

Lesson: God Sends Special Food

Introduction

Scripture: Exodus 16

Key Verse: Exodus 16:4a Then the Lord said to Moses, “Behold, I will rain bread from heaven for you...”

Bible Lesson

Lesson Goal: The children will know that God provides for our every need.

Hook: Give each student a magazine to look through. Have them cut out pictures of foods they would take with them on a trip. Then have them glue their pictures on the paper plate. (If magazines are not available, have students draw the food they would take with them.) As they are selecting foods discuss with them:

-Can this food easily be taken on a trip?

-Will this food spoil while you're on the trip?

-Have you selected things that are good for you or only things that you like?

In our story today, the Israelites are traveling on a very long trip. They cannot carry all the food they need for this trip. Eventually, they run out of food. Now what? Let's see what God's answer to their problem is.

Scripture to read: Exodus 16

You may want to have some of the older children help with the reading. It may also be helpful to read this passage from the New Living Translation. Be sure to let the children see you reading the Bible story from the Bible. It is important that they know that what you are teaching is from God's word. Help the children follow along in their Bible as the passage is read.

Key Principles:

After reading the scripture passage, discuss and emphasize these key principles from Exodus 16 with the children.

1. God will take care of our every need.
2. Every day is brand new. God gives us what we need for THAT day.
3. We should obey God's instructions.

Application:

The following questions are appropriate for older children

1. Why were the people complaining against Moses and Aaron? (v2-30)
2. Who did Moses say they were really complaining against? (v8)
3. How much were the people supposed to gather? (v4&5)
4. How and when did the bread appear? (v13-14)
5. What happened when the people tried to save their bread overnight except on the Sabbath? (v20)

6. What did they call this bread from heaven? (v31)

The following questions are appropriate for younger children:

1. Why were the people unhappy? (They were hungry)
2. How did God take care of them? (He provided bread for them every morning and quail at night.)
3. What did they call the bread from heaven? (Manna)

Activities

***BE SURE TO CHECK WITH PARENTS FOR FOOD ALLERGY!**

1. Prepare Ahead: Break graham crackers into small squares. Spread a very light covering of honey over each cracker, just enough so that the powdered sugar will stick to the graham cracker. These are “manna” wafers. Hide them around the room. Set the chairs in a maze fashion in the center of the room.

Activity:

Give each child his/her paper plate. Have them pretend they are the Israelites. They walk around through the maze as you retell the Bible story. Every now and then, stop and have them choose something off their plate to “eat”. When everyone has “eaten” almost everything off of his or her plate, talk about where his or her next meal will come from. Continue walking through the maze until you get to the part of the story where God sent the manna. Have the children leave the maze area and branch out to search for manna (graham cracker pieces). They are only allowed to find 3-4 pieces. They put them on their plate and bring them back to you. When everyone has collected his or her manna and returned to you, finish the story.

Optional: Make food boxes. Decorate boxes with scenes from the story of God providing the manna. Remind children that God uses us many times to help take care of the needs of others. Have children make cards to put in the boxes that tell of God’s love. Have children ask the adult members of the focus group to bring nonperishable items to the next focus group meeting. Choose a family that might benefit from the food box and take it to them. It would be neat to do this anonymously where the food “appeared” for the family that will be receiving it in a similar way that the manna appeared to the Israelites and only God receives the glory.

Wrap-Up

Review the key principles and the key verse. Remind the children that God will provide for them even when the situation seems impossible. Remind children to look for ways that God takes care of them and to praise Him for those things.

Prayer Time: Lead the children in a time of prayer. Ask children to share ways that God provides for them every day. Remember to pray and praise God for the ways that He provides for us every day. Ask God to give the children wisdom every day to see His provision and praise Him for it.

Toddler Time: The toddlers can participate in the above activities. However, ask parents before the meeting if it is O.K. if they eat the graham cracker manna.

Supplies:

Paper plates

Glue

Magazines (If not available, then crayons and markers)

Scissors

Graham Crackers

Honey

Powdered Sugar

Boxes (for optional food boxes activity)

Construction paper and stickers to decorate boxes