

Simply Charlotte Mason presents

• THE STORY OF GOD AND HIS PEOPLE •



CREATION TO MOUNT SINAI

Genesis–Exodus

BIBLE LESSONS FOR THE WHOLE FAMILY | GRADES 1–12

by Sonya Shafer

BIBLE HISTORY FOR YOUR WHOLE FAMILY.

Discover the living narrative of the Bible with this Bible history curriculum that traces the story of God's people from Creation through God's giving the Law at Mount Sinai. You and your students will gain an understanding of the overarching history in the Bible through interesting 20-minute lessons that guide you through the Scripture accounts.

Each year of studies provides 72 lessons to be done as a family, with narration and discussion prompts provided at three skill levels so you can customize and raise the bar for each student. Teacher prep is simple with step-by-step instructions to follow, giving you confidence and letting you enjoy the lessons with your students.

The study comes to life with fascinating full-color and vintage photographs that let your students see landmarks, artifacts, replicas and models, and other images related to the Bible accounts studied in the lessons. Your students will also use a Bible atlas to connect the locations of the Bible with modern-day geography. And Book of Centuries entries help you record key events and people to form connections with other historical events.

THE STORY OF GOD AND HIS PEOPLE SERIES

This four-year course is designed to be completed three times across all 12 grade levels. Narration and discussion prompts provide opportunities for middle school and high school students to delve deeper as the four-year cycle is repeated.



Pair The Story of God and His People with In the Word Student Bible Studies and Scripture Memory for a thorough, effective Bible curriculum that will get your family into God's Word for life.

Simply
Charlotte Mason

simplycharlottemason.com

• THE STORY OF GOD AND HIS PEOPLE •

CREATION TO MOUNT SINAI

Genesis—Exodus

BIBLE LESSONS FOR THE WHOLE FAMILY | GRADES 1–12

by Sonya Shafer



The Story of God and His People is part of a complete Charlotte Mason curriculum. See where this course fits in the Simply CM curriculum at simplycm.com/curriculum.

Book of Centuries dates are taken from the ESV Study Bible timelines.

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. The ESV text may not be quoted in any publication made available to the public by a Creative Commons license. The ESV may not be translated in whole or in part into any other language.

The Story of God and His People: Creation to Mount Sinai
© 2026 by Simply Charlotte Mason

All rights reserved. However, we grant permission to make printed copies or use this work on multiple electronic devices for members of your immediate household. Quantity discounts are available for classroom and co-op use. Please contact us for details.

ISBN 978-1-61634-811-3 printed
ISBN 978-1-61634-812-0 electronic download

Published by
Simply Charlotte Mason, LLC
930 New Hope Road #11-892
Lawrenceville, Georgia 30045
simplycharlottemason.com

Printed in the U.S.A.

CONTENTS

LESSON 1	
God Creates	10
LESSON 2	
Creation Details	12
LESSON 3	
Adam and Eve Sin	14
LESSON 4	
Cain Kills Abel	17
LESSON 5	
Noah Builds the Ark.....	19
LESSON 6	
The Waters Prevail	21
LESSON 7	
The Ark Lands	23
LESSON 8	
God's Promise	26
LESSON 9	
The Languages Confused.....	28
LESSON 10	
The Testing of Job	30
LESSON 11	
Abram Goes to Egypt.....	32
LESSON 12	
Abram Separates from Lot.....	34
LESSON 13	
Hagar Bears Ishmael	37
LESSON 14	
God Confirms the Covenant Again	40
LESSON 15	
Sarah Is Promised a Son	43
LESSON 16	
Abraham Pleads for Sodom	46
LESSON 17	
God Destroys Sodom and Gomorrah	48
LESSON 18	
Abraham Lies about Sarah Again	51

