

MOSES AND THE RED SEA

VBS Lesson Outline | Exodus 14

THE BIG IDEA

When we feel trapped, God makes a way. The Israelites were stuck between the sea and Pharaoh's army, but God parted the waters and led them through on dry ground. Nothing is impossible for God.

MEMORY VERSE

"The Lord will fight for you; you need only to be still." (Exodus 14:14, NIV)

OPENING (5 minutes)

Ask: Have you ever felt stuck? Like there was no way out of a problem? Today we will see how God rescued His people when they were trapped between an army and a sea.

STORY TIME (10 minutes)

Tell the story from Exodus 14. Key points: (1) The Israelites had just left Egypt after 400 years of slavery. (2) Pharaoh changed his mind and sent his army to bring them back. (3) The people were terrified, trapped between the Red Sea and the army. (4) Moses told them not to be afraid; God would fight for them. (5) God told Moses to stretch out his staff over the sea. (6) The waters parted and the Israelites walked through on dry ground. (7) When Pharaoh's army followed, the waters closed and they were swept away.

DISCUSSION (5 minutes)

Questions to ask: How do you think the Israelites felt when they saw the army coming? What did Moses tell them to do? When have you felt stuck or afraid? How can we trust God when we do not see a way out?

ACTIVITY TIME (15 minutes)

Option A: Parting the Sea Craft (see craft sheet). Option B: Coloring page. Option C: Memory verse practice with hand motions.

CLOSING PRAYER

Dear God, thank you for this story and what it teaches us. Help us to remember God makes a way. In Jesus' name, Amen.