

Conquering Jericho

The Gospel Project: Unit 7 Session 2

Joshua 2-4; 6

Midweek Bible Lesson

Week of April 12th, 2026

Christ Connection: God's people could not bring down Jericho's walls in their own power. They trusted God and were victorious. We cannot defeat sin and death in our own power. When we trust in Jesus and are baptized, we are saved from sin and death.

Big Picture Question: Why can we trust God? PS: We can trust God because He does what He says He will do. Elem: We can trust God because He is faithful and does everything for His glory and our good.

Memory Verse: PS: Who is the King of glory? The Lord, strong and mighty. Psalm 24:8; Elem: Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle. Psalm 24:8

Spiritual Discipline: Rest: to cease activity with the goal of growing both in love for God and the desire to continue serving Him

Leader Bible Study: Last week, we began learning about the spiritual discipline of rest. We discussed how God designed our bodies to rest, just like He rested on the seventh day of creation. We talked about rest being a good gift from God that allows us to grow in our love for God and our desire to serve Him. This week, we will look at how the Israelites practiced rest when they were in the desert.

The story for this week comes from Exodus 16:13-30. The Israelites escaped Egypt and traveled to the Wilderness of Sin. After they complained about hunger, God provided them with bread in the mornings. He instructed them to collect the bread six days of the

week, but rest on the seventh day. The passage tells us that some ignored God's command to rest on the seventh day and, unsurprisingly, were not successful at finding bread on that day.

Resting from our work shows our faith in God. The Israelites who went in search of bread on the seventh day revealed that they did not trust what God told them. Likewise, it can be hard for us to trust God and rest when we feel Him nudging us to slow down. In our productivity-focused society, many of us take comfort in our hectic schedules. Many of us take pride in our busy plans and find our worth attached to how much we accomplish each day. While God does not call us to be lazy, He does want us to value rest and place our trust in Him instead of our packed schedules.

The Israelites were instructed to use the Sabbath to remember how God brought them out of slavery and saved them. It was a day to reflect on God's faithfulness to them. Resting and reflecting on God's faithfulness is just as important for us. Taking an item off the to-do list or saying no to an activity in order to have a free evening at home can be ways to show our faith in God. These choices remind us that our faith is in Him and what He has done for us rather than in ourselves and what we can accomplish. This week, we want kids to see that taking time to rest reflects our faith in God and gives us time to reflect on His faithfulness to us.

[Welcome](#)

Sing Songs

Free Time Favorite

Materials: none

Guide kids to form a circle. Encourage them to think about their favorite thing to do when they have free time. Select one kid to come to the center of the circle and share his favorite free time activity. Encourage him to explain why it's his favorite and how it

recharges or refreshes him. After he shares, allow him to select the next person to come to the center of the circle and share.

Memory Verse Relay

Materials: below printable

Who	is	this	King	of
glory?	The	Lord	strong	
and	mighty,	the	Lord	
mighty	in	battle.	Psalm	24:8

Expand, print, and cut 4 sets of the above printable. Guide kids to form four teams and line up at the back of the room. Place the memory verse cards on the opposite side of the room, with a set in front of each team. Prompt the first kid in each line to run down to the cards, grab the card on top, then run back to the line, at which point the next kid can go. Repeat until all the cards have been collected. The first team to put the memory verse in order wins.

[Learn About Rest](#)

Review Spiritual Disciplines

Materials: none

Ask, ***“What is the definition of a spiritual discipline?”***

Say, ***“Right! A spiritual discipline is a practice, or repeated action, that helps us grow in love for God and godliness.”***

Ask, ***“What are some examples of spiritual disciplines?”***

Worship, prayer, Bible study, generosity, service, fellowship, rest, evangelism, celebration, fasting, and silence.

Review the Discipline of Rest

Materials: none

Say, ***“Last week, we began to look at the spiritual discipline of rest. We talked about how rest is a part of God’s design for our lives. He gives us times to work, but He also gives us times to rest, recharge, and reflect on His goodness. This week in Bible study we saw an example of the Israelites resting in God by following His instructions for bringing the walls of Jericho down. They rested in God’s strength because they could not do it in their own power. Today we will look at another example of the Israelites obeying God’s instructions and what it can teach us about rest.”***

Group Game: Exercise Extravaganza

Materials: index cards, pencil

Before the session begins, write down on separate index cards a variety of exercises for kids to do. Examples of exercises include: doing 10 jumping jacks, hopping on one foot 15 times, doing five push-ups, spinning in a circle five times, or walking like a penguin while counting to 10. Form kids into pairs and distribute one index card to each pair, prompting them not to look at the card. Tell kids that, when the game begins, the pair can look at their card and do the activity. A leader can hold the remaining cards on the other side of the room. After they have completed the activity, one person in the pair runs to the adult holding the remainder of the index cards and grabs a new card. The pair does the activity on that card, and then one person in the pair runs to get another card. The pairs continue this process until all cards have been distributed and all activities completed. The pair that collects the most cards wins.

Ask, ***“How did you feel as you were completing the exercises?”***

Say, ***“You had to act fast and work hard to do the exercises and run to get new cards. It would be easy to get tired. Some of you may have been excited to rest once the game was over.***

You were physically on the move during the entire game, and it may have felt good to rest when it was time. The Israelites were on the move in a different way in today’s story. When we pick up in our story today, the Israelites were beginning their journey to the Promised Land after God led them out of slavery in Egypt. Hundreds of years before this, God promised Abraham that He would give the Israelites, Abraham’s descendants, the Promised Land. In today’s story, they were at the start of their journey. As God was leading them in their travels, He provided for their need for food by giving them bread to collect in the mornings.”

