

Household material for Kids (Age 4-7)

Theme: God saves us...so Trust God

1) Prepare – 30 Minutes

- a. Start with teaching the kids a song or two with some actions**
- b. Introductory activity**
- d. Review of last month's psalm verse and introduce the new memory verse**
- e. Teach them a traditional prayer**

Lead them to praise and worship with the help of the songs and psalms they learned and conclude with a traditional prayer. Don't forget to repeat the theme throughout the 3 hours; you can even do it with simple actions.

1 a) Songs

- i. Repeat some songs that they are familiar with
- ii. Pharaoh, pharaoh <https://www.youtube.com/watch?v=5PkMC7O1lq0>
- iii. Lord I lift your name on high <https://www.youtube.com/watch?v=I2N0E8tHe6o>

1b) Introductory activity

Ask the children if they know how to play freeze tag and if they would like to play with you today. Explain that the game is played just like traditional tag, except when you are tagged by the person who is "It" you must "freeze" and remain still until another player comes to "unfreeze" you. After you play, discuss the game. How did it feel to be frozen? Who saved you when you were frozen? How did it feel to be the one freezing people? Who really saves us so that we can live forever in heaven? <http://ministry-to-children.com/childrens-lesson-passover/>

Or

Divide the children into groups of 4 or 5. Ask the team to select a leader for their team. Show the leader a shape [triangle, square, circle etc]. Now the leader has to get that shape formed with the help of their teammates. He cannot speak or pull anyone. The teammates can help him but even they cannot speak. The first group who is able to form the correct shape wins.

1c) Memory Verse

- i. Last month's memory verse was Proverbs 19:21 *Many are the plans of the human heart, but it is the decision of the LORD that endures.*
- ii. For this month teach them the verse - "...**Seeing the blood, I will pass over you" Exodus 12:13.** Remind them that in the Old Testament, it was the blood of the lamb that was put on the door post and the Angel of death passed over that house and everyone was safe in that house, likewise in the New Testament it is the blood of Jesus that saves us.

Include some dynamics to make it interesting. You can ask them to make a song out of this verse - an action song would be better.

1d) Traditional Prayer

Teach them a traditional prayer

2) Present- 2 Hours

- a. Narrate the Bible Story for the Month**
- b. Activity within the story: Seder Meal**
- c. Key Message and Key Bible Verse**
- d. Games**
- e. Section on Saint and activity based on the Saint:**
 - St. Germaine Cousin**
- f. KidCat: How are we Saved?**

2a) Bible Story

Narrate the Bible Story for the Month

This month we will continue our journey in Exodus, the 2nd book of the Bible.

Recap:

Last month, we went through the 10 plagues that were sent upon Pharaoh and his people because he did not let the Israelites free. Today we will look deeper into the last plague which was also the worst one among all. Anyone remember what the last plague was? (The first born of each house died when the angel of death passed by. If you had the blood of a lamb sprinkled on your front door you would be saved.) In the story of the first Passover, God saves his people. Many Jewish people today still celebrate and remember Passover with a Seder (which means "order") Meal. Christians gather around the meal of Holy Communion during worship to be reminded that Jesus gave his body and blood so that we will live forever.

Just like the Israelites were freed from slavery, we are thankful to Jesus who sets us free from our sin. In him, we have forgiveness. In the Last supper, the bread and blood that we drink is that of Jesus, the Passover lamb.

All the details of our Passover meal are in Exodus 12: 1-42, the passage on the first Passover meal.

2b) Activity within the story

(The younger and older kids can probably combine and participate in this meal together)

Music of *Psalms* or the like can be played in the background (the *Psalms* by Rexband can also be used)

Let us have our Passover/ Seder meal

Introduction

As we take part in this meal we will remember what the Israelites had as their first Passover meal. Passover is translated as 'Pesach' in Hebrew. 'Pesach' means passage, so the people would remember when the Angel of death passed over their houses and they were saved from death. Jews celebrate this feast every year as a whole night long affair and we also do this every year on "Maundy Thursday". We will do this in a much shorter time and connect what happened to the Israelites in the Old Testament with what Jesus did for us in the New Testament. Passover is a celebration of springtime - the season of new life. You can set the table up for everyone ahead of time as shown in the page: <http://www.crivoice.org/seder.html> or on page 4 of the pdf file: <http://www.jewishmuseummilwaukee.org/docs/educators/SederActivities.pdf>

General guidelines

Please go through in advance to adjust the proportions to your needs. Please do as much as to involve others in the preparation of this meal. It is in the right spirit of preparing this meal which is to help unite the community. *Please adjust the ingredients according to the local availability.*

Setup instructions

- **Get Started:** Arrange low, round tables (or seating on the floor around tablecloths) for children. Place several candles on each table, and put all supplies on each table, ready for use.