CONTENTS *continued*

LESSON 19	
Isaac Is Born	53
LESSON 20	
Abraham Offers Isaac.....	56
LESSON 21	
Sarah Dies.....	59
LESSON 22	
A Wife for Isaac.....	61
LESSON 23	
Exam	64
LESSON 24	
Exam	65
LESSON 25	
Esau Sells His Birthright.....	66
LESSON 26	
Isaac Lies about Rebekah.....	68
LESSON 27	
Jacob Steals the Blessing.....	71
LESSON 28	
Jacob Flees.....	73
LESSON 29	
Jacob with Laban	75
LESSON 30	
Jacob's Sons and Flocks.....	77
LESSON 31	
Jacob Flees from Laban.....	79
LESSON 32	
Jacob Fears Esau.....	81
LESSON 33	
Jacob Meets Esau Again.....	84
LESSON 34	
Grief Comes to Jacob	86
LESSON 35	
Joseph Is Sold.....	89
LESSON 36	
Joseph Is Thrown into Prison.....	92

CONTENTS *continued*

LESSON 37	
The Cupbearer and the Baker	95
LESSON 38	
Joseph Is Released from Prison	97
LESSON 39	
Jacob Sends His Sons to Egypt	100
LESSON 40	
Joseph's Brothers Return to Egypt	103
LESSON 41	
Joseph Tests His Brothers	105
LESSON 42	
Joseph Reveals Himself to His Brothers	108
LESSON 43	
Jacob Moves His Family to Egypt	110
LESSON 44	
Jacob's Household Settles in Egypt	112
LESSON 45	
Jacob's Final Blessings	114
LESSON 46	
Jacob and Joseph Die	116
LESSON 47	
Exam	118
LESSON 48	
Exam	119
LESSON 49	
The Israelites Enslaved	120
LESSON 50	
Moses Is Born	123
LESSON 51	
The Burning Bush	126
LESSON 52	
Moses Prepares to Return to Egypt	129
LESSON 53	
Brick-making Becomes Harder	132
LESSON 54	
The Plague of Blood	134

CONTENTS *continued*

LESSON 55	
The Plagues of Frogs, Gnats, and Flies.....	137
LESSON 56	
The Plagues on Livestock, of Boils, and of Hail.....	139
LESSON 57	
The Plagues of Locusts and Darkness.....	141
LESSON 58	
The Passover Explained.....	144
LESSON 59	
The Plague of the Death of the Firstborn.....	146
LESSON 60	
Israel Crosses the Red Sea.....	148
LESSON 61	
God Provides Water and Food.....	151
LESSON 62	
God Provides Water and Victory.....	153
LESSON 63	
Moses Gets Help.....	155
LESSON 64	
Israel at Mount Sinai.....	157
LESSON 65	
God Gives the Law.....	159
LESSON 66	
Moses on the Mountain.....	163
LESSON 67	
The Golden Calf.....	166
LESSON 68	
Broken Covenant.....	168
LESSON 69	
The Covenant Renewed.....	170
LESSON 70	
The Tent of Meeting.....	173
LESSON 71	
Exam.....	177
LESSON 72	
Exam.....	178

MATERIALS NEEDED

FAMILY

- Bible in your preferred translation
- *The Story of God and His People: Creation to Mount Sinai Pictures*
- *The Student Bible Atlas* by Tim Dowley, Revised Edition (2015)
- Family Book of Centuries

GRADE 5–8

- *My Book of Centuries*
- (optional) **Bible Picture Portfolios: Genesis*
- (optional) **Bible Picture Portfolios: Exodus and Numbers*

GRADES 9–12

- *My Book of Centuries*
- Study Bible or commentary of your choice
- (optional) **Bible Picture Portfolios: Genesis*
- (optional) **Bible Picture Portfolios: Exodus and Numbers*



Follow this link or use the QR code to download a free Family Book of Centuries for younger students and to learn more about *My Book of Centuries* for older students: simplycm.com/boc

* If your students are already familiar with these Bible accounts, you might consider adding the Bible Picture Portfolios that correspond to the passages being studied. Only one copy per family is needed. The lessons will let you know when to use each picture.

FOR FURTHER STUDY

The materials below are not required in order to complete this course, but they are highly recommended to beautifully complement your study of Bible history.

