Lesson 1
Moses - The Rock & The Amalekites

Objective
Study Exodus 17 and see the Israelites complain, Moses obey and the fight with the Amalekites. See that we should turn to God for help.

Supplies
Teachers and/or Coordinators ensure supplies are ready prior to each class.

Print From the Site:
- Attendance Chart
- Moses & The Rock Activity Sheet – one per student
- Moses & The Rock Visual Aid – one for teacher
- Songs About Moses – one per two students and one for teacher
- Exodus Route Map – one for teacher to show students
- Take Home Sheet – one per student to show parents

- Bibles – enough for everyone to have one
- Pens/Pencils/Crayons/Pencil Crayons
- Stickers (for attendance)

Optional Supplies
- Snack: Trail Mix (Raisins, nuts, pretzel sticks, etc.) – enough to share
- Napkins – one per student

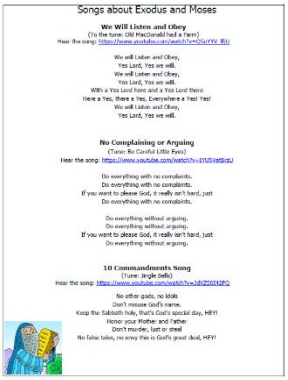
Teacher Tips
★ Use lots of visuals and actions to keep student's attention.
★ Allow them to color while you read the story to keep them focused if needed.
★ Sit beside student who can be fidgety or who might distract others.
★ Learn their names - calling a student by name, gets them back on track.
★ Break up the lesson if needed with a different activity to keep their attention.
★ Remember to promote "please and thank you".

1) Introduction to Lesson

As students enter, welcome them and help them find a chair to sit at. Thank them for coming. Take attendance (using the supplied chart or your own). Let each student put a sticker beside their name for this week.

Share with students: **My name is _____ and I will be your teacher this quarter. This quarter we are going to continue to learn about the Old Testament in the book of Exodus. Remember Exodus means the parting or exit. Last quarter you studied the 10 plagues and how God provided for the Israelites so they could leave Egypt. This quarter we will have a special focus on the 10 Commandments – why they were important then and what does Jesus say about the commands for our lives today?**

But first, this week we will continue to study the Israelites as they wander. We will see that even though God showed them again and again His power to save and protect – they still complained and did not trust God. We will also study a group of people, the Amalekites, and see what happened to them because of their violence towards innocent people.


Songs about Exodus and Moses

We Will Listen and Obey
(To the tune: Old Macdonald had a farm)
Hear the song: https://www.youtube.com/watch?v=QSnYV_BLI

We will Listen and Obey,
Yes Lord, Yes we will.
We will Listen and Obey,
Yes Lord, Yes we will.
With a Yes Lord here and a Yes Lord there
Here a Yes, there a Yes, Everywhere a Yes! Yes!
We will Listen and Obey,
Yes Lord, Yes we will.

No Complaining or Arguing
(Tune: Be Careful Little Feet)
Hear the song: https://www.youtube.com/watch?v=1YUSIetGroU

Do everything with no complaints.
Do everything with no complaints.
If you want to please God, it really isn't hard, just
Do everything with no complaints.

Do everything without arguing.
Do everything without arguing.
If you want to please God, it really isn't hard, just
Do everything without arguing.

10 Commandments Song
(Tune: Jingle bells)
Hear the song: https://www.youtube.com/watch?v=3dHZ5OH2PQ

No other gods, no idols
Don't misuse God's name.
Keep the Sabbath holy, that's God's special day, HEY!
Honor your Mother and Father
Don't murder, lust or steal
No false tales, no envy this is God's great deal, HEY!

Let's sing a song to get started. Hand out song sheets. **Sing We Will Listen and Obey or No Complaining or Arguing.**

2) Class Time - The Israelites Complain Again 15-20 minutes

Prep
Have Bibles and Visual Aid ready. Hand out a Bible to each student who didn't bring one. *Consider giving a new Bible to any student who doesn't have one of their own so they can read the Bible at home.

Let's turn to Exodus 17. (Help students find the Bible section as needed.)
Read **Exodus 17:1-7** yourself or ask for a volunteer to read if they are able.

Discussion Questions:
What happened at Rephidim? There was no water for the Israelites to drink.

What did the Israelites do? Complained to Moses instead of praying to God.
What did Moses say to God about the Israelites? They were ready to stone Moses.
What did God tell Moses to do? Take his rod (or stick) with the elders and go to the rock of Horeb. Then he was to strike it with the rod and water would flow.
Did God get mad at them or help them? Helped them! He gave them water when Moses asked.
We need to learn that God wants to help us, we just need to ask and be patient while He works. If we need water, food, or a place to sleep, God will provide if we ask. God will provide the essentials of life and will bless us as well by giving us peace knowing we can trust Him. There is no need to complain, just ask God for help instead!

