

God Sends Quail and Manna

Exodus 16:1-26

First- and second-graders usually can't comprehend the spiritual nature of God. They tend to think of God in terms of what their life experiences have taught them so far. For example, if their parents are very loving, they'll understand how God's love is infinitely greater. Children from troubled homes can be encouraged when they understand that God's love never fails and never ends. Use this lesson to ensure kids that God always gives them everything they need.



► Bible Point

God gives us what we need.

Key Verse

"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows" (Psalm 23:5).

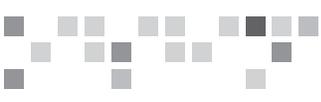
Weaving Faith Into Life

Kids will thank God for always giving them everything they need.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
1 Getting Started	What Do You Need? <i>(about 10 min.)</i> Play a game of telling needs.		
2 Bible Exploration	People Grumble, God Provides <i>(about 15 min.)</i> Hear how God provided, and then pretend to be hungry and make a snack.	Bible, bread, foam plates, honey, plastic knives, plastic wrap, antibacterial gel (optional)	
	My Cup Overflows <i>(about 10 min.)</i> Learn the Key Verse, and draw pictures of blessings.	Bible, My Bible Fun, crayons	Tear out the Lesson 2 pages from each My Bible Fun student book.

Bold text within the lesson is spoken text.

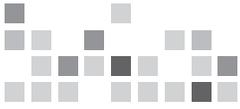




LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>3</p> <p>Weaving Faith Into Life</p>	<p>God Provides Today <i>(about 10 min.)</i> Look at current situations on the poster, listen to the CD, and talk about how God provides today.</p>	<p>CD player Teacher Pack: CD, "God Provides" poster</p> 	
	<p>Quail Cups <i>(about 15 min.)</i> Make cups as a reminder that God gives us what we need.</p>	<p>My Bible Fun, 1 foam cup per child, glue, several pairs of scissors, construction paper, crayons, pencils, pens, crackers, antibacterial gel (optional) Teacher Pack: "Quail Shapes" stencils</p> 	<p>Punch out the shapes from the "Quail Shapes" stencils.</p>
<p>4</p> <p>Lasting Impressions</p>	<p>Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.</p>	<p>My Bible Fun, pens</p>	
	<p>Weaving Faith at Home <i>(about 2 min.)</i> Talk about how to share what they learned with their families.</p>		

***Bold text** within the lesson is spoken text.*





1 GETTING STARTED

What Do You Need?

What You'll Do ■■■■■■

Welcome kids warmly as they arrive, and ask them how their week went.

Gather everyone together, and have kids sit in a circle.

Say: **Let's play a game. One person will stand and tell one thing he or she needs. Then that person will point to another person in the circle, and he or she will stand and tell one thing he or she needs, and so on.** Check that kids understand the difference between needs and wants. For example, you can explain that kids need water, but they want toys.

Start the game by standing and naming one thing you need. Then point to a child in the group. Continue in this manner until everyone has shared at least one need. Then say:

► **GOD GIVES US WHAT WE NEED. In fact, all those things you named, God gave them to you. Everything your parents have, God gave to them. Everything anyone has that they need, God is the reason.**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Why do you need some of the things you named?
- What do you think about God being the one who actually gives you everything you need?

Say: **We learned in our game that there are things we need and things we just want. We heard a lot of things we each need in life and that ► GOD GIVES US WHAT WE NEED. Today we'll hear how the Israelites ran out of food but then God gave them what they needed.**

2 BIBLE EXPLORATION

People Grumble, God Provides

What You'll Do ■■■■■■

Open your Bible to Exodus 16:1-26, and show kids the passage. Say: **In the Bible**

People Grumble, God Provides Supplies

Bible
bread
foam plates
honey
plastic knives
plastic wrap
antibacterial gel
(optional)

! **ALLERGY
ALERT**

today, we'll learn how God gave the Israelites food when they had nothing to eat, and we'll talk about how ► **GOD GIVES US WHAT WE NEED.**

Gather the children close together in a circle.

Say: **In Exodus 16, the Israelites have left Egypt and are now in a place called the Desert of Sin. Let's read more about what they were doing.**

Read aloud Exodus 16:1-3, and then say: **The Israelites were hungry, and they were grumbling and complaining. Let's grumble, too!**

Have kids wander around the room saying, "Grumble, grumble, grumble—I'm so hungry!" Let them wander for about 30 seconds, and then have them sit down again. Have kids tell partners about times they've grumbled to their parents or other adults.

