



# Quiet Time

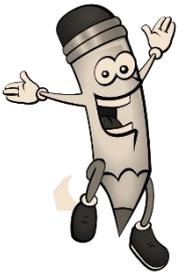
February 22-28, 2026

Exodus 3:7 (ESV)

Then the LORD said,  
"I have surely seen the affliction of my people  
who are in Egypt and have heard their cry  
because of their taskmasters. I know their sufferings..."

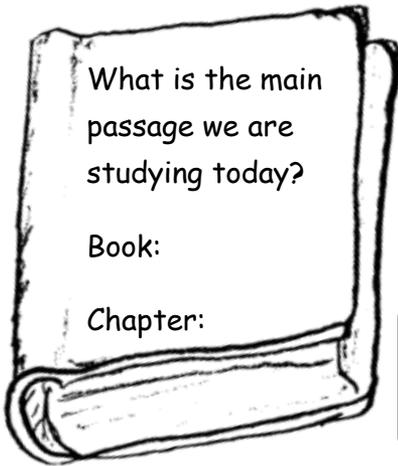
God  
Raises  
Moses to  
Lead Israel





## Sermon notes

As you attend church service with your family, use these next two pages to help you listen and learn. We want you to worship with us by singing to God, praying, and listening to God's Word being read and taught.



**Title of Sermon:**

What is the Big Idea of the passage?



Which song from today's service is your favorite and why?





Words you heard but don't know...

What are we learning about God from this passage?

Write or draw something that you heard in the sermon today.

Fill in the blanks below during the service, and then talk to your parents about them on the way home.

I heard \_\_\_\_\_  
but was confused or had a hard time believing it.

Hearing and believing this about God is... \_\_\_\_\_

\_\_\_\_\_ ...changes the way I...

\_\_\_\_\_



## God Raises Moses to Lead Israel - Monday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Exodus 3:1-6

God saved Moses from death by the faith of his parents. He spent much of his time as a young person living among the Egyptians. Moses cared about his people, Israel, and wanted to deliver them (Acts 7:23, 25), but God would have to make Moses ready. At the age of 80 (Acts 7:30), Moses was living in Midian tending sheep when God called him to serve.

### Pray

Dear LORD God, You spoke to Moses, and when he knew it was You, he fell on his face in worship. Because You are holy, I, too, will worship You with humble reverence (fear)!

How did God reveal himself to Moses? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Draw Moses speaking to God.

### Application

Everything about this encounter with God screams "The LORD our God is a holy God!" Name ways that you can humble yourself before the LORD as you speak to Him in prayer, reading His word, and worship.

---

---

---

**Complete your Prayer Journal for today, and pray about it.**

## God Raises Moses to Lead Israel - Tuesday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Exodus 3:7-9

The LORD God tells Moses what He will do for His people, Israel.

### Pray

Dear LORD God, You care about Your people. You know all things. You have all power, so that no one can stop Your plans from coming to pass. I praise You for Your care, knowledge, and power!

### Application

The LORD loves His people and He is working out His plan for this world. All that He plans to do, He has the power to accomplish. You can trust God with your life. His plans can never be stopped! *What are some ways that God leads people today?* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Circle the phrases that show God knew about the suffering of His people:*

"I have surely seen the affliction of my people..."

"[I] have heard their cry..."

"I know their sufferings..."

"...the cry of the people of Israel has come to Me"

"I have also seen the oppression with which the Egyptians oppress them."

*How can you begin to seek God's plan for your life right now?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Complete your Prayer Journal for today, and pray about it.**

## God Raises Moses to Lead Israel - Wednesday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Exodus 3:10-12

Moses knew he was "weak" and could not deliver Israel in his own power. Moses had learned his need for God during his 40 years of living in the wilderness regions of Midian.

### Pray

Dear LORD God, Your promises build up my faith! I know that I can trust all that You say, for You always do what You promise! Teach me to learn and think about Your promises. Help me to remember them always.

### Application

Humility and dependence are words we do not often hear much about today. Kids are told to "be proud" of their accomplishments, and to "stand on their own two feet." But God's view of what people should do and how they should act, is not like ours. God values those who know they cannot do His work without Him. Name an example of someone from your life or the Bible whom God approved because they were humbly trusting in Him.

---

Stop, pray, and ask the LORD to provide the things you know you need, and the things *only He knows* that you need.

**Complete your Prayer Journal for today, and pray about it.**

The LORD God chose Moses and promised to be with him and to save Israel through him.

Fill in the missing words of God's promise to Moses:

"But \_\_\_ will be with you, and this shall be the \_\_\_\_\_ for you,

that I have sent you:

When you have brought the \_\_\_\_\_ out of Egypt,

\_\_\_\_\_ shall serve God on this mountain" (Exodus 3:12).

## God Raises Moses to Lead Israel - Thursday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Exodus 3:13-15

Moses knows the Israelites will have a hard time understanding what God is going to do. He wants to help the Israelites believe that God will deliver them.

### Pray

Dear LORD God, all praise belongs to You, the great I AM, the God who is, who was, and will always be! You are God. You are eternal. I can trust You!