Read the Bible

Materials: Bibles

Read Exodus 16:13-30.

Ask, ***“What happened to the bread that was kept overnight during the first six days of the week?”***

Say, ***“We see that the people who let bread remain until the next morning woke up to it being filled with worms and smelling bad. No one would want to eat that kind of bread!”***

Ask, ***“What did God instruct the Israelites to do on the sixth day of the week?”***

Say, ***“God told the Israelites to collect twice as much bread on the sixth day so that they could rest on the seventh day, the***

Sabbath. God commanded the Israelites to keep the Sabbath day holy by not doing any work on that day. Verse 23 tells us that the Sabbath was to be a day set apart for complete rest for the Israelites. Unlike the other days of the week, God kept the leftover bread collected on the sixth day fresh for the seventh day. God wanted the Israelites to rest completely on the Sabbath, and He provided them with the food they would need for that day.

Ask, “Did the Israelites follow God’s instruction to not collect bread on the seventh day?”

Say, “No, they were not. Just like Moses told them, they found nothing.”

Ask, “Why do you think some Israelites disobeyed Moses’ command by trying to collect bread on the Sabbath?”

Say, “God had already provided so much for the Israelites. He led them out of Egypt, protected them against Pharaoh’s army, and provided food for them, among many other acts of provision. Still, it may have been hard for some of the Israelites to trust that God would do what He said He would do. Sometimes, it can also be easy for us to not trust God completely.

The Sabbath was a day for the Israelites to remember and reflect on God’s faithfulness to them. Believers in Christ are not bound by the Sabbath rules the Israelites were given, but taking time to rest and reflect on God’s goodness and faithfulness to us is still such an important thing to do. This type of rest helps us remember all the good things God has provided us with and all the ways He has taken care of us. Remembering His goodness and faithfulness in this way helps us grow in our faith.”

Christ Connection

Materials: none

Say, ***“During Old Testament times, God gave the Israelites many laws that involved how they were to observe special times of the year or special days like the Sabbath. These laws pointed to Jesus, whose perfect life, death on the cross, and resurrection fulfilled those laws. Because Jesus perfectly obeyed the law, Christians can rest in Jesus- knowing that only He can make people right with God. While Christians today no longer have to follow laws about special days, God still desires that we take regular time to rest and focus on Him.”***

Group Activity: Relay of Rest

Materials: music

Form two teams and prompt kids to line up with their team. Explain that the goal of the game is for each person on the team to get to the other side of the room and back, one at a time. The first team to have all kids run to the other end of the room and back wins. Tell kids that there is one important rule they must follow: they can only run while music is playing. When the music stops, kids must stop right away and sit down, wherever they are. Kids can start running again once the music starts again. A leader will start the music and stop the music at random.

Say, ***“Was it hard to follow the important rule and sit down? (Allow responses.) Just like the relay had an important rule to follow, the Israelites were given an important command from God to follow. God wanted the Israelites to trust Him and rest on the Sabbath so they could remember His faithfulness to them.”***

Follow Up on Last Week’s Challenge

Materials: none

Say, ***“Last week, our challenge was to thank God when He gave us times of rest. Did you take time to thank Him when He gave you chances to take a break and recharge? Would anyone like to share their experience with us?”***

Introduce This Week’s Challenge

Materials: none

Say, ***“This week, our challenge is to think about what truly gives us rest and recharges us. Some things we do during our down time don’t necessarily leave us refreshed. Some of you may feel recharged and refreshed after spending your free time drawing or reading a book. Others may feel recharged and refreshed by going on a bike ride or playing on the playground. Take time to think about what truly refreshed you to help you grown closer to God and serve Him.”***

[Love God by Practicing Rest](#)

Bucket of Blessings

Materials: strips of paper, pencils, basket

Remind kids that God provided bread for the Israelites while they were traveling to the Promised Land because He is always faithful and always provides for His people. Encourage kids to think of times when they have seen God provide in their lives. Maybe He provided a friend for them in a new class or provided them with strength to do well in a soccer game. Maybe He provided a special possession that meant a lot to them or provided them with the memory and knowledge to do well on a test at school. Distribute the strips of paper and prompt kids to write down how they have seen God provide in their lives. When the kids are done writing, collect the

strips of paper and place them in the basket. Read the kids examples of God's provision.

God's Provision

Materials: large shipping labels and markers

Give each kid a large shipping label and some markers. Encourage them to write a Bible verse about rest on their label. Some examples include: Psalm 4:8; Matthew 11:28-30; Exodus 33:14; and Hebrews 4:9-10. Once they have finished writing a verse on the label, pass out individually wrapped snacks and lead kids in sticking the label to the snack packaging. Challenge them to find a few minutes this week to slow down, rest in God, and be reminded of His provision while they eat their snack.

Close in Prayer

Materials: none

Use the scripted prayer below, pray in your own words, or ask a student to pray.

Say, ***“God, thank You for always being faithful to us. Thank You for always providing for us. Help us take time to rest and remember Your faithfulness to us. Amen.”***