

FAMILIES FORMING DISCIPLES

JESUS THE NEW MOSES, THE RESCUER

TOPIC: THE BEGINNING OF ISRAEL AS A GREAT NATION
JESUS THE NEW MOSES, THE RESCUER

REFERENCES:

CATECHISM OF THE CATHOLIC CHURCH
NO. 62

Sacred Scripture

EX 12-14, 19-20:1-17;
DT 5-6:1-9;
HEB 11:23-29;
JN 5:46-47

CREED	LITURGY	LIFE	PRAYER
nos. 54-64, 205-11, 554-55	nos. 1221-22, 1334, 1340	nos. 2052-82	nos. 2574-77

GOAL(S):

- Families will reflect on how God saved the Israelites.
- Families will reflect on how God keeps his promises to Abraham and his children.
- Families will share about times when God answered their prayers.

MATERIALS

- Bibles
- [Moses Parting the Red Sea Coloring Page](#)
- Crayons, colored pencils
- [Stations of the Cross coloring booklet](#) for families to take home, color and pray with during Weeks 2 & 3

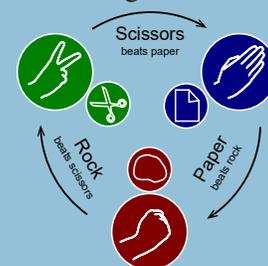
OPENING PRAYER

Lord Jesus Christ,
We entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples.
Amen.

ICE BREAKER

Family Rock Paper Scissors

This epic Rock Paper Scissors game starts with each player finding a family member and playing a single game of RPS. (If a family has only 2 or 3 members they can join another family.) Families face off in a best two out of three match with all of the non-playing members cheering on their leader!



Adapted from idtech.com

TEACH

1. Hook/Question

How are your *Family Lenten Plans* going? What Lenten traditions of prayer, fasting and almsgiving have you been practicing? Have those practices and traditions brought you closer to God?

(Let families discuss among themselves, and then invite sharing with the larger group.)

** If this lesson occurs at the very beginning of Lent, the questions might be adapted to: Have you started your *Family Lenten Plan*? If so, how's it going? If not, talk about your plans and next steps as a family.

Important Tip! Reassure families that if they have not yet intentionally implemented their *Family Lenten Plans*, or have already started them but haven't been consistent, not to feel bad. It happens to all of us, especially when we are living a busy family life; however, there is still plenty of time to get back on track.

2. Introduce Topic

The beginning of Israel as a Great Nation

Today we will reflect on God's faithfulness and protection, and how God makes of Israel a great nation.



CONTENT

Explain: Last month we learned about Moses and the Passover and how they point to Jesus' coming as the Lamb of God who would take away the sins of the world. We also read about the ten (10) plagues that God sent to the Egyptians to convince Pharaoh to let His people, the Israelites, go. What was the last plague that God sent?

Answer: Death of the Firstborn

Invite: We will pick up our story there. Please open your bibles to Exodus 12:29, *Death of the Firstborn*.

Read: Exodus 12:29-36

A Special Note to Catechists for Background and for Explanation to Families:

These verses can be challenging for us today to hear and understand. Remember that God is just and merciful, and when He is acting justly and fulfilling righteous judgment (see Exodus 12:12, which refers to the death of the firstborn as "executing judgement on all the gods of Egypt" and therefore on the evil and sin of idolatry that was rampant in Egypt at the time), He is also exercising His mercy and love, even if it's mysterious to us at first glance. Here, we should recall the many warnings the Lord gave to Pharaoh through Moses and through the various plagues. God never rejoices in evil, suffering, and death, and He never acts in an arbitrary or unloving way. As God foretold, Pharaoh remained hardhearted (see Exodus 7:13f.), even though he was more than amply warned. The death of the firstborn finally moved Pharaoh to change his mind, at least for a brief time. Lastly, the account of the Exodus and of the plagues should serve as a reminder for us of the reality of evil and death and of the consequences of sin in the bigger picture of salvation. God, who is Love, rescues us not by eliminating death but by taking it upon Himself and transforming it through His Son, Jesus Christ.

Explain: So, as God had told Moses, Pharaoh not only let the Israelites go, but he ordered them to leave Egypt. The Lord then told the Israelites where to make their camp near the Red Sea. As they traveled, the people could see that the Lord was always with them, leading, protecting and caring for them. He went before them during the “daytime by means of a column of cloud to show them the way, and at night by means of a column of fire to give them light. Thus, they could travel both day and night. Neither the column of cloud by day, not the column of fire by night ever left its place in front of the people” (Ex 13:21-22).

Watch: *Prince of Egypt*, Red Sea Crossing
(7 min)
&/or Read: [Exodus 14:10-31](#)

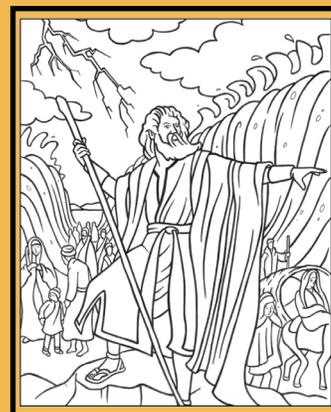


Explain: The Israelites sang songs of rejoicing! They were God’s special, chosen people, and He would be with them on their journey!

