



Bible Point ▶

We can trust God to give us what we need.

Bible Verse

“Oh, the joys of those who trust the Lord” (Psalm 40:4a).

Growing Closer to Jesus

Children will ■ learn how God provided food for the Israelites,
 ■ realize that God meets our needs,
 ■ consider the difference between needs and wants, and
 ■ celebrate the fact that God takes care of us.

Teacher Enrichment

Bible Basis

■ God provides manna and quail.

**Exodus
16:1-35**



After three days in the desert without finding water, the Israelites came upon a spring. But the water was bitter and the people complained. Despite the grumbling of the people, God turned the bitter water sweet so they could drink it (see Exodus 15:22-27).

Apparently the food they had brought with them had also run out, and they began complaining about that, too. But God came through again, with manna. God wanted Israel to know that he was still there, that he was aware of their need, and that he was going to provide for them.

When the manna appeared the first morning, the Hebrews' question, “What is it?” apparently caught on as its name because *manna* means “What is it?” Though some have suggested various possibilities for what manna was, nothing we know of today is a good match for the description given in Exodus 16:31: “It was white like coriander seed, and it tasted like honey wafers.”

The miraculous nature of manna is further exhibited in what happened to it over the course of a Sabbath as opposed to a weekday. The Israelites were not to work on the Sabbath, but to keep it as a day for worship. Gathering manna on the Sabbath would have been work, so God simply didn't make it appear. If anyone tried to keep manna from one weekday to the next, it would spoil. However, if anyone kept it from the morning before the Sabbath, it would stay through the Sabbath. God provided just what his people needed, just when they needed it!










Prayer

- Read Philippians 4:19.
- In what way has God supplied your needs today?
- Pray: Lord, I pray that my students and I will have grateful hearts for all the ways you provide for our needs, such as...

Before the Lesson

- Collect the necessary items for the activities you plan to use. Refer to the Classroom Supplies and Learning Lab Supplies columns to determine what you'll need.
- Make photocopies of the "Today I Learned..." handout (at the end of this lesson) to send home with your children.
- Pray for the children in your class and for God's direction in teaching the lesson.

This Lesson at a Glance

	What Children Will Do	Classroom Supplies	Learning Lab Supplies
Welcome Time	Welcome! —Receive name tags, and be greeted by the teacher.	"Stone Tablet Name Tags" (p. 27), markers, pins or tape	
Let's Get Started Direct children to one or more of the optional activities until everyone arrives.	Option 1: Manna Meal —Gather "manna flakes," and learn that God provided special food for the Israelites.	Sweetened cornflakes, two plastic tablecloths, plastic spoons, paper cups	
	Option 2: A Flood of Food —Create a mural of food "raining" from the sky, and hear that God took care of the Israelites.	Newsprint, tape, crayons	
	Option 3: Quail Tag —Try to catch a "quail," and learn that God sent quail for the Israelites to eat.		
	Pick Up Our Toys —Sing a song as they pick up toys, and gather for Bible Story Time.	CD player	
Bible Story Time	Setting the Stage —Collect "needs," and tell what needs God meets.	CD player, construction paper scraps, bucket or bowl	
	Bible Song and Prayer Time —Sing a song, bring out the Bible, and pray together.	Bible, construction paper, scissors, CD player, basket or box	  
	Hear and Tell the Bible Story —Enjoy "manna" snacks while they hear a story from Exodus 16:1-35 about God's provision for the Israelites.	Bible, "manna flakes" from Option 1, CD player	 
	Do the Bible Story —Thank God in an action prayer for all he provides.		
Closing 	Food, Water, and Video Games —Help Pockets understand the difference between needs and wants.		
	Celebrate God! —Enjoy a "rainstorm" of the good things that God provides.	Bucket of paper scraps from "Setting the Stage"	

*See the end of this lesson for extra-time ideas and supplies.

Welcome Time

Welcome!

SUPPLIES: “Stone Tablet Name Tags” handouts (p. 27), markers, pins or tape

- Bend down and make eye contact with children as they arrive.
- Greet each child individually with an enthusiastic smile.
- Thank each child for coming to class today.
- As children arrive, ask them how they put last week’s lesson into practice. Ask questions such as “When were you afraid this week?” and “How did you trust God?”
- Say: **Today we’re going to learn that ► we can trust God to give us what we need.**
- Hand out the stone tablet name tags children made in the first lesson, and help children attach the name tags to their clothing. If some of the name tags were damaged or if children weren’t in class that week, have them make new name tags using the photocopiable handout at the end of Lesson 1.
- Direct children to the Let’s Get Started activities you’ve set up.



