each student fill in the prompt:

God, please fight for me when I _____.

Tell them this is for the moments where something feels too big. Where they want to give up, panic, or fight back on their own.

NOTE

While they fill out the cards, walk around. If a kid is stuck, ask: "What's something this week that feels too big for you to handle on your own?" Help them name it specifically.

Memory Verse and Closing

When they're done, have everyone come back together. Read together:

SCRIPTURE

Exodus 14:14

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

Then say the bottom line one final time, with the kids:

SAY

God fights for his people.

Close in prayer:

PRAY

God, you fought for your people at the Red Sea. They stood still and watched you part the water. When we feel trapped this week, help us stand firm and trust you to fight for us. Thank you for being a God who shows up. Amen.