- Consider having an adult or teenager at each table to guide the passing of the items and to supervise the candles. Light the candles and dim the lights before calling kids to the tables.

- Materials to have ahead of time:
 - Tables/ tablecloths based on the setup that works best for you
 - Candles: if safe with the kids you have and if you have enough supervision.
 - Unleavened bread/Matzah/pesaha appum: *A thick chapatti made from wheat or rice flour would also suffice - three pieces per child*
Recipe to prepare unleavened bread:
<http://catholiccuisine.blogspot.in/2011/04/holy-thursday-unleavened-bread.html>
 - Bitter Herb/Maror/bitter gourd: small piece for each child to just bite into (or the juice of it can be given in a teaspoon for everyone to try - whatever works for them to get a sense of the bitterness). *Please ensure that the younger kids can take this taste.*
 - Charoseth ((kha-RO-seth))/mixture of available fruits and nuts:
Charoseth Recipe: Finely chop two large apples and place them in a bowl. Add 1/3cup chopped raisins and 2 teaspoons of cinnamon. (Walnuts would normally be used, but substitute with raisins to avoid allergy concerns.) Mix. Adjust accordingly to allergy concerns that you are aware of.

Please go through the link for a better idea:

<http://www.motherwouldknow.com/journal/passover-mother-makes-charoset-simple.html>

Lamb bone/ Chicken bone (roasted)

- You can either have one piece to pass around/ or lift up and show or
- Have the lamb or chicken meat taken off the bone and cut into small pieces for everyone to share

Please check the link for a recipe:

<http://allrecipes.com/recipe/roast-leg-of-lamb-with-rosemary/>
or marinate with Indian masalas.

Egg

- One roasted egg/ brown egg to pass around or
- If you would like you can have enough for kids to eat

Grape Juice (*though grape juice is highly recommended, if it is not available use any other seasonal fresh fruit juice*)

- 1 cup for each child to drink from

Cup of water

- For each child in case of emergency

Introduction

- What to Do: Ask children to come to the tables.
- Say: Each spring, Jewish people eat a Passover meal called the Seder (SA-der). It's a reminder that God called Moses to lead their people out of Egypt.
- Explain: The word *Seder* means *order*, because everything you eat and drink at a Passover meal is in a special order. We won't serve all the Passover dishes because that takes hours. Instead, we'll try a few and I'll tell you about the rest.

Israelites as slaves

- When the Israelites were in Egypt they were not happy but sad. Does anyone know why? (Because they were slaves... Is being a slave a good thing or a bad thing?)
- Not a good thing at all because you are not free and you are forced to work very very hard. The people of Moses, the Israelites, were slaves. Their rulers were under the rule of the Egyptians for a very long time. They made them work very hard and they didn't get paid.
- Pharaoh needed the Israelites to work for him and so he didn't want to let them go.

Breaking of the unleavened bread- bread of freedom

- Pass around the unleavened bread/matzo/pesaha appam/ *chapatti*.
- Say: When God gave instructions for the first Passover meal, there wasn't time for the Jews to let their bread rise to get nice and fluffy. So at the Passover, we serve this bread without yeast (the stuff that makes the bread rise and makes it nice and fluffy). We have the unleavened bread here. Let's each break off a piece and eat it.
- "Blessed art thou Lord our God, King of the Universe, who brings forth bread from the earth."
- Pause as children eat the unleavened bread and, if they wish, drink water.

Maror: bitter herb (*Skip this step if bitter herb is not used*)

- Pass around the bowl of bitter herb.
- Say: At a Passover meal the Jews also taste a bitter herb. Pass around the bitter gourd
- Say: Bitter herbs remind the Jews of how bitterly they suffered while they were slaves in Egypt. They had very difficult lives.

Charoset (kha-RO-seth)

- Say: Here's another food served at Passover: Charoseth. Allow children to sample the Charoseth on a piece of the unleavened bread.
- Ask: What does it smell like? What does it look like?
- Say: Charoseth looks like mushy cement. The Jews used mushy cement as mortar when they built brick buildings in Egypt.
- Charoseth reminds them of the hard, hard work they did. When we eat this we are reminded that in bitterness there was sweetness. A hope that God will set them free.
- After eating this, help the kids to repeat the prayer: ***Blessed are you our God, King of the Universe, who feeds the whole world, with your goodness and with grace, kindness and mercy, for your mercy endures forever.***

Have table leaders set aside the Charoseth and pass the lamb bone.