It’s important to say the Bible Point just as it’s written in each activity. Repeating the Bible Point over and over throughout the lesson will help kids remember it and apply it to their lives.



Let’s Get Started

Set up one or more of the following activities for children to do as they arrive. After you greet each child, invite him or her to choose an activity.

Circulate among the children to offer help as needed, and direct children’s conversation toward today’s lesson. Ask questions such as “What things do you need the most?” or “Who gives you the things you need?”

Option 1: Manna Meal

SUPPLIES: sweetened cornflakes, two plastic tablecloths, plastic spoons, paper cups

Before children arrive, spread two large, clean, plastic tablecloths on the floor, and sprinkle sweetened cornflakes on the tablecloths’ outer edges. Let children walk around the tablecloths’ edges and gather the “manna” into paper cups using plastic spoons. Tell children that God gave the Israelites food every day for 40 years. Explain that ► we can trust God to give us what we need. After each child has gathered a small cupful of manna, set the children’s cups aside until “Hear and Tell the Bible Story.”



If you don’t choose Option 1, provide an alternative sweet, crunchy snack to serve during “Hear and Tell the Bible Story.”



Option 2: A Flood of Food

SUPPLIES: newsprint, tape, crayons

Tape a large sheet of newsprint to a wall, and draw rain clouds at the top of the paper. Set out crayons, and encourage children to draw pictures of their favorite foods “raining” from the sky. As children draw, explain that God sent a special kind of food from heaven to feed the Israelites while they were in the desert. Remind children that God provides for all our needs, too.

■ Option 3: Quail Tag

SUPPLIES: none

Gather children in an open area or outside. Designate half the class to be Quail, and explain that the other children are Israelites. Tell children that when the Israelites were hungry, God sent birds called quail for them to eat. Have the Quail crouch down and waddle around the playing area. The Israelites may chase the Quail by taking heel-to-toe steps. When an Israelite tags a Quail, have the two children exchange roles. As children play, explain that the Israelites had to trust God for all their needs.

When everyone has arrived and you're ready to move on to the Bible Story Time, encourage the children to finish what they're doing and get ready to clean up.

■ Pick Up Our Toys

SUPPLIES: CD player



Lead children in singing “Pick Up Our Toys” (track 2) with the CD to the tune of “Skip to My Lou.” Encourage the children to sing along as they help clean up the room.

You'll be using this song each week to alert children to start picking up. At first they may need a little encouragement. But after a few weeks, picking up and singing along will become a familiar routine.

If you want to include the names of all the children in your class, sing the song without the CD and repeat the naming section. If you choose to use the CD, vary the names you use each week.



**We will pick up our toys.
We will pick up our toys.
We will pick up our toys
And put them all away.**

**There's [name] picking up toys.
There's [name] picking up toys.
There's [name] picking up toys,
Putting them all away.**

(Repeat.)

Bible Story Time

■ Setting the Stage

SUPPLIES: CD player; construction paper scraps, bucket or bowl



Tell the children you'll clap your hands to get their attention. Explain that when you clap, the children are to stop what they're doing, raise their hands, and focus on you. Encourage children to respond quickly so you'll have time for all the fun activities you've planned.

Before this activity, scatter scraps of colored paper on the floor. Gather children in a circle, and then ask:

- **What things do you need each day?** (Food; clothes; water; shoes.)
- **How do you get those things?** (We go to the store; my dad gives them to me; my parents give them to me.)

Say: **Let's pretend that all these scraps of paper are different things we need each day. When I start the music, collect as many "needs" as you can, and then sit back down in our circle. Ready?**

Play "Provision Pick-Up" (track 8) on the CD.

When the track ends, turn off the CD player, and have children sit down in a circle with their paper scraps. Place a bowl or bucket in the middle of the circle. Say: **You've collected lots of things that you need. ► We can trust God to give us what we need. Let's go around the circle and think of all the things God provides for us. As you tell us something that God provides for you, put your handful of needs in the bucket.**

You may have to help children come up with needs such as families, food, shelter, clean water, health, and love.

