



# Then and Now Discipleship Challenge Grades 3-6

Complete this discipleship challenge by **May 29, 2022**  
to receive **15 tokens**.

Parent signature: \_\_\_\_\_

(By signing this page, I certify that my child has completed the Then and Now Discipleship Challenge.)

Name: \_\_\_\_\_



**Central Kids Parents,**

**As you have settled into 2022, I hope you have had the chance to begin intentionally discipling your children. As we transition from winter to spring, we will continue our study of the book of Exodus in our *Out Of Egypt* series (adult series is titled *Way Out*). An easy way to start conversations at home is to use what we call the three living questions as you dive into God's Word:**

**What do you learn about God?**

**How will God use this to change your life?**

**How can God use you to change the world?**

**We will explore the incredible way God frees the Israelites from captivity in Egypt, followed by the caring and faithful way He leads them towards the promised land. This narrative beautifully foreshadows Jesus' redeeming work on the cross, that brings about salvation for all humanity. This Discipleship Challenge will bridge the events that occurred during the exodus from Egypt (THEN) with the saving work of Jesus in our lives (NOW).**

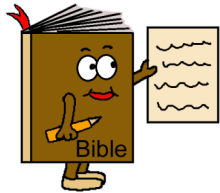
**This Discipleship Challenge is designed with you in mind. There are many fun and creative activities the kids can work on independently, however, we encourage you to intentionally spend time with your kids reading the scripture and teaching them how to study God's Word. You are the perfect teacher; they will model their faith journey after you. They need to see you wrestle and grow as you learn to love God and His Word more and more.**

**It's an honor and privilege to come alongside you in your parenting journey. Your kids are amazing and a huge blessing to our church. I'm praying for you as you lead and train them to glorify God!**

**Stephanie Thomas**

# Let My People Go!

God's chosen people, the Israelites, had settled in Egypt and their families began growing and growing. Pharaoh, the Egyptian king, became very nervous about the number of Israelites living in Egypt and worried that someday the Israelites might try to overthrow him and take over Egypt. To avoid that happening, Pharaoh forced the Israelites into slavery and treated them very cruelly. Over the course of 430 years, the Israelites were unable to free themselves from Pharaoh's slavery. They cried out to God to rescue them. God heard their cries and devised an incredible plan to free them.

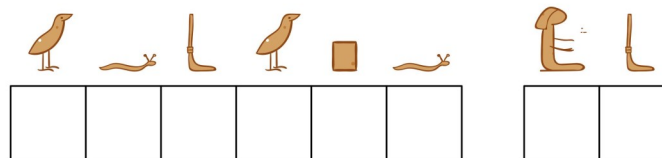
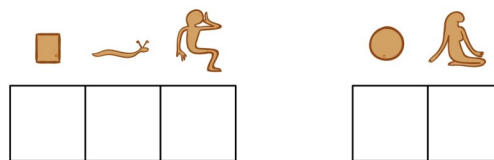


## Read Exodus 5:1-2

- What command does God give Pharaoh through Moses and Aaron?
- What is Pharaoh's response?

## Egyptian hieroglyphic code

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



Pharaoh had a hard heart. His heart problem was not physical, but spiritual. He was sinful and arrogant. He thought he was smarter and more powerful than God. God wants us to have a soft heart and obey Him. The Bible tells us that we show our love for God by obeying His commands (1 John 5:3). We obey God because we love him. He gives us the right way to live because He loves us. Obedience is about love.

- Are you known as an obedient person?
- Can you think of a time when it would have been easier to do what you wanted instead of obeying God?
- Why is it sometimes difficult to do what God says?
- How do we know what God says? What are some ways that He talks to us?



# Overview of the 10 Plagues

Pharaoh refused to free the Israelites, but nothing could stop God from accomplishing His plan. God sent 10 plagues to the land of Egypt. These weren't just random plagues either. Each plague was not only a punishment, but also a demonstration of God's superiority to the false gods and goddesses the Egyptians worshipped. And each plague became increasingly more severe. Continually, Pharaoh had a chance to change his mind, repent and submit to the one true God, but he refused.



