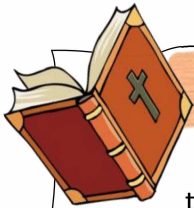


Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.



Bible Passage

Today we will be exploring together, the story of Moses and the water from the rock.

You can find it in your Bible in:

Exodus 17:1-7

Read the story together – choose a Bible translation or children’s story version which best suits your group.

The other passages we might be thinking about at church this week are:

Psalm 78:1- 4, 12-16

Ezekiel 18:1-4, 25-32 and Psalm 25:1-9

Philippians 2:1-13 Matthew 21:23-32

A prayer to say together

Dear God,
Thank you for the story of Moses and the water from the rock. Thank you that you are always with us even when we are anxious or scared. Help us to remember that you are our protector and provider.

We pray for those in the world who do not have everything they need, who may be scared or angry. Would you be their provider and protector and remind them that you are with them.

We pray for those who are spiritually thirsty, help them to find in you a stream of living water!

Amen.

Discussion

A question for adults to ask children

Why were the Israelites quarrelling with Moses? How do you think they felt when there was no water?

The Israelites were thirsty! Nowadays a thirsty person might just turn on a tap or go to a shop to buy a drink, but the Israelites were in the middle of the desert, with no water in sight and so they got angry!

How quickly they seem to have forgotten the miracles that God has performed for them, the amazing plagues sent on the Egyptians, the parting of the Red Sea, the food from heaven! Maybe that is why God told Moses to use the same staff which he had performed miracles with before to strike the rock, it was a reminder that God had been with them through it all and would continue to be with them.

Some questions for children to ask adults

Can you think of a time when you were worried or scared about something even though God was with you?

Family Activity 1

You will need: a large rock, some small sticks.

Use a large rock from the garden or a park as a target. Take it in turns to launch your stick like a mini javelin or dart! Who can get their stick to land closest to the rock? Play a few rounds, each round move slightly further from the rock to make it harder.



- Score 10 points if your stick lands ON the rock
- Score 5 points if your stick is touching the rock.
- Score 2 points if your stick hits the rock and bounces off!

Make sure you do this in an open space and don't throw sticks if there are people near the rock!





A verse to remember

Psalm 78 v 4

**We will tell about his power
and the miracles he has done.**

Read this Psalm together, it tells the story of the fickle Israelites who kept forgetting the wonderful miracles of God and rebelling against Him in the wilderness. How many of the miracles that we have already read about can you find in the Psalm?

This Psalm reminds us that we must share and pass on the stories of God's miracles and provision to the next generation so that they are not forgotten. Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.



Family Activity 2

Hold a water race!

You will need: non-breakable cups (the same size) or spoons, bowls or buckets, measuring jug.

Using a jug, measure out water into two bowls or buckets at one end of your garden or wherever you choose to race. Those racing have 1 or 2 minutes to transport as much water as possible from their container to another one at the opposite end of the course. Use spoons if you want to make the challenge really hard or cups/eggcups to make it slightly easier. At the end of the time use the jug again to see who has transported the most water.

Active Prayer

Just like the Israelites we can get so caught up in our worries and fears that we forget the goodness of God in the past and how he has looked after us.

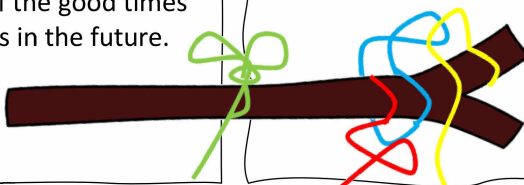
For this activity you will need some string, wool or ribbon and a large stick. The stick is a reminder of the staff that Moses carried through all the stories we have read so far.

If you don't have string or wool you can always attach paper with pictures or writing to your stick or strips of recycled packaging.

As a family think back over this year so far, take it in turns to share good memories and experiences where you felt God near or knew God's protection and provision.

For each of these memories tie a string or ribbon to the stick. Say a thank you prayer to God for that memory.

Keep going until you cannot think of any more things to add. Ask God to help you remember all of the good times when you are going through difficult times in the future.



Helping Older Children

The fear and worry of the Israelites at finding no water became anger and they sought for somebody to blame. This pattern of behaviour is one it is so easy to fall into. Recognising the root cause and underlying emotions can be really important for older children who can be experiencing a rollercoaster of different feelings throughout the day. Holding on to things which are solid and unchanging during turbulent times can be a huge source of comfort.

If you have a child who is struggling with anxiety during this time why not use some of the strings from your Active Prayer stick as a reminder of God's faithfulness. Tie a string onto a school bag or pencil case which they can look at as a reminder of better times when they are struggling and remember that God is with them.

A colouring page you could print and colour together

Psalm 78 v 4

We will tell about his
power and the miracles
he has done.



PUZZLE SHEET

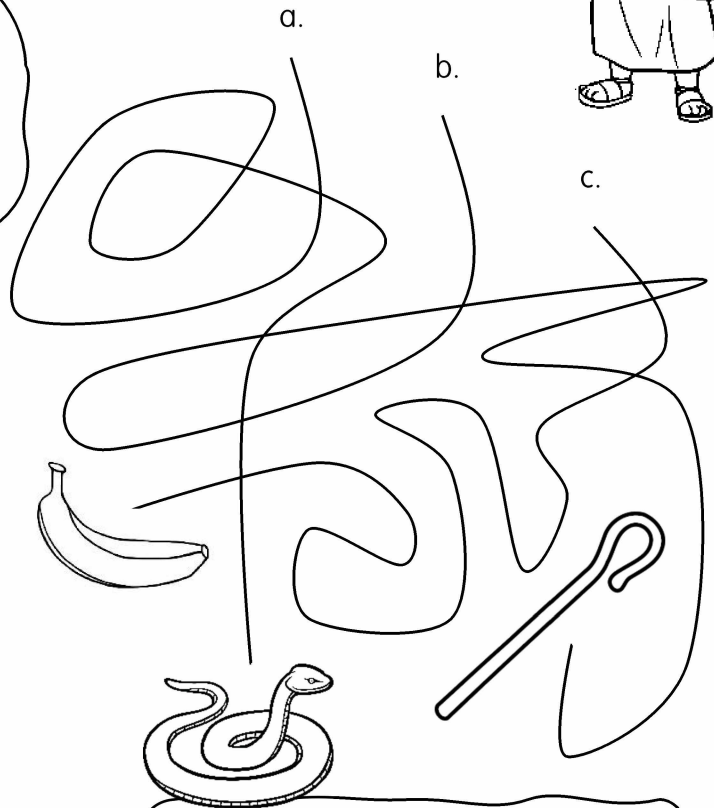
Help Moses find his staff – which path should he take?



Can you find all these words in the word search below?

Moses	Horeb	Massah
angry	staff	Meribah
Israelites	rock	quarrel
water	God	test
desert		

d i s u r h i q r m s u i o s
 i h d e v d z u u s f s d j n
 e s t z e w p a d o g c x c c
 l a t s r h x r d i n i s h y
 w o e x o i s r a e l i t e s
 k r y x c s c e m u f z p g q
 t m f t k o e l r u n u n u e
 b g n n o h r s l f o r g m r
 m h a s s a m t o s s g f q u
 k e z v x k e j y m t z t w w
 h o r e b s t p r a q a g g g
 x w i i t g d p g c h d f h b
 s p i b b o q n n s x x h f z
 t s y w v a o l a p f s e z l
 h g x p h t h d d h j o g z k



Complete the picture below to show what happened when Moses struck the rock with his staff.