When the bucket comes back to you, say: **Today we'll hear how God took care of the Israelites' needs. We'll learn that ► we can trust God to give us what we need, too. First let's sing our Bible song and pray!** Put the bucket of paper scraps aside to use later during the Closing.



■ Bible Song and Prayer Time

SUPPLIES: Bible, construction paper, scissors, basket or box, CD player



Before class, make surprise cards for this activity by cutting construction paper into 2x6-inch slips. Prepare a surprise card for each child, plus a few extras for visitors. Fold the cards in half; then stamp the *Moses stamp* inside one of the surprise cards. Bookmark **Exodus 16:1-35** in the Bible you'll be using.

Have children sit in a circle. Say: **Now it's time to choose a Bible person to bring me the Bible marked with today's Bible story. As we sing our Bible song, I'll pass out the surprise cards. Don't look inside your surprise card until the song is over.**

Lead the children in singing "Read God's Book" (track 3) with the CD to the tune of "The Muffin Man." As you sing, pass out the folded surprise cards.



**Now it's time to read God's book,
Read God's book, read God's book.
Now it's time to read God's book.
Let's hear a Bible story.**

(Repeat 3x.)

After the song, say: **You may look inside your surprise cards. The person who has Moses stamped inside his or her card will be our Bible person for today.**

Identify the Bible person, and then have the rest of the children clap for him or her. Ask the Bible person to bring you the Bible. Help the Bible person open the Bible to

the marked place and show children where your story comes from. Then have the Bible person sit down.

Say: [Name] **was our special Bible person today. Each week, we'll have only one special Bible person, but each one of you is a special part of our class! Today we're all learning that ► we can trust God to give us what we need.**

Let's say a special prayer now and ask God to help us trust him with our needs. I'll pass around this basket. When the basket comes to you, put your surprise card in it and say, "God, help me trust you with my needs."

Pass around the basket or box. When you've collected everyone's surprise card, set the basket aside, and pick up the Bible. Lead children in this prayer: **God, thank you for the Bible and all the stories in it. Teach us today that ► we can trust you to give us what we need.** In Jesus' name, amen.



BIBLE POINT ►



BIBLE POINT ►



■ Hear and Tell the Bible Story

SUPPLIES: Bible, "manna flakes" from Option 1, CD player



Form a circle, and bring out the *Learning Mat: Moses Leads God's People*. Point to the Bible and say: **Our story comes from the book of Exodus in the Bible. Our Learning Mat shows us pictures of our Bible story. Let's remember our story by singing about what's happened to Moses and the Israelites so far.**

Lead children in singing "God Told Moses" (track 6) to the tune of "Did You Ever See a Lassie?" with the CD. Point to the different pictures on the *Learning Mat* as the stories are mentioned in the song.



SING

God told Moses, "Take my people
From Pharaoh—he's evil!"

God told Moses, "Take my people
From Pharaoh right now!"

So Moses told Pharaoh,
"The Israelites must go."
But old Pharaoh, he said,
"Oh no! They're staying with me!"

God sent frogs and gnats and locusts
And flies and diseases.
Finally Pharaoh changed his mind
When his firstborn son died.

So Pharaoh told Moses,
"Take God's people—please go!"
So the Israelites were free
To go worship the Lord.

When the song ends, turn off the CD player and ask:

• **Why did the Israelites want to leave Pharaoh?** (He was mean; they had to work hard; they were his slaves.)

**teacher
tips**

Your 5- and 6-year-olds are learning to share and cooperate. They can understand and follow rules. They enjoy extensive dramatic play. They are eager to please teachers and parents.

• **What happened to the Israelites after they left Egypt?** (Pharaoh's army came after them; God parted the Red Sea to rescue them.)

Say: **God took good care of his special people, the Israelites. Today we'll learn what happened after they escaped from the Egyptian army.** Distribute the cups of sweetened cornflakes from Option 1. If you didn't choose Option 1, give each child a cup of some sweet, crunchy snack. **As you listen to the story, eat one piece of your snack each time you hear the word *food*.**

Read the following story, cuing children when to eat their "manna" snacks.

After the Israelites left the Red Sea, they started on their long journey to Canaan, the land God had promised them. Their journey took them through a hot, dry desert where there wasn't very much food or water. The Israelites had been excited when they left Egypt. They had been even more excited when God parted the Red Sea and saved them from Pharaoh's army. But it wasn't long before they were grumbling and complaining.

