

Age-Level Overview

| | Open the Bible | Activate Faith |
|---|--|--|
| Lower Elementary | | |
| WORKSHOP FOCUS: God challenges us to be strong. | SPARK RESOURCES: Spark Story Bibles | SPARK RESOURCES: Spark Story Bibles |
| GIVE ME 10: Kids challenge their bodies with 10 awesome exercises. | SUPPLIES: None | SUPPLIES: Clock with a second hand, soft balls |
| Upper Elementary | | |
| WORKSHOP FOCUS: We can prevent some plagues. | SPARK RESOURCES: Spark Bibles, Spark Bible Stickers | SPARK RESOURCES: None |
| WATER WE DOING? Kids experiment with water filtration systems. | SUPPLIES: None | SUPPLIES: Two-liter clear plastic bottle, small clear plastic bottles, scissors, water, soil, liquid soap, oil, leaves, salt, food coloring, clear plastic cups, plastic spoons, paper coffee filters, cotton balls, sandwich bags, gravel, sand, charcoal, hammer, baking soda, alum, marker, towels |
| All Kids | | |
| WORKSHOP FOCUS: God is our power. | SPARK RESOURCES: Spark Story Bibles, Spark Bibles, Spark Bible Stickers | SPARK RESOURCES: None |
| POWER PLAY! Kids experiment with a trick of force. | SUPPLIES: None | SUPPLIES: Long rods (broom sticks, mop handle, etc.), long ropes |



Visit www.sparksundayschool.org for more Spark content. Watch a short Lesson Prep Video that will prepare you and give you confidence to explore this Bible story with the kids you are leading. You will also find a downloadable Family Page for this rotation's story filled with ideas for families to use to explore this story and live out their faith at home.

Workshop Focus: God challenges us to be strong.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids, it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
- Be sure to visit www.sparksundayschool.org to download the Family Page for this story. Make copies of it and ask Shepherds to distribute it during the Wrap Up.

Open the Bible (10 minutes)

The Plagues Storytelling

Welcome to Spark Science. I'm glad you're here. Do you remember what it's like to learn to ride a bike, climb a tree, or play a sport? *(It's hard, I fell a lot at first.)*

Spark Resources
Spark Story Bibles

When we try new things, we challenge our muscles, bodies and minds to work in different ways. This can be hard. But if we keep trying, our muscles, bodies and minds get stronger. And being strong makes it easier for us to conquer new challenges.

Supplies
None

In today's story, God sends lots of very difficult challenges in order to free the Israelites.

Let's find out more about those challenges. Open your Spark Story Bibles to The Plagues on page 78 and let's read together.

Following the reading, ask kids these questions: **What did God send in today's Bible story?** *(plagues)* **What do you think the Israelites and Pharaoh learned from the plagues?** *(God can do anything.)*

Activate Faith (25 minutes)

Give Me 10

Set Up: Create a large open area in your meeting space with access to an empty wall.

Activity Instructions

Pharaoh wasn't the only one who was affected by the plagues. The Egyptians had to suffer through them as well. The plagues gave them a taste of God's power. When someone sins, it can affect all of us. Because of that, God challenges us to be strong.

Today, we'll strengthen our bodies and hearts through 10 challenges. Everyone spread out so you have plenty of room.

- 1. In the first plague, Moses held his staff out over the water. Hold your Bible straight out in front of you for as long as you can. What do you notice? (*It gets heavy!*)**
- 2. What was the second plague? (*frogs*) The spring peeper frog is a frog about the size of your thumb. Every spring, male peepers attract mates by making a high-pitched peeping sound. They make one peep a second for up to 8 hours. Let's see how well we do. I'll clap my hands once a second. Everyone make a "peep" with every clap. Let's try it for two minutes. Ready, set, "peep." Time your claps with the movement of the second hand on a clock.**
- 3. I bet the Egyptians wished the frogs were still around when the next plague arrived because the frogs could've eaten the gnats. It was gnats—tiny, biting, annoying insects. You can twirl around and around and they still won't leave you alone. Try twirling around for one minute.**
- 4. What related insect came next? (*flies*) Flies flap their wings about 345 times each second. Put your arms out and see if you can flap that many times in one minute.**
- 5. It's not surprising that the fifth plague was disease which started to kill all the animals and livestock. Flies are very good disease carriers. Our bodies have special cells to help fight off diseases. But when our bodies get overwhelmed, the special cells can't keep up. Everyone get in a circle. These balls will represent germs. If you keep them going, you stay healthy. If you drop one, that means you get sick.** Start passing one or two balls in the same direction. Add more balls going in the opposing directions.

