

Lesson 2 / September 14, 2025

God's Got This!

By RLD Editorial Team

for use as

STEP 1

**Lesson 2****Focus:**

God helps us to do what
we think we can't do.

Lesson 2**Bible Basis:**

Exodus 3:1—4:20

Lesson 2**Memory Verse:**

[The LORD said,] "I will help you speak and
will teach you what to say."
—Exodus 4:12

Students will watch a video of the youngest person to climb El Capitan as they explore how God helps us do what we think we can't do.

Materials:

☐ Internet access

➤ **What are some hard jobs you've been asked to do?** (Answers may include: Mow and weed the lawn; complete a science fair project at school; be kind to a mean kid in my class, etc.)

➤ **How did you manage to get those tough assignments finished?** (Answers will vary.)

In life, we will face many seemingly impossible tasks. It's how we get those jobs done that matters. Sam Baker is the youngest person to have ever climbed El Capitan, a 3,000 ft. sheer mountain wall in Yosemite National Park. In October of 2022, he completed this incredible climb at only eight years old! He even beat the record of a nine-year-old who completed that climb earlier a few years earlier. To say this is an incredibly hard and challenging feat feels like an understatement.

Play the following video for your students [2:37; stop at 1:55]:

8-Year-Old Becomes Youngest Ever To Summit Yosemite's El Capitan

<https://www.youtube.com/watch?v=zNmc9bwEZ0c>

➤ **What do you think of Sam and what he accomplished?** (Answers might include: He's amazing; he's a hard-worker; he is really determined, etc.)

➤ **How do you think you would feel if you did something like that?** (Answers will vary.)

➤ **How do you think the relationship between Sam and his dad helped him complete the climb?** (Some possible answers: He gave him help and guidance the whole time; he trusts his dad, so he knew he was safe and could do it with his help; he encouraged him the entire time, etc.)

➤ **Who do you ask for help when you need it?** (Answers will vary.)

Sam's dad helped guide him through his climb of El Capitan, safely guiding Sam the entire time. He couldn't have completed the climb without him.

Today we're going to talk about how Moses was given a God-sized assignment to complete. Moses was sure the job was too much for him to do. But, as we'll discover, just like Sam, Moses also had an expert—The Expert—available to help him complete his assignment. Let's find out more about this fascinating story.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

upper elementary



Lesson 2 / September 14, 2025

God's Got This!

for use as
STEP 4 

Lesson 2

Focus:

God helps us to do what
we think we can't do.

Lesson 2

Bible Basis:

Exodus 3:1—4:20

Lesson 2

Memory Verse:

[The LORD said,] "I will help you speak and
will teach you what to say."
—Exodus 4:12

Materials:

- ☐ Index cards
- ☐ Pens/pencils
- ☐ Hole punch
- ☐ Metal binder rings (1 per student)
- ☐ Whiteboard and marker (or screenshared document)
- ☐ Optional: String

If your class is meeting online, invite your students to bring supplies to class.

Earlier we learned God had asked Moses to do an incredibly hard job. But, let's be clear, this was God's task. If God wants something accomplished here on earth for His glory, don't you think He'll provide everything we need to get the job done? Yes!! God will help us complete whatever He asks us to do; it's His promise in Scripture over and over again.

➤ **Has God ever given you a job to do that you thought you couldn't get done? Tell us about it.** (Answers will vary; be prepared to share your own experience.)

We can be intimidated by the things God places before us. It's so important to understand we are not supposed to do them by ourselves! God's plan is to be in control of the entire situation and help us the whole time. Hearing examples of how God helped others through their hard assignments will help us know and believe He will help us through ours.

➤ **What are some examples in the Bible when God helped someone complete an assignment He had given them?** (In addition to others students may mention, be sure they recall: When God told Noah to build an ark and then saved him and his family from the flood; God gave David courage to stand-up to the Philistines and defeated Goliath with one small stone; Daniel stood-up to the king by continuing to pray even though it was against the law and was thrown into the lion's den, but God kept the mouths of the lions closed and rescued Daniel; Meshach, Shadrach, and Abednego refused to bow to a golden statue and were thrown into a fiery furnace. The Angel of the Lord was in the fire with them and not one was burned.)

Distribute supplies (or invite students to have them ready at home). Have students write each of the examples talked about on separate index cards. They can draw a picture cue to go along with each one on the front of the card (examples: a boat for Noah's ark, David's slingshot, a simple lion emoji for Daniel in the lion's den, etc.) For added depth, write the references where each of these stories can be found on the whiteboard (or screenshared document) so students can add them to their cards. (Some references are provided below. You can use a Bible concordance or Bible app on your smartphone to find references to other examples students may give).

Bible References

Noah – Genesis 6-7

David defeats Goliath – 1 Samuel 17

Daniel in the lion's den – Daniel 6

Shadrach, Meshach, and Abednego in the Fiery furnace – Daniel 3

Encourage your students to read these stories for themselves over the coming weeks to understand the lengths in which God worked in each circumstance. Challenge them to add their own personal examples to their index cards. Each time God helps them finish a hard job, they should document it on the card with a picture cue (examples: a test; witnessing to a friend; standing up for what's right, etc.)

Allow preteens to punch holes through the upper left hand corner of each card and thread them on a metal binder clip (optional: string may be used if binder clips are not available).

God promises to give us the help we need to complete our God-given assignments. He shows us example after example in the Bible of how He does it. When you know God has placed something in front of you to complete and you're feeling nervous or overwhelmed by it, pull out your ring of index cards and read through every single one. Let God remind you of all the times He has helped the ones He loves (and that includes you!) complete the job He's given them. God will help us do what we think we can't do. So get to work!

Pray to close.

(We are not affiliated with and do not endorse any website or any other media listed on these pages. At the time of writing, we carefully review the referenced material and non-referenced web page content. However, due to the nature of the Internet, non-cited content on the website [including pop-ups, links, and ads] changes frequently and is beyond our control. Please review carefully before showing links in the classroom.)