

It's HIStory – Lessons from the Old Testament

When we read the Bible, we're reading history – things that really happened in the past. But we're also reading **His** story – God's story! The Bible reveals God's plan for this world and shows us how He works through different events in time and through different people's lives.

This month we'll look at four people from the Old Testament and the lessons we can learn from things that happened in their lives. As we look deeper into these familiar stories, let's remember that they are all true and all part of His story for this world, including His plan for you and me!



I'm so glad you and your family are joining us this month! Here are a few tips to make your lessons go as smoothly as possible.

- Every study includes four parts to “RAMP up” learning – Read, Apply, Make it Stick, and Prayer. See comesojourn.com/resources for more information on this method.
- I encourage you to preview the lessons before doing them with your family so you are familiar with the material. You know your children best and looking ahead gives you a chance to anticipate areas where they might need more (or less) time and focus for the best understanding.
- The lessons often build upon one another, so it is ideal to do them in order without skipping any.
- Before starting, check out the “Make it Stick” sections where materials for each activity are listed. I try to keep the crafts and activities simple, using things you may already have at home, but take a look in case you need to stock up on anything.
- I recommend printing the verses (last page), cutting them, and posting each verse in a place your children will frequently see it. We like to use the bathroom mirror – memorizing and brushing teeth at the same time!
- Looking for additional reinforcement of the lesson? Check out the “Bonus” section on select weeks for optional extras!

Thanks again for joining us. I pray God blesses your family as you draw near to Him together!

Lesson 1: God Keeps His Promises



Read: Genesis 9:12-17

The story of Noah is a familiar one. We've played with ark toys, loading cute animals into the boat. We've read ABC books with a letter for each animal that climbs aboard. We've even sang songs about Noah and the ark.

But let's dive deeper into HStory and look beyond the ark and the animals to another important part of the story.

After the flood God made a special promise – called a covenant – with Noah. It wasn't just a promise for Noah though, it was a promise for all people that would come after him and all living creatures too.

God promised that He would never destroy the earth with a flood again. Then He gave Noah a sign – a rainbow – as a reminder of the promise He had made.

God kept His promise to Noah, and to everyone who has lived on earth since then. Even now, when we see a rainbow in the sky, we can remember the promise God made and remember that He has kept that promise. God always keeps every promise He makes.

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Apply: What other promises of God can you think of? How has He kept those promises too?

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Make it Stick: Build a Rainbow

Try this science experiment to watch water travel and colors mix, building a beautiful rainbow that reminds us of God's promise!

Materials:

- 6 clear cups (glass or plastic)
- Food coloring (red, yellow, and blue)
- Paper towels (Select-a-size type paper towels work well, or you can cut full size in half)
- Water

Instructions:

- Fill three of the cups about three quarters of the way with water
- In one of the water filled cups add five drops of red food coloring, in the second add five drops of blue, in the third add five drops of yellow
- Arrange the cups in a circle in this order: red, empty, yellow, empty, blue, empty
- Fold each paper towel in half two time (lengthwise) to create a long strip. Depending on the size of your cups you may need to trim the strips for best fit.
- Bend and place the paper towels in the cups so that one end of each strip is in one cup, with the other end in its neighboring cup. Make sure the paper towel is touching the water.
- Watch as the water – and colors – travel and mix to create a rainbow. Be patient, the whole process takes some time! Let it sit for an hour or so and keep checking back to see the progress. This photo was taken about five minutes into the experiment.



Experiment originally found on: <https://funlearningforkids.com/rainbow-walking-water-science-experiment-kids/>

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Pray: Thank God that He keeps His promises.

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Verse: Genesis 9:13

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Bonus: Ark Size Comparison

Help your child visualize the size of the ark with some interesting comparisons from the Answers In Genesis website: <https://answersingenesis.org/noahs-ark/putting-the-ark-into-perspective/>

Older kids might enjoy putting some math skills to work too! Try measuring something familiar, like the family car, then calculate how many put together in a row would equal the length of the ark (approximately 510 feet).

Lesson 2: God Will Make a Way



Read: Exodus 14:13-31

Have you ever had a problem that seemed impossible to solve? Something that seemed too hard to figure out?

Well, the Israelites had a problem that seemed impossible to them. God had sent Moses to rescue them from Egypt and lead them to the Promised Land. But soon after they escaped, pharaoh sent his army after them. With the army chasing them from behind and the Red Sea in front the Israelites thought they were trapped!

But God made a way for them. He did a miracle, parting the sea so they could walk through on dry land!

God's plans cannot be stopped by anything here on earth. Even when we can't see a way through, He will make a way. In anything you face, big or small, remember that you can turn to God and put your trust in Him to lead you through it!

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Apply: Think about something in your life that seemed hard. How did God lead you through it? If you can't think of something for yourself, ask someone you know to share a story from their life!

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Make it Stick: Edible Red Sea

Make a tasty treat together, decorating it to remind you of the miracle God did when He parted the Red Sea.

Materials:

- Treat of your choice (rice krispie bars or brownies work well but other options are fine too!)
- Blue frosting
- Alternatively – to make a healthier option, use graham crackers and peanut butter

Instructions:

- Bake or prepare your treat of choice
- Decorate your treat with blue frosting. Put a little frosting on both sides to look like the water but leave a strip clear in the middle to represent the dry land that the Israelites walked through.

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Pray: Thank God that He makes a way for us. Ask Him to help you trust Him in all situations.

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Verse: Exodus 14:13

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Pray: Thank God that He is on your side and pray that He will give you strength to stand up for what is right.

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Verse: 1 Samuel 17:47

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Bonus: Dave and the Giant Pickle

Check out the Veggie Tales version of this story complete with a giant pickle for Goliath and sheep that fall over!

Instructions:

- To create the lion's face: flatten the cupcake liner, then decorate the center circle to be the face, with the ruffled edge as a mane.
- Tape the lion's face to the top of the popsicle stick.
- Write "God hears you!" on the length of the popsicle stick or, alternatively, write something you want to remember to pray for this week.

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Pray: Thank God that He always hears you. Ask Him to give you strength to obey in all situations.

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Verse: Daniel 6:22

Verses: Cut out the verses to post each week

I set My bow in the cloud, and it shall be for a sign of a covenant between Me and the earth. Genesis 9:13

But Moses said to the people, “Do not fear! Stand by and see the salvation of the Lord which He will accomplish for you today...” Exodus 14:13

And David said, “The Lord who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine.” ... 1 Samuel 17:37

“My God sent His angel and shut the lions’ mouths and they have not harmed me, inasmuch as I was found innocent before Him...” Daniel 6:22