

BIG IDEAS

FOR THE CHRIST
FOLLOWING
JOURNEY



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INTRODUCTION

As we journey in this world, it's imperative we know and understand the big ideas about the God we love and serve. Hebrews 5 urges us to mature as Christ Followers so that we can discern and distinguish good from evil. In order to do that, we must shore up a firm foundation so that we can, "leave the elementary doctrine of Christ and go on to maturity." ([Hebrews 6:1](#))

As we begin our journey through the book of Exodus, Eastview Kids and Eastview Small Groups have partnered to create a unique approach. This all-church study gives an opportunity for the entire family to experience the big ideas of our Jesus journey together. Along with online tools and teaching resources designed with the family in mind, this study will encourage all of us to weekly memorize God's word. As we begin our journey in the book of Exodus, this six-week overview will remind and inspire Christ Followers of all ages about six foundational "Big Ideas" to help us in the Christ following life.

This notebook provides the road map for each week's journey through a particular Exodus passage and story. Here's how to navigate each week:

1. **Sunday Sermons:** Every week starts on Sunday with our corporate worship gathering. Commit to attend in person or watch online and write down notes or scripture references you want to explore beyond the sermon.
2. **Daily Devotionals:** Next, investigate each week's big idea through a worship blog and daily Scripture passages and reflection questions.
3. **Family Experience:** Decide on a consistent time each week your family will gather and participate in the family guide. We've created an easy-to-use format to guide you through a meaningful family experience. Here are a few suggestions to help you have a great time together.

ADD YOUR NOTES BELOW:



- **Ask questions.** This guide was written for a family with children of multiple ages. As you go, you'll figure out what part of the lessons engage them the most.
- **Keep it simple.** Keep it short. Keep it fun. You'll find over time that the depth of these times will grow. But you'll do yourself and your family a favor by keeping things moving right along.
- **Use a version of the Bible that is easy for your kids to understand.** We use the Nlrv Read with Me Bible for PreK-1st Grade. We use the Nlrv chapter and verse bibles for 2nd-5th grade.
- **Each lesson includes a family science experiment.** Some of these are from our small group experience at church. If your child's group has already done it, engage them by letting them help you do the experiment.

To see each week's experiment, visit the resource page eastviewresources.com/bigideas where one of the Eastview Kids staff will show you how to do it. The experiments use common household items. Usually at least one of the experiments is quite easy and less involved. Look ahead each week so you can have your items ready to go.

- **Pray.** Above all, pray for your family and stay committed to gathering together. We hope this experience will help you nurture your children in the faith and help you establish healthy faith-centered family rhythms.

4. Small Group Experience: Finally, explore the big idea within the context of community. This guide will help you build relationships with one another and grow in your journey with Jesus. All teaching videos can be accessed on: eastviewresources.com/bigideas.

5. Worship: One more thing, Israel's exodus story is full of worship and expressions of praise to God who delivered them from slavery. It's a beautiful picture of the gospel and how Jesus rescues you and me from the bondage of sin. Each week we have infused many opportunities for you to worship individually and within community.

Let's use this six-week journey to take our next steps as Christ Followers. Our hope is for your small group and your family to spend quality time together sharing and learning about God's word and the Big Ideas of the Christ following Journey.

You can do this,

Jason Sniff & Jason Smith

- On behalf of the entire Small Groups & Eastview Kids teams.

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ADD YOUR NOTES BELOW:
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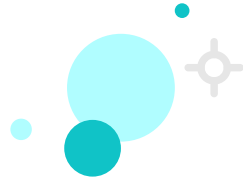


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BIG IDEA #1
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GOD RESCUES US

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SERMON NOTES - EXODUS 2:22-25

SERMON NOTES



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ADD YOUR NOTES BELOW:
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MEMORY VERSE EXODUS 2:24-25

And God heard their groaning, and God remembered his covenant with Abraham, with Isaac, and with Jacob. God saw the people of Israel—and God knew. (ESV)

KEY TAKEAWAYS

BIG IDEA #1

DAILY DEVOTIONS

A WORSHIPFUL WORD

One Republic released a song in 2019 called, "[Rescue Me](#)". The song opens with the lyrics, "Would you rescue me? Would you get my back? Would you take my call when I start to crack?" There's a tone of desperation in those lyrics. These are questions asked by someone who understands that his own strength is not enough to help him out of his mess. He wants to know that he can count on someone to rescue him when the time comes. These words remind us of one stark reality; we ALL need rescuing, and for those who live under the blood of Jesus Christ, the rescue has already happened.

The Song of Moses in Exodus 15 is an incredible "rescue song" sung by Moses and all of Israel after God rescued them from the hand of the Egyptians. This declarative psalm begins with, "I will sing to the Lord, for he has triumphed gloriously; the horse and his rider he has thrown into the sea." In that amazing act, God did something that nobody could imagine. He parted the Red Sea and rescued an entire nation because of His great love for His people. As amazing as that miracle was, even more so is the fact that God sent his only Son to rescue us from eternal separation from Him.

This is why we sing. This is why we worship. Our songs of praise and thanksgiving serve as the mirrors that show us as a once-dead, now-rescued people ([Ephesians 2:5](#)).

Moses' song continues in verse 2 with this declaration, "The Lord is my strength and my song, and he has become my salvation; this is my God and I will praise him, my father's God, and I will exalt him." Musical worship is the product of grateful hearts who appreciate the immeasurable value of their Rescuer. Praise God for his salvation through Jesus Christ!

"I called. You answered, and You came to my rescue..." ("Came To My Rescue" - Hillsong Worship)

— Matt Ludwig

ADD YOUR NOTES BELOW:



Monday: Read [Psalms 31:2](#)

Whatever we are going through, God can and will rescue us. He is our refuge, and our safe place. Sometimes when we go through hard things we forget to stop and thank God for His provision. Let's reverse that. Take time today to thank Him for what He has provided in your journey.

 **What are some ways that God has kept you safe or has given you a place of safety?**

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ADD YOUR NOTES BELOW:
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Tuesday: Read [Ezekiel 34:22](#)

This verse states that God will step in and make things right. We all have areas in our life that feel unfair. However, He is our true Shepherd and will lead us in the way everlasting. He gives us an eternal life that none of us deserve. Eternal rescue is His goal, and we can trust God to follow through.

 **In this season, what seems unfair to you? Can you surrender that to Him today?**


Wednesday: Read [Psalms 91:15](#)

Think back to the story of how Moses was rescued. When his mother put him in the basket, she was asking God to rescue her baby while putting her faith in the basket to hold him. We have a God who is much bigger and stronger than a basket. He promises to be with us in trouble, and in that time, He will rescue us.

 **What are you asking/begging God for today? Do you need to be rescued? He can and will answer. Watch for it.**


Thursday: Read [2 Timothy 4:18](#)

This is why we celebrate! Our God rescues us from every evil deed and brings us safely into His Kingdom. Today, in the midst of whatever we are going through, let's praise Him and give glory to His name. Worshipping gets our eyes off of our situation and on the one who rescues us.

 **Will you spend some time in worship? Find a worship song (or songs) that you can sing and put it on repeat today. Let your spirit be filled with praise and watch God rescue your day.**

Friday: Read [John 16:33](#)

This verse is about God's rescue plan for us, through Jesus. He sent Jesus to rescue us from the bad stuff in this world, but also to rescue us from sin and being eternally separated from Him. God, through Jesus, is our rescue and we can have peace because He is our victory.

