

The Israelites Cross the Red Sea

Lesson 1



God helps us when we're afraid.



"He restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me" (Psalm 23:3-4).



We learned this week that when we're in the midst of a scary situation, God helps us when we're afraid (Exodus 13:17-14:31). Strengthen your family's faith learning and growth at home with this easy idea:



Parents: Talk about a time your family faced a scary situation.

Maybe you were trapped in a car during a violent storm or perhaps your house was broken into. Have each family member share what they remember about the situation and talk about how they felt before, during, and after. Then ask each person to share a time they've been afraid in the past week. Encourage everyone to think of ways God can help when we're afraid.



God, thank you for always being with us and helping us when we're afraid. We love you and are so thankful that you love us enough to be a part of every detail of our lives. In Jesus' name, amen.

Our family thanks God for

Our family talks to God about

Sneak Peek

Don't miss next week when we discover that God provides all we need and more.

