

# The Sunday School Bible Lesson Plan

for the book

*600,000 Israelites Meet God*



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## Age Group Chart

| Age Range   | Typical Grade             | Focus of Lesson                                                             | Teaching Style                                            | Examples of Activities                                                                        |
|-------------|---------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 4–7 years   | Pre-K to 2nd Grade        | Learn who GOD is, meet Bible characters, understand 'GOD saves HIS people.' | Storytelling, visuals, repetition                         | Coloring sheets, memory verse with motions, role-play (Israelite family), simple prayers      |
| 8–11 years  | 3rd to 5th Grade          | Understand why GOD gave instructions and how they apply today               | Interactive discussion, scripture mapping                 | Journaling short reflections, group case study (obey vs. disobey), creative crafts            |
| 12–17 years | 6th to 12th Grade         | Connect Old Testament events to JESUS and personal faith                    | Small-group discussion, testimony sharing, accountability | Devotional writing, memory verse challenges, art/digital posters, guided prayer walks         |
| 18+ years   | College & Adult Education | Deep study, theology, discipleship, teaching others                         | Expository study, guided questions, cross-references      | Scripture mapping, group devotionals, testimonies, prayer journaling, accountability partners |

## Ages 4-7

### Beginning Prayer

“LORD (YAHWEH) GOD (ELOHIM), thank YOU for loving us and giving us YOUR Word. As we learn how YOU took care of the Israelites in the wilderness, help us to remember that YOU take care of us too. Thank YOU for JESUS, who gives us life. Amen.”

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### Teaching Script

Introduce the lesson:

“After GOD saved HIS people from Egypt, HE took them into the wilderness. There were no stores, no food, and no water. But GOD always took care of HIS people! GOD gave them water from a rock, food from heaven called manna, and even rules to help them live. These rules are called the Ten Commandments. More than 600,000 people met GOD at a mountain called Sinai, and they heard HIS voice.”

The Sunday School Bible (SSB) helps us learn by making the Bible easier to understand:

- **Speaker names replace pronouns** so we know exactly who is talking.
  - **GOD’S words are in red** so we can see HIS voice clearly.
  - **Small capitals for GOD and JESUS** show respect without making it hard to read.
  - **Bulleted lists** make the Ten Commandments simple and clear.
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### Life Application

Just like GOD gave Israel food, water, and rules, GOD gives us everything we need. JESUS is our bread from heaven, our living water, and the One who helps us follow GOD’S rules. We can trust HIM every day.

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### Core Activities

#### Story Time with Pictures

Show pictures of:

- Water from the rock
  - Bread from heaven (manna)
  - The mountain where GOD gave HIS rules
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Tell the story in short sentences, asking the children to repeat key words like “manna,” “water,” and “commandments.”

### **Song & Movement**

Sing a simple song: “*GOD gives me food, GOD gives me drink, GOD loves me more than I can think!*” Add motions (pretend to eat, pretend to drink, point up to GOD).

### **Craft: Stone Tablets**

Give kids paper and crayons to draw two “stone tablets.” Write or draw easy symbols for the Ten Commandments (heart for “Love GOD,” happy face for “Be kind,” etc.).

### **Game: Collect the Manna**

Scatter cotton balls or paper balls around the room. Tell the kids to “collect their daily manna.” Explain: “GOD gave just enough each day—He wants us to trust HIM every day.”

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### **Discussion Questions (Simple)**

- Who gave Israel food and water? (GOD)
  - Where did the water come from? (The rock)
  - Who gave the Ten Commandments? (GOD)
  - Do we still follow GOD’S rules today? (Yes!)
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### **Memory Verse**

**Exodus 20:2** – “*I am the LORD your GOD.*”

- Teach with hand motions: Point up for “LORD,” point to self for “your,” hug self for “GOD loves me.”
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### **Teacher Tips**

- Keep lessons short and visual.
  - Repeat key ideas 3–4 times.
  - Use SSB tools like bulleted commandments and GOD’S words in red to show children where GOD is speaking.
  - Allow movement: clap, march, and use actions during story and song.
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### **Daily Life Applications (for parents & teachers to reinforce at home)**

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- **Day 1:** Pray before meals—remember GOD gave manna.
  - **Day 2:** Thank GOD for clean water when drinking.
  - **Day 3:** Draw a picture of something GOD gives you every day.
  - **Day 4:** Obey one family rule and say, “I’m obeying GOD.”
  - **Day 5:** Practice the memory verse at bedtime.
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### **Closing Prayer**

“LORD (YAHWEH) GOD (ELOHIM), thank YOU for giving Israel food, water, and rules. Thank YOU for giving us JESUS, who takes care of us. Help us to love YOU and obey YOU every day. Amen.”

