



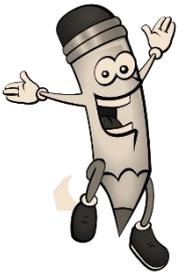
Quiet Time

February 15-21, 2026

Exodus 2:24 (ESV)

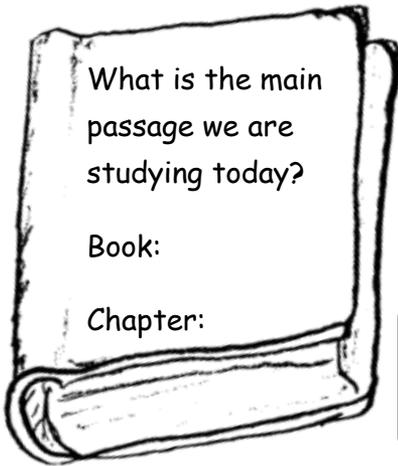
And God heard their groaning,
and God remembered his covenant with Abraham,
with Isaac, and with Jacob.

God
Prepares
Israel for
Deliverance



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...

Nmu, oGod Prepares Israel for Deliverance – 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 1:7-9

The book of Exodus is about more than the Israelites' leaving Egypt. Exodus also tells how God made Israel into 'a kingdom of priests and a holy nation' (Exodus 19:6). Israel would be God's people. Before that could happen, He would have to deliver them from the slavery of Egypt.

Pray

Dear LORD God, good times and hard times are all from You. Make me strong in my faith through all the things You allow into my life.

What did the King of Egypt say about the Israelites living in his land?

"Behold, the people of Israel are too _____ and too _____ for us."

The King, or pharaoh, set taskmasters over them and made them do hard work as his slaves to try to cause many of them to die.

Application

Pharaoh didn't know it, but the hard work he gave the people to do would make them even stronger. God allows "hard times" into our lives because they can make our faith stronger, too. Name a time that has been hard for you: _____

How can God use this in your life to make you a stronger follower of Christ? _____

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

God Prepares Israel for Deliverance - 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 1:15-17

God had promised Abraham that the Israelites would leave a land of affliction, or suffering, after 400 years. Jacob and his sons had moved to Egypt when Joseph was governor. The time for Israel to leave Egypt had nearly come. Pharaoh's plan had not worked. He tried to get rid of the Israelites a new way, but God saved the babies of Israel.

Pray

Dear LORD God, You direct the steps of my life. Help me to be a blessing to the people with whom I come into contact. Make me faithful and useful to others even when people are not always kinds to me.

What was the plan?



Application

The midwives feared God more than they feared the king. They chose not to hurt others, even though the king might have put them to death. God honors those who fear Him. When you feel pressured to do what you know is wrong by friends, how will this story help you do what is right instead?

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

God Prepares Israel for Deliverance – 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 1:22

Upset that the midwives had not gotten rid of the Israelites, the Pharaoh issued a new command to all of his people: Kill the baby boys of Israel!

Pray

Dear LORD God, You provide what I need even before I know or think to ask for help. I thank You for raising up a deliverer for ALL Your people—the LORD Jesus Christ. He will save His people from all their sins.

Application

Even when we cannot see it, God is working out His divine plan for this world and for us. We can trust in the LORD to provide what we need. List some needs you have right now in your life:

Where were the people to cast the Hebrew (Israeli) boys?

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Even though Israel had not yet cried out to the LORD for help, God was already raising up a deliverer to save His people.

Code:

E A C H D I T S O V N R L
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Stop and pray, and ask the LORD to provide those things you know you need, and even the things *only He knows* that you need.

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

God Prepares Israel for Deliverance - 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 2:1-10*

Read about the birth of Moses, the deliverer God provided for Israel.

Pray

Dear LORD God, I thank You that You placed me in this world into the care of people who love me and take care of me. I am thankful for the people in my life who love You and by faith try to teach me about how to follow Jesus. Please bless them for their faithfulness! Amen.

Draw Moses' mother placing him in the Nile River in a reed basket, by faith.

Each of us has special people who love and care for us. Can you write the name of 2 people who love you?

Application

Providence is a big word that tells us that God is working in our lives all the time. He is never sleeping, or far away from us. He is alive and working out the events of your life for His glory. You can trust in His care for you!

Describe a time when you saw God working in your life in a special way. _____

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

God Prepares Israel for Deliverance - 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 2:11-15

Moses spent his first years as a young boy with his mother, but then he went to live as an Egyptian, the son of a princess.

Pray

Dear LORD God, You are in control of my life. You will lead me in the way that I should go when I hear and obey Your Word.

Moses cared about the suffering of his people & wanted to be a leader to them, but the Hebrews (Israelites) were not ready for him to be their deliverer. To what land did Moses flee?

Unscramble the letters (or look in verse 15) to learn the answer.

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Application

Moses felt he was ready to lead, but neither he nor Israel was ready for that. God does things in His own, perfect timing, and we must wait on the LORD to fulfill His plans for us.

Can you think of a time when you felt you were ready to do something, but Mom or Dad made you wait? Maybe it was riding a bike on your own, or walking down to the park by yourself. Why is it important to wait for those who take care of and love us to decide when and how we do the things we wish? _____

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

God Prepares Israel for Deliverance - 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 2:23-25

Over the next 40 years, Israel suffered at the hands of the Egyptians. Finally, they were ready for deliverance.

Pray

Dear LORD God, You hear my prayers. You care about my tears when I cry and whenever I am in trouble, You know it. When I am in trouble, I will cry out to You, My Deliverer!

Psalm 56:8-11 (ESV)

⁸ You have kept count of my tossings;

put my tears in your bottle.

Are they not in your book?

⁹ Then my enemies will turn back in the day when I call.

This I know, that God is for me.

¹⁰ In God, whose word I praise, in the LORD, whose word I praise,

¹¹ in God I trust; I shall not be afraid. What can man do to me?

What did God's people do because of their suffering?

The Bible tells us that "God **heard** their groaning" and that "God **saw** the people of Israel—and God **knew**." He **remembered** the covenant He had made with Abraham, Isaac and Jacob.

What do you think God would do about the suffering of His people, Israel?

Application

In this lesson we learned:

- To trust God during times of trouble. He does not forget His people.
- Cry out to God for help in times of trouble.

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

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T _____

Tuesday

H _____

E _____

A _____

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Prayer Journal *...continued*

Wednesday

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Thursday

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Prayer Journal *...continued*

Friday

H _____

E _____

A _____

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Saturday

H _____

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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

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.