In verse 7 what does it say about the Israelites and what they did to God? They tested the Lord and wondered if He was among them or not. They already forgot that He was the one leading them with cloud and fire and the one who had protected them so far along the way rescuing them from the Egyptians with the 10 plagues, parting the sea and keeping them safe!

How can we be like the Israelites? Let the students come up with ideas. Example: Being whiny or upset rather than asking God for help. Forgetting what God does for us.
That is why we need to remember to think of our blessings each day and thank God for what He has done and does do for us. If we remember all that He does, we will not forget and complain about what we don't have, but know we can just ask Him for help.

How should we be and what should we do in situations like these? Pray to God and ask for His guidance – He WILL provide!

How did God help the Israelites? How does He help you? Provided them with water. He gives us our needs as well.

How difficult it is to make water come from a rock, just by hitting it! It was a mirale to show and prove that God provides! We should never complain or grumble. Instead we should ask God for help trusting that He will give us what we need at the right time.

Show students the map of where the Israelites travelled: To Rephidim which Moses later called Meribah. *Teacher should keep map for coming weeks.

Now let's read Exodus 17:8-16. Read yourself or get volunteers.

Discussion Questions:
How were the Israelites able to defeat the Amalekites? Moses stood with his hands and rod in the air.
It was God's help that protected the Israelites, but Moses lifted the staff and his hands as a way to ask God for His protection and help.

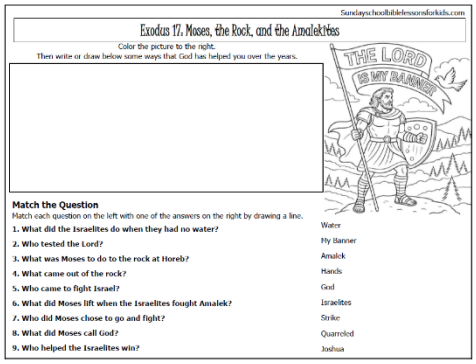
What happened if Moses put his hands down? The Amalekites would start to win.
Who fought the Amalekites? Who was the Israelite army leader? Joshua.
Who stayed with Moses? Hur and Aaron. **Remember Aaron is Moses' brother.**
How did Hur and Aaron help? They gave Moses a rock to sit on and held up his hands all day.
Who won the battle? The Israelites thanks to God's help!
What did God say He was going to do because of the sin of the Amalekites? Destroy them.

What did Moses do after the victory? Built an altar called the Lord is my Banner!
This means that God is the one we can go to. He is the point where we start. God is the Flag that stands out and shows the enemy who is coming and shows us where to go.

What can we learn today about Amalekites? Don't be violent – God will be angry.
What can we learn about how God took care of the Israelites? Let students answer.
We need to give God thanks and praise when He helps us as He helped the Israelite. We need to ask God like Moses did. We need to trust in the Lord and not fear.

Ask the students if they have any questions before moving on to the next activity. You can contact Sundayschoolbiblelessonsforkids@protonmail.com if you need help answering them.

3) Activity – Moses, The Rock and The Amalekites 20-30 minutes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Exodus 17, Moses, the Rock, and the Amalekites

Color the picture to the right.
Then write or draw below some ways that God has helped you over the years.

Match the Question
Match each question on the left with one of the answers on the right by drawing a line.

1. What did the Israelites do when they had no water?	Water
2. Who tested the Lord?	My Banner
3. What was Moses to do to the rock at Horeb?	Amalek
4. What came out of the rock?	Hands
5. Who came to fight Israel?	God
6. What did Moses lift when the Israelites fought Amalek?	Israelites
7. Who did Moses chose to go and fight?	Strike
8. What did Moses call God?	Quarreled
9. Who helped the Israelites win?	Joshua

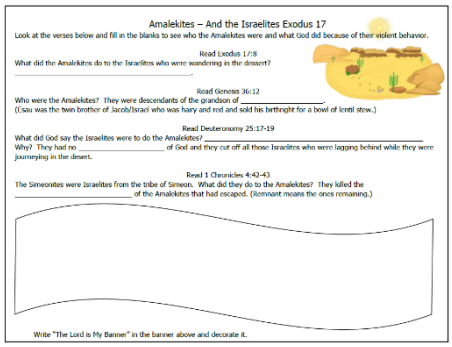
Hand out one sheet to each student with pencils, pencil crayons or crayons. Ask students to put their name on the page. Read directions aloud and go through questions together as a class, helping as needed.

