Topic: Crossing the Red Sea/ The Ten Commandments

Family Small Group for FHC Cycle Week 1.8 (November 5, 2025)

1. Opening Prayer *If your student knows the prayer, you are welcome to work on another prayer from your list of prayers in your parent folder*	**2. Mass and Mass Journal** *Did your student write in their mass journal this weekend?*
The Lord's Prayer Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on Earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil. **Amen.** **Hail Mary** Hail Mary, full of grace, the Lord is with you. Blessed art thou among women, and blessed is the fruit of your womb Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. **Amen.**	Spend a minute or two talking about what your student wrote in their mass journal.

3. Sacrament Book Readings

Read through the pages below with your student based on their grade level.

Grades 1-3 **Book:** none	**Grades 4-6** **Book:** none

4. Formed Video

[Brother Francis: The Ten Commandments]

5. Activity

If your student learns by doing or enjoys creative activities, this section is for them! If not, skip it.

Can you part the "Red Sea"?

Items needed: A large bowl or 9x13 cake pan, water, small figures of people or animals (if you have them)

1. Pour water into the container
2. In our Bible story, God caused the Red Sea to part so the Israelites could walk on dry land. Can you part the water? Try using your hands. Did that work?
3. Try using something else. What did you use?
4. Can you think of another time God stopped water for the Israelites? (Read Joshua 3:1 - 4:24)
5. Anytime God uses water to save his people (think about Noah) it is a foreshadowing of a particular sacrament. Do you know what sacrament that is? Where does that sacrament happen in our church?

6. Discussion Questions

1. Crossing the Red Sea required the children of Israel to trust in God. Do you struggle with trusting in the Lord?
2. When God gave the children the Ten Commandments, it may seem like it's just a bunch of rules. Do we show our trust in God when we follow His laws?
3. Do you show your parents that you trust in them when you follow their rules? Is it hard to follow rules?

7. Story Time

Read the bible story below in your Illustrated Children's Bible.

Bible Story: Crossing the Red Sea & The Ten Commandments

pages 91-105