 **Where do you need a victory in your life today? Pray specifically that God will give you peace over that situation, and that He will help you to remember that God RESCUES Us and gives us the victory!**

BIG IDEA #1

FAMILY EXPERIENCE



ADD YOUR NOTES BELOW:

GOD RESCUES US

As we see in this week's story, a mother desperately puts her baby into a basket to rescue him from a murderous king. When the daughter of Pharaoh saw the baby in the basket, she had compassion on him. She made provisions for the baby and saved the baby who would one day deliver God's people. And just like God heard the Israelite slaves crying out to him to rescue them, he sees us and hears us today. Our sin breaks everything, but God is fixing what is broken. And just like God delivered the Israelites through Moses, He rescues us from our sin through our Savior Jesus.

1. **Read the Text:** [Exodus 2:23-25](#).
2. **Watch Today's Teaching Video at:** eastviewresources.com/bigideas.
3. **Have a Family Discussion:**
 - What is something you learned from the teaching video today?
 - How are we like the slaves in Egypt?
 - In what way do we need God to RESCUE us?
4. **Choose a Family Science Experiment.**
Watch a demonstration at: eastviewresources.com/bigideas

..... THE GOSPEL ACCORDING TO THE EGG

You will need:

- 1 Raw Egg
- 1 Toilet Paper Tube
- 1 Aluminum Pie Tin
- 1 Large Mouth Quart Jar filled with water
- 1 Corn Broom
- Slips of Paper

- Arrange your objects by placing the wide mouth jar on a table with an aluminum pie plate centered on top.
- Place the toilet paper tube vertically in the center of the pie tin.

- Place the egg on top of the toilet paper tube horizontally. Then explain that the egg represents us and the jar is God.
- Ask your child to tell you what sin is, and then together write examples of sin on the slips of paper ([Read Romans 3:23](#)).
- Place the slips of paper into the pie tin, and talk about how our sin separates us from God ([Romans 6:23](#)).
- Then place your foot on the bristles of the broom and pull the handle back so that it acts like it is spring-loaded.
- Talk about how God does not want to be separated from us ([2 Peter 3:9](#)) so He sent His Son Jesus (the broom) to take away our sins ([Hebrews 9:28](#)).
- At this point, release the broom handle towards the pie tin. You will want to arrange it so the handle hits the side of the table and can only reach the pie tin and not the jar or the egg.
- The pie plate and papers will go flying, but the egg will drop right into the water. End the lesson by explaining that Jesus takes away our sin so that we can be close to God ([Romans 6:23](#)). You might take time to practice this by yourself first or just have extra eggs.

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 ADD YOUR NOTES BELOW:

..... THE INERTIA RING GOSPEL

You will need:

Empty 2-Liter Bottle
 Hex Nuts
 a roll of masking tape

- Place the empty two-liter bottle on the table – it represents God. God is holy and righteous. There is no sin in Him.
- Place the hex nut next to the bottle – it represents us. [Romans 3:23](#) tells us that we have all sinned. And because of that sin, we are separated from God. Our relationship is broken.
- Place the roll of tape on the mouth of the bottle – it represents the sin that separates us from God.
- Place the hex nut on top of the tape making sure it is directly above the mouth of the bottle.
- Share [Isaiah 59:2](#) which says that our sins have separated us from God, but God's not okay with that. That breaks his heart, so much that he sent Jesus to die and take away our sins so that we could be with him.
- Quickly remove the roll of tape by placing your finger on the inside of the roll and pulling quickly. The hex nut will fall directly into the bottle.
- Ask your kids how Jesus saves us? Read [1st Peter 3:18](#) and pray together.

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BIG IDEA #1
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**SMALL GROUP
EXPERIENCE**

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GOD RESCUES US



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ADD YOUR NOTES BELOW:
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The memory verse for this week is Exodus 2:24 & 25

And God heard their groaning, and God remembered his covenant with Abraham, with Isaac, and with Jacob. God saw the people of Israel—and God knew.

Gather: (your group getting to know one another)

- If this is your first time gathering together, take a few minutes for all attendees to introduce themselves (name, how long they've been at Eastview, what interests them about the study, etc.) and then share a favorite superhero.
- If you've been together as a group for a while, share a previous situation when you were rescued.

Grow: (your group growing as Christ Followers)

- Take a few minutes to pray together.
- Share the Big Idea: God RESCUES Us and read [Exodus 2:23-25](#) out loud.
- Sing a worship song together. Use the Eastview Spotify account or look up [Lauren Daigle's song "Rescue"](#) or [Hillsong's "God Who Saves."](#)
- Review your notes from Sunday's sermon. What stood out and helped you understand that God Rescues Us?
- This week's teaching video covers the story of Moses and how he was rescued as a baby. Write down and discuss any key phrases or thoughts.

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- At some point in our journey we find ourselves in situations where the only thing left to do is cry out to God. Theologian and radio pastor J. Vernon McGee taught these exact moments set the foundation for the Gospel to be fully experienced. Compare [Exodus 2:23-25](#) and [Romans 5:6-8](#). How do they describe the Gospel story?

- God is in the rescue business of saving and redeeming. His ultimate act of redemption was that He sent Jesus to rescue us eternally. Take turns reading the following passages and then answer the reflection questions.

◦ [Romans 3:23; Ephesians 2:8; Romans 5:8; 1 Peter 3:18](#)

After reading and hearing these verses:

- I know
- These scriptures make me feel
- I can trust God because . . .

◦ [Psalm 18:2; 34:17; 40:17; 62:1; and 68:20](#)

After reading and hearing these verses:

- I know
- These scriptures make me feel
- I can trust God because

- What further reflections or questions do you have based upon this week's Big Idea?
- As a group, repeat together this week's Scripture memory verse.

Give: (your group loving and serving one another)

- In what aspects of your life has God been your rescuer? Choose one group member and share this rescue story.
- Commit to memorizing [Exodus 2:24-25](#) and be able to share this with your group next week.

Go: (your group living out the Big Idea this week)

- This could be a great time to serve those on the front lines of physical rescue in our community. As a group consider serving a meal or doing something special for first responders in our community.
- As a group consider the ways in which we might "rescue" one another, in large ways and small. How can we serve one another and rescue each other this week? Some ideas might include:
 - Babysitting for a family in your small group for a date night
 - Cook a meal for your neighbors
 - Write intentional cards to someone you love going through a hard time

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ADD YOUR NOTES BELOW:
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BIG IDEA #2
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GOD SPEAKS TO US



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ADD YOUR NOTES BELOW:
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SERMON NOTES - EXODUS 3:1-6
SERMON NOTES

MEMORY VERSE

EXODUS 3:5-6

Then he said, "Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground." And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. (ESV)

KEY TAKEAWAYS

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BIG IDEA #2

DAILY DEVOTIONS

A WORSHIPFUL WORD

When was the last time you heard God's voice? I'm not one that's ever heard an audible voice like Moses did in Genesis 3, but I do regularly hear God's voice in my subconscious and feel the Holy Spirit prompt me to do or say something. But there's a catch: in order to hear God's voice, I have to be listening. So, what are you listening to?

To worship means to ascribe something its proper worth. Often when we hear the word "worship," we picture things such as singing, giving, or lifting of hands. Those are all acts of worship that we find in God's word, but our worship to Him isn't limited to that hour a week that we spend in church. We can worship Him daily by how we spend our time and what we choose to think about.

