

God Sends Quail and Manna

Exodus 16:1-26

Most preschoolers haven't learned the difference between wanting something and needing something. Use this lesson to help preschoolers see the difference, and help them know that God gives them everything they need.



► Bible Point

God gives us what we need.

Key Verse

"The Lord is my shepherd, I shall not be in want" (Psalm 23:1).

Weaving Faith Into Life

Children will thank God for giving them everything they need.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started</p> <p><i>about 5 min.</i></p>	<p>Welcome and Celebrate</p> <p>Welcome each other, and praise God through music.</p>	<p>CD player</p> <p>Teacher Pack: CD</p>	
<p>2</p> <p>Key Verse Activity</p> <p><i>about 10 min.</i></p>	<p>Wait and Seek</p> <p>Find pictures of things they need that God gives them.</p>	<p>Bible</p> <p>Teacher Pack: "Things I Need" cards</p> 	<p>If you didn't already in Lesson 1, separate the cards and then hide them around the room.</p>
<p>3</p> <p>Bible Exploration</p> <p><i>about 15 min.</i></p>	<p>Puppy Pointers</p> <p>Hear how Theo learns that God gives us what we need.</p>	<p>CD player, Theo puppet, can of food, string</p> <p>Teacher Pack: CD</p>	<p>Tie the can of food to Theo's paw.</p>
	<p>Bible Time: Quail and Manna</p> <p>Mimic facial expressions, and hear sounds like those in the Bible passage.</p>	<p>Bible, CD player</p> <p>Teacher Pack: CD, "Expressions" cards</p> 	<p>Break apart the cards.</p>

Bold text within the lesson is spoken text.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life <i>about 20 min.</i> <i>(Choose 2 centers.)</i></p>	<p>Center 1: Heaven in My Home Draw pictures of things God gives them.</p>	My Bible Hugs, crayons	Remove the Lesson 2 pages from each My Bible Hugs student book, and write children's names on them.
	<p>Center 2: Desert Snack Discover food in the "desert" as the Israelites did.</p>	resealable plastic bags, graham crackers, chocolate chips, plastic spoons, antibacterial gel (optional)	
	<p>Center 3: Sock Match Look for matching socks as they learn that they can look for God's blessings.</p>	5 pairs of socks in different colors and sizes	Place 1 sock from each pair somewhere in the room where preschoolers can find them easily. Place the other socks in a pile on a table.
	<p>Center 4: Bird Feeders Make crafts to feed birds.</p>	card stock, scissors, tape, paper plates, spoons, corn syrup, birdseed, resealable plastic bags	Cut card stock into 4x4-inch squares, and then tape each square into a roll.
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions <i>about 10 min.</i></p>	<p>Daily Challenges Choose a Daily Challenge to apply God's Word.</p>	My Bible Hugs	
	<p>Action Prayer Praise and thank God for what he provides.</p>		
	<p>Weaving Faith at Home Talk about how to share what they learned with their families.</p>		

Bold text within the lesson is spoken text.



Welcome and Celebrate Supplies

CD player

Teacher Pack

CD: "We're at Church"
(track 2)

1 GETTING STARTED

Welcome and Celebrate

Tip Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do ■■■■■■

As the children arrive, greet each one with a smile. When it's time to begin, use your signal to gather the children together in a circle on the floor.

Lead children in singing "We're at Church" (track 2 on the CD). Encourage children to follow the motions in parentheses.

 **We're at church,** (*make a steeple with hands*)

We're at church (*make a steeple with hands*)

To worship God and learn his Word (*make a book with hands*)

With a prayer and a song and a Bible story too. (*make prayer hands*)

God loves me and God loves you! (*hug self; then point to others*)

(Repeat 3x.)

Say: **God really loves each of you. That's why ► GOD GIVES US WHAT WE NEED. It's great to know God always takes care of us. Let's sing about how good God is to us.**

Sing "God Is So Good" (not on the CD). After children learn the words, have them share some of the ways God is so good to them. Create new verses by replacing the words "is so good" with "gives us." Then have children name things God gives them.