"We're starving!" they whined. "We might have been slaves in Egypt, but at least we had lots of food! Now we'll probably die from hunger!"

God told Moses, "I've heard my people complaining to you. So I'll send the Israelites special food from heaven. Tell them to go outside each day and collect just enough food for that day. On the sixth day of the week, have them collect twice as much food so they won't have to work on the Sabbath."

Moses obeyed and told the people just what God had said. That night, birds called quail flew into the Israelites' camp. The people were happy to have fresh, delicious meat for dinner that night. But the next morning, they found an even better surprise! Thin, sweet flakes were covering the ground. The Israelites tasted the flakes and discovered that this food was different from anything they'd ever tasted before. This was special food straight from God! The Israelites called it "manna."

Each day, God's people collected jars of manna. And each day, they found plenty of manna for everyone. Some people ignored God's rule about collecting just enough food for one day. But when they tried to collect more, the manna spoiled, and they couldn't eat it.

As the Israelites traveled across the desert, God sent manna for them every day. When they ate their manna, the Israelites remembered that they could trust God to give them everything they needed—even food in the desert.

Ask: • **What did the Israelites need in the desert?** (Food; water.)

• **How did God give them what they needed?** (He sent special birds for them to eat; he gave them manna; God sent food from heaven.)

• **What happened when people collected too much manna?** (It went bad; it spoiled; they couldn't eat it.)

Say: **The Israelites learned to trust God for the things they needed. They had to trust that God would send food each day. ► We can trust God to give us what we need, too. Like the Israelites, we know that God will provide for our needs. As you're finishing your manna snacks, think of all the things God provides each day.**

Allow children to finish their cups of cereal, and then move on to the next activity.



◀ **BIBLE POINT**

■ Do the Bible Story

SUPPLIES: none



BIBLE POINT ▶



Thanks



God



BIBLE POINT ▶

Form a circle and say: **We can be thankful because ▶ we can trust God to give us what we need.** Psalm 107:1 says, “Give thanks to the Lord, for he is good! His faithful love endures forever!” Because God loves us, he takes care of us and provides everything we need each day. Let’s thank God with an action prayer.

Teach children the sign language motions for “Thanks, God.” To sign “thanks,” hold your palm in front of your lips, and then move your hand away from you, as shown in the margin. To sign “God,” point your index finger away from you, and then fold your thumb toward your palm and point your fingers up. Flatten your hand and pull it straight down in front of your body.



Lead children in acting out each line of the prayer and in signing, “Thanks, God.”

You give us clothes to keep us warm. (*Pretend to dress.*)

You made our bodies in your form. (*Touch toes, and then reach toward the sky.*)

Thanks, God. (*Sign the motions.*)

You give us food to munch and chew (*pretend to eat an apple*),

And when we’re thirsty, water, too! (*Pretend to drink a glass of water.*)

Thanks, God. (*Sign the motions.*)

But best of all, you gave your love (*hug self*)

When you sent Jesus from above. (*Stretch arms out.*)

Thanks, God. (*Sign the motions.*)

Say: ▶ **We can trust God to give us what we need**—especially his Son, Jesus! God sent Jesus to earth to die for our sins—for all the wrong things we do—so that we can be forgiven. If we believe in Jesus and are sorry for our sins, God promises that we can live in heaven one day.

But while we are still here on earth, God may not always give us everything we want. That’s why it’s important to know the difference between wants and needs. Let’s see if Pockets can help us learn the difference.

Closing

■ Food, Water, and Video Games

SUPPLIES: none

Bring out Pockets the Kangaroo, and go through today’s puppet script. Afterward have kids wave goodbye, and then put Pockets out of sight.





Pockets: It's just not fair.

Teacher: What's not fair, Pockets?

Pockets: (*Pouting*) I can't believe my mom won't get it for me. I need it so much!

Teacher: What do you need?

Pockets: There's this new video game called "Showdown at the Red Sea," and I've just gotta have it. It's about God and Moses battling the Egyptians and all that stuff. All my friends have it, and I need it, too.

Teacher: That sounds like a neat game, but do you really need it?

Pockets: Yes, yes, yes...I do!

Teacher: Pockets, needs are something you just couldn't live without. Children, can you name some things we can't live without? (*Call on children to name needs such as health, air, food, clean water, and clothing.*) Do you think you could live without a video game?

Pockets: Well...uh...I guess so.