When I make space in my life to hear God's voice, that's an act of worship because I'm humbling myself and acknowledging that His words provide me with the guidance I need. In doing that, I'm showing God what I believe His worth to be. In my life, this means praying and hearing His voice on my drive to work. Sometimes it's a comforting feeling in the midst of my worry that "everything is going to be alright" when I hear a worship song on my phone before I go to sleep. This also happens when I start my day by opening up God's word and reading the words that He has inspired other believers who have gone before me to write. If I'm honest, I too often make myself too busy to hear God's voice. But I find that I'm more at peace when I make room for Him.

He wants to speak to us. Are we listening?

— Gary Sexton

ADD YOUR NOTES BELOW:




Monday: Read [Exodus 3:14](#)

God spoke to Moses. He made it clear who He is. He speaks truth to us today.

 **Have you ever heard God speak to your heart? If so, what did you hear? If not, pray that you can hear Him in some way this week.**

Tuesday: Read [Psalm 85:8](#)

When we aren't sure if we are hearing God, we can test it by looking for His peace.

 **Where do you need peace today?**


Wednesday: Read [1 Kings 22:14](#)

The prophet Micaiah wasn't a popular guy because his message went against King Ahab. However, His words were directly from the Lord and true.

 **Is it easy for you to speak God's truth or do you tend to stay silent?**


Thursday: Read [Psalm 29:4](#)

His voice calms storms, heals, and sets people free.

 **Where do you need the power of the Lord to speak into your life today?**

Friday: Read [John 10:3-5](#)

We serve a God who knows our names. We can trust where He leads us.

 **What are you asking Him to help lead you through currently?**

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ADD YOUR NOTES BELOW:
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BIG IDEA #2



ADD YOUR NOTES BELOW:

FAMILY EXPERIENCE

GOD SPEAKS TO US

Can you imagine God talking to you through a burning bush? Talk about an attention-getter! God had a special mission for Moses, and He told him exactly what to do and say! Sometimes, in our lives, it sure would be nice to have God talk to us in such a miraculous way! But God IS talking to us all the time: through his Word, through His Holy Spirit, through the life of His Son, and through other Christians. If we learn to listen to his voice, we will hear him. We will talk today about how God speaks to us and how we can learn to listen to him!

1. **Read the Text:** [Exodus 3:1-6](#).
2. **Watch Today's Teaching Video at:** eastviewresources.com/bigideas.
3. **Have a Family Discussion:**
 - What is something you learned from the teaching video today?
 - How have you heard from God?
 - What can we do to get better at listening to God?
4. **Choose a Family Science Experiment.**
Watch a demonstration at: eastviewresources.com/bigideas.

..... CREATING SOUND WITH WATER & GLASS

You will need:

Glass Glasses – crystal glasses, wine glasses and water goblets work best
(parents, check to make sure your glasses work ahead of time)

- Fill your glasses with various amounts of water.
- Dampen your finger with water from the glasses.
- Place the flat part of your index fingertip and slowly move your finger around the rim of the glass. You might need to try more or less pressure and adjust your speed, but eventually, you will create a ringing noise from your glass.

As your finger glides across the glass, it will create vibrations – which is essentially what sound is. Sound waves are vibrations that move through all kinds of things like air and water. Our ears have receptors that can process those waves and communicate with our brains so that we hear.

Just like God’s design for the ear and the brain to work together so that we can hear, He has created us to be able to hear Him as well. We might never hear His actual voice this side of Heaven, but he has given us ways to hear from Him. How can we hear from God?

For extra fun, experiment with different levels of water to try to make a song or harmonies. Search online for performances on crystal glasses – there are some amazing songs out there. You can also use the same glasses for the following experiment.



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ADD YOUR NOTES BELOW:
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..... SEEING & FEELING SOUND

You will need:

Glass of water
Cookie Sheet
1/2 cup of uncooked rice
Speaker

Sound is created by vibrations, which allows us to see, and even feel sound.

- First start with the glass of water.
- If you did the experiment above, fill one of the glasses about 4/5 full.
- Rub your finger around the rim and as the sound begins you will see patterns on the water’s surface. Different glasses and water levels will create different patterns.
- Next play some music on your speaker – the more powerful the speaker the better. Notice how when you place the glass of water near the speaker, the surface of the water reacts to the music.
- Next, place the rice on the cookie sheet and place the sheet above the speaker. Turn up the music and watch the rice dance to the beat!
- Finally, have your kids plug their ears well or put in earplugs. Have them put their face near the speaker. They will feel the “breeze” of the sound waves as the vibrations are created from the music.

Just as we cannot see the air waves, we cannot see God. But just as we hear those sound waves, God gives us the ability to hear His voice through His word and we can “feel” His voice through His Spirit.

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BIG IDEA # 2
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SMALL GROUP EXPERIENCE

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GOD SPEAKS TO US

The memory verse for this week is [Exodus 3:5&6](#)

Then he said, "Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground." And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Gather: (your group getting to know one another)

- Recite last week's scripture memory verse together.
- Take a few minutes to pray. Ask 2-3 group members to pray that God will open your ears to hear Him.
- Share the Big Idea: "God SPEAKS to us," and choose a member to read [Exodus 3:1-6](#) out loud.
- Sing a worship song together. Use the Eastview Spotify account or take suggestions from group members.

****For your group time, please put away all electronic devices and other distractions in order to fully focus on the group and what God might be teaching you through your group gathering****

Grow: (your group growing as Christ Followers)

- Review your notes from Sunday's sermon. What helped you understand the Big Idea that God SPEAKS to Us?
- This week's teaching video covers the story of Moses and the burning bush. Write down and discuss any key phrases or thoughts.

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ADD YOUR NOTES BELOW:
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- God starts His conversation with Moses by calling out his name ([Exodus 3:4](#)). Author and Christian college president Philip Ryken reminds us that God also speaks to each one of us by name. He uniquely and distinctly calls us to himself. Read [Isaiah 43:13](#) together and then discuss how God called you into a relationship with him.
- Even though God calls us by name, many other voices vie for our attention. Take a few minutes to identify the following:
 - Who are the primary voices in your life? (Those you listen to the most)
 - What distractions keep you from hearing God's voice more clearly?
 - Sin can distract us from hearing God's voice. What sins currently block your conversation with God?
 - Scripture has a lot to say about who we are in Christ. Take a few minutes and make a list of some of the promises the Word offers about our identity.
- Hearing God requires actively listening to him. Ask a group member to pray "God focus our minds on you and open our ears and hearts to hear what you have for us in this study." Set a timer and sit in silence for 3-5 minutes and listen, in trust, for God's answer, and then debrief your experience.
- Refer to this week's daily devotions and on your reflection times. What did you hear from God's Word?
- Active listening is paying your full attention and then putting what you hear into action. It's hearing and doing. What is something God has asked you to do but you have been hesitant to do?
- As a group, repeat together this week's Scripture Memory Verse.

Give: (your group loving and serving one another)

- Choose a spiritual practice (prayer, reading the word, musical worship, etc.) that will help you hear God's voice. Ask a group member to hold you accountable by checking in with you daily via text, call, or email.

Go: (your group living out the Big Idea this week)

- This is a great week to practice "prayer walking" as a group and individually. Prayer walking has been described as "praying on-site with insight." When you hear the sounds and see the sights of a particular place, you understand better how to pray for the people in that location. Go on a walk as a small group through your neighborhood, around your children's schools, a place of work, and ask God to move.
- Intentionally create space to listen to God. Choose to be technology and screen-free for the first and last thirty minutes of each day this week.

