

THE ACTIVITIES BELOW WILL HELP YOUR CHILDREN REMEMBER AND APPLY THE LESSON THEY LEARNED THIS WEEK. PLAN SOME TIME TO DO EACH OF THESE TOGETHER AS A FAMILY.

**Bible Story:
Exodus 17:8-13**

Exodus 17: 8-13 explains that Israel would win the war when Moses would hold up his staff, but Moses' arms got tired. His friends helped him by holding up his arms for him so Israel would continue to win. Explain the importance of helping our friends.

Pray and thank God for your friends and ask for opportunities to help them.

Activity 1: Neighbor and Friend

To better understand that God wants us to help our friends with your children, think of three neighbors or friends. Then think of one thing you all can do for each person. (For example: Pulling weeds in the garden, changing an elderly person's light bulb, helping someone write a letter, or going to the supermarket to fetch some milk). Find a time when you and your child can actually complete the task for each person on the list. As you are performing the task, take a picture of your child working. When you have completed the task for the neighbors or friends, place the picture of your child helping their friend or neighbor in a special place. This will remind them that they helped their friend, just like God wants us to do.

Activity 2: Card of Appreciation to Encourage

To help your friends and mentors at church, help your children make a thank you card for their teacher at church. You are doing this to help him or her be encouraged about the class. Use stickers and crayons in order to decorate it. As you are making the card, tell your children that telling people thank you for the job they do is a way to help our friends. Include a note to the teacher about how much you appreciate what a good job he or she does for your children. Then pray and thank God for that special teacher.

Help your children remember what they learned today by using the motions below.



GOD



WANTS ME TO



HELP MY FRIENDS



**God Wants Me
To Help
My Friends**

Lesson 7

Use the pictures and text below to retell the Bible Story to your children. Some questions and answers are included to help you gauge their remembrance and understanding of the story.



Moses and the people he was leading through the desert were attacked by a group of people called the Amalekites.

Did Joshua take some people to go fight the battle? (Yes.)

Joshua was the leader of the Israelite army and he took some men with him to fight the Amalekites.



Moses wanted to watch the battle so he went up to the top of a mountain.

Who went up to the mountain with Moses? (Aaron and Hur.)

Moses held up his arms and something amazing happened. As long as Moses held his arms up, the Israelite army was winning the battle. When he put his arms down they would start to lose.



Did Moses try to hold his arms up as long as he could? (Yes.)

Moses did the best he could. Do you think you could hold your arms up all day long? Moses held his arms up for a long time, but his arms got really tired and shaky.



Who do you think helped Moses when his arms were tired? (Aaron and Hur.) Aaron and Hur knew that Moses needed help. They put a rock under Moses so he could sit down. Then they held Moses' arms up. That way the Israelites were able to win the battle against the Amalekites. God wanted Aaron and Hur to help Moses because they were his friends.