## Ages 8-11

### Beginning Prayer

“LORD (YAHWEH) GOD (ELOHIM), thank YOU for YOUR Word and how it shows us YOUR care. As we learn about the Israelites’ journey through the wilderness, help us see how YOU provided water, food, and YOUR commandments. Teach us to trust JESUS CHRIST, who is our Living Water and Bread of Life. Amen.”

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### Teaching Script

Introduce the lesson:

“After GOD delivered HIS people from Egypt, they began a long journey in the wilderness. In Exodus 15–20, the Israelites sang songs of victory, faced hunger and thirst, and learned to depend on GOD daily. GOD gave them manna, quail, and water from a rock. Finally, GOD brought them to Mount Sinai, where more than 600,000 people met GOD and heard HIS Ten Commandments. These rules were given to help HIS people love HIM and live in peace with one another.”

The Sunday School Bible (SSB) makes the text clear and easy to follow:

- **Speaker names replace pronouns** so we know exactly who is speaking.
  - **GOD’S words are in red** so HIS voice is clearly heard.
  - **Small capitals for GOD and JESUS** honor their names while staying easy to read.
  - **Bracket notes** explain hard parts of the story without breaking the flow.
  - **Bulleted lists** make GOD’S commands and rules simple to understand.
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### Life Application

Just like the Israelites, we face times when life feels like a wilderness—when we don’t know what will happen next. GOD provided food, water, and HIS Word to guide Israel. JESUS provides for us today by giving us strength, forgiveness, and direction. We can trust HIM every day.

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### Core Activities

#### Story Retelling with Questions

- Tell the story in order: the Song of Moses, bitter water made sweet, manna and quail, water from the rock, and the Ten Commandments.
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- Ask: “What would you have done if you were hungry in the wilderness?” “How would you feel hearing GOD’S voice at Mount Sinai?”

### **Craft: Wilderness Journey Map**

- Have kids draw a map showing Israel’s journey from the Red Sea to Mount Sinai. Mark the key moments (manna, water, Ten Commandments).

### **Interactive Game: Daily Manna Challenge**

- Give each child small paper “manna pieces.” Tell them to only collect enough for one “day.” Extra pieces “spoil” and must be returned. Teach: “GOD wants us to trust HIM every day.”

### **Discussion: Ten Commandments for Today**

- Write the commandments in kid-friendly words on a board. Ask: “What does this commandment mean for kids at school or home?” Example: “Do not lie” means tell the truth even if it’s hard.

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### **Extended Activities**

- **Drama Skit:** Act out Moses striking the rock and water flowing.
- **Song Time:** Learn a simple chorus: “GOD provides for me each day.”
- **Group Devotional:** Write together a short prayer of thanks for GOD’S daily provision.
- **Comparison Chart:** Compare “Israel’s wilderness food (manna)” with “JESUS, the Bread of Life.”

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### **Discussion Questions**

1. Why did the Israelites complain in the wilderness?
2. How did GOD show HIS power and care?
3. Why do you think GOD gave the Ten Commandments?
4. Which commandment is hardest for you to follow?
5. How does JESUS help us keep GOD’S commandments today?

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### **Memory Verse Strategy**

**Exodus 20:12** – *“Honor your father and your mother.”*

- **Practice:** Read it together 3 times.

- **Reinforcement:** Write it on index cards for kids to decorate and take home.
  - **Application:** Ask kids to name one way they can honor their parents this week.
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### Teacher Tips

- Keep the pace moving—8–11-year-olds like interaction and challenge.
  - Encourage questions and let kids make connections between Israel’s story and their daily lives.
  - Use SSB features visually: show red-letter GOD’S words and bulleted commandments on the board.
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### Daily Life Applications

- **Day 1:** Read Exodus 15. Write down one thing you can praise GOD for.
  - **Day 2:** Read Exodus 16. Thank GOD for the food you eat.
  - **Day 3:** Read Exodus 17. Pray for GOD to help when life feels hard.
  - **Day 4:** Read Exodus 19. Reflect on what it means to belong to GOD.
  - **Day 5:** Read Exodus 20:1–21. Choose one commandment to follow better this week.
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### Closing Prayer

“LORD (YAHWEH) GOD (ELOHIM), thank YOU for providing for Israel in the wilderness. Thank YOU for providing JESUS CHRIST for us today. Help us to obey YOUR commandments and trust YOU every day. Amen.”

## Ages 12-17

### Beginning Prayer

“LORD (YAHWEH) GOD (ELOHIM), thank YOU for YOUR Word and how it shapes our lives. As we study how YOU led 600,000 Israelites through the wilderness and gave them the Ten Commandments, open our eyes to see YOUR provision, YOUR holiness, and the hope we have in JESUS CHRIST. Teach us to obey YOU in a world full of distractions. Amen.”