IN THE WORD: STUDENT BIBLE STUDIES



These weekly Bible studies are written for students in grades 3–12 and cover many of the books of poetry and wisdom as well as the epistles. Learn more at simplycm.com/bible-studies.

SCRIPTURE MEMORY SYSTEM



Thousands of families use this simple system to memorize Bible verses, passages, and whole chapters while reviewing every verse they have learned in just five minutes a day. Find out more at simplycm.com/scripture-memory.

LEISURE READS



Historical fiction can help make a time period come alive. Visit simplycm.com/bonus-books for a list of books that correspond to the Biblical people and events that you will be studying. Make those titles available to any students who want good recommendations for books to read in their leisure time.

HOW TO USE

The Story of God and His People is a four-year Bible history curriculum designed for all ages. Its overarching purpose is to encourage your student to develop a personal knowledge of God. Complete two lessons each week to finish this book in a school year.

Family Lessons

The lessons are designed for all of your students to enjoy together.

THE STORY OF GOD AND HIS PEOPLE

Materials Needed

FAMILY

- Bible

GRADES 1-4

- Family Book of Centuries

GRADE 5-8

- My Book of Centuries

GRADES 9-12

- My Book of Centuries
- Study Bible or commentary

LESSON 1

GOD CREATES

1 PREPARE

Be sure you have read the How to Use section of this book so you will feel comfortable as you guide your students through the lessons. If you have any questions or need help, you can get in touch with our friendly, helpful team at simplycm.com/contact.

INTRODUCE 1 min

Say: "In the beginning . . ." Those are the very first words in your Bible, in the book of Genesis. Everything has a beginning. You had a beginning. Your house had a beginning. Your favorite park had a beginning. Your town had a beginning.

Genesis means "origins" or beginnings—where things came from. And the first chapter of Genesis tells us about the beginning of everything around us everything . . . except God. God was already there in the beginning, and He had a plan for creating all that is around us. Let's read about it.

4 READ & NARRATE 14 min **3**

Explain: The phrase "after its kind" will be used often in the passage. That phrase means that each kind of plant and animal will reproduce its own kind, not something different. For example, a cat will have kittens, not puppies, and an apple seed will grow more apples, not oranges.

Read: Read aloud Genesis 1:1—2:3. If desired, use the suggested Pause Points outlined at the end of this lesson to break up the reading.


Select: At the end of the reading, select one narration prompt below for each student. All ages may narrate orally. Students in grades 4–12 may be asked to write their narrations.

Any Student: Tell about the creation of the world.

Grade 5 and up: Explain what God made on each day of Creation.

Grade 9 and up: Write a poem that depicts the days of Creation.

If you are new to narration follow this link or use the QR code to learn more: simplycm.com/narration



10 simplycharlottesmason.com

CREATION TO MOUNT SINAI

DISCUSS 2-5 min

Discuss: Discuss any questions your students might have about the ideas in today's reading.

Assign: Select one assignment below for each older student.

Grade 5 and up: The Latin phrase *ex nihilo* means "out of nothing." It's a phrase that describes how God created the world. Compare how God created the world and how we create things. What similarities and differences do you notice?

Grade 9 and up: Read the notes on Genesis 1 in a study Bible or commentary and discuss any questions or new ideas about the passage. If you are also completing in the Word: Student Bible Studies, discuss and record in the Discovering Doctrine Journal the doctrinal truths about God (Theology Proper) in verse 1, about the Holy Spirit (Pneumatology) in verse 2, and about mankind (Anthropology) in verse 27.

9 RECAP 1 min

Record: Make an entry for Creation at the very beginning of your Book of Centuries. Explain that we don't know the exact date, but we know that "In the beginning God created the heaven and the earth."

6 PAUSE POINTS

If you need to divide the reading into shorter segments, use these intermediary stopping points and narration prompts:

- 1:1-5**—Tell about the first day of Creation.
- 1:6-8**—Tell about the second day of Creation.
- 1:9-13**—Tell about the third day of Creation.
- 1:14-19**—Tell about the fourth day of Creation.
- 1:20-23**—Tell about the fifth day of Creation.
- 1:24-31**—Tell about the sixth day of Creation.
- 2:1-3**—Tell about the seventh day of Creation.