## Plague 1 (Exodus 7:14-25)

*Hapi, Egyptian god of the Nile*

God turned all the waters of Egypt into blood. All the fish in the river died, and it smelled really bad. In a hot, desert country, the people needed fresh water! But Pharaoh did not set Israel free.

## Plague 2 (Exodus 8:1-15)

*Heket, Egyptian frog goddess*

God covered all of Egypt in frogs. They were in the rivers, on the land, in the houses, on the beds, in the ovens and all over the people! Pharaoh begged Moses to make the frogs go away, then he would let Israel go. Moses prayed to God and all the frogs died. But when Pharaoh saw that Egypt has recovered, he didn't do what he said.



## Plague 3 (Exodus 8:16-19)

*Geb, Egyptian god of the Earth*

God turned all the dust of the earth in Egypt into gnats (lice) and filled all of Egypt. These tiny bugs were everywhere—on the ground, in the homes and all over people's skin! But Pharaoh refused to free Israel.

## Plague 4 (Exodus 8:20-32)

*Khepri, Egyptian beetle god of creation, movement of the sun, rebirth*

God filled Egypt with flies. There were flies everywhere, except on the land of Goshen, where the Israelites lived. Pharaoh told Moses and Aaron that they could go and sacrifice to their God. After Moses prayed to God to make the flies go away, Pharaoh did not let Israel go.



## Plague 5 (Exodus 9:1-7)

*Hathor, Egyptian mother goddess in the form of a cow*

God killed all of Egypt's livestock but not the animals belonging to Israel. All the sheep, cattle, horses, donkeys, camels and goats of Egypt died. The Egyptians had no meat or milk nor animals to pull heavy things around. Still, Pharaoh did not let Israel go.

## Plague 6 (Exodus 9:8-12)

*Sekhmet, Egyptian goddess of healing*

God turned the ash from a furnace into a fine dust that spread all over Egypt. All the men of Egypt and the animals were plagued with oozing boils. The Egyptians had them everywhere on their bodies and it hurt to touch, to sleep, to move. However, Pharaoh did not let Israel go.



## Plague 7 (Exodus 9:13-35)

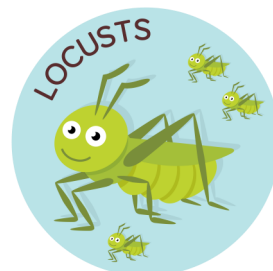
*Nut, Egyptian goddess of the sky*

God sent a hail storm that was unlike any seen before. The hail fell all over Egypt except on Goshen. The hail fell on every man, animal and plant. People and animals were killed and crops were destroyed. Yet, Pharaoh did not let Israel go.

## Plague 8 (Exodus 10:1-20)

*Seth, Egyptian god of crops; Senehem, Egyptian locust god*

God sent a swarm of locusts. They ate everything—plants and fruits. Pharaoh immediately called Moses. He asked for forgiveness. Moses prayed to God and the all the locusts went away. But again Pharaoh refused to free Israel.



## Plague 9 (Exodus 10:21-29)

*Ra, Egyptian god of the sun*

God cast a plague of darkness over the land of Egypt. It was so dark the Egyptians could not see one another, so they stayed where they were for three days. But the Israelites in Goshen had light. So, Pharaoh agreed to let the Israelites go and serve the Lord. But because Moses wanted to take their flocks, Pharaoh did not set Israel free.

## Plague 10 (Exodus 11:1-12:29)

*Pharaoh, considered the greatest Egyptian god of all*

God sent the angel of death to Egypt. All firstborn sons in the land of Egypt died, including Pharaoh's firstborn down to the firstborn of slaves and animals. There was a great cry in Egypt. But no one died in Israel's houses. Because the blood of the lamb marked their door posts, the angel of the Lord passed over them. Pharaoh finally said get out of Egypt!

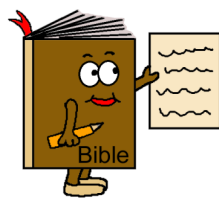




# Many Chances

It may seem like God was pretty harsh when He sent the plagues upon Pharaoh and the Egyptians. But God gave Pharaoh many chances to soften his heart and free the Israelites from slavery. God revealed His power and authority over nature when He sent those punishing plagues. He proved He was the one, true God. Pharaoh's hard heart brought bad consequences on him and the people of his nation. People with hardened hearts, unable to believe, will face God's judgment. We need to be careful to keep our own hearts soft and willing to obey God's voice.

