



Let my people go!

Welcome (Parents and Carers asked to stay until after the Pilots Prayer)

Welcome back to Friends on Faith Adventures. We are looking forward to going on a journey and nobody knows where we will end up. All we know is we have got our crate filled with adventure and an open path ahead. So, hold on tight and enjoy the ride!!

Let's hear about FOFA bear and FOFA cam's adventures this week and how everyone got on with the Walking the Way challenge. (Encourage everyone, including parents and carers, to join in.)

The Pilots Prayer

Lord help us to be:

Prepared for adventure

In all we do.

Loving and caring,

Open to others

Together as one community

Sharing the love of Jesus on our way.

Amen

Fun Together

Game: The 10 Plagues

What you need: Nothing

This game works like the actions in the game "Port Starboard" or "Ships". Create actions for each of the plagues that the children will act when the word for that plague is said by the leader. Last one to do the action or who gets it wrong can be disqualified.

Frogs – hop around the room

Lice – scratch head

Flies – spread out arms and run (slowly) round the room, buzzing

Animals – lie on back with legs and arms in the air



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Boils - scratch all over!

Hail – duck and hold hands over head like an umbrella

Locusts – pretend to nibble as though eating a corn on the cob

Darkness – hands over eyes

First-Born – walk like a zombie with arms out in front

Game: What Saves?

What you need:

- Circle of chairs enough for each child (or sit on the floor)
- A separate space for the detective to go.

This game is similar to 'wink murder'. The 'detective' goes out of the room. The other children agree on a distinctive characteristic such as colour of shoes, wearing glasses etc that a few people in the group can identify with. The detective comes back in the room and begins winking at people to murder them. When the detective winks at someone who does not have that characteristic, the person winked at 'dies' (encourage the children to put a bit of drama into their deaths!) but those with the identified characteristic cannot be killed. The wink 'passes over' them, so they just do a movement with their hand sweeping right over their head and stay 'alive'. The detective's job is to figure out 'what saves' those individuals - what is the special characteristic?

Game: Stuck in the Red Sea

What you need:

A space to run around.

This is the old favourite "stick in the mud" where one or two children are chosen each time to be 'it' and chase to touch (or 'tig') the other children. If a child is 'tiggered', they stop running and stand with their legs apart and arms spread wide. They stay like this until they are 'saved' when another child crawls underneath their legs or runs in a circle around their body under their outstretched arms (depending on the group).



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Today's theme is: Sometimes we forget the good things God has done for us and just moan about little problems

The Big Story: Let My People Go! - Exodus

Split the group in two. Group one says the line from Moses "Let my people Go" with a pointing gesture towards the exit of the space and the other says the response from Pharaoh "No" with a push hand out motion towards the other group. You may like to practice this a few times before beginning the story.

Reader 1. The people of God lived in a place ruled by a king, the king of Egypt is called the Pharaoh. The Pharaoh made the people of God into his slaves and forced them to do work. One day God called Man named Moses to lead the people out of Egypt and into the promised land.

Reader 2. Moses went to Pharaoh and said "Let my people Go!"

Reader 1. But Pharaoh said "NO!"

Reader 2. Again and again Moses went to Pharaoh and said "Let my people go"

Reader 1 But again and again Pharaoh said "NO!"

Reader 2: Then God began to make some terrible things to happen in Egypt. First the river Nile that provided the water and was very important symbol to the Egyptians turned into blood.

Reader 2. Moses went to Pharaoh and said "Let my people Go!"

Reader 1. But Pharaoh said "NO!"

Reader 1. Then seven days later God sent a plague of frogs that covered the whole land.

Reader 2. Moses went to Pharaoh and said "Let my people Go!"

Reader 1. But Pharaoh said "NO!"

Reader 2. Next God sent a plague of lice which stayed on all the animals and people.

Reader 2. Moses went to Pharaoh and said "Let my people Go!"

Reader 1. But Pharaoh said "NO!"

Next God sent flies to fill the Egyptian houses.