THE STORY OF GOD AND HIS PEOPLE

Materials Needed

FAMILY

- Bible
- Creation to Mount Sinai
- Pictures
- Copy of Character Study: Jacob
- Two felt-tip markers of different colors

GRADES 9-12

- My Book of Centuries
- Study Bible or commentary

LESSON 33

JACOB MEETS ESAU AGAIN

2 REVIEW 2 min

Ask: How many of the eight key words from Genesis can you remember? (Refer to page 5 in *Creation to Mount Sinai Pictures* to help as needed.)

Ask: We have met all four of the key people. (Joseph was born in Genesis 30.) What can you tell about the third one: Jacob?

INTRODUCE 1 min

Explain: Jacob is known by another name, one that God gave him. You will find out what that name is and how that name change came about in today's reading.

READ & NARRATE 13-15 min

Read: Read aloud Genesis 32:22—33:20. If desired, use the suggested Pause Points outlined at the end of this lesson to break up the reading.

7 Display: Show your students Map 3, *Abraham's Family in Canaan*, in *The Student Bible Atlas* and help them locate Succoth and Shechem.

Explain: The name Jacob gave to the altar means "God, the God of Israel."

Select: At the end of the reading, select one narration prompt below for each student:

Any Student: Tell about Jacob's other name and how he got it.

Grade 5 and up: Tell five things about Jacob's reunion with Esau.

Grade 9 and up: Detail (a) how Jacob's name was changed, (b) his reunion with Esau, and (c) where he settled.

Record: Ask your students what character trait(s) they observed—good or bad—in Jacob, and record their suggestions in the corresponding color(s) on the Character Study sheet.

84 simplycharlottesmason.com

- 1 PREPARE**
- 2 REVIEW**
- 3 TIME STAMPS**
- 4 READINGS**
- 5 NARRATION**
- 6 PAUSE POINTS**
- 7 PICTURE & MAPS**
- 8 GRADES 5-12**
- 9 RECAP**

1 PREPARE	If any extra preparation is needed for the lesson, you'll find it here.
2 REVIEW	Encourage your students to recall the previous lesson.
3 TIME STAMPS	Use the time suggestions to pace each lesson to about 20 minutes.
4 READINGS	Read from the Bible translation of your choice. Older students may follow along in their Bibles if desired.
5 NARRATION	Choose one narration prompt for each student. Students in grades 1–3 should narrate orally. Students in grades 4–12 may give either oral or written narrations.
6 PAUSE POINTS	Break up the reading and narration into shorter segments if needed.
7 PICTURES & MAPS	Reinforce tie-ins to world history and geography with maps, pictures of artifacts and accurate reproductions, and Book of Centuries entries.
8 GRADES 5–12	Assign older students a few extra minutes of study and discussion. High school students will be reading the notes from a commentary or study Bible of your choice.
9 RECAP	Wrap up your time together by briefly emphasizing key ideas from the lesson.

Materials Needed

FAMILY

- Bible

GRADES 1–4

- Family Book of Centuries

GRADE 5–8

- *My Book of Centuries*

GRADES 9–12

- *My Book of Centuries*
- Study Bible or commentary

LESSON 1

GOD CREATES

PREPARE

Be sure you have read the How to Use section of this book so you will feel comfortable as you guide your students through the lessons. If you have any questions or need help, you can get in touch with our friendly, helpful team at simplycm.com/contact.

INTRODUCE *1 min*

Say: “In the beginning . . .” Those are the very first words in your Bible, in the book of Genesis. Everything has a beginning: You had a beginning. Your house had a beginning. Your favorite park had a beginning. Your town had a beginning.

Genesis means “origins” or beginnings—where things came from. And the first chapter of Genesis tells us about the beginning of everything around us: everything . . . except God. God was already there in the beginning, and He had a plan for creating all that is around us. Let’s read about it.

READ & NARRATE *14 min*

Explain: The phrase “after its kind” will be used often in the passage. That phrase means that each kind of plant and animal will reproduce its own kind, not something different. For example, a cat will have kittens, not puppies, and an apple seed will grow more apples, not oranges.

