

1 Sing Liberation

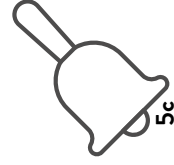
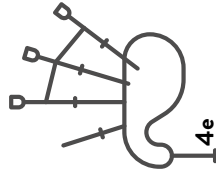
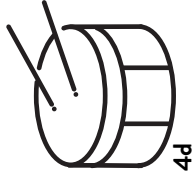
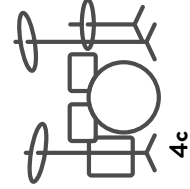
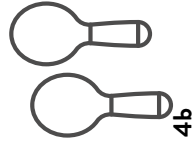
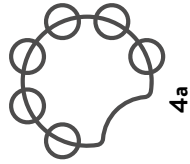
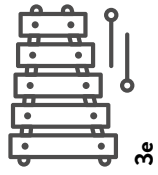
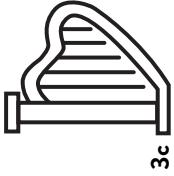
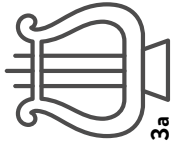
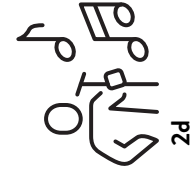
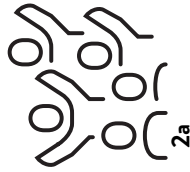
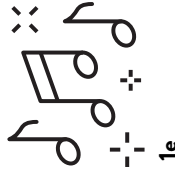
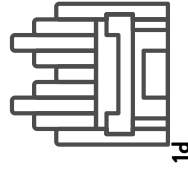
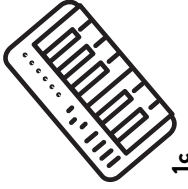
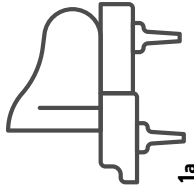
WAYS TO PRACTICE AT HOME

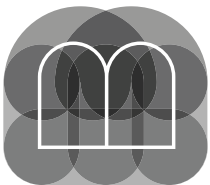
We sing freedom and liberation, celebrating God's promise and acts for freedom for all. God created us in freedom and showed liberating power in the exodus, leading the Israelites out of slavery in Egypt. After crossing the Red Sea, Moses and Miriam rejoiced in their freedom with singing and dancing. We sing and remember God's desire for freedom, joining our voices with those who long for liberation and peace. We sing songs of freedom, grateful that we are set free through God's power in Jesus Christ.

- Talk together about freedom using these questions:
 - In what ways are you free?
 - Where does freedom come from?
 - Why are some people not free?
 - How can you help people to be free?
- Form a circle (even with two people!). Each person reaches their left hand toward the center of the circle. Take the hand of another person. Repeat, reaching the right hand and taking the hand of another. Untangle the *knot* and work together for freedom. Don't let go of each other's hands. It can be done!
- Watch and dance along with one or both YouTube videos about the liberation of the Israelites.
 - "The Maccabeats—Dayenu—Passover" (bit.ly/FMMaccabeatsDayenu, 4:14) Put on the closed captions [CC] to see the words in English.
 - Miriam's Song by Debbie Friedman" (bit.ly/FMMiriamSong, 2:45).

Thank you, God, for giving us freedom and inviting us to help others to know freedom too. In Jesus, you set us free. Hallelujah! Amen.

Find the picture in each row that least belongs.





BIBLE STORY

Based on Exodus 15:1-21

Long, long ago, God's people were called the Israelites. They worshiped and loved God. They were living in Egypt, but the Egyptians and their king (who was called a pharaoh) treated the Israelites very badly. The Egyptians made the Israelites work hard. The Israelites prayed to God, and God heard their cries.

God sent Moses to help the Israelites get out of Egypt and go to a new land. Moses and his sister Miriam went to Egypt and gathered all of the Israelites together. They packed up and got ready to leave. It wasn't easy. The pharaoh kept changing his mind, but finally he let them leave. They began walking. As they were walking, the Egyptians got on their horses and rode fast behind the Israelites.

The Israelites came to the Red Sea. The Egyptians were getting closer on their horses. The Israelites were stuck between the Egyptians on their horses coming toward them and the Red Sea in front of them. But God had another idea. God told Moses to lift up his staff over the Red Sea. When Moses lifted his staff, the Red Sea separated and the Israelites walked across on the dry land that was under the Red Sea. God, however, did not want the Egyptians to follow the Israelites across the Red Sea, so the waters crashed down and the Israelites were safe on the other side.

When the Israelites were on the other side of the Red Sea, Moses, Miriam, and all the people were happy! They felt joy! Because they were so happy, they sang a song of praise to God. Miriam played her tambourine while everyone sang.

God is mighty and strong.
God is with us all day long.
God led us through the sea
to get away from our enemy.
To God we will sing our praise
for God loves us in many ways.