### Application

Everything about life here on earth is temporary, but the life God gives, and the home He has prepared in Heaven for those He loves, never ends.

Abraham, Isaac, and Jacob all died, but God told Moses he was still their God. When people know the LORD by faith in Christ, they will live on with Him even after they die. Jesus is the resurrection and the life. All who believe in Him will be raised again to life one day. How does this help you face the death of loved ones? \_\_\_\_\_

\_\_\_\_\_

### Important things God told Moses:

1. God's name is "I AM WHO I AM"
2. "I AM" is the God of Abraham, Isaac, and Jacob.
3. "I AM" has sent Moses.
4. "I AM" has seen what the Egyptians have done to Israel.
5. "I AM" will bring Israel out of Egypt.

I AM WHO I AM shows that God has always lived and will always live.  
God is eternal.

**Complete your Prayer Journal for today, and pray about it.**

## God Raises Moses to Lead Israel – Friday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Exodus 4:1-9

Moses began to ask “what if” questions. God’s patience with Moses here is amazing. God’s patience with us when we do not act on His promises is even MORE amazing!

### Pray

Dear LORD God, the greatest display of Your holiness and power is the death of the LORD Jesus Christ as He paid for sins and was resurrected from the dead on the third day. May You grant me the faith to never need any other “sign” of Your love and power than this to obey Your holy commands.

What three signs did God give Moses to show the people?

(Write or draw them.)

1.

2.

3.

### Application

Some people say they will believe in and follow Jesus when, or if, they see some miraculous sign. Jesus said, ‘a wicked and adulterous generation seeks a sign’ and that the only sign God would give would be the death and resurrection of Jesus. The Cross is the power of God and the wisdom of God. What would you say to someone who demands a “sign”? \_\_\_\_\_

---

**Complete your Prayer Journal for today, and pray about it.**

## God Raises Moses to Lead Israel – Saturday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Exodus 4:10-17

Moses had all he needed, but in today's reading we will see that he was still slow to obey.

### Pray

Dear LORD God, I know I just need to trust You and obey Your commands. Help me do what You have said even when I am afraid or do not feel I am able. I know that You will be there to give me the strength I need if I do what You say.

### Application

God was patient with the questions of Moses and gave Him what he needed to know. Then, Moses needed to do what God had sent him to do. Fear is normal, but it is not a good excuse to disobey. Share of a time when you were afraid to obey the LORD...

---

---

What did Moses ask God to do (v 13)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What was God's response to this (v 14)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Knowing that God was angry with Moses for asking Him to send someone else helps us to see that there is a time for questions, and there is a time to just obey! God's will would be done. Moses needed to humbly surrender to God's will for him.*

Would fearing the LORD more help you to obey? \_\_\_\_\_

**Complete your Prayer Journal for today, and pray about it.**

# Prayer Journal

Honor God with your praises and respect

Examine your life for sin and confess it to God

Ask God to supply for your personal needs

Request God's help for the needs of others

Thank God for blessing you every day

## Monday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

## Tuesday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

# Prayer Journal *...continued*

---

## Wednesday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

## Thursday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

# Prayer Journal *...continued*

---

## Friday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

## Saturday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

## Gray Road Baptist Church, Children's Ministries

This quiet time lesson was written to coincide with the Generations of Grace Sunday School curriculum. The daily lessons represented are in conjunction with the teacher's manual to provide a fluid, consistent message to your children both in Sunday school and in their private devotions.

MacArthur, John. *The MacArthur Study Bible: & Early Elementary, Generations of Grace.* ©

[www.generationsofgrace.com](http://www.generationsofgrace.com)

# THE PRAISE FACTORY

**Come join us on Wednesday nights in the gym!**

**7:00-8:30 p.m.**

**UNIT #8: The God Who Loves**

**Unit #8: What is God's love for His people like?**

**Unit #8 Answer: More than they could ever deserve.**

**Unit #8 Verse: 1 Chronicles 16:34**

**Big Idea #35: God blesses all people with many good gifts.**

**Big Idea #35 Verse: Psalm 145:17**

**Big Idea #36: God loved His people before they loved Him.**

**Big Idea #36 Verse: Ephesians 1:4**

**Big Idea #37: God showed the depths of His love by giving His own, beloved Son to save His people.**

**Big Idea #37 Verse: 1John 4:10**

**Big Idea #38: God loves His people by caring for their needs.**

**Big Idea #38 Verse: Psalm 23:1-2**

**Big Idea #39: God uses everything in His people's lives for their good and His glory.**

**Big Idea #39 Verse: Romans 8:28**

**Big Idea #40: God will never stop loving His people.**

**Big Idea #40 Verse: Romans 8:38-39**

**UNIT #11: The God Who Saves**

**Unit #11: How can we be saved?**

**Unit #11 Answer: It is God's free gift.**

**Unit #11 Verse: Ephesians 2:8-9**

*For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.*

**Big Idea #57: God saves sinners who confess their sins.**

**Big Idea #57 Verse: 1 John 1:8-9**

*If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*