- Why did Pharaoh refuse to obey God?
- What did God do when Pharaoh wouldn't listen to Him?
- Which plague do you think was the worst?
- If you were Pharaoh, which plague would have caused you to free the Israelites?
- Do you think you should listen to God when He tells you to do something?
- Was there a safe place in Egypt while God sent the plagues in Egypt?
- Why did God leave it safe from harm?
- What lesson can you learn from this story? About Pharaoh? About God?
- When you find yourself in a hard situation, do you think God can rescue you like He rescued the Israelites?

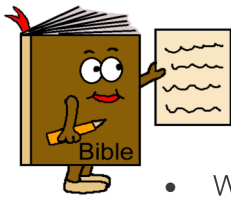


**Read Numbers 14:18**

‘The LORD is \_\_\_\_\_ to anger, abounding in \_\_\_\_\_ and forgiving \_\_\_\_\_ and rebellion. Yet he does not leave the guilty \_\_\_\_\_; he \_\_\_\_\_ the children for the sin of the parents to the third and fourth generation.’

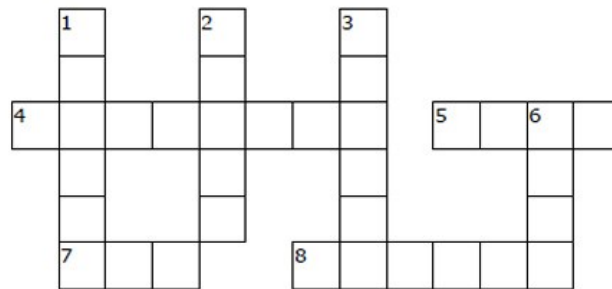
# Saved by the Blood of the Lamb

God is a just God. That means that when we do something wrong (sin) He will never sweep it under the rug. God doesn't turn a blind eye to sin and evil in the world, just like He didn't turn a blind eye to the sins of the Egyptians. God takes sin seriously, but He also provides a way for His people to be saved!



**Read Exodus 12:5-7, 12-13**

- Were the Israelites able to free themselves from slavery in Egypt?
- What did God require the Israelites to do to be saved from the last plague?
- What happened in the homes that didn't have blood on the door?



## ACROSS

4. A celebration of the escape of the Jews from Egypt
5. A young sheep
7. To take in food through the mouth
8. A flaw or blemish that keeps something from being perfect

## DOWN

1. A serious disease or disaster
2. The red liquid that is sent through the body by the heart
3. To hit or attack someone or something
6. The flesh of animals that is used as food

LAMB	PASSOVER	PLAGUE	MEAT
STRIKE	BLOOD	DEFECT	EAT

Like the Israelites, we can't free ourselves from our sin. We need God's help. Sometimes we think that we can be saved by the things we do or the way we act. We wrongly believe that if we're just good enough we can earn our salvation from God.

- What are ways that you can think of that we try to earn God's favor and salvation?

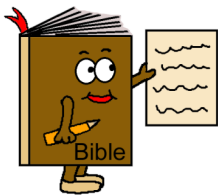
As Christians, we're also saved by the blood of a Lamb. The Bible tells us that Jesus was the lamb that was sacrificed for all of us. Because of His blood, God doesn't punish us. Jesus' blood saves us, just like the blood of the lamb saved the Israelite children.

- How is the blood on the doorframes like Jesus' blood shed on the cross?

# The First Passover

Passover is the meal God's people celebrated right before God set them free from slavery. God knew that once His plan to let Israel go went into effect, Pharaoh would tell the Israelites to leave town immediately. There was no time to sit down or make a fancy meal. To this day, Jewish people still celebrate Passover. They do it to remember what God did for them when He saved them from slavery. The Passover meal is a reminder not only of that plan but of the plans God has for each of us.

- What's your favorite meal of the day?
- What are some of the special or traditional foods you and your family eat on holidays?