Read: Read aloud Genesis 1:1—2:3. If desired, use the suggested Pause Points outlined at the end of this lesson to break up the reading.

Select: At the end of the reading, select one narration prompt below for each student. All ages may narrate orally. Students in grades 4–12 may be asked to write their narrations.

Any Student: Tell about the creation of the world.

Grade 5 and up: Explain what God made on each day of Creation.

Grade 9 and up: Write a poem that depicts the days of Creation.

If you are new to **narration**, follow this link or use the QR code to learn more: simplycm.com/narration



DISCUSS 2–5 min

Discuss: Discuss any questions your students might have about the ideas in today’s reading.

Assign: Select one assignment below for each older student.

Grade 5 and up: The Latin phrase *ex nihilo*, means “out of nothing.” It’s a phrase that describes how God created the world. Compare how God created the world and how we create things. What similarities and differences do you notice?

Grade 9 and up: Read the notes on Genesis 1 in a study Bible or commentary and discuss any questions or new ideas about the passage. If you are also completing In the Word: Student Bible Studies, discuss and record in the Discovering Doctrine Journal the doctrinal truths about God (Theology Proper) in verse 1, about the Holy Spirit (Pneumatology) in verse 2, and about mankind (Anthropology) in verse 27.

If it will work better for your family, you may choose to do the Recap before your older students complete their additional assignments.

RECAP 1 min

Record: Make an entry for Creation at the very beginning of your Book of Centuries. Explain that we don’t know the exact date, but we know that “In the beginning God created the heaven and the earth.”

PAUSE POINTS

If you need to divide the reading into shorter segments, use these intermediary stopping points and narration prompts:

- 1:1–5**—Tell about the first day of Creation.
- 1:6–8**—Tell about the second day of Creation.
- 1:9–13**—Tell about the third day of Creation.
- 1:14–19**—Tell about the fourth day of Creation.
- 1:20–23**—Tell about the fifth day of Creation.
- 1:24–31**—Tell about the sixth day of Creation.
- 2:1–3**—Tell about the seventh day of Creation.

Materials Needed

FAMILY

- Bible

GRADES 9–12

- Study Bible or commentary

LESSON 2

CREATION DETAILS

REVIEW 1 min

Ask: Tell what you recall about how God created the world.

INTRODUCE 1 min

Say: You may have noticed in last time’s reading that when God created the land and the oceans; the sun, moon, and stars; the plants and animals, He simply spoke the word and they came into being: “God said . . . and it was so.” But when it came time to create people—the man and the woman—God chose a much more personal way to make them. Our reading today gives more details.

READ & NARRATE 12 min

Read: Read aloud Genesis 2:4–25. If desired, use the suggested Pause Points outlined at the end of this lesson to break up the reading.

Select: At the end of the reading, select one narration prompt below for each student:

Any Student: Tell about the creation of the man and the woman.

Grade 5 and up: Explain how God’s interaction with the man and woman was different from the other things He created.

Grade 9 and up: In what ways does man’s creation set him apart from animals?

DISCUSS 2–5 min

Discuss: Discuss any questions your students might have about the ideas in today’s reading.

Assign: Select one assignment below for each older student.

Grade 5 and up: Read Psalm 8 and discuss the position and responsibility that God gave to mankind within His creation.

Grade 9 and up: Read the notes on Genesis 2 in a study Bible or commentary and discuss any questions or new ideas about the passage.

*Not every **narration** for grades 4–12 needs to be written. In fact, students who are just beginning to transition to writing their narrations should ease into it by writing only one per week. If your transitioning narrator has already written a narration for any school subject this week, ask for an oral narration here.*

RECAP 1 min

Briefly emphasize ideas from your discussions or

Say: From the very beginning, God made the first move to have a close relationship with people. It showed in the special way He created them, prepared a beautiful garden for them to live in, and gave them meaningful work to do. That is God's heart: to have close fellowship with people.

