



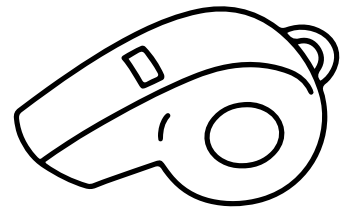
# EXODUS KIDS EXTREME

PRESCHOOL FAMILY DEVOTIONALS AND  
ACTIVITIES



## Devotion

# DAY 1



Do you like to play sports or games with your family? Maybe you like to kick a soccer ball, throw a football, shoot basketballs, or race outside together. You might play with your mom and dad, or brothers and sisters, or maybe your grandparents. It can be fun to play outside because you can see different animals, the clouds in the sky, or run and play in the grass.

What are some of your favorite animals to see when you play outside? Did you know that God made everything that we see outside? He also made people! He made you, your mom, dad, brothers and sisters, and grandparents.

Because God made everything, He gets to make the rules. But no one obeys all of God's rules perfectly. When people do not obey God's rules, they are in a forever time out, away from God so they cannot go to heaven, and they are very unhappy.

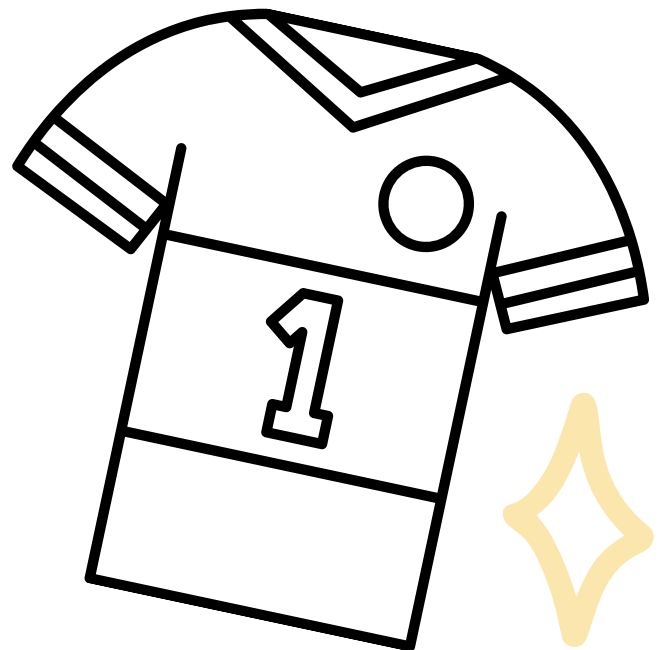
The good news is God has a plan so even people who do not obey the rules can be close to Him forever! The plan happened at just the right time. Who did God send to help? Jesus, God's Son. Jesus will help people who disobey! God wants us to follow His rules for our lives and we can do this by staying on God's Team with Jesus each day. Jesus is the only way to be on God's Team.

## Follow the Coach

Play Follow the Leader together using:

- marching
- hopping
- clapping
- spinning

Remind your kids that Jesus helps lead us every day.



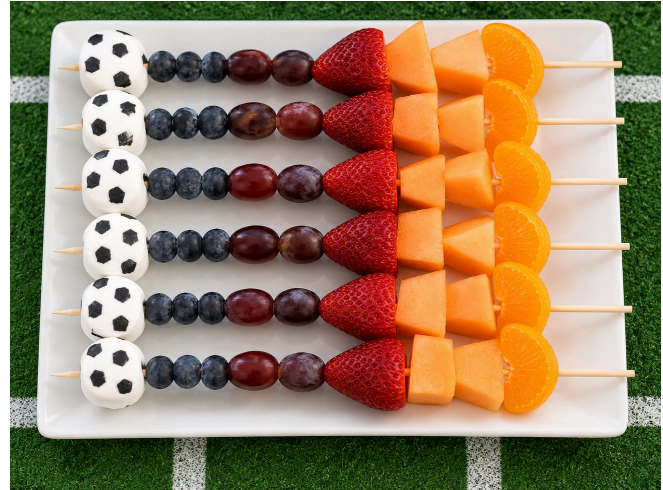
# DAY 1 SNACK



## Soccer Fruit Kabobs

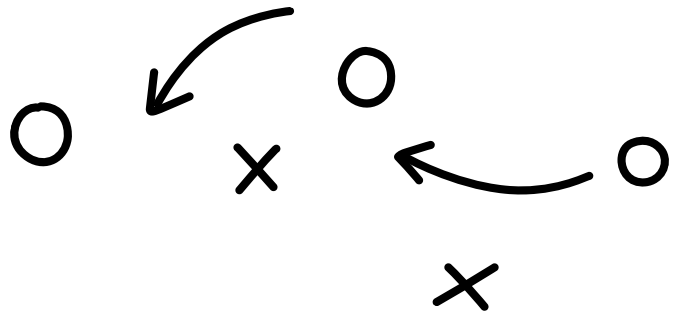
### Supplies

- Wooden skewers
- Marshmallows
- Black food safe marker
- Blueberries
- Red grapes
- Strawberries
- Cantaloupe, cut into cubes or triangles
- Mandarin orange slices



