CONFERENCE CURRICULUM
YEAR 1 – Refreshed by God

Day 2: Israel's Restoration

Overview:

Key Focus: Gods provides what you need to be refreshed

Bible Story: God gives Moses and the Israelites water to drink

Scriptures: Exodus 15:22-27

Week's Memory Verse:

Psalm 34:8 Taste & see that The Lord is good; blessed is the one who takes refuge in him.

Lesson:

Hey there! Yesterday we talked about how God wanted peace and restoration for us from the very beginning. All week long we are going to be sharing stories of how God's perfect peace can refresh and restore us in any circumstance!

Have you ever had to run a mile at school? Or maybe you went on a hike with your family? After moving our bodies and working really hard, we need to make sure

we take care of ourselves! Your mom or dad might have you eat a snack or drink some water. It's important to stay hydrated. Which we'll talk about today in our story!

The Israelites came out of slavery from Egypt. They had to walk in the hot desert. They were being led by Moses! Does anyone remember how Moses was a baby and his sister put him in a river? Or the story with the ten plagues of Egypt? Or maybe the story of Moses crossing the Red Sea? Today's story is right after all of that happens!

The Twelve Tribes of Israel were traveling through the desert. The desert is a hot, dry place. By this point, the Israelites had already been through so much. They had been walking for three days, carrying everything they owned. They ran from the Egyptians and crossed through the Red Sea when God split the waters for them. As they traveled, the Israelites became very tired, hungry, and thirsty. But there was one problem. They had no safe drinking water and there was not any clean water for miles. The Israelites started to complain to Moses, when they were in a place called Marah. *"When they came to Marah, they could not drink its water because it was bitter. So, the people grumbled against Moses, saying, 'What are we to drink?'"* Exodus 15:23-24.

Moses asked God for help. That's when God showed Moses a piece of wood. How would just a piece of wood help? But Moses trusted God. He picked up the wood and threw it in the water. Something amazing happened! The water changed from being bitter, to water that was safe for the Israelites to drink! Everyone was able to be refreshed to continue their journey. But God had more for them. *"He said, 'If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.'"* Exodus 15:26.

The Israelites got to a place called Elim. In Elim, the Israelites were blessed to find that there were twelve springs of drinkable water that were surrounded by seventy beautiful palm trees. At the time, Israelites were divided into twelve tribes – one for each of Jacob's sons. There was one spring for each tribe of Israel! This was a beautiful and safe place where they set up camp for a little bit of time before continuing their journey again.

God knew that the journey ahead of the Israelites was going to be a long and challenging one. God wanted his people to be in peace. So, He provided what they needed exactly when they needed it! The people were able to be well hydrated, rested, and refreshed at different times throughout their journey. Moses was a faithful leader and trusted that God was going to deliver their needs!

You can trust that when there are challenges in your life, that God will provide

what you need to get through. It might look like food and water, or a safe place to rest. Or maybe it will look like a good friend when you need someone beside you. No matter what it is, if you need something to help you regain your strength, God will make a way. God's perfect peace is for you, just like it was for Moses and all of the Israelites!

Pop Quiz!

Let's see how much you remember about today's story! You can ask these questions in groups, as a whole class, or pass out the questions on an activity sheet.

- Where is this story of Moses found in the bible? (Exodus 15)
- Who did Moses save the Israelites from? (The Egyptians)
- What did the Israelites have to cross? (The Red Sea)
- How many tribes of Israel were there? (Twelve)
- Where were they traveling? (Through the desert)
- What is the desert like? (Hot, dry, sandy, etc. Answers may vary)
- What did the Israelites complain about? (Being thirsty)
- Why couldn't they drink the water in Marah? (It was bitter)
- What did Moses do when the Israelites were complaining? (Asked God for help)
- What did God show Moses? (A piece of wood)
- What did Moses do with the wood? (Threw it in the water)
- What happened to the water? (It turned into safe drinking water)
- What did God say to the Israelites? *("He said, 'If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.'"* Exodus 15:26. *You may want just a short version of this answer from the kids instead of the whole verse.)
- What did the Israelites do after drinking the water in Marah? (They kept traveling)

- Where did the Israelites go after Marah? (Elim)
- What did the Israelites find in Elim? (Twelve water springs one for every tribe)
- What were the springs surrounded by? (Palm trees)
- What did the Israelites do when they found the springs? (Set up camp and rested)
- What kind of life did God want for the Israelites? (A life of peace)
- Who was taking care of the Israelites? (God)
- Who can say the whole week's memory verse? (Let kids take turns saying it on their own, younger ones may need more help)