FAMILY CONVERSATION

Remember that you are adopted sons and daughters of Abraham. Your family and each one of you are also God’s special, chosen people. Share about a time when God answered your prayers. How did you feel?

Provide: Moses Parting the Red Sea [Coloring Page](#) for younger children to color



Explain: For 430 years (Ex 12:40), the Israelites had been slaves who were ruled over by the Egyptians; therefore, they could make no decisions for themselves. God’s Chosen People needed to learn how to live together, not as slaves but as a great nation. This would fulfill the promise he made to Abraham all those centuries ago in Genesis 12:2, “I will make of you a great nation and I will bless you”. So God told them in much detail how to worship Him. He gave the people many laws to live by, as well as instructions for how to organize themselves and their government to form their society.

Just as God used Moses to rescue the Israelites from slavery in Egypt, later Jesus would come to rescue us all from our slavery to sin. When we read Genesis, we talked about how Jesus is the New Adam, who said “yes” to laying down his life to save all of His Father’s children from their sins. Now here in Exodus, we also see that Jesus is the New Moses, our Rescuer! Jesus’ life, Death, Resurrection and Ascension into Heaven has saved us by opening the gates of Heaven, thus making it possible for us to choose God in this life to spend eternity united with Him, who loves us, in the next!

MISSION

First, Introduce Mission Activity

Mission Activities are to be done at home during Week 2 and to be shared at the gathering of families on Week 3.

Second, Explain Activity

- i. Watch two or more of the videos on Lent and Joshua and the Israelites.
- ii. Review Holy Week At-Home ideas for the days of Holy Week.
- iii. Discuss how your *Family Lenten Plan* is going and review/renew your practice of the Lenten pillars of praying, fasting and almsgiving. Encourage each other and stay the course!
- iv. Color Stations of the Cross Mini Coloring booklet.
- v. Gather around your prayer altar as a family. Take a moment to be silent and bring yourselves into God's presence. Pray and meditate on the Stations of the Cross using your booklet. Place your Stations of the Cross booklet on your home altar/prayer space.
- vi. Remember to bring your Stations of the Cross booklet to Week 3's gathering.

Model for Families

Share your own Family Lenten Plan and what your family has done so far to practice the three Lenten pillars of prayer, fasting, and almsgiving.

Finally, show the families the Stations of the Cross Mini Coloring booklet that you have placed on your own home altar/prayer space. Encourage the families to begin praying the Stations of the Cross together for others and for one another.

REVIEW AND PRAYER

Dear Lord, we thank you for the gift of Your Son, Jesus, who calls us to imitate Him by:

Fasting from judging others; Feasting on Christ dwelling in them.

Fasting from fear of illness; Feasting on the healing power of God.

Fasting from words that pollute; Feasting on speech that purifies.

Fasting from discontent; Feasting on gratitude.

Fasting from anger; Feasting on patience.

Fasting from pessimism; Feasting on hope.

Fasting from negatives; Feasting on encouragement.

Fasting from bitterness; Feasting on forgiveness.

Fasting from self-concern; Feasting on compassion.

Fasting from suspicion; Feasting on truth.

Fasting from gossip; Feasting on purposeful silence.

Fasting from problems that overwhelm; Feasting on prayer that sustains.

Fasting from anxiety; Feasting on faith.

This Lent we ask that You pour out your holy grace upon our families, that we may fast and feast in love. Amen.

- Author Unknown

(Adapted from www.xavier.edu/)



SUPPORTING QUOTES FROM CHURCH DOCUMENTS

Catechism of the Catholic Church, no. 62:

After the patriarchs, God formed Israel as his people by freeing them from slavery in Egypt. He established with them the covenant of Mount Sinai and, through Moses, gave them his law so that they would recognize him and serve him as the one living and true God, the provident Father and just judge, and so that they would look for the promised Savior.

Second Vatican Council, Declaration *Nostra Aetate* (1965), no. 4:

Thus the Church of Christ acknowledges that, according to God's saving design, the beginnings of her faith and her election are found already among the Patriarchs, Moses and the prophets.

Second Vatican Council, Dogmatic Constitution *Dei Verbum* (1965), no. 3:

At the time [God] had appointed He called Abraham in order to make of him a great nation (see Gen. 12:2). Through the patriarchs, and after them through Moses and the prophets, He taught this people to acknowledge Himself the one living and true God, provident father and just judge, and to wait for the Savior promised by Him, and in this manner prepared the way for the Gospel down through the centuries.

Pope Benedict XVI, Apostolic Exhortation *Verbum Domini* (2010), no. 11:

It is very beautiful to see how the entire Old Testament already appears to us as a history in which God communicates his word: indeed, “by his covenant with Abraham (cf. Gen 15:18) and, through Moses, with the race of Israel (cf. Ex 24:8), he gained a people for himself, and to them he revealed himself in words and deeds as the one, living and true God...”