### Directions

1. Draw small black soccer ball shapes onto the marshmallows using a food-safe marker.
2. Wash and prepare all fruit. Remove strawberry stems and cut cantaloupe into bite-sized pieces.
3. Slide fruit onto each skewer in rows to create a colorful soccer-themed snack:
  - Marshmallow "soccer ball"
  - blueberries
  - grapes
  - strawberry
  - cantaloupe
  - mandarin orange slice
4. Arrange kabobs on a tray and serve chilled.

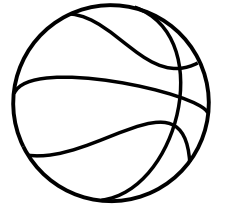


As you enjoy your snack together, talk about all the different fruits God created and how He made the whole world – including us!





# DAY 2



## Devotion

Jesus is Lord over all of creation. Everything was created by Him and for Him. He rules over everything. We do not always obey God's rules, this is called sin. It is fair and right for sin to be punished. The punishment for sin is a forever time out away from God. Our loving God does not want you forever away from Him.

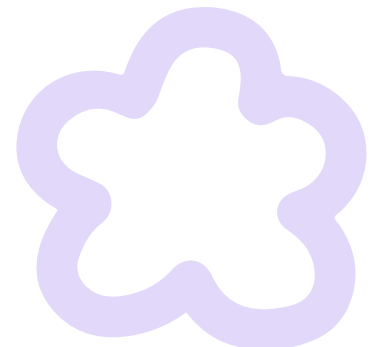
So who did God send to help? God sent His Son, Jesus. Jesus was not like anyone else. Jesus always obeyed even when things were hard. Jesus never sinned. Jesus did not deserve to be punished because He did nothing wrong. But Jesus took other people's sin punishment on Himself! The punishment was so bad that Jesus died.

The good news is that Jesus did not stay dead! He came back to life to show that He is God's son. To be able to stay on God's Team you must ask God to forgive you and tell Him you believe in Jesus. Then, God will keep you close now and always in heaven. Then, you won't be stuck in sin. You will be following Jesus on God's Team.

## Obstacle Course

Create a simple obstacle course using pillows, chairs, or balls. Cheer each other on as each person completes the obstacle course.

Talk about how Jesus helps us when life feels hard and helps us keep going.



# DAY 2 SNACK



## Champion Cups

### Supplies

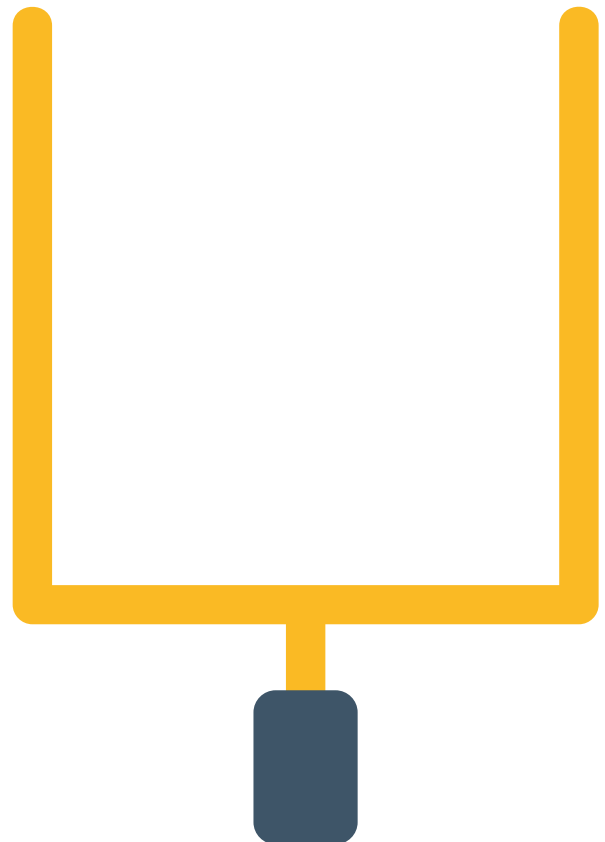
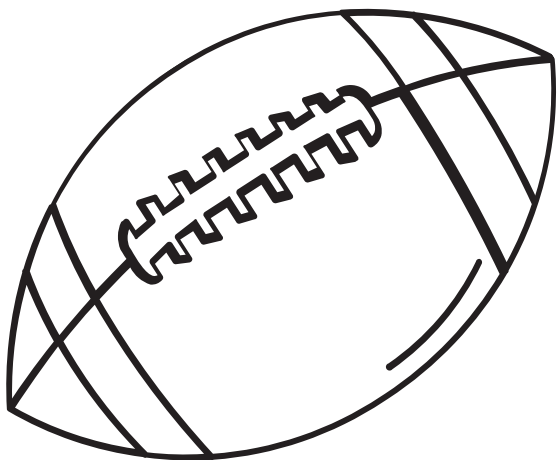
- Pudding or yogurt
- Whipped cream
- Sprinkles
- Small cups
- Spoons