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### Teaching Script

Introduce the lesson:

“Exodus 15–20 tells the story of Israel’s first steps into freedom. After celebrating victory at the Red Sea, they faced hunger, thirst, battles, and fear. GOD provided water, food, and protection—but HE also gave them something even greater: HIS law at Mount Sinai. More than 600,000 Israelites stood before GOD and heard HIS commandments. These commands were not meant to limit freedom but to show HIS people how to live in covenant with HIM.”

The Sunday School Bible (SSB) enhances understanding by:

- **Replacing pronouns with speaker names** so there’s no confusion in dialogue.
  - **Highlighting GOD’S words in red** so HIS voice stands out.
  - **Using small capitals for GOD and JESUS** to keep reverence clear.
  - **Bracket notes** to explain culture, geography, or covenant background.
  - **Bulleted lists** to make the Ten Commandments easy to understand and apply.
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### Life Application

Teens face wilderness-like moments: pressure from peers, uncertainty about the future, and struggles with identity. Israel’s story shows that GOD provides direction, daily sustenance, and moral foundations. JESUS fulfills the law and gives us strength to live differently in a culture that doesn’t always honor GOD.

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### Core Activities

#### 1. Group Bible Reading & Discussion

- Assign Exodus 15, 16, 17, and 20.
  - Ask: “What do these chapters teach about GOD’S character?”
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- Write answers on a board (Provider, Protector, Lawgiver).

## 2. Debate: Rules = Freedom or Restriction?

- Half the group argues that rules restrict freedom.
- Half argue that rules give freedom.
- Debrief with the Ten Commandments: “How do GOD’S commands protect us instead of limit us?”

## 3. Role Play: Meeting GOD at Sinai

- Act out thunder, lightning, and the people trembling at Mount Sinai.
- Reflection: “How would you feel standing before GOD that day?”

## 4. Case Studies

Present scenarios:

- A friend cheats on a test.
  - Someone spreads lies on social media.
  - You’re pressured to go along with the crowd.
- Ask: “Which commandment applies here? How does obedience honor GOD?”

## 5. Creative Expression

- Write a modern “Song of Moses” (rap, poem, spoken word).
- Share aloud as a group to celebrate GOD’S victories.

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## Extended Activities

- **Scripture Mapping:** Break down the Ten Commandments into simple bullet points with modern applications.
- **Small Group Devotional Writing:** Create a devotional called “*Standing at Sinai Today.*”
- **Accountability Partners:** Pair students to share weekly how they are living out one commandment in real life.

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## Discussion Questions

1. Why did GOD allow Israel to face hunger and thirst instead of solving everything instantly?
  2. How does daily dependence on GOD build faith?
  3. Which of the Ten Commandments feels most challenging for teens today?
  4. How does JESUS help us live out the commandments?
  5. What does Israel’s wilderness journey teach us about trusting GOD in hard times?
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## Memory Verse Strategy

**Exodus 20:12** – *“Honor your father and your mother, so that you may live long in the land the LORD your GOD is giving you.”*

- **Reflection:** How does respect for parents prepare you for adult life?
  - **Reinforcement:** Teens write the verse on their phone lock screen or notebook cover.
  - **Application:** Journal one way to honor parents or guardians this week.
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## Teacher Tips

- Encourage open dialogue. Teens need to feel safe to express doubts.
  - Guide them to see GOD’S law as protective, not restrictive.
  - Use SSB features visually: red-letter GOD’S words for Sinai, bulleted commandments, bracket notes for context.
  - Provide practical, real-life connections—school, friendships, social media, integrity.
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## Daily Life Applications

- **Day 1:** Read Exodus 15. Write your own praise to GOD for something HE has done.
  - **Day 2:** Read Exodus 16. Journal how you can trust GOD one day at a time.
  - **Day 3:** Read Exodus 17. Pray for strength against “battles” you face this week.
  - **Day 4:** Read Exodus 18. Write about someone wise who has given you good advice.
  - **Day 5:** Read Exodus 19. Reflect: What does it mean to be GOD’S treasured possession?
  - **Day 6:** Read Exodus 20. Choose one commandment and write how you can apply it at school or with friends.
  - **Day 7:** Share with a group or partner how GOD provided for you this week.
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## Closing Prayer

“LORD (YAHWEH) GOD (ELOHIM), thank YOU for showing us YOUR power in the wilderness and at Sinai. Thank YOU for JESUS CHRIST, who helps us obey YOU today. Strengthen us to live by YOUR commandments, trust YOU when life feels like a wilderness, and follow YOU with courage. Amen.”

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## Ages 18+

### Beginning Prayer

“LORD (YAHWEH) GOD (ELOHIM), thank YOU for YOUR Word and the way it reveals YOUR heart. As we study how YOU led Israel through the wilderness and gave them the Ten Commandments at Sinai, open our minds to understand and our hearts to obey. Thank YOU for JESUS CHRIST, who fulfills the law and is our covenant hope. Help us to apply these truths to our lives and share them with others. Amen.”