Read aloud Exodus 16:4-5. Then say: **So Moses and Aaron told the people what God said. They told the people, "You are not grumbling against us, but against the Lord." Then they told the Israelites that God had heard their grumbings and that he would give them food.**

Have kids clean their hands. Give each child a plastic knife and a piece of bread on a foam plate.

Say: **Just as God gave the Israelites food when they needed it, ► GOD GIVES US WHAT WE NEED. In the evening God gave the Israelites quail, which is a kind of bird. And every morning God gave the Israelites a kind of bread, which they called "manna." Let's make a snack that will remind us of the food God provided for the Israelites.** Let kids spread honey on the bread in a bird shape and enjoy their snacks. (If there are leftover scraps, you may save them for the real birds.)

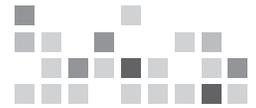
After kids have enjoyed their snacks, help them each make a second snack to take home to their parents. Say: **Give these to your parents, and thank them for giving you the things you need. Ask your parents to celebrate with you how God helps them provide for you.** Encourage kids to explain to their parents why they made birds out of honey on the bread. Cover the snacks with plastic wrap, and set them aside.

Say: **God did something interesting when he gave the Israelites quail and manna. He gave them only enough food for one day at a time. He did that for five days, but on the sixth day, he gave them two days' worth of food so the Israelites wouldn't need to work one day of the week. God made it so if anyone tried to keep more food than he or she needed each day, it spoiled, and the person wasn't able to eat it, except on the sixth day.**

Read aloud Exodus 16:35.

Talk With Kids ■■■■

Lead children in this discussion.





My Cup Overflows Supplies

Bible
My Bible Fun
crayons

My Cup Overflows Easy Prep

Tear out the Lesson 2
pages from each My
Bible Fun student book.

Ask:

- What do you think about the Israelites' complaints?
- What do you think of how God responded?
- Tell about a time you felt impatient about waiting for food.
- Explain whether you think you could trust God to provide what you need every day.

Say: **God kept his promise by providing food for the Israelites every morning and evening for 40 years! But God wanted them to rely on him each day, so he only gave them enough for each day. God wants us to rely on him, too, and we can always be certain that ► GOD GIVES US WHAT WE NEED.**

My Cup Overflows

What You'll Do ■■■■■■

Say: **God wanted the Israelites to know every day that he's the one who gave them everything they needed. Let's look at our Key Verse and see what it says about how ► GOD GIVES US WHAT WE NEED.**

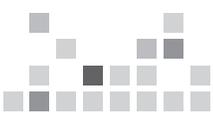
Open your Bible to Psalm 23:5, and show it to kids. Say: **Listen while I read Psalm 23:5 to you: "You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows" (Psalm 23:5). That means God takes care of us even when others aren't treating us well. God always gives us more than enough. Have kids repeat the verse with you several times: "You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows" (Psalm 23:5).**

Give each child a Lesson 2 My Bible Fun page, and set out crayons. Say: **Look at the table on your My Bible Fun page. Remember, our Key Verse tells us that God prepares a table for us. On the picture of the table, draw something God provides or gives to you.**

Give kids several minutes to draw. Ensure children leave space to draw more on the table later in the activity. Then have kids share with partners about the things they drew on their tables.

Say: **You all drew things God provides for you. Our Key Verse tells us that God provides for us in such a great way that our "cup overflows." The writer of this verse means that if he were to put all the blessings God gives him into a cup, the cup would overflow because God gives him so many good things!**

Point out the cup on each child's My Bible Fun page. Say: **Think about something you feel extra thankful for that God's given you. Then write one word for that thing on the cup.** Allow time, and then have kids tell their partners how they feel that their cups are overflowing.



Say: **Draw on the table a picture of those good things flowing out of the cup.** Allow time.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Explain how easy or hard it was to think of things God gives to you.
- What's something you need right now in your life?
- What are some ways you can show God you'll rely on him to give you what you need?

Say: ► **GOD GIVES US WHAT WE NEED** and even more. God loves each of us so much. He wants us to remember that he prepares a table for us and when we trust him, we'll see how our cups are overflowing with all the blessings he gives us. Let's trust God this week to provide for all our needs.

3 WEAVING FAITH INTO LIFE

God Provides Today

What You'll Do ■■■■

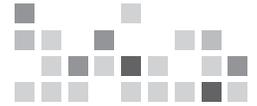
Have kids sit in a circle around the "God Provides" poster. Have kids sit where they can see the poster. Say: **Today we learned that ► GOD GIVES US WHAT WE NEED. We heard how God gave the Israelites the food they needed every day, but even though they wanted to store extra food, he didn't let them because he wanted them to rely on him every day.**

Point to the first picture on the "God Provides" poster. Have the group discuss whether they think the boy in the first picture needs the new toy.