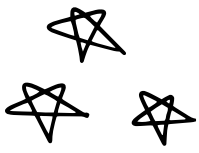


### Directions

1. Scoop pudding or yogurt into small cups.
2. Add a swirl of whipped cream on top.
3. Finish with colorful sprinkles to make your "Champion Cup!"
4. Enjoy your special snack together.

Today we learned that Jesus is alive! Jesus defeated sin and death so we can be part of God's Team forever. That is the best victory ever!





# DAY 3



## Devotion

God loves to give gifts. God gave the gift of sending Jesus so we do not have to be forever away from God because of our sin. God also gives us the gift of the Holy Spirit.

God wants to spend time with you forever in heaven, but also now on earth. When you ask God to forgive your sins and tell God you believe in Jesus, God sends you the gift of His Spirit. God's Spirit lives in your heart (but you do not feel any pain when He comes). God's Spirit often feels like a calm and happy feeling. God's Spirit reminds us of God's love and truth. God's Spirit reminds us that God wants to hear from us.

Did you know that God loves to hear from you? God's ears are so good that He can even hear your thoughts! God wants to hear from you when you are happy, sad, and even mad. God loves you! God promises that He will always be with us. The Holy Spirit helps us stay strong on God's Team. You can always talk to God because He always hears the prayers of His children. What could you say to God?

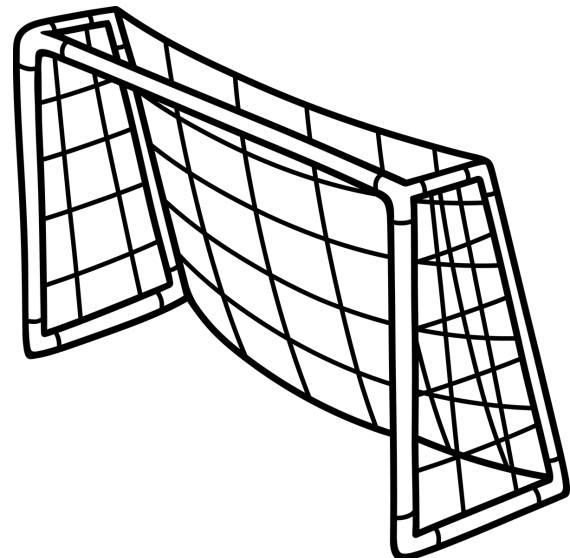
## Team Huddle Prayer

Sit together in a "team huddle."

Take turns sharing:

- something happy
- something hard
- something to thank God for

Remind your child that God always hears us when we pray.

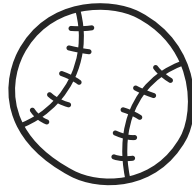


# DAY 3 SNACK

## Baseball Donuts

### Supplies

- Mini powdered donuts
- Red icing or red decorating gel
- Plate or tray



### Directions

1. Place the mini powdered donuts on a plate or tray.
2. Use the red icing or decorating gel to draw curved baseball stitches on each donut.
3. Let your child help decorate the baseballs.
4. Serve and enjoy your baseball-themed snack together!

### Healthy Alternative – Baseball Bananas

Use banana slices instead of donuts. Spread a small amount of cream cheese or Greek yogurt on top and add red “stitches” using decorating gel or thin strawberry strips.

Today we learned that God gives us the Holy Spirit to help us every day. The Holy Spirit helps us stay strong on God’s Team and reminds us that God is always with us!