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### Teaching Script

Introduce the lesson:

“Exodus 15–20 records Israel’s first steps as a free people. They rejoiced in GOD’S victory at the Red Sea, yet quickly faced hunger, thirst, and enemies in the wilderness. GOD responded with provision: sweetened water, manna, quail, and water from a rock. At Rephidim, HE gave them victory in battle. Then, at Mount Sinai, GOD descended in fire and thunder, and 600,000 Israelites stood before HIM as HE declared HIS Ten Commandments. These laws formed Israel’s identity as GOD’S covenant people and remain a foundation for Christian ethics today.”

The Sunday School Bible (SSB) clarifies and enhances comprehension by:

- **Replacing pronouns with names** to prevent confusion.
  - **Highlighting GOD’S words in red** so HIS voice stands out distinctly.
  - **Using small capitals for GOD and JESUS** to preserve reverence while remaining readable.
  - **Adding bracket notes** to explain culture, geography, or theology.
  - **Presenting laws and instructions in bulleted lists** to improve clarity and teaching flow.
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### Life Application

Israel’s wilderness journey mirrors the Christian walk. GOD tests faith, provides daily sustenance, and calls HIS people into covenant relationship. The Ten Commandments, fulfilled in JESUS CHRIST, reveal GOD’S holiness and guide our lives today. As adults, we learn that obedience is not legalism—it is love expressed through trust in GOD.

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### Core Activities

#### 1. Bible Study & Group Reflection

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- Read Exodus 15–20 in sections.
- Ask: “What does this passage reveal about GOD’S character—Provider, Protector, Lawgiver?”

## 2. Case Studies: Modern Wilderness

- Financial crisis, broken relationships, health struggles.
- Discuss: “How does GOD shape us through trials, as HE shaped Israel?”

## 3. Ten Commandments Workshop

- List each commandment on the board in SSB style (bulleted, clarified).
- Break into groups: apply each commandment to modern life (workplace, technology, relationships, ethics).

## 4. Covenant Comparison

- Create a chart comparing Israel’s covenant at Sinai with the New Covenant in JESUS CHRIST (Jeremiah 31:31–34; Luke 22:20).

## 5. Testimony Sharing

- Invite participants to share “wilderness experiences” where GOD provided or gave direction.

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## Extended Activities

- **Scripture Mapping:** Highlight GOD’S red-letter words in Exodus 20 and reflect on HIS direct authority.
- **Prayer Exercise:** Write personal prayers asking for help in keeping specific commandments.
- **Group Devotional Writing:** Create a devotional titled “*Meeting GOD at Sinai*” using SSB features.
- **Accountability Partners:** Commit to encourage one another in living out GOD’S law with grace.

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## Discussion Questions

1. Why did GOD allow Israel to face hardship after the Red Sea victory?
  2. What do manna and water from the rock teach us about daily dependence?
  3. How does hearing GOD’S voice in red-letter SSB format affect how we read HIS commands?
  4. Which commandment challenges you most in today’s culture?
  5. How does JESUS fulfill the covenant given at Sinai?
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### Memory Verse Strategy

**Exodus 20:2** – *“I am the LORD your GOD, who brought you out of Egypt, out of the land of slavery.”*

- **Reflection:** How has GOD delivered you personally?
  - **Reinforcement:** Write the verse in a journal with GOD’S words in red.
  - **Application:** Share your testimony of deliverance with someone this week.
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### Teacher Tips

- Adults value depth: provide cultural and theological insights while connecting to practical life.
  - Use SSB formatting actively to show how GOD’S words, lists, and notes simplify teaching.
  - Allow room for silence, reflection, and honest conversation.
  - Encourage application beyond class—journaling, accountability, and family devotion.
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### Daily Life Applications

- **Day 1:** Read Exodus 15. Write your own song of praise.
  - **Day 2:** Read Exodus 16. Reflect on daily dependence on GOD.
  - **Day 3:** Read Exodus 17. Pray for strength against spiritual battles.
  - **Day 4:** Read Exodus 18. Thank GOD for wise counsel in your life.
  - **Day 5:** Read Exodus 19. Reflect on being part of GOD’S treasured people.
  - **Day 6:** Read Exodus 20. Journal how one commandment challenges you personally.
  - **Day 7:** Share reflections with a group or prayer partner.
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### Closing Prayer

“LORD (YAHWEH) GOD (ELOHIM), thank YOU for providing for Israel in the wilderness and for meeting them at Sinai. Thank YOU for JESUS CHRIST, who fulfills YOUR covenant and writes YOUR law on our hearts. Teach us to trust YOU in trials, to obey YOUR commands in love, and to walk in holiness as YOUR people. Amen.”

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