**Read Exodus 12:1-14, 31-42**

- What were God's instructions for the Passover?
- What did the people do when Pharaoh told them to leave?
- How does the Passover meal remind us of what Jesus did?
- How do we know God has plans for our lives today?
- What can we do to find God's plan for our lives?

God instructed the Israelites to eat bread without yeast for seven days. The bread we are used to eating has flour, water and yeast in it. Yeast is the ingredient that makes bread puff up. When yeast is used in baking regular bread, the dough must sit for a while to rise before it can bake. The Israelites did not have that kind of time. They needed fast food so they could leave quickly when the time came.

## Unleavened BREAD (Matzah)



**With your parent's help, make your own unleavened bread (also called matzah)!**

### Supplies:

- 2 cups + 2TBSP flour
- 1 cup of cold water
- 1/2 tsp salt
- Large bowl for mixing
- Skillet

### Directions:

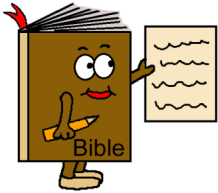
1. Combine the salt and flour together in a large bowl. Stir in the water until the dough comes together. Knead for 5 minutes.
2. Pre-heat skillet over medium-low heat.
3. Pinch off 7 pieces of dough and form into balls. Roll out each piece on a lightly floured surface (approx. 6-7-inch ovals).
4. Cook on a hot skillet for 2 minutes on each side. Serve or store covered.





# Jesus and the Passover

God told the Israelites to celebrate the Passover meal for generations to come so that they and their children, grandchildren, great grandchildren and so on would never forget how God saved them. As Christians today, we celebrate the Lord's Supper to remember that Jesus died to save us from our sins.

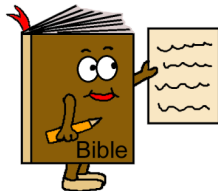


## Read John 1:29

- When John the Baptist sees Jesus, what does he call Him?
- What does John say Jesus does?
- Why do you think Jesus is called “the Lamb of God”?



On the night Jesus was arrested, He shared a special meal with His disciples. It was the annual Passover meal. That Passover meal became the last supper Jesus had with His disciples before His crucifixion and the first “Lord’s supper.”



## Read Luke 22:7-20

- What celebration meal were Jesus and His disciples having?
- What food were they eating?
- What were they drinking?
- What did Jesus say the bread represented?
- What did Jesus say the wine represented?
- In verse 19, Jesus says, “Do this in \_\_\_\_\_ of me.” What does that mean?

Jesus died on the cross to take the punishment for all the wrong things we do. And now, if we believe in Him, His blood, the blood of the Lamb of God saves us from God’s punishments. It marks our hearts so that God doesn’t have to punish us because He already punished Jesus in our place. We’re saved by His blood just like the Israelites were saved by the blood of a lamb.

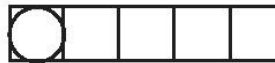
## Word Scramble for the Last Supper

Unscramble each of the clue words. Take the letters that appear in the circle boxes and unscramble them to find the answer to the last phrase.

BALM



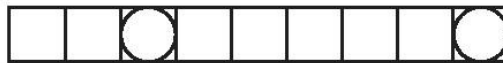
OLOBD



ARDEB



EMJUSLERA



ELVETW



Jesus said, “ 

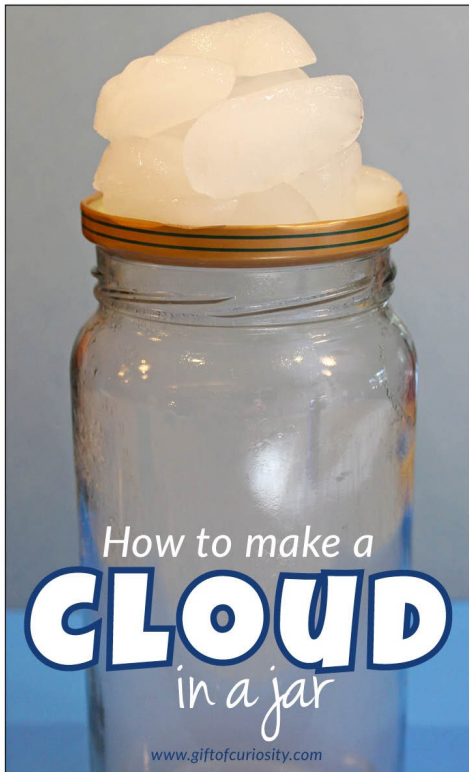
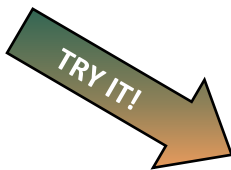
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 me.”

