Moses and the Ten Plagues: Let My People Go

God hears the cries of His people

Ages about 7-11 | Video 5:25 | Group lesson about 25-35 minutes

Central truth God hears people who suffer and calls them into freedom. A hard heart refuses what is right; we can listen, keep our promises, and care for others.

Learning goals Recall why Moses went to Pharaoh; name two events in the story; explain how Pharaoh broke promises; choose one way to listen and act with care.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online Open this video on Servus Dei

Before watching | 2 minutes

Recall the burning bush. God promised to be with Moses and sent him to help the Israelites. Ask: What does it mean to keep a promise?

Watch and notice

Follow Moses and Aaron, Pharaoh, and the Israelite family who watch events unfold. Notice repeated opportunities for Pharaoh to listen.

Talk together | 6-8 minutes

1. What did Moses ask Pharaoh to do?
Let the Israelites go so they could worship the Lord. They had been kept in slavery.

2. What did Pharaoh do after Moses prayed for relief?
He repeatedly refused to keep his promise and would not release the people.

3. Name two events from the story.
Possible answers include water turning to blood, frogs, gnats, flies, animal disease, boils, hail, locusts, darkness, and the final plague.

4. How did the story end?
After the final plague and Passover, Pharaoh told the Israelites to go. Families gathered their children, animals, and bundles and left Egypt.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

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Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Read the prompts aloud. Accept pictures, pointing, dictated words, or a spoken response. Avoid frightening imagery.

Read & Write Invite a story detail, an explanation, and a practical choice. Short or dictated answers are welcome.

Adapt by readiness

Younger children: focus on God hearing His people and the difference between listening and refusing to help.

Older children: compare Pharaoh's promises and choices. Read a selected passage from Exodus 7-12 with an adult.

A promise put into practice | Optional 4 minutes

Fold a paper into two panels. On one side, write a small promise of care, such as sharing materials or helping tidy a space. On the other, draw the action that will keep it. Practice the action with a trusted adult this week.

Look for understanding The child recalls Moses' request, explains one broken promise, and chooses a concrete act of care.

Closing prayer Faithful God, you hear the cries of your people. Help us listen, keep our promises, and care for those who need help. Lead us in your ways. Amen.

At home Tell an adult why Moses went to Pharaoh. Practice your small promise of care together.

Handout answer notes Remember: Moses asked Pharaoh to let God's people go. Explain: Pharaoh repeatedly refused and broke promises after relief. Apply: accept a safe, concrete act of care within the child's ability.

Teach with care

Preview the whole story. Have a Bible, paper, pencils, and crayons ready. Choose passages and questions suited to the children's readiness. The story includes slavery, illness, animal deaths, storms, and the deaths of Egypt's firstborn, including Pharaoh's son. Families grieve. Preview for sensitive children; do not use graphic reenactments. Do not teach that ordinary sickness or loss proves someone is bad, or portray Egyptians today as enemies. God hears suffering; people of every nation have dignity. Biblical Passover belongs to Israel's history and living Jewish faith. Discuss respectfully; this activity is not a reenactment of a seder.

Words to explain Pharaoh: the title of Egypt's king. Plague: a widespread disaster in this story. Locusts: insects that eat plants. Passover: the sacred observance remembering God's rescue of Israel.

Sources for the leader

Scripture: Moses and Aaron before Pharaoh - Exodus 5
Scripture: The signs and plagues - Exodus 7-10
Scripture: Passover and departure - Exodus 12

Listen and care

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Remember Moses' request. Think about listening and keeping a good promise.

Name _____

Adult helper Read aloud. Invite drawing, pointing, or spoken answers. Writing is optional.

1 Draw Moses and Aaron asking Pharaoh to let the people go.

2 Draw yourself keeping a small promise of care.

Tell How can listening help us care for other people?

Pray God, help me listen and act with care. Amen.

At home Share your picture and one thing you learned about God or following Jesus.

Remember, explain, choose

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Use details from the story. Write or tell your answers.

Name _____

1 Remember

What did Moses ask Pharaoh to do?

Moses asked ...

2 Explain

How did Pharaoh’s choices differ from his promises?

Pharaoh ...

3 Choose

What small promise of care will you keep?

I will ...

Pray God, help me listen and act with care. Amen.

Go deeper Read Exodus 5:1 with an adult. Why did Moses and Aaron go to Pharaoh?