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ADD YOUR NOTES BELOW:
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BIG IDEA #3
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GOD IS POWERFUL

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SERMON NOTES - EXODUS 8:18-19

SERMON NOTES



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ADD YOUR NOTES BELOW:
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MEMORY VERSE EXODUS 8:19

Then the magicians said to Pharaoh, "This is the finger of God." But Pharaoh's heart was hardened, and he would not listen to them, as the Lord had said. (ESV)

KEY TAKEAWAYS

BIG IDEA #3

DAILY DEVOTIONS

A WORSHIPFUL WORD

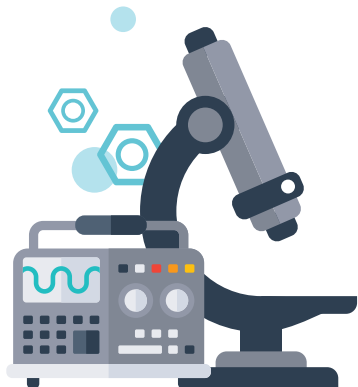
How many times do we miss the obvious power of God because our hearts aren't prepared? Maybe it's because we've allowed circumstances, or life's hardships, to dictate our understanding of God's ultimate authority and power. I want to focus on the power of God in the local church gathering. God brings together hundreds, even thousands from all walks of life. Among them are different personalities, competing belief systems, and broken and redeemed people. They've all agreed to meet in one place, at one time, to worship one God. Fascinating, isn't it?

God is powerful. He takes music and lyrics and reshapes one of His children, while another is in joyous admiration. He draws one to their knees, while another raises their hands. He shows one how near He is, while another how great He is. He revives one heart, while he renews another. He ministers to individuals right where they are and this is done in an instant, simultaneously.

We all have the immense privilege of witnessing this amazing, miraculous, transforming power each week. You can't convince me God is not powerful. He's not only ridiculously powerful, but He is also graciously powerful. He meets the needs of his own at the moment they need it. Are you looking for it? Don't let your heart become hard. To God be the glory, honor, praise, and power! Amen.

—Jason Sanderson

ADD YOUR NOTES BELOW:



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ADD YOUR NOTES BELOW:
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Monday: Read [Exodus 9:16](#)

God called Moses to proclaim (tell of) His name. We each have the power in us, through God, to tell people about Him.

 **Who do you want to talk about Jesus with this week?**


Tuesday: Read [Isaiah 41:10](#)

God is so big and so amazing that there is nothing in this world that God can't do. We can trust Him to lead us and help us to not be afraid.

 **What makes you feel afraid, and how can you give that to Jesus today?**


Wednesday: Read [Ephesians 6:10](#)

This verse comes after the list of the armor of God. When we put on the armor, we can be strong in Him.

 **Which part (or parts) of the armor of God do you need today?**


Thursday: Read [2 Corinthians 12:9](#)

It is so important to remember that our weaknesses do not disqualify us from a relationship with Jesus. In God's power, He takes our weaknesses and uses them to show His power. Process how God can use your weakness today.

 **Which weakness, in your life, would you like to ask God to show His power?**

Friday: Read [2 Timothy 1:7](#)

This week has reminded us that God is powerful. He is a good God and shares with us the Spirit of power, love, and self-control. We can walk in His power and not fear.

 **Do you need more power, love, or self-control in your life this week?**

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BIG IDEA #3
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ADD YOUR NOTES BELOW:
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FAMILY EXPERIENCE

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GOD IS POWERFUL

God's power is amazing! It is hard for our minds to comprehend how powerful God is, but we can believe it is true! In today's lesson, we see how the Israelites were able to see God's mighty power at work as He delivered them from a wicked King by bringing plagues on the Egyptians. Sometimes we might feel hopeless like the Israelites did when they thought they were trapped in slavery. We all face obstacles and challenges in life, and still today, God helps us in our troubles. He is bigger than our fears and our problems.

1. **Read the Text:** [Exodus 8:18-19](#).
2. **Watch Today's Teaching Video at:** eastviewresources.com/bigideas.
3. **Have a Family Discussion:**
 - What is something you learned from the teaching video today?
 - How have you seen the power of God?
 - Where do we as a family need to see God's power?
4. **Choose a Family Science Experiment.**
Watch a demonstration at: eastviewresources.com/bigideas

..... **INVISIBLE POWER**

You will need:

24" length of plastic pvc pipe - a whiffle bat will also work
(any plastic tube you can create a static charge on)
8"x 8" square cut from a thin plastic grocery bag
Empty pop can
Micro-fiber towel or fluffy bath towel

- Place an empty pop can on its side on a flat surface.
- While holding one end of the plastic tube, vigorously rub the tube with the towel for 5-10 seconds.
- Then hold the tube alongside the can without touching it. It will start to roll. Play around with moving it back and forth. If you have extra supplies, have races against each other.

- Next, charge the tube again and place the square of grocery bag above the tube. The static electricity will keep it in the air. You will have to move the tube around as the plastic bag floats. See how long you can keep it up.
- Finally, turn on a water faucet so that there is only a thin straight line of water flowing. Charge the tube with the towel and hold it close to the stream without touching it. It will bend the stream of water.

Just like we cannot see the power created by static electricity at work between the tube and the items, we cannot see God. But, just like we can see the effects of the static charge, we can see the effects of God's power when he is at work in our lives. How has God shown his power in your life or world?

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ADD YOUR NOTES BELOW:
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..... SURPRISING POWER

You will need:

Playing card (or square cut out of a cereal box)
Cup or bottle (with opening smaller than the playing card)

- Fill the cup or bottle with water until it is $\frac{3}{4}$ full.
- Place the card on top of the cup.
- While holding the card against the cup, flip the cup over.
- Slowly move your hand off of the card. The card will stay in place and the water will stay in the cup.

Normally when you turn a container of liquid upside down without a lid on, the liquid will pour out. The power of air pressure is what is keeping the water in the cup. There is 14.7 pounds of air pressure per square inch in Illinois. It's all around us but we cannot see it. So, depending on the size of the cup and card you used, you might even have 50 lbs. of air pressure holding that card on.

God's power is like this experiment in that He is able to do things that surprise us. A cup of water turned upside down should spill. Likewise, God's power can bring about unexpected results.



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BIG IDEA #3
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SMALL GROUP EXPERIENCE

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ADD YOUR NOTES BELOW:
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GOD IS POWERFUL

The memory verse for this week is [Exodus 8:19](#)

Then the magicians said to Pharaoh, “This is the finger of God.” But Pharaoh’s heart was hardened, and he would not listen to them, as the LORD had said.

Gather: (your group getting to know one another)

- Recite last week’s scripture memory verse together.
- Take a few minutes to pray together. Ask 2-3 group members to pray that God will open your eyes to see His power.
- Share the Big Idea: “God is POWERFUL,” and choose a member to read [Exodus 8:16-19](#) out loud.

Grow: (your group growing as Christ Followers)

- What stands out from Sunday’s sermon and helps you understand the Big Idea of God’s power?
- This week’s teaching video covers the ten plagues of Egypt. Write down and discuss any key phrases or thoughts.

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- [Psalm 66](#) proclaims the power and majesty of God. Take some time and experience this psalm of praise.
 - Read [Psalm 66:1-4](#) in unison.
 - Have one person read aloud [Psalm 66:5-15](#).
 - As a group, put Psalm 66:8 into practice and sing one or two worship songs. Use the Eastview Spotify Account or take suggestions from members.