Draw Ways God Has Helped You
Say: **God provided water, food, guidance and rescued the Israelites from slavery. He also protected them when Amalek came to fight. Draw below ways that God has helped you over the years.**

Color the Picture
Say while they color: **Moses said after God defeated Amalek who had troubled the Israelites, "The LORD is My Banner." Color the picture to the right. Remind them that a Banner was a flag that showed where to go and told the enemies who was coming. God points the way for us. He is the One we can go to.**

Answers:
Match the Question
1. What did the Israelites do when they had no water? Quarreled
2. Who tested the Lord? Israelites
3. What was Moses to do to the rock at Horeb? Strike
4. What came out of the rock? Water
5. Who came to fight Israel? Amalek
6. What did Moses lift when the Israelites fought Amalek? Hands
7. Who did Moses send to fight? Joshua
8. What did Moses call God? My Banner
9. Who helped the Israelites win? God

**If you have students who aren't able to read and write well yet, you can let them do the banner activity on page 2 while you read the Bible verses mentioned in the Fill in the Blank on page 2. Then, you can ask the question and have them tell you the answer as a class while they color and decorate their banner. Those who can may write the answers in.


Amalekites – And the Israelites Exodus 17

Look at the verses below and fill in the blanks to see who the Amalekites were and what God did because of their violent behavior.

Read Exodus 17:8
What did the Amalekites do to the Israelites who were wandering in the dessert?
_____.

Read Genesis 36:12
Who were the Amalekites? They were descendants of the grandson of _____.
(Esau was the twin brother of Jacob/Israel who was hairy and red and sold his birthright for a bowl of lentil stew.)

Read Deuteronomy 25:17-19
What did God say the Israelites were to do the Amalekites? _____
Why? They had no _____ of God and they cut off all those Israelites who were lagging behind while they were journeying in the desert.

Read 1 Chronicles 4:42-43
The Simeonites were Israelites from the tribe of Simeon. What did they do to the Amalekites? They killed the _____ of the Amalekites that had escaped. (Remnant means the ones remaining.)

Write "The Lord is My Banner" in the banner above and decorate it.

Answers:
Fill in the Blanks
Read **Exodus 17:8.**
What did the Amalekites do to the Israelites who were wandering in the dessert? **Fought them.**

Read **Genesis 36:12.**
Who were the Amalekites? They were descendants of the grandson of **Esau**. (Esau was the twin brother of Jacob/Israel who was hairy and red and sold his birthright for a bowl of lentil stew.) *** Esau's son was Eliphaz. Eliphaz and Timna had Amalek, making Amalek Esau's grandson.

Read **Deuteronomy 25:17-19.**
What did God say the Israelites were to do the Amalekites? **Blot out his memory.**
(Meaning they were to kill and destroy Amalek.)
Why? He had no **fear** of God and they cut off all those Israelites who were lagging behind while they were journeying in the desert.

Read **1 Chronicles 4:42-43.**
The Simeonites were Israelites from the tribe of Simeon. What did they do to the Amalekites? They killed the **remnant** of the Amalekites that had escaped. **(Remnant means the ones remaining.)**

Finally, if time, have students write and decorate the banner at the bottom of the page.

4) Optional: Follow Joshua to Battle 5 minutes

Have students line up behind you. Tell them they are going to play follow the leader – just like the Israelites followed Joshua into battle. March around the room doing different actions that they are to follow as you go. Examples: March, pat your head, put arms in the air and back down, jump up and down, hop on one foot, tip toe, walk slowly, etc. The idea is to get the children to follow you. The final one is to have them say out loud, **"The Lord is my banner!"** When finished, tell them: **Good job – we might in our life have to do some difficult things but when we trust and follow God, He will be our banner. He will lead the way! It was hard for the Israelites to have people come against them to fight, but God took care of them and God will take care of us too.**

5) Optional Activity – Singing 5 minutes

Sing some of the songs from the Songs Sheet.

6) Optional Memory Verse 5 minutes

This entire quarter students will be learning the 10 Commandments, which they can also practice at home. **Exodus 20:2-17.** Only go through a few of the verses each week adding a verse or two as you go. So this week start with **Exodus 20:2-3**.

Practice the verses by going through them a few times out loud as a class. Then have each student say one of the words in the verse going around the room until the whole verse is read. Have them keep going around the room faster and faster until it has been said a few times for fun. Come up with actions for each phrase as a class. *If you choose, bring treats for those who remember the verses over the coming weeks.