Say: **Let's listen to the CD and find out what happens here.** Play "God Provides, Part 1" (track 3 on the CD). Then have the group discuss what they think the boy could do with all his extra toys.

Point to the second picture on the poster. Say: **Let's see what's happening with this little girl.** Play "God Provides, Part 2" (track 4 on the CD). Then have the group discuss whether they think the little girl needed the teddy bear that someone bought for her. Let kids tell about some things God's given them that they really wanted.

Say: **God really loves you, and he wants to give you the things you need. But he also wants you to be happy. Because God sometimes gives us what we want as well as what we need, our cups overflow!**



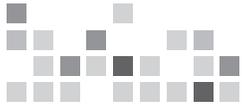
God Provides Today Supplies

CD player

Teacher Pack

CD: "God Provides, Part 1" (track 3);
"God Provides, Part 2" (track 4); "God Provides, Part 3" (track 5)
"God Provides" poster





Quail Cups Supplies

My Bible Fun
1 foam cup per child
glue
several pairs of scissors
construction paper
crayons
pencils
pens
crackers
antibacterial gel
(optional)

Teacher Pack

“Quail Shapes” stencils

! ALLERGY ■ ALERT

Quail Cups Easy Prep

Punch out the shapes
from the “Quail Shapes”
stencils.

Point to the third picture on the poster. Say: **Let’s listen to the next situation.** Play “God Provides, Part 3” (track 5 on the CD). Then have the group discuss what they think about how the girl reacted when her mom said “no.”

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What do you think about how the kids acted in each situation?
- Explain whether you think God gives us everything we want.
- How can you show God you’re thankful for everything he gives you?

Say: ► **GOD GIVES US WHAT WE NEED, and he even gives us some things we want. God hears our prayers. Sometimes we may not get exactly what we want, but we will get what we need. That’s what God did for the Israelites. They might’ve liked having some food other than quail and manna, but they had food. They had what they needed.**

Quail Cups

What You’ll Do ■■■■■■

Say: **Let’s make something now to help us remember what God did for the Israelites and what he does for us.**

Set out the supplies and the “Quail Shapes” stencils. Let kids trace, cut out, and color quail shapes on construction paper. Have them glue the quail shapes to their cups. Help them write “God Provides” on their cups. Then have kids clean their hands and get in pairs.

Say: **Tell your partner about some things God’s provided for you in the last year.**

Allow time, and then as kids finish explaining, have each child take a handful of crackers to put in his or her cup.

Say: **Now tell your partner what you can do this week to remember that God always gives you everything you need.** Allow time, and then as kids finish explaining, let them each take another handful of crackers to put in the cup.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What was it like filling your cup in this activity?
- When has God given you something that made you feel like your cup was overflowing?

Say: ► **GOD GIVES US WHAT WE NEED—so much so that our cups overflow! Take your Quail Cups home as a reminder of how God provided for the Israelites by giving them quail and manna.**

4 LASTING IMPRESSIONS

Daily Challenges

What You'll Do

Say: **Let's think about how ► GOD GIVES US WHAT WE NEED.**

Have kids find this week's Daily Challenges in their My Bible Fun pages and choose one to do this week. They can choose one or more of these three options:

- **Every night this week, pray and thank God for something he's given you.**
- **When your mom or dad comes home from work, give her or him a big hug, and thank God for giving you a wonderful family.**
- **Make up motions to a praise song, and praise God for his gifts.**

Make sure you choose a Daily Challenge as well, and tell kids what you chose. Kids will be more inclined to follow through on their commitments when they see you doing the same.

Talk With Kids

Lead children in this discussion.

Ask:

- **What's a practical way you're going to do your Daily Challenge? Include a time, a place, and other ideas.**

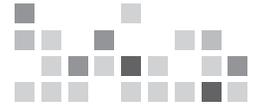
Say: **Today we learned that God is so great that he gives us everything we need. We can always trust him to take care of us. This week, remember that ► GOD GIVES US WHAT WE NEED by following through on our Daily Challenges.**

Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about how God provides for our needs. Kids can also do the activities in the "HomeConnect" section of their My Bible Fun pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at group.com/digital.

Take a couple of minutes to pray with your kids, thanking God that he gives us everything we need and often gives us things we really want. Have kids stand in a circle and hold hands. Give each child a chance to tell God something he or she is thankful for, and then pray: **God, you're amazing. We know we can trust you to give us what we need each day. Help us remember how wonderful you are and always thank you for how you always give us what we need. In Jesus' name, amen.**



Daily Challenges Supplies

My Bible Fun
pens