Spark Resources

Spark Story Bibles

Supplies

Clock with a second hand

Soft balls, 15-20

6. **After the animals got sick, the next plague bothered the people. Everyone got sores all over their bodies. Imagine having a sore right in the middle of your back. Our next challenge is to imagine reaching that sore and putting some soothing medicine on it. To do that, raise your right arm. Bend it so your hand goes over your back. Put your left arm down to your side. Bend it so your left hand can reach up to your right hand. Hold hands with yourself for ten seconds. Then switch your arms around.**
7. **The seventh plague was hail and thunder. When there's bad weather, do you play outside? (No!) The Egyptians couldn't play outside either. They probably had to just sit inside. Sitting doesn't sound hard—except when there is no chair. Everyone find an empty space against the wall. Place your back against the wall. Next put your feet about one foot away from the wall. Slide your back down until it looks like you are sitting in a chair. How long can you stay in the position? How long would Pharaoh keep the Israelites in Egypt? Until he couldn't stand it anymore!**
8. **Locusts came next. There is a yoga position named the locust. We're going to try it now. Lie on your stomach. Put your arms alongside your body with the palms facing up. Slide your hands under your thighs. Breathe in as you raise your head, chest and legs off the floor. How long can you stand the locust plague?**
9. **Is anyone here afraid of the dark? Lots of people are. When it gets dark all of a sudden, it can be frightening to everyone. It's also harder to do things in the dark. Our challenge today is to balance on one leg for one minute, with your eyes closed. Lift one leg and close your eyes. I'll tell you when a minute is up.**
10. **The tenth plague was the worst. Every animal's firstborn died. Every families' firstborn son died. We'll do the exercise called the deadlift. Place your Bible on the floor in front of you. Stand with your feet shoulder-width apart. Keeping your back straight, bend your knees. Pick up your book. Keeping your arms and back straight, stand up again. Do this nine more times.**

Were these exercises hard? Think how hard it was for the Egyptian people to endure each of these plagues, just because their leader was so stubborn! Pharaoh not only hurt himself, but he hurt the Israelites and his own people, too!

When others sin, it makes it hard for all of us. God challenges us to be strong. In order for us to be strong, we must keep our minds and our bodies in good shape!

Send (5 minutes)

Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

The 10 plagues challenged the Israelites. We used them as inspiration for 10 exercises. These exercises challenged our bodies. Try to do these exercises every day. As you do them, think about the 10 plagues. Then the exercises can strengthen your body and your faith. Your Shepherd will give you a Family Page. It has even more ideas about how to strengthen your faith. For now, put everything down. Follow my stretches for the final prayer.

Spark Resources

Family Pages



Supplies

None

Prayer Time

Dear God, (right arm up)

We read today (left arm up)

About the 10 plagues. (right arm to side)

Your power (left arm to side)

Strengthened the faith (right arm out front)

Of others (left arm out front)

In you. (right arm to back)

Help our experiences (right arm to left foot)

Strengthen our faith (left arm to right foot)

In your word. (stand up)

Amen.

Workshop Focus: We can prevent some plagues.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

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Open the Bible (10 minutes)

The Plagues Storytelling

Welcome to Spark Science. I'm glad you're here. Let me give you a few fantastic choices. Would you choose to fly or to talk to animals? Listen to responses.
Would you choose to be the ruler of the world or the president of your class?

You may be wondering why I'm asking these questions. Most of us like to be able to make choices about what we do and don't do. Some of the time, our choices will only affect ourselves. Other times, the choices we make can affect a lot of other people.

In today's story, one person in power makes choices that affect a whole lot of other people. Let's turn to page 66 in our Spark Bibles, and read what happens (using these chapters/verses: Exodus 7:14-17; 8:1-4; 8:16; 8:20-21; 9:1-3; 9:8-9; 9:13-19; 10:3-6; 10:21-23; 11:4-5).

After reading, ask: **Who was making the choices?** (*Pharaoh*) **Why did he make the choices he did?** (*At first he didn't want to free the Israelites because then he wouldn't have anyone to do his work. He finally realized that God was more powerful than he was. It became too hard to keep them.*)

Spark Resources
Spark Bibles
Spark Bible Stickers

Supplies
None

Activate Faith (25 minutes)

Water We Doing?