# Follow God

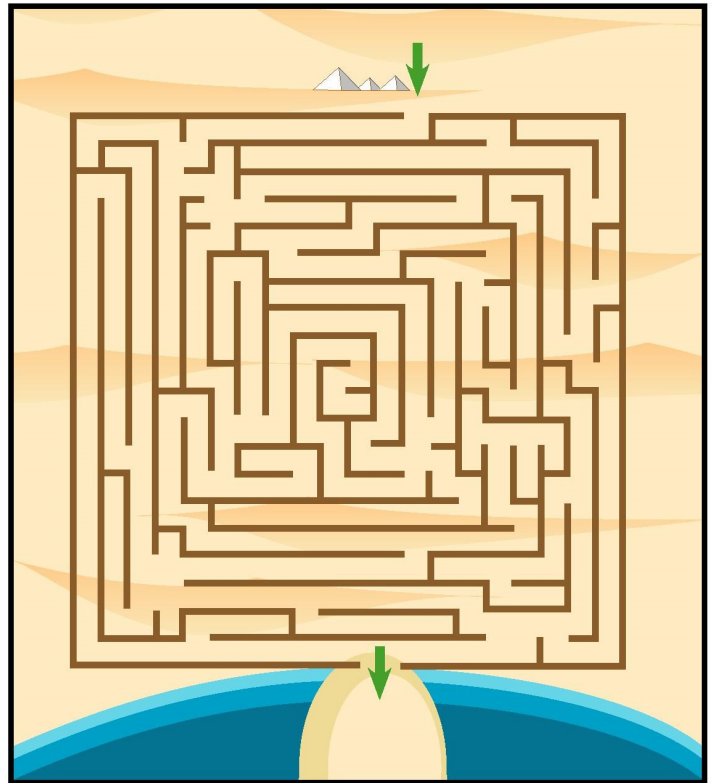
After fleeing Egypt, God told Moses exactly which way to go and promised to be with His people. God provided a huge cloud to lead the people during the day and another cloud of fire to lead them at night. God was always with them. When the people complained that they had nothing to eat or drink, God provided manna (bread) each morning and quail each night. He brought water out of a rock for drinking.

- In what ways does God lead you?
- How can you be confident that God is always with you?
- What does it mean to follow Jesus?
- What are things that God provides to you?
- Are you more likely to focus on your needs or on how God will meet them?
- What are things you can do to remember what God has done for you?



## Desert Maze

Lead the Israelites through the desert maze.



## Make a Cloud in a Jar

### Materials:

- Jar with a lid
- 1/3 cup hot water
- Ice
- Hairspray

### Directions:

1. Start by pouring the hot water into the jar. Swirl it around a bit to warm up the sides of the jar.
2. Turn the lid upside down and place it on the top of the jar. Place several ice cubes onto the lid, and allow it to rest on the top of the jar for about 20 seconds.
3. Remove the lid, quickly spray a bit of hairspray into the jar, and then replace the lid with the ice still on top. Watch the cloud form.
4. When you see a good amount of condensation form, remove the lid and watch the "cloud" escape into the air.

# Out of Egypt Memory Verses

## January



Psalm 31:3

Since you are my rock and my fortress, for the sake of your name lead and guide me.

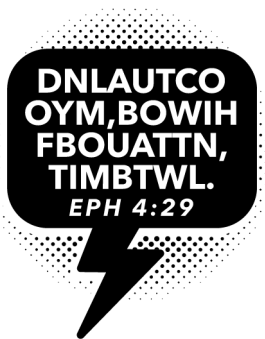
## February



Psalm 121:1-2

I lift my eyes up to the mountains—where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

## March



Ephesians 4:29

Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

## April



Romans 5:8

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.