Reader 2. Moses went to Pharaoh and said "Let my people Go!"



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Reader 1. But Pharaoh said “NO!”

Then a terrible disease stuck all the farm animals in Egypt

Reader 2. Moses went to Pharaoh and said “Let my people Go!”.

Reader 1. But Pharaoh said “NO!”

Still Pharaoh would not let the people go. Then God made all the Egyptians skin to be covered in boils and sores all over.

Reader 2. Moses went to Pharaoh and said “Let my people Go!”.

Reader 1. But Pharaoh said “NO!”

Next God made a massive hailstorm which killed many people and animals.

Reader 2. Moses went back to Pharaoh and said “Let my people Go!”.

Reader 1. But Pharaoh said “NO!”

Still Pharaoh would not let God’s people go. Then God sent locusts to cover the land and the locusts ate every leaf from every tree in the land.

Reader 2. Moses went to Pharaoh and said “Let my people Go!”.

Reader 1. But Pharaoh said “NO!”

Then God caused a great darkness to cover the land.

Reader 2. Moses went to Pharaoh and said “Let my people Go!”.

Reader 1. But Pharaoh said “NO!”

Still Pharaoh refused to let God’s people go. Then God did something that finally changed the mind of Pharaoh, God caused all the firstborn sons in all the Egyptian families to die. The firstborn sons of the people of God did not die because their families had been instructed to paint blood from a lamb on their houses so that the death passed over them.

Reader 2. Moses went to Pharaoh and said “Let my people Go!”.

Reader 1. But Pharaoh said “YES!” [BE PREPARED THAT THE CHILDREN MAY RESPOND “NO” AS THEY HAVE DONE THROUGHOUT]



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Finally this time, Pharaoh had changed his mind and allowed the people of God to leave Egypt.

Reader 2. The people of God had to hurry they didn't have much time, they made flat bread for the journey as they didn't have time to wait for it to rise. They left Egypt carrying all that they could, all the children, mum's and dad's and grandparents all went together. When they reached the red sea they heard a sound that terrified them.

Reader 1. Pharaoh's army was coming after them and the army trapped them against the water. Moses stepped forward and raised his staff over the water and the water separated and the people of God were able to escape through to the other side. When the Egyptian army tried to follow after them, the water closed again and the people of God were safe!

Reader 2: I wonder why Pharaoh was so stubborn?

Creative Adventure

You will need:

- Tortilla wraps (gluten free if needed)
- An assortment of items to decorate (e.g. red jelly, various bits of fruit and veg, hummus, etc)

The Israelites baked flat bread before they set off on their journey because they did not have time for the bread to rise. Tortillas are one type of flat bread.

After washing hands and putting aprons on, spread a tortilla wrap out on the table or on a plate. Decorate it with edible decorations to make a picture from the story. You could make a face and cover it with 'boils'; you could make some insects or animals out of pieces of vegetable; you could cover it with red jelly as the Nile and make a boat to 'sail' on it; let your imagination run riot. Take photographs of all the tortilla wraps to make an Exodus Gallery. Then, if you're feeling brave, eat the tortillas!



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Creative Adventure

You will need:

- A square of thin paper
- A strip of red paper
- Googly eyes or eye stickers or felt pens

Follow the video and picture instructions on <https://www.easypeasyandfun.com/origami-frogs-tutorial-origami-for-kids/> to make an origami jumping frog.

Wondering questions to use during creative time:

I wonder how Moses felt every time Pharaoh said no?

I wonder how God felt every time Pharaoh said no?

I wonder how the people of God felt when they escaped Egypt?

The Adventure Map

Explain the Adventure Map and how a lot of the books were written hundreds and thousands of years before Jesus came to Earth. However, a lot of the stories in the Bible before the birth of Jesus, talk of his coming and set out how God wants us to live our lives.

Take the young people to the Adventure Map that you have created on the wall. Get the children to find where on the Map today's story came from. Choose one or some of the things created by the children to be photographed and attach this to the wall to create a visual reminder of where the story came from and your adventure together. The aim is that in a year you will have lots of reminders of the stories and where in the Bible they come from. Use a piece of string or ribbon to connect the photo of the craft work to the book of the Bible.