- Read [Psalm 66:16-20](#). Ask several members to share one situation in life where God has displayed His awesome power.
- Rank the following according to where you most easily see God's power on display, with 1 being the most likely for you.

____ Creation ____ Worship ____ Relationships
 ____ His Word ____ Prayer ____ Other: _____

- We learn in Exodus 9 that Pharaoh refused to obey God and his sin hardened his heart toward God's power. If we are not careful, sin creates a barrier in our relationship with Jesus and can also harden our hearts to the ways of God. Read [Colossians 3:1-11](#). Honestly consider any area of your life where you have allowed your heart to harden rather than be obedient to God and share with the group.
- Sometimes we may feel as hopeless as the Israelites did when they were trapped in slavery. Remember the Big Idea; God is POWERFUL and he will help us through our difficult times. Read [2 Timothy 1:6-7](#). Share any areas in which you need to restore hope or need to see God's power.
- Which daily Scripture was the most compelling for you this week?
- As a group, repeat together this week's Scripture Memory Verse: [Exodus 8:19](#).

Give: (your group serving and loving each other)

- Break into smaller groups: male and female. Take some time to confess any sin that hardens your heart. Ask your group members to help you obey God's word through prayer and accountability.

Go: (your group living out the Big Idea this week)

- Spend some time individually over the next week meditating on the idea of a "hardened heart." One of the primary ways in which God leads people to relationships with Himself is through friends or family members. Who is the family member or friend that you have given up on and hardened your heart towards? Pray and process through this individually and come ready to share with your group about this journey. Pray and act on how God leads you to reach out to that person with ridiculous love.

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 ADD YOUR NOTES BELOW:



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BIG IDEA #4
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**GOD
IS GREAT**

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SERMON NOTES - EXODUS 14:21-31

SERMON NOTES



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ADD YOUR NOTES BELOW:
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MEMORY VERSE
EXODUS 14:30-31

Thus the Lord saved Israel that day from the hand of the Egyptians, and Israel saw the Egyptians dead on the seashore. Israel saw the great power that the Lord used against the Egyptians, so the people feared the Lord, and they believed in the Lord and in his servant Moses.(ESV)

KEY TAKEAWAYS

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BIG IDEA #4

DAILY DEVOTIONS

A WORSHIPFUL WORD

Wow! This week's passage is telling us that everything is under God's authority. EVERYTHING. His reign is thorough. Complete. Without weakness. And he rules over all of these things with perfect wisdom and love. There's only one word to describe all of that - GREAT.

So...why am I spending so much time explaining the meaning of this one word? My reason is this: As worshipers, how we understand the word "great" affects how we consider God when we go before Him in worship. When I sing the words, "Then sings my soul, my Savior, God, to Thee, 'How great Thou art!'" I want to know what that means. By the way, I love those lyrics. The author didn't write, "Then sings my mouth." No. He wrote, "Then sings my SOUL". It's because when we consider how incomprehensibly great God is, our song comes from the deepest part of who we are.

Praise be to the GREAT God who was and is and is to come!

— Matt Ludwig

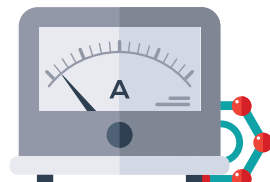
"O Lord my God, when I, in awesome wonder, consider all the worlds Thy hands have made,

I see the stars, I hear the rolling thunder, Thy power throughout the universe displayed.

Then sings my soul, my Savior, God, to Thee, 'How great Thou art! How great Thou art!'

Then sings my soul, my Savior, God, to Thee, 'How great Thou art! How great Thou art!'"

"How Great Thou Art" by Stuart K. Hine



ADD YOUR NOTES BELOW:

Monday: Read [Jeremiah 10:6](#)

There is none like God. Period. He is above all and beyond all. He is so great, even His name has great might. Today, focus on how great God is!



How can you believe in His greatness this week?

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ADD YOUR NOTES BELOW:
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Tuesday: Read [Psalm 95:3](#)

Sometimes we get distracted by the people in authority on Earth. Today's verse reminds us that God's greatness is beyond any authority we will see on Earth.



Is there a situation, scenario, or circumstance in your life where God seems small? List it and then remind yourself how great God is!

Wednesday: Read [Zechariah 9:3](#)

God is so great that even His goodness and beauty are described as great. Think of the most beautiful sunset you've ever seen. God's greatness, goodness, and beauty are even better!



What is the most beautiful thing you've ever seen?

Thursday: Read [Job 36:26](#)

We could spend our entire lives describing how great God is and there would still be more ways to describe Him! Even in the midst of turmoil, Job held on to the greatness of God.



What is something hard in your life that you need to claim God's greatness over?

Friday: Read [Acts 4:33](#)

To walk in God's greatness is to testify to the gospel of Jesus. When we do that we can walk in His great grace. God's greatness is displayed in power through Jesus!



What part of your testimony(story) tells of the greatness of God?

BIG IDEA #4



ADD YOUR NOTES BELOW:

FAMILY EXPERIENCE



GOD IS GREAT

Last week, we learned about God's power as he sent terrible plagues on Pharaoh and the Egyptians. In today's lesson, we see God's power as he parted the Red Sea right down the middle for the Israelites to walk across on dry land! We will learn how great and mighty our God is, and how that matters to us in our lives even today. God asks us to trust Him to lead us through life's challenges. And like the Israelites, when we trust, we will see God's great power at work in our world.

1. **Read the Text:** [Exodus 14:21-31](#).
2. **Watch Today's Teaching Video at:** eastviewresources.com/bigideas.
3. **Have a Family Discussion:**
 - What is something you learned from the teaching video today?
 - In what ways do you think God is great?
 - How can God's power show us that we can trust him?
4. **Choose a Family Science Experiment.**
Watch a demonstration at: eastviewresources.com/bigideas.

..... WATER BOTTLE SURPRISE

You will need:

Bottle with lid
Water
Push Pin/Thumbtack

You might want to do this over the kitchen sink.

- Fill the bottle with water and screw the lid on tight.
- Use the tack to poke 5 or 6 holes towards the bottom fourth of the bottle. While some water will come out as you are handling the bottle, once you let it go, it will stop. The water will stay in the bottle due to the pressure created by the air pressure on the outside of the bottle.

- Now unscrew the lid and the water will start to come out as the air pressure can enter the bottle. The cap on the bottle kept the air out of the bottle which kept the water inside the bottle.

God controlled the waters of the Red Sea. He did this miracle so the Israelites could escape from the Egyptians. God has authority over the water of the seas, the enemies of Israel, and the problems and challenges you face in your life.

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ADD YOUR NOTES BELOW:
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..... SANDWICH BAG SKEWER

You will need:

Sandwich bag
Sharpened Pencil

- Fill the sandwich bag with water and seal it up tight.
- Poke your sharpened pencil all the way through the bag and out the other side. Leave the pencil sticking out of the bag.

What happened? Did all of the water spill out? Are you surprised? Well, the bag is made up of something called polymers. They are what make the bag flexible and stretchy. They are also what closes up around the pencil to seal the holes and keep the water from emptying out.

We know this is science and not a miracle – but it is still surprising. God and Jesus did several miracles with water. Can you think of some? Parting the Red Sea and the Jordan River, changing water into wine, walking on water, turning the Nile River water into blood, and more!

God has the power and authority over all of the natural laws in our universe. And he has the power and authority to do miracles in people's lives. Take time to share a personal story with your family about how God showed His power in an unexpected, perhaps even miraculous way in your life.