7) Closing Prayer

**Before the prayer, make sure the activities have been cleaned up.

Ask if there are any prayers the students want to share. Write them down to help you remember. Then ask all children to bow their heads and fold their hands to pray. Start below if you need help and then add the other prayer requests of the children.

Thank You God that You have given us Your Word. Like You provided for the Israelites, You provide for us too. Thank You that You are our Banner and lead the way. Thank You for taking care of us. May we not complain but trust in You. May we instead ask for Your help and guidance. Thank You for giving us help.

We pray for those who could not come to worship today because of illness or weakness, help them to get better so they can return to us soon.
Thank You for our families. Thank You for Jesus, Your Son, and thank You for all the You provide. It is in Jesus' name, Amen.

8) Optional Snack – Trail Mix 5 minutes

Prep

Make or purchase trail mix, which is a mixture of nuts and dried fruit, etc. Add pretzel sticks (at least one per student to remind them of Moses hitting the rock). *Check for allergies.

Snack

Show them the pretzel sticks and say: **You've all done a great job this morning. What does this stick remind you of about today's story?** Moses hitting the rock with his stick because God told him. When he did water came out. And, Moses holding the stick up while the Israelites fought the Amalekites.

Read **Exodus 17:6** aloud: ***"Strike the rock, and water will come out of it for the people to drink."*** Hand out a snack to each student. Then, have the students perform the action by hitting their pretzel stick up against one of the nuts in their trail mix. **This is to remind us of how Moses was able to hit the rock because God told him too. When Moses obeyed, water came out that the Israelites could drink. God provides all we need. We are blessed because of Him. Even when in a dry desert, God will provide.**
Let students eat snack while you continue:

Today we learned that God guided the Israelites to safety and protected them from the Amalekites. We saw that Moses was smart and talked to God instead of complaining to others like his fellow Israelites did. Because of that, God blessed Moses with water to drink. God took care of them and He will take care of us too! Let's remember what it is like to wander or go for a long hike while we eat our trail mix and think about how weak and tired the Israelites probably felt. But even being weak and tired is not an excuse to complain!

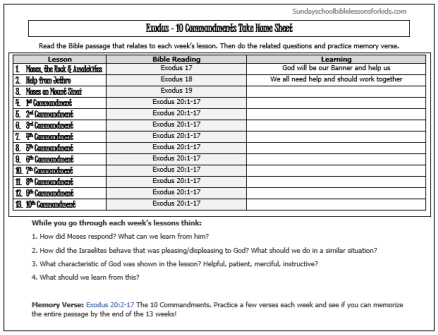
Provide a napkin for children to clean their hands. Discuss and review questions while snacking!

Questions:
What did we learn today?
What was the favorite thing you learned or did and why?
What did we learn about God? He will provide and is our Banner!
Any questions about what we learned today? Answer the ones you can, tell them you

will get back to them next week with the ones you can't. Make sure to write them down so you can get the answer.

9) Take Home Sheet

Hand out one sheet per student and tell them to share this with their parents. This will help them remember what they learned and what is the memory verse for this quarter.



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Exodus - 10 Commandments Take Home Sheet

Read the Bible passage that relates to each week's lesson. Then do the related questions and practice memory verse.

Lesson	Bible Reading	Learning
1. Moses, the Rock & Israelites	Exodus 17	God will be our Banner and help us
2. Help from Jethro	Exodus 18	We all need help and should work together
3. Moses on Mount Sinai	Exodus 19	
4. 1st Commandment	Exodus 20:1-17	
5. 2nd Commandment	Exodus 20:1-17	
6. 3rd Commandment	Exodus 20:1-17	
7. 4th Commandment	Exodus 20:1-17	
8. 5th Commandment	Exodus 20:1-17	
9. 6th Commandment	Exodus 20:1-17	
10. 7th Commandment	Exodus 20:1-17	
11. 8th Commandment	Exodus 20:1-17	
12. 9th Commandment	Exodus 20:1-17	
13. 10th Commandment	Exodus 20:1-17	

While you go through each week's lessons think:

1. How did Moses respond? What can we learn from him?
2. How did the Israelites behave that was pleasing/displeasing to God? What should we do in a similar situation?
3. What characteristic of God was shown in the lesson? Helpful, patient, merciful, instructive?
4. What should we learn from this?

Memory Verse: Exodus 20:2-17 The 10 Commandments. Practice a few verses each week and see if you can memorize the entire passage by the end of the 13 weeks!

10) Things to Remember

Thank the students for coming.
Encourage them to share what they learned with their family.
Take their activity sheets home.
Make sure students leave with a responsible person.

Thank you for serving Christ in this way!