Set Up:

- Create funnels using half of your small, plastic bottles. Cutting 1/8 inch (0.3 cm) off the bottom of the small plastic bottles.
- Use the hammer to crush the charcoal.
- Place 1/2 cup (120 ml) of sand, gravel and charcoal into separate sandwich bags.
- Place 1 Tablespoon (15 ml) each of baking soda and alum into separate sandwich bags. Label them.
- Create kits for groups of three kids with the following materials: Towel, two plastic cups, two plastic spoons, two coffee filters, two cotton balls, one funnel, one bag of each of the following: gravel, sand, charcoal, baking soda, alum.

Activity Instructions

Do you remember what the first plague was in today's story? (*The Nile River was turned to blood.*)

How did that affect the people? (*The fish died, the water stank, they couldn't use or drink the water.*)

So the water became unusable. Unfortunately, many people around the world are plagued today with unusable water. Not because God's trying to send a message, but because many people don't have a place to get clean water. So today, we're going to investigate water.

Fill the two-liter bottle about three-fourths full with clear water. **What do we use water for?** (*Drinking, washing, cleaning, cooking, playing, growing plants, swimming, etc.*) **When we use water, do we leave it the same way we found it?** (*not usually*) **We're going to add some things to our bottle of clean water to represent many of our common uses.**

Choose kids to add each of the items as you talk about them.

Soil—is the biggest pollutant of water in many areas. We wash soil off our bodies, clothes and cars. It's also washed away from farms and building sites during rain storms.

Soap—we use soap to clean our bodies, clothes and dishes. The soap doesn't disappear, but goes with the dirt into the water.

Oil—we use oil to cook, and in our vehicles. Some of this oil gets into our water as well.

Spark Resources

None

Supplies

Two-liter clear plastic bottle
Small clear plastic bottles,
two for every two kids
Scissors
Water
Soil, handful
Liquid soap, one squirt
Oil, a few spoonfuls
Leaves, crushed, handful
Salt, few spoonfuls
Food coloring, one small
bottle
Clear plastic cups, two for
every three kids
Plastic spoons, two for every
three kids
Paper coffee filters, two for
every three kids
Cotton balls, two for every
three kids
Sandwich bags
Gravel, 1/2 cup (120 ml) for
every three kids
Sand, 1/2 cup (120 ml) for
every three kids
Charcoal, 1/2 cup (120 ml)
for every three kids
Hammer
Baking Soda, 1 Tbs (15 ml) for
every three kids
Alum, 1 Tbs (15 ml) for every
three kids
Marker
Towels, one for every three
kids

Leaves—these are a natural item. But sometimes too many leaves get washed down the sewers and into the streams. There they clog the pipes, or cover the riverbed, keeping plants from growing.

Salt—in cold areas, many people put salt down on roads and sidewalks to melt ice. This dissolves the salt and carries it into streams, rivers, and lakes.

Food coloring—this will represent some of the other chemicals, like cleaners, herbicides and pesticides that get into our water.

Shake up the bottle. **What do you think of this?** (*nasty*) **So you wouldn't want to use it?** (*No way!*) **How could you clean this water?** (*Let it sit, filter it, add chlorine*) **Those might work. Think about it. Did the water get this dirty in just one step?** (*no*) **Do you think it can get clean in just one step?** (*probably not*)

Get in groups of three and find a place to work. Each group will get the same set of materials, and a sample of our plagued water. Your goal is to get the water as clean as you can.

Fill the small empty bottles with dirty water. Give each group a bottle and a kit of materials. Walk around offering encouragement and suggestions. **Which materials do you think would be the easiest to remove? What would happen if you layered materials in the funnel? Should we add cleaning chemicals like baking soda to it when it's the dirtiest, or as a final step?** Allow the kids to work for about 15 minutes.

Note: If you feel you must give hints, here is one example that works. Use the spoons to fish out the leaves. The oil will rise to the top. Use the cotton balls to remove as much of the oil as possible. Use one coffee filter over the top of one of the cups, poke it down into the cup a bit, and pour the water slowly into the cup. Now fill the filter with materials in the baggies, in this order: gravel, charcoal, sand, baking soda, alum. Put a second coffee filter over the second cup as before and slowly pour the water through the filter. Is the water clear?