Teacher: Our bodies need air, food, water, and shelter. Of course, there are other things we'd like to have. Those are called wants. Can anyone tell me some things you want? (*Let children tell wants such as new games, trips to Disneyland, candy, or more birthday presents.*)

Pockets: So the video game is just a want, not a need.

Teacher: I think you've got it, Pockets. It's important to know the difference between wants and needs. ► *We can trust God to give us what we need.*

Pockets: I'm glad God always gives us what we need. I guess I can live without a video game, even though I want it a whole bunch.

Teacher: That's the spirit!

Pockets: Maybe I can start thanking God for all he gives me instead of complaining about what I want. I'll start by thanking him for food! I love food! Yummy apples, fried chicken—oh, and corn-on-the-cob... (*Exits talking about food.*)

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■ Celebrate God!

SUPPLIES: bucket of paper scraps from "Setting the Stage"

Form a circle and say: **God sent manna from heaven when the Israelites were hungry. God rains good things down on us, too. ► We can trust God to give us what we need. We're going to celebrate by giving God our praises, but first let's review our Bible verse for today. It comes from Psalm 40:4a: ► "Oh, the joys of those who trust the Lord." Let's see if you can say it with me.** Repeat the verse, encouraging the children to say it with you.





For a fun way to clean up the paper scraps, you may want to play Manna Mania from the "For Extra Time" page.

Pass around the bucket of paper scraps from "Setting the Stage." Have each child take one handful of paper. Say: **Let's show God our joy because we trust him. On the count of three, throw your paper in the air and shout, "We can trust God—yes, indeed! God will give us all we need!"**

Lead children in tossing their papers and cheering. As children watch the "rainstorm," say: **Now give two friends high fives to celebrate all God gives us.**

Have children help you clean up the paper. Collect name tags for next week's use.



Growing closer to Jesus extends beyond the classroom.

Photocopy the "Today I Learned..." handout (at the end of this lesson) for this week, and send it home with your children. Encourage parents to use the handout to plan meaningful family activities to reinforce this week's topic.



For Extra Time

If you have a long class time or want to add additional elements to your lesson, try one of the following activities.

■ **Lively Learning: Manna Mania**

Before this activity, scatter scraps of recycled office paper on the floor. Distribute paper cups, and have children line up at one end of the room. Choose a volunteer to be “It,” and have him or her stand at the other end of the room.

Explain that when It turns his or her back to the rest of the class, children may move forward, gathering scraps of paper as they go. But when It calls “Sabbath” and turns to face the class, everyone must freeze. The first person to reach It with a full cup becomes It. As children play, remind them that God instructed the Israelites not to gather manna on the Sabbath.

■ **Make to Take: Manna Baskets**



Set out crayons, scissors, paper plates, and a stapler. Have each child decorate the back of two paper plates with crayons. Show children how to put the rims of the paper plates together so both designs show, and then staple around the edges. Then help children cut a “pie slice” from the stapled plates to make baskets. You may want to provide sweetened cereal for children to “collect” in their Manna Baskets.



■ **Treat to Eat: M-m-m-manna**

Set out crackers, paper plates, and honey in squeeze bottles. Allow each child to place two or three crackers on a paper plate and then squeeze honey on the crackers. As children enjoy their snacks, tell them that the Israelites’ manna was sweet and tasted like wafers. Remind children that ► we can trust God to give us what we need.

■ **Story Picture: God Provides Manna and Quail**

Give each child a copy of the “Today I Learned...” handout. Set out crayons, glue, and small bowls of quick-cooking oats. Have the children color their pictures and then glue the oats to the handout to represent manna. Remind children that God provided manna for the Israelites and that ► we can trust God to give us what we need.

Today I learned...

Today your child learned that we can trust God to give us what we need. Children heard how God provided manna and quail for the Israelites. They thanked God for meeting their needs.

We can trust God to give us what we need.

Verse to Learn

"Oh, the joys of those who trust the Lord" (Psalm 40:4a).

Ask Me...

- What did God provide for the Israelites?
- What needs do you have?
- How does God give our family what we need?

Family Fun

- Buy a bag of groceries for a needy family in your church or neighborhood. At the grocery store, allow each family member to pick out a favorite food item to add to the bag. Send the items anonymously but attach a note with a Bible verse such as "And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus" (Philippians 4:19).

God Provides Manna and Quail (Exodus 16:1-35)