PAUSE POINTS

If you need to divide the reading into shorter segments, use these intermediary stopping points and narration prompts:

2:4–7—Tell how God created the man.

2:8, 9—Tell about where the man would live.

2:10–14—Tell how that garden was watered.

2:15–17—Tell what God expected from the man.

2:18–20—Tell what job God gave the man to do.

2:21–25—Tell how God created the woman.

Materials Needed

FAMILY

- Bible
- *Creation to Mount Sinai Pictures*

GRADES 9–12

- Study Bible or commentary

LESSON 3

ADAM AND EVE SIN

REVIEW 2 min

Explain: The book of Genesis can be summarized in eight key words: four events and four people.

Display: Show your students page 5 in *Creation to Mount Sinai Pictures*, and read the eight words aloud: Creation, Fall, Flood, Babel, Abraham, Isaac, Jacob, Joseph.

Ask: What do you recall about the first event: Creation, and particularly the creation of the first man and woman?

INTRODUCE 2 min

Say: Today we will read about the second event: the Fall. In this case, we're not talking about a season of the year but a "fall" from a high position. You'll remember that God chose to have a relationship with the first man and woman. Having a close friendship with God is a precious and privileged thing.

Ask: What do you recall about the one tree that God said the man and woman should not eat its fruit?

Explain: The Tree of the *Knowledge* of Good and Evil offered a personal knowledge gained through experience. God did not want the man and woman to experience evil; that's why He forbade them from eating that tree's fruit. But God's enemy, Satan, wanted the man and woman to fall from their lofty position of close friendship with God and experience evil. That's why he tempted them to disobey God and to eat from the Tree of the Knowledge of Good and Evil. Let's read about that now.

READ & NARRATE 12 min

Read: Read aloud Genesis 3. If desired, use the suggested Pause Points outlined at the end of this lesson to break up the reading.

Select: At the end of the reading, select one narration prompt below for each student:

Any Student: Tell about the Fall of Adam and Eve.

Some students find it easier to capture the story in their minds' eyes with a visual component. Try giving your student a white board and dry erase marker and allow him to make quick drawings while he listens. He can refer to his drawings as he narrates.

Grade 5 and up: Explain how Adam and Eve broke their relationship with God and how God responded.

Grade 9 and up: Detail how both the serpent and Eve twisted God's words, which led to the Fall.

DISCUSS *2–5 min*

Discuss: Discuss any questions your students might have about the ideas in today's reading.

Assign: Select one assignment below for each older student.

Grade 5 and up: Read 1 John 2:16 and compare it with Genesis 3:6. Discuss which of the three avenues of temptation in the world played a role in Eve's sin.

Grade 9 and up: Read the notes on Genesis 3 in a study Bible or commentary and discuss any questions or new ideas about the passage. If you are also completing In the Word: Student Bible Studies, discuss and record in the Discovering Doctrine Journal the doctrinal truths about sin (Hamartiology) in Genesis 3.

RECAP *1 min*

Briefly emphasize ideas from your discussions or

Say: Even though Adam and Eve chose to sin and break their close friendship with God, God still provided for them (an innocent animal was killed to provide clothes for them) and protected them.

*As God's children, it is important that we are able to retell the stories of the Bible with accuracy and confidence. Using The Story of God and His People, your student will have three opportunities to practice retelling each Bible story throughout his school years. If this is the second or third time your student has told one of the stories, encourage him to add more details and even Bible wording to his **narration**.*

LESSON CONTINUED ON NEXT PAGE

LESSON CONTINUED

PAUSE POINTS

If you need to divide the reading into shorter segments, use these intermediary stopping points and narration prompts:

3:1–7—Tell how the first man and woman fell from their close friendship with God.

3:8–12—Tell what happened when God came to see them after they had sinned.

3:13–15—Tell about the curse that God put on the serpent.

3:16—Tell about the curse that God put on the woman as a result of her sin.

3:17–19—Tell about the curse that God put on the man Adam as a result of his sin.

3:20, 21—Tell how God helped Adam and Eve after they sinned.

3:22–24—Tell how God protected Adam and Eve after they sinned.