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BIG IDEA #4
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**SMALL GROUP
EXPERIENCE**
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GOD IS GREAT

The memory verse for this week is [Exodus 14:30-31](#)

Thus the LORD saved Israel that day from the hand of the Egyptians, and Israel saw the Egyptians dead on the seashore. Israel saw the great power that the LORD used against the Egyptians, so the people feared the LORD, and they believed in the LORD and in his servant Moses.

Gather: (your group getting to know one another)

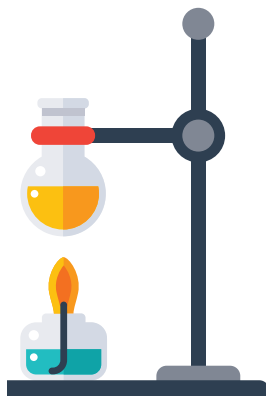
- Recite last week's scripture memory verse together.
- Take a few minutes to pray together. Start with a minute or two of silence and then ask a group member to read King David's prayer found in [1 Chronicles 29:10-13](#) as the opening prayer.
- Share the Big Idea: "God is GREAT," and choose a member to read [Exodus 14:21-31](#) out loud.
- Worship together using Eastview's Spotify account or other suggested songs from group members.

Grow: (your group growing as Christ followers)

- Discuss your Sunday sermon notes and highlight for one another any points that help you understand the Big Idea that God is GREAT.
- This week's teaching video covers God's parting of the Red Sea that allowed the Israelites to pass through safely. Write down and discuss any key phrases or thoughts.

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ADD YOUR NOTES BELOW:
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- God's greatness is on display in Exodus 14. What other attributes of God can you find in this story?
- The Book of Psalms is a treasure trove of declarations about God's greatness. Read the following Psalms:
 - [Psalm 47:1-4](#); [96:1-4](#); [145:1-3](#); [147:5-6](#)
 - What do these verses say about the greatness of our God? How do you see it on display in your own life?
- Even when we say, "God is GREAT," we cannot comprehend His preeminence. Take a few minutes to read and discuss the following passages:
 - [2 Chronicles 20:5-9](#). How is God's greatness on display?
 - [Isaiah 55:8-11](#). What do we learn about God's way and His Word?
 - [Jeremiah 10:6-7](#). What is the truth about God?
 - [Jeremiah 32:16-19](#). How is God's greatness described?
 - How do these passages speak truth into your current situations?
- As you read this week's daily devotionals, which ones affected you most powerfully?
- As a group, recite this week's Scripture Memory Verse: [Exodus 14:30-31](#)

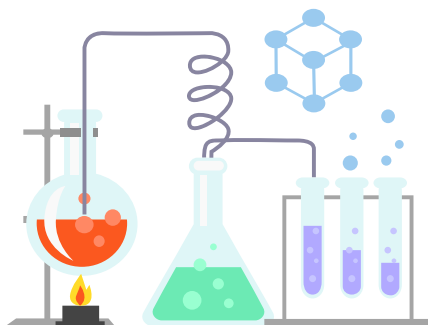
Give: (your group serving and loving each other)

- Take another moment to worship together as a group or choose a worship song and read the lyrics out loud. Use this time to speak or sing about the greatness of our God.

Go: (your group living out the Big Idea this week)

- Believing God can perform miracles like the one we see in this story can be difficult. Miracles can be physical ones; they can also be spiritual like the process of conversion to becoming a follower of Jesus and more. What miracles have taken place in your life that you can remember and praise God for as a group? What miracle are you still waiting on? Miracles are fantastic ways in which we can witness to a hurting and broken world. Don't forget to praise God communally when He answers your prayers.

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ADD YOUR NOTES BELOW:
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BIG IDEA #5
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GOD CARES FOR US

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SERMON NOTES - EXODUS 16:9-18

SERMON NOTES

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ADD YOUR NOTES BELOW:
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MEMORY VERSE EXODUS 16:15

When the people of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread that the Lord has given you to eat." (ESV)

KEY TAKEAWAYS

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BIG IDEA # 5
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ADD YOUR NOTES BELOW:
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DAILY DEVOTIONS

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A WORSHIPFUL WORD

Wow! I write these words in an uncanny time. The subject I've been given is about God's provision, yet as I write this, our nation suffers through a historical time of need and fear. However, I believe that God is using this time just as He taught the Israelites in Exodus 16 to teach us about His faithfulness.

You're probably like me: I know what I need and I know when I need it. But God doesn't give me everything that I need right from the start. If He did, why would I need God? Instead, God gives me just what I need for today. And in doing that, my trust in Him grows.

I don't think God wants His blessings in my life to run too far ahead of my trust in Him. If at the end of my life, I have everything I've ever wanted but I don't have faith in God, then what do I even have? Oddly enough, it's in times when I'm in need that I'm most reminded of His desire to care for me. Times like these remind me of a song that says:

"Higher than the mountains that I face

Stronger than the power of the grave

Constant through the trial and the change

This one thing remains."

"This one thing" that is higher, stronger, and constant is love. In His love, God always provides what I need. He doesn't always do it in my timing and in my way, but He is always faithful to His promises.

— Gary Sexton



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ADD YOUR NOTES BELOW:
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Monday: Read [1 Peter 5:7](#)

Take a deep breath and speak the words, “God cares for me,” over yourself. Doesn’t that feel so refreshing? Do that as many times as you need to today (and every day).

 **How do you feel holding on to the truth that God cares for you?**

Tuesday: Read [Psalm 8:4](#)

The verse before this reminds us that God put the moon and stars in place. We’ve also talked about how God is powerful and great. He is such a big God and He cares for us. It’s Amazing!

 **Do you really trust that God cares for you?**


Wednesday: Read [Hebrews 2:6](#)

Does this verse sound familiar? God thought it was important enough to put in the Bible twice, so we thought it’s worth reading twice. Even if it doesn’t feel like it, He cares!

 **What is one way that you know God cares for you and your life?**


Thursday: Read [Psalm 94:19](#)

We serve such a kind and caring God. He overwhelms us with His goodness and cheers us up when we are stressed and anxious.

 **What is something that cheers you up when you are down?**

Friday: Read [Mark 4:38-39](#)

When the disciples questioned if Jesus cared, He responded by calming the sea. When we question if He cares, He can and will calm the anxieties and the “storms” in our lives.

 **Are you afraid of storms? Where do you need to be reminded today that God cares enough to calm the storms in your life?**

BIG IDEA #5

FAMILY EXPERIENCE



ADD YOUR NOTES BELOW:

GOD CARES FOR US

What an amazing story of how God took care of the Israelites! First, he led them out of Egypt through a series of incredible miracles. Then he provided them with a cloud to lead them by day and a pillar of fire to lead them by night! When they needed food, he delivered quail in the evening and manna in the morning! Talk about room service! God took care of the Israelites' every need. And we will see how He continues to take care of our needs today.

1. **Read the Text:** [Exodus 16:9-18](#).
2. **Watch Today's Teaching Video at:** eastviewresources.com/bigideas.
3. **Have a Family Discussion:**
 - What is something you learned from the teaching video today?
 - In what ways do you think God meets our needs today?
 - How do we show God that we trust him to take care of us?
 - The Israelites grumbled and complained to God. How can we be thankful for what God has done for us?
4. **Choose a Family Science Experiment.**
Watch a demonstration at: eastviewresources.com/bigideas.

