

God's Got This!

By Lea Vaverchak

for use as

STEP 1

**Lesson 2****Focus:**

God helps us to do what
we think we can't do.

Lesson 2**Bible Basis:**

Exodus 3:1—4:20

Lesson 2**Memory Verse:**

[The LORD said,] "I will help you speak and
will teach you what to say."
—Exodus 4:12

Students will watch a video of the youngest person to climb El Capitan as they explore how God helps us do what we think we can't do.

Materials:

☐ Internet access

➤ **What are some hard jobs you've been asked to do?** (Answers may include: Mow and weed the lawn; complete a science fair project at school; be kind to a mean kid in my class, etc.)

➤ **How did you manage to get those tough assignments finished?** (Answers will vary.)

In life, we will face many seemingly impossible tasks. It's how we get those jobs done that matters. Ten-year-old Selah Schneiter recently completed an incredibly hard and challenging feat. She became the youngest person ever to climb El Capitan, a 3,000 ft. sheer mountain wall in Yosemite National Park. Let's see how she did it:

Play the following clip [1:58]:

A 10-year-old became the youngest person to climb the El Capitan in Yosemite Park

<https://www.youtube.com/watch?v=US0wBOPynWM&feature=youtu.be>

➤ **What do you think of Selah and what she accomplished?** (Answers might include: She's amazing; she's a hard-worker; she is really determined, etc.)

➤ **When Selah reached the top, she had a happy cry and said, "I can't believe I just did that!" How do you think you would feel if you did something like that?** (Answers will vary.)

➤ **How do you think the relationship between Selah and her dad helped her complete the climb?** (Some possible answers: He gave her help and guidance the whole time; she trusts her dad, so she knew she was safe and could do it with his help; he encouraged her the entire time, etc.)

➤ **Who do you ask for help when you need it?** (Answers will vary.)

Selah's dad helped guide her through her climb of El Capitan. Did you notice that her dad was a climbing instructor? He was an expert for their task and able to help and safely guide Selah the entire time. She couldn't have completed the climb without him.

Today we're going to talk about how Moses was given a God-sized assignment to complete. Moses was sure the job was too much for him to do. But, as we'll discover, just like Selah, Moses also had an expert—The Expert—available to help him complete his assignment. Let's find out more about this fascinating story.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)



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STEP 4 **Lesson 2****Focus:**

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Lesson 2**Bible Basis:**

Exodus 3:1—4:20

Lesson 2**Memory Verse:**

[The LORD said,] "I will help you speak and
will teach you what to say."
—Exodus 4:12

Materials:

- ☐ Index cards
- ☐ Pens/pencils
- ☐ Hole punch
- ☐ Metal binder rings (1 per student)
- ☐ Optional: String

Earlier we learned God had asked Moses to do an incredibly hard job. But, let's be clear, this was God's task. If God wants something accomplished here on earth for His glory, don't you think He'll provide everything we need to get the job done? Yes!! God will help us complete whatever He asks us to do; it's His promise in Scripture over and over again.

➤ **Has God ever given you a job to do, that you thought you couldn't get done? Tell us about it.** (Answers will vary; be prepared to share your own experience.)

We can be intimidated by the things God places before us. It's so important to understand we are not supposed to do them by ourselves! God's plan is to be in control of the entire situation and help us the whole time. Hearing examples of how God helped others through their hard assignments will help us know and believe He will help us through ours.

➤ **What are some examples in the Bible when God helped someone complete an assignment He had given them?** (In addition to others students may mention, be sure they recall: When God told Noah to build an ark and then saved him and his family from the flood; God gave David courage to stand-up to the Philistines and defeated Goliath with one small stone; Daniel stood-up to the king by continuing to pray even though it was against the law and was thrown into the lion's den, but God kept the mouths of the lions closed and rescued Daniel; Meshach, Shadrach, and Abednego refused to bow to a golden statue and were thrown into a fiery furnace. The Angel of the Lord was in the fire with them and not one was burned.)

Pass out index cards and writing utensils to everyone. Have students write each of the examples talked about on separate index cards. They can draw a picture cue to go along with each one on the front of the card (examples: a boat for Noah's ark, David's slingshot, a simple lion emoji for Daniel in the lion's den, etc.) For added depth, write the references where each of

these stories can be found on the whiteboard so students can add them to their cards. (Some references are provided below. You can use a Bible concordance or Bible app on your smartphone to find references to other examples students may give).

Bible References

Noah – Genesis 6-7

David defeats Goliath – 1 Samuel 17

Daniel in the lion's den – Daniel 6

Shadrach, Meshach, and Abednego in the Fiery furnace – Daniel 3

Encourage your students to read these stories for themselves over the coming weeks, to understand the lengths in which God worked in each circumstance. Challenge them to add their own personal examples to their index cards. Each time God helps them finish a hard job, they should document it on the card, with a picture cue (examples: a test; witnessing to a friend; standing up for what's right, etc.)

Allow preteens to punch holes through the upper left hand corner of each card and thread them on a metal binder clip (optional: string may be used if binder clips are not available).

God promises to give us the help we need to complete our God-given assignments. He shows us example after example in the Bible of how He does it. When you know God has placed something in front of you to complete and you're feeling nervous or overwhelmed by it, pull out your ring of index cards and read through every single one. Let God remind you of all the times He has helped the ones He loves (and that includes you!) complete the job He's given them. God will help us do what we think we can't do. So get to work!

Pray to close.

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