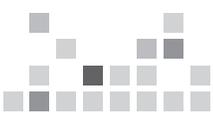
 **God is so good.**

God is so good.

God is so good.

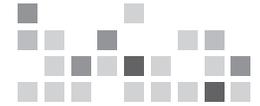
He's so good to me.

Say: **God is so good to us because he loves us and takes care of us. Today we'll hear how God took care of some people in the Bible by giving them what they needed. And we'll think about how ► GOD GIVES US WHAT WE NEED.**



2

**KEY VERSE
ACTIVITY**



**Wait and Seek
Supplies**

Bible
Teacher Pack
"Things I Need" cards

**Wait and Seek
Easy Prep**

If you didn't already in Lesson 1, separate the cards and then hide them around the room.

Wait and Seek

What You'll Do

Have children form a circle and sit down. Open your Bible to Psalm 23:1, and show children the words. Tell kids the Bible is God's special book.

Say: **Our Key Verse from the Bible says, "The Lord is my shepherd, I shall not be in want" (Psalm 23:1). That means God gives you all you need. Let's say that together.** Lead the children in repeating the adapted verse with you: **God gives me everything I need (Psalm 23:1).**

Say: **Sometimes you have to wait for the things you need, like when you're hungry and Mom says, "Wait until dinner." Sometimes you have to go and find the things you need, like when you can't find a shoe or you're looking for Dad to give you a hug. Sometimes it's like that with God. We have to wait or look for the things he wants to give us. But he always takes care of us. Let's say our Key Verse together again: God gives me everything I need (Psalm 23:1).**

Let's play a game of Hide and Seek and see if you can find some of the things God gives us. There are some pictures hidden around the room. Find one picture, and then bring it back here. Make sure each child finds only one picture. If you have more than 20 children in your group, have them work with partners.

When all the children are seated with their pictures, have them take turns telling what's in the pictures that they need. Have each child stand up, show everyone the picture, and say "God gives me [name the item]."

Lead the children in repeating the adapted verse with you: **God gives me everything I need (Psalm 23:1).**

Talk With Kids

Say: **We can know that when we need something, ► GOD GIVES US WHAT WE NEED. We may have to wait, pay attention to God, or look around to see how God is giving us what we need, but we can be sure he'll always take care of us. Let's hear how God gave some people in the Bible what they needed.**





Puppy Pointers Easy Prep

CD player
Theo puppet
can of food
string

Teacher Pack

CD: "Here, Theo"
(track 3)

Puppy Pointers Easy Prep

Tie the can of food to
Theo's paw.

3 BIBLE EXPLORATION

Puppy Pointers

What You'll Do ■■■■■■

Say: **Listen, everyone, Theo's coming! He has something to show us. Let's find out what it is.** Play "Here, Theo" (track 3 on the CD), and bring out Theophilus the FaithRetriever.

Theo: Hi, everybody!

Teacher: Hello, Theo! It's nice of you to come to church with us today. What do you have there?

Theo: I brought a can of food.

Teacher: What's the can of food for?

Theo: I'm collecting cans of food in case I run out of food.

Teacher: Oh, why would you think you'd run out?

Theo: I don't know. I just want to make sure.

Teacher: Theo, that reminds me of something we'll be reading about in the Bible today.

Theo: Really? Did some people run out of food?

Teacher: Well, there were some people who were hungry, and God gave them food to eat.

Theo: That's great.

Teacher: It is, but God didn't want them to store up a bunch of food because he wanted them to trust him to give them what they needed each day.

Theo: *(Looks at his can of food.)* Hmmmm.

Teacher: Do you know what, Theo? God will take care of you. Friends, let's tell Theo our Bible Point for today. *(Lead children in saying the Bible Point for Theo: ► GOD GIVES US WHAT WE NEED.)*

Theo: Oh, I'm going to collect more cans