After 15 minutes, come together in a large group to debrief. **Let's see everyone's results. Explain what you did. What worked the best? What was the hardest thing to get out of the water?**

Do you think it's easier to prevent pollution or clean-up pollution?

Send (5 minutes)

Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

Polluted water is a plague we still struggle with today. Pharaoh could have prevented the plague by choosing to say yes to God at first. How can we prevent the plague of polluted water? *(don't litter, cover bare soil, use natural alternatives to chemicals)* **God created a good, clean world. Our actions show whether we choose to keep it that way or not. One way you can do that is to recycle the Family Page your Shepherd gives you, after your family has read it. Let's join hands for a final prayer.**

Spark Resources

Family Pages



Supplies

None

Prayer Time

Dear God,

Your plagues were a wake-up call to Pharaoh. Let our experiences here today be our wake-up call to prevent water pollution in our own area. Pharaoh had the power to prevent the plagues by choosing to say yes to you. Help us choose to say yes to you as well.

Amen.

Workshop Focus Statement: God is our power.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

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Open the Bible (10 minutes)

The Plagues Storytelling

Welcome to Science. I'm glad you're here. What does the word power mean?

(someone has the strength, energy, money or position to do things; electricity)

What does it mean to be powerless? *(It means you aren't able to do anything.)*

When you were a baby, you were powerless. You had to rely on others to take care of you. As you grew older, you learned to do more things for yourself. But there still could be some times when you can't do something. For example, we are powerless to control the weather. Can you think of any other examples? *(We are powerless to stop time, change the spin of the earth, or change the past.)*

As we read today's story, try to identify who has power and who is powerless. Open your Spark Story Bibles to The Plagues on page 78, or your Spark Bibles to page 66 and let's begin. If using the Spark Bibles read these chapters/verses: Exodus 7:14-17; 8:1-4; 8:16; 8:20-21; 9:1-3; 9:8-9; 9:13-19; 10:3-6; 10:21-23; 11:4-5.

Ask kids: **Who has power in this story?** *(Pharaoh, Moses, God)* **Where did Moses' power come from?** *(God)* **Who is powerless?** *(The Israelites, the Egyptian people)*

Spark Resources

Spark Story Bibles
Spark Bibles
Spark Bible Stickers

Supplies

None

Activate Faith (25 minutes)

Power Play!

Set Up: Prepare material sets with two long rods and a long piece of rope (10+ feet/3+ m) for every three kids.

Activity Instructions

Pharaoh used his power as long as he could to keep the Israelites as slaves. Pharaoh knew that Moses was powerless to free the people from slavery. But Pharaoh wasn't counting on Moses having the most powerful ally of all—God. The 10 plagues were a tremendous show of God's power.

Now you get the chance to show your power.

Form multi-age groups with 3 kids in each group. Give two kids in each group a rod. Tell them to face each other about 1 foot apart, and hold the rod straight up and down in front of their body.

The challenge is for the third kid to pull those rods together, while the other two try to keep the rods apart. Let the groups try this for several minutes. Make sure each kid gets the chance to be a rod holder and the puller.

After several minutes, come together as a large group to debrief using these questions. **Did you get the rods to come together? How did you do it? Did you try talking to the rod holders? Did you ask them nicely?**

When you discover that you don't have enough power on your own, sometimes you have to get help. In today's story, God helped Moses convince Pharaoh to release the Israelites.

Distribute a piece of rope to each group. Let the groups work for awhile with the rope and rods to see if they can figure out how to bring the rods together using the rope. Let any group that succeeds demonstrate for the other groups. If none of the groups succeed, select two of the biggest kids to hold the rods and demonstrate one solution to the problem.

- Tie one end of the rope near the bottom of the right rod.
- Cross it over and wrap it around the left rod.
- Move upwards as you cross over and wrap it around the right rod.
- Move upwards as you cross over and wrap it around the left rod.
- Take the free end and pull it away from the rods. (See diagram).
- **Note:** the more times you wrap it around the sticks, the greater the power of the puller, but the more length they will have to pull.

Spark Resources

None

Supplies

Long rods (broom sticks, mop handle, etc.)
Long ropes

Prayer Time

Dear God,

There are times when we feel powerless. Help us to know that you are always pulling for us when we are doing your will. Help us to trust in your power.

Amen.