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Walking the Way

This is a time to invite the parents and carers back in to share what the children have been up to during the session. They will also be here to hear about the Walking the Way challenge and the tasks (should they choose to accept them) that the children (and parents) are about to undertake.

For the Younger: FOFA the bear

This is FOFA. FOFA likes nothing more than to go on an adventure; FOFA is a little more adventurous than me. FOFA believes that faith is a journey and that's why FOFA would love to take you on a journey with him and walk the way of God in our everyday lives. Each session FOFA would like to go home with one of you and add to FOFA's scrapbook of things you do together. FOFA doesn't mind if you draw a picture of what you have done, take a photograph or just write a story about it. FOFA also doesn't mind if you just come and tell the rest of us what you got up to together. But because FOFA's memory isn't very good as FOFA's brains are made of stuffing, it would be better to save the memories in the book if you can. At the end of our time together we can always remember the great adventures we have been on together with FOFA and hopefully you will walk a little closer with God.

For the Older: FOFA cam

This camera is your window on the world. You have one shot at this, so choose carefully. You will be given a very precious piece of equipment – a FOFA cam. You have one photo to take with the camera, that records one thing – a way you have met the challenge. If there are other people in the photo, please ask their permission first and explain this photo will be put on display here. Bring back the camera and your photo next time to share your moment - and remember you only have ONE shot at this!

Every time we will choose someone to take FOFA bear and someone to take FOFA cam to help them with the challenge – but we can all have a go at the challenge!

Our Walking the Way Challenge this time is: Try not to moan or complain for a whole week. Instead make a list of three things you are thankful for each day.

Adventurers Go!

So, today's story was about Moses leading the people of God out of slavery in Egypt. On the journey to freedom, the people did nothing but moan.



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Prayers (choose one/both)

Spoken Prayer

God of freedom, thank you for all the freedoms we enjoy. We are free to play and to learn, to live with people who care for us, to eat good food and to drink good water and to travel wherever we choose. We are free to wear our own clothes and to say and think whatever we choose. Help us to be grateful for what we have and to say thank you, not moaning that we want more all the time. Keep us safe in your love for us.

Amen

Active Prayer

Form two lines facing each other with a gap between as though standing on the banks of the Red Sea. Leaders throw a few balloons into the group (choose a number suitable for the number of children taking part). Try to keep the balloons flying back and forth between the two groups by hitting them across the gap. Each time you hit a balloon, shout out something you're grateful to God for (e.g. food, friends, home, freedom, clothes, birthdays, etc.....) When this has gone on long enough and ideas are running out, the leader shouts "And they all said...." And the group joins in with a loud **AMEN**.

End Prayer Every Session: Altogether

We are Friends on Faith Adventures, travelling together with God.

Adventurers go! Amen



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What you need for this session

Games:

- Circle of chairs enough for each child (or sit on the floor)
- A separate space for the detective to go.

Story:

Craft:

- Tortilla wraps (gluten free if needed)
- An assortment of items to decorate (e.g. red jelly, various bits of fruit and veg, hummus, etc)

- A square of thin paper
- A strip of red paper
- Googly eyes or eye stickers or felt pens

Prayer:

- Balloons



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Location	Possible hazard	Action required	Action taken	Signature
Craft	Food ingredients may cause allergic reaction	Check consent forms for dietary requirements/allergies and change ingredients accordingly	Supervision by responsible adult	
	Damage to clothing from foodstuffs	Provide aprons Clean up spills immediately.	Supervision by responsible adult	
	Lack of hygiene when preparing food	All to wash hands with soap and hot water before and after activity. No tasting of foods during activity or handling of foods not being personally used.	Supervision by responsible adult	
Games	Children may run into each other or trip	Ensure children are moving safely around the room. Anyone unable to comply to be diverted to an alternative activity	Supervision by responsible adult	