ELEPHANT TOOTHPASTE

You will need:

2 tablespoons of warm water
1 teaspoon of dry yeast
½ cup of 6% Hydrogen Peroxide
Dish soap
Empty Water Bottle
Food Coloring
Funnel

You will want to do this in a sink or on a large cookie sheet or cake pan.

- Mix the water and yeast in a small cup and set aside.
- Pour the Hydrogen Peroxide into the water bottle.
- Add a squirt of dish soap to the water bottle.
- Then dribble stripes of food coloring down the sides of the inside of the water bottle.
- Place the funnel into the water bottle and add the yeast/water mixture.
- Then remove the funnel and watch what happens.

The yeast breaks down the hydrogen peroxide and causes the oxygen to escape from the water. But the oxygen gets caught in the soap and creates the foam that you saw. Were you surprised how much foam it made? It seems like it keeps coming and coming.

God provided for the Israelites day after day, year after year. He was always faithful to take care of their needs. What does it look like to trust that God will provide for us?

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ADD YOUR NOTES BELOW:
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..... LAVA LAMP

You will need:

Vegetable Oil
Empty Clean Water Bottle (smooth sides best)
Food Coloring
Water
Alka Seltzer Tablet

- Fill the bottle up about 1/4 with water.
- Pour the vegetable oil in the bottle until it is almost full. You may have to wait a couple of minutes for the oil and water to separate.
- Add a few drops of food coloring. You will see the drops sink through the oil.
- Break your Alka Seltzer tablet in half and drop part of it into the bottle. The colored blobs will rise and fall.

The oil is less dense or lighter than water, so it floats to the top. The food coloring has the same density of the water, so it sinks through the oil to the bottom. The gas is lighter than both the water and the oil, so it rises to the top with some of the colored water to create the Lava.

Let this lava lamp remind you of the manna and the quail that continued to come from heaven without fail. And let the rising bubbles remind us to return our thanks to heaven for what God has done for us.

BIG IDEA #5

SMALL GROUP EXPERIENCE



ADD YOUR NOTES BELOW:

GOD CARES FOR US

The memory verse for this week is [Exodus 16:15](#)

When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread that the LORD has given you to eat.”

Gather: (your group getting to know one another)

- Recite last week’s scripture memory verse together.
- Take a few minutes to pray together. Ask 2-3 group members to pray that God will remind us of his affectionate care for us.
- Share the Big Idea: “God CARES for us,” and choose a member to read [Exodus 16:9-18](#) out loud.
- Worship Together using Eastview’s Spotify account, or suggested songs from group members.

Grow: (your group growing as Christ Followers)

- What stands out from Sunday’s sermon and helps you understand the Big Idea that God CARES for us?
- This week’s teaching video shows how God provided food for the Israelites during their journey through the desert. Write down and discuss any key phrases or thoughts.

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- Philip Ryken reminds us that a complaining spirit indicates a problem in our relationship with God. Sometimes we confuse what we want with what we need. Where do we see this in the Exodus 16 story?
- [Psalm 111:1-6](#) praises the Lord's care for his people. Read this passage together. Note any words that describe God's care. Discuss one example of how God has provided for you in the past week.
- In [Matthew 6:25-34](#) Jesus reassures us that He will guide, protect, and provide for us.
 - Take a moment to identify and share one or two things that cause worry in your life.
 - In our own lives where have we seen
 - God's guidance:
 - God's protection:
 - God's provision:
- Jesus calls Himself the "bread of life," and compares Himself to the manna that was given to the Israelites during their time in the wilderness.

Read [John 6:32-51](#).

- What provisions does Jesus say he will provide in verse 35?
- Where do you see the Gospel message in this passage?
- Why does Jesus compare Himself to manna in verses 47-51?
- How do you know Jesus cares for you?
- Which daily scripture most encouraged you this week?
- As a group say together this week's Scripture Memory Verse: [Exodus 16:15](#)

Give: (your group serving and loving each other)

- God's plan for providing for his people around the world includes our willingness to give and care for one another. Decide one specific way you will care for each other and someone outside of your group.

Go: (your group living out the Big Idea this week)

- Food is one of the healing ointments of the soul. How can you provide food for someone(s) in need this week as a group? This is a perfect time to join one of our local outreach initiatives and provide meals to hundreds of families each month. Go to eastview.church/serve and start partnering with the various ways we share food with our community.

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ADD YOUR NOTES BELOW:
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BIG IDEA #6
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LOVE GOD AND LOVE PEOPLE

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SERMON NOTES - EXODUS 20:1-17

SERMON NOTES

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ADD YOUR NOTES BELOW:
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MEMORY VERSE EXODUS 20:1-3

"I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before me." (ESV)

KEY TAKEAWAYS

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BIG IDEA #6
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DAILY DEVOTIONS

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A WORSHIPFUL WORD

Have you ever come into a church service with the thought that you have a responsibility? Have you ever wondered what your role as an attendee should be? Let me assure you that God did not create the church for you to just observe and consume and never give. He not only created it for you to experience His love in deeper and more intimate ways, but He also created it for you to experience love for others in deeper and more intimate ways. One of those ways is during musical worship of our God.

You have a vertical and horizontal charge to fulfill every time you worship the King congregationally. Your ultimate focus is the Lord (vertical) and the magnification of all He is. But you also have the love of others (horizontal) as a gift. As a worship leader, I'm inspired, encouraged, and delighted to see others (horizontal) join me in worshipping the One true God (vertical). So, it's not one or the other, it's both. Isn't God amazing?! He helps us worship Him more beautifully by giving us the gift of others to worship alongside. We get to love God, and love people in one act. Praise be to God!

—Jason Sanderson

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ADD YOUR NOTES BELOW:
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Monday: Read [1 John 4:7](#)

The Love of God leads us to know Him and love one another. It is a gift that God gave us through Jesus. This gift is meant to be given away. Share the love of God with everyone you know!



What is the best gift you've ever been given?

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ADD YOUR NOTES BELOW:
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Tuesday: Read [Psalm 36:7](#)

God's love is called steadfast here. We can always count on His love to be our safe place. Because of His love we have a refuge.



How can we share that safe place with others?

Wednesday: Read [1 John 3:18](#)

God's love, through Jesus, is our blueprint on how to share our love. We can give generously and can love abundantly because Jesus showed us the way.



What is one thing you can do to show someone God's love today?

Thursday: Read [John 15:12](#)

Jesus loves us so much and laid down His life for us. He asks us to love others fully the way He does. It's hard to do this on our own. We can ask Jesus to help us with this.



Who do you need God's help loving this week?

Friday: Read [2 Corinthians 13:11](#)

When we give love to our brothers and sisters, we honor God. He reminds us that if we live in peace, comfort each other, and help one another, then His love is with us. When we Love God, then we can Love People.



Take time to thank God for His love and to pray for each other to be able to share His love everywhere we go!

BIG IDEA #6

FAMILY EXPERIENCE

LOVE GOD AND LOVE PEOPLE

All of the law can be summed up in two commands. Love God. Love People. The Ten Commandments give us a starting point for living that out in our day-to-day activities. While the All-Church Study combines all Ten Commandments in one lesson, you should know that in Eastview Kids the Commandments will be broken into a two-week learning experience. This week we focus on the first four which deal with our relationship with God. Next week we will study the last six which focus on our relationship with others.

1. **Read the Text:** [Exodus 20:1-17](#).
2. **Watch Today's Teaching Video at:** eastviewresources.com/bigideas.
3. **Have a Family Discussion:**
 - What is something you learned from the teaching video today?
 - Which of the commandments are easy to do? Hard to do?
 - Read [Matthew 22:37-39](#) together. Today's big idea sums up the Jesus following life – Love God and Love People.
4. **Choose a Family Science Experiment.**
Watch a demonstration at: eastviewresources.com/bigideas.