Lamb Bone:"...Seeing the blood, I will pass over you." Exodus 12:13. (*If using a lamb bone/chicken bone is not possible, skip the passing of the bone, but explain the symbol of the Passover lamb*)

- As the bone is passed, say: At the Passover, lamb is served. It's a reminder that spreading lambs' blood on their doorposts kept the Jews safe in Egypt. God saved his people from the plague because he loves them! Who remembers the Bible memory verse for this month? "...*Seeing the blood, I will pass over you.*" Exodus 12:13.
 - This is the symbol of the Passover lamb that was killed so that our children might live. It reminds us that God loves us so He gave us life and not death, and that we are called to love God in return by obeying Him.
 - (Adult puts the lamb bone down and passes or lifts up the egg for all to see)
 - Say: Eggs are a symbol of springtime and new life. Roasted eggs reminded the Jews that Passover comes in the spring, and of a special festival.
- (Adult puts the egg down and passes the cup of Praise for all to drink)

Cup of Thanksgiving: Grape Juice (or any other seasonal fresh fruit juice according to the local convenience)

- Say: We take this cup and thank God for bringing us out of Egypt and giving us freedom.
- (Encourage 1 or 2 kids to say a spontaneous prayer of Thanks!)
- Kids repeat after the leader: Blessed art thou Lord our God, King of the Universe creator of the fruit of the vine.
- Everyone drinks from their cup.

Do a simple version if the above mentioned Seder meal is not possible:

Teach the children the tradition of Passover with a picture of a Seder plate.

Please go to the link to print http://www.freekidscrafts.com/wp-content/uploads/sedar_plate.jpg or go to the image given at the end of this material. Print the image out and fix it in a plate. Colour the six items given on the plate. Explain it one by one to the kids with the help of the steps of Seder Meal mentioned above. To give an example of Passover, please arrange a thick chapatti made from wheat or rice flour and any sweet drink. Help them to dip a piece of bread in the sweet drink and have. Tell them that we celebrate the Passover on "Maundy Thursday", or the day before Good Friday. Ask the kids whether they are able to recollect their last "Maundy Thursday"

Closing of this Seder Meal

- Say: The Seder is a reminder of a mighty thing God did for his people. They were slaves and they couldn't escape. Their lives were hard. They cried. They had to make bricks and build huge buildings for Pharaoh. But then God set them free! God brought them to a Promised Land. But he gave them something even more precious than the new land — the promise that a Savior was coming!
- We now know that the Savior was.....*Jesus*...he set us free from slavery also...the slavery of - does anyone know???...*sin*! Jesus sets us free from sin and gives us the hope that we can be in heaven with God one day.
- Let us close this Seder (SA-der) meal and say the prayer Jesus taught us to pray: OUR FATHER...
- Mother Mary is Jesus' Mother and also our Mother and a reminder that we need to simply listen and obey to what God is telling us so that God can work great things through us: HAIL MARY...
- Glory be to the Father, Son and the Holy Spirit, AMEN!
- Extinguish candles and get all to help do a quick clean up.
- Please check the links below for more detailed versions of the Seder meal:

<http://childrensministry.com/articles/a-time-to-remember/2/>

<http://www.123homeschool4me.com/2013/03/seder-meal.html>

<http://www.crivoice.org/haggadah.html> ,

<http://jenniferdukeslee.com/a-messianic-passover-seder-for-families-with-children>

2c) Key message and Key Bible verse

God saves his people of Israel through specific instructions for their Passover meal as the angel of death passes by. Similarly, in the New Testament we have Jesus who saves us by being the lamb that was slaughtered. His blood saves us from eternal death.

"...*Seeing the blood, I will pass over you.*" Exodus 12:13 (NIV).

2d) Game

<http://catholicblogger1.blogspot.com/2010/02/fill-your-seder-plate-game.html>

2e) Section on Saint

Saint Germaine Cousin

Feast Day – June 15th

Patron - child abuse victims, disabled, orphans and shepherdesses

Let us learn about a little girl, who lived each day in trusting God, thanksgiving and joy despite of all the hardships she had to face every day.

This month we are learning about St. Germaine Cousin, who was born in 1579, in Toulouse, Pibrac, a remote village in France; she passed away at the age of 22. Germaine was born with a deformed right arm so that she couldn't use it. She was also a prey to many diseases of the time.

Besides these illnesses, little Germaine was very lonely without her mother, because she lost her mother when she was still an infant. Her father wanted someone to look after his sick child and he remarried. But the new mother was not nice to little Germaine. Her father never noticed how badly his new wife treated her. Later, Germaine also got affected by a disease known as "scrofula" which left a large, ugly lump on her neck. The lump itself was not painful, but the way people treated her was really hard for a little girl to deal with.