COLORFUL MILK

You will need:

Milk
Pizza Pan or Round Dish
Food Coloring
Cotton Ball
Dish Soap

- Pour the milk onto the pan so that it is covered by ¼ inch or so.
- Drop food coloring in dots around the pan in a pattern. Use different colors. For example, drip a ring of red close to the outer edge of the pan. Then a little closer to



ADD YOUR NOTES BELOW:

the middle drip a ring of yellow drops. Then a ring of blue closer still to the middle. Add several drops of green to the middle of the dish.

- Soak the cotton ball in dish soap and place it in the middle of the pan. Watch as the dish soap interacts with the milk, pushing the food coloring and creating pretty patterns. Experiment with different colors and patterns.

God made each of us unique. Part of loving people is appreciating those who are different than us. As God looks at His children, He sees a beautiful picture of all types of people who make up His family. Talk about how God has made all types of people and how we as a family can love all people.

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ADD YOUR NOTES BELOW:
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..... VORTEX GENERATOR

You will need:

Empty plastic bottle - no cap
Latex Balloon
Candle
Matches or Lighter

- Cut off the bottom of the plastic bottle.
- Cut the neck of the balloon off so that you only have the large part of the balloon left.
- Stretch the balloon over the cut end of the plastic bottle. Leave just enough slack in the balloon so that you can pinch it and pull it back.
- Light the candle and after letting it burn for 10-15 seconds, blow it out to create smoke.
- Capture the smoke in the bottle by holding the mouth of the bottle in the path of the smoke. Fill the bottle as best you can.
- Gently pull the balloon back slightly and let it go. Adjust how far you pull it back until you get perfect little smoke rings each time you pull it back. It might help to fire your vortex cannon at something dark so everyone can see the vortices. Vortices are rapidly swirling flows of fluid or air. See if you can see the swirling smoke of the vortices.

Just as this little vortex cannon shoots vortices out from it, we are to be sending love out from us to those around us. Agape love is the greatest love in the Bible, and it is always directed at others - not ourselves. This little cannon can remind us to spread love to those around us.

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BIG IDEA #6
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SMALL GROUP EXPERIENCE

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LOVE GOD AND LOVE PEOPLE

The memory verse for this week is [Exodus 20:1-3](#)

And God spoke all these words, saying, “I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before me.”

Gather: (your group getting to know one another)

- Recite last week’s scripture memory verse together.
- Take a few minutes to pray together specifically asking God to reveal your heart toward him and others.
- Share the Big Idea: “LOVE GOD and LOVE PEOPLE,” and choose a group member to read [Psalm 117:1-2](#).
- Then spend some time worshipping together, using Eastview’s Spotify account.

Grow: (your group growing as Christ Followers)

- What stands out from Sunday’s sermon that spurs you to LOVE GOD and LOVE PEOPLE?
- This week’s teaching video covers God’s commandments for His people to live in right relationship with Him and with others. Write down and discuss any key phrases or thoughts.

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ADD YOUR NOTES BELOW:
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- Take a moment and write out each commandment. Include the verse where you found it.

I.	VI.
II.	VII.
III.	VIII.
IV.	IX.
V.	X.

- Next, as a group answer the following two questions about each commandment:
 - What does each commandment mean?
 - What does each commandment teach us about God?
- In [Mark 12:28-34](#) Jesus was asked what commandment was the most important. What did he say?
- Jesus's response quotes [Deuteronomy 6:4-9](#). Take note of the "You shall" language. How should we love God? What keeps you from wholeheartedly doing this?
- Jesus also says that the greatest commandment includes loving people. Sometimes that can be really hard. Colossians 3 gives us specific steps toward doing this well.
 - First, read [Colossians 3:1-2](#). What is the first step in loving people?
 - Next, read [Colossians 3:12-17](#). How can we love people well?
 - Finally, what parts of your personality or habits are not easy for others to love? How can you address those areas?
- What other stories from the life of Jesus help you understand the Big Idea?
- Which daily Scripture challenged you the most this week?
- As a group say out loud this week's Scripture memory verse [Exodus 20:1-3](#).

Give: (your group serving and loving each other)

- Jesus gives all Christ Followers an important command about love. Read [John 13:34-35](#). As you journey through this week, how can you demonstrate the ridiculous love of Jesus to those outside your group?

Go: (your group living out the Big Idea this week)

- Consider as a group what the next best step you need to take to love God and your neighbors well. Choose one of the following resources: [Surprise the World](#) by Michael Frost; [The Art of Neighboring](#) by Jay Pathak, [Gospel Fluency](#) by Jeff Vanderstelt) but the point is to actively love people.

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ADD YOUR NOTES BELOW:
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..... WEEKLY SCRIPTURE
MEMORY VERSE CHART

.....
ADD YOUR NOTES BELOW:
.....

Memorizing Scripture can be fun. It certainly helps us take our next steps in the Christ Following journey. Here are a few tips on how to memorize Scripture. Above all else, take the pressure off and enjoy the process. This is God's Word, not an exam.

Tip 1: Write out the verse(s) word for word five times.

Tip 2: Use your non-writing hand and write out the verse one or two times.

Tip 3: Underline key words or phrases of the passage.

Tip 4: Read the verses out loud twenty times in a row.

Tip 5: Tell the verse as a story to a family member or friend.

BIG IDEA #1: GOD RESCUES US

And God heard their groaning, and God remembered his covenant with Abraham, with Isaac, and with Jacob. God saw the people of Israel—and God knew. *Exodus 2:24&25.*

BIG IDEA #2: GOD SPEAKS TO US

Then he said, "Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground." And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. *Exodus 3:5&6*

BIG IDEA #3: GOD IS POWERFUL

Then the magicians said to Pharaoh, "This is the finger of God." But Pharaoh's heart was hardened, and he would not listen to them, as the LORD had said. *Exodus 8:19*

BIG IDEA #4: GOD IS GREAT

Thus the LORD saved Israel that day from the hand of the Egyptians, and Israel saw the Egyptians dead on the seashore. Israel saw the great power that the LORD used against the Egyptians, so the people feared the LORD, and they believed in the LORD and in his servant Moses. *Exodus 14:30-31*

BIG IDEA #5: GOD CARES FOR US

When the people of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread that the LORD has given you to eat." *Exodus 16:15*

BIG IDEA #6: LOVE GOD AND LOVE PEOPLE

And God spoke all these words, saying, "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before me." *Exodus 20:1-3*



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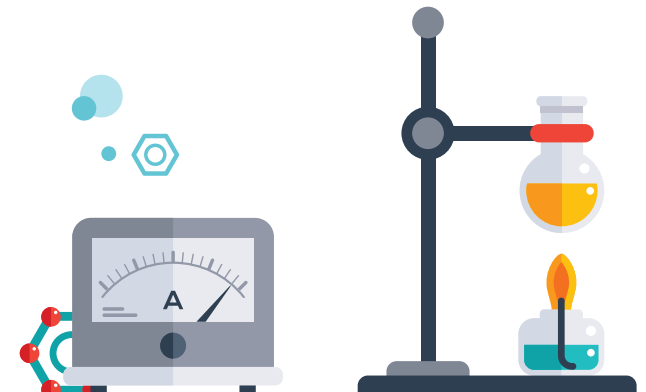
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