Germaine never got any love or affection from any one. She was dressed in the meanest of rags and never had a pair of shoes. She could not even find any love or sympathy from her siblings; watching their mother's treatment, they also learned to mistreat her. Her only refuge was God.

Finally, the step-mother got concerned about Germaine's sickness and feared that her own children would catch it. So she sent Germaine to sleep out in the barn under a stairway and was never ever allowed inside the house again. She was given little food and was often so hungry and ate what the others left behind. The step-mother was not only unkind to Germaine, she would often beat her. But the little girl managed to survive and smile through all the hardships of her life.

When she was only nine years old, St. Germaine was put to work as a shepherdess by her step-mother. She watched the family's flock of sheep very honestly and happily. While tending sheep, she spent her day in prayers. Every day, without fail, she would leave her sheep in God's care and go to Mass. She had nothing except her love of God to share with others. So she taught and shared the goodness of God to the children she would meet in the fields. She also shared with them the little food that she had and they all loved her very much.

One day the stepmother decided to send Germaine to the fields of Bouconne Forest which is full of wolves and other notorious wild animals in order to get rid of the girl. People never frequented that place. Little Germaine got scared when she heard that she had to go to the forest. She prayed to God – "Oh God, what shall I do... if I didn't go, mother would beat me to death". Her friends also warned her about the place and told not to go. But she put her trust in God for protection and decided to go.

She set off to the forest with her three friends, who didn't want to send her alone to the wild forest. As they reached the forest, a wolf ran towards them to attack. The kids screamed out of fear. But little Germaine courageously stepped forward looking straight into the eyes of the animal she drew a cross in the air... Miracle! The wolf ran back. Germaine's faith in God and courage made her dearer for her friends.

Friends, do not fear any kind of loneliness or mistreatment in life. Trust God and he will save you and do not forget to pass His love to others. God has promised to reward those in heaven who follow Him on earth as St. Germaine did. Ask St. Germaine's intercession to grow trust and love for God in you.

Activity based on the Saint

Colour a page: St. Germaine Cousin (*Attached at the end of the material*)

2f) Kidcat

How are we saved?

Ans: No man can save himself. Christians believe that they are saved by God, who for this purpose sent his Son Jesus Christ into the world. For us salvation means that we are freed by the Holy Spirit from the power of sin and have been brought back from the realm of death to a life without end, a life in God's presence. [Youcat 337, CCC 1987-1995, 2017-2020]



Kid: Nana, Fr. Vicar told us that meaning of

"Jesus" is "God saves us". Whom did God save?

Nana: God saved everyone from the power of sin.

Kid: Nana, but how did God save us from the power of sin?

Nana: I will explain it you. How did your pussycat fall into the well?

Kid: As it was playing in my lap, it ran away and unknowingly fell down into the well. Poor thing... It cried a lot...I too cried.

Nana: Just like that, we who should sit beside God when disobey, fall into the pit of sin. Now why did you cry when the cat fell into the well?

Kid: Because I love my cat so much. She couldn't come out of such a deep well. Later, Papa went inside the well and saved her.

Nana: Well...!! When we fall into the pit of sin we can't escape ourselves from it.

Kid: I got it Nana. Jesus came to earth because he loved us and so gave his life on cross to save us from sin. Now I won't go away from my Jesus. I Love You Jesus.

3) Preserve: 30 Minutes

<p>A. Summary Activity B. Conclusion</p>
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Repeating the message helps in impressing it in their heart and mind. It is always better to summarize the day with some activity which would help them to make something that they can carry home. It will be a reminder of the message back home.

3a) Summary Activity and Assignment:

In the time of Moses, a lamb was killed and its blood was smeared on the doorframes so that people in those houses will be saved. For us Jesus became that Lamb who was killed for our sins (or all that we do wrong) so that we can be saved and come closer to God, so that we can be in heaven. We will make a lamb of God as a reminder that "God saves us...so we need to Trust God"

We can write "God saves us, so trust God" on the back of the lamb along with the verse "**...Seeing the blood, I will pass over you." Exodus 12:13**

<http://www.daniellesplace.com/html/rrpreschoolgoodshepherd.html>

Choose from options on how to make a cotton ball sheep or a lamb of God cup craft.

3b) Concluding Prayer

Help them to recite a small prayer on their own with some songs they learned.

Colour a Page: St. Germaine Cousin



Image of a Seder plate taken from the link: http://www.freekidscrafts.com/wpcontent/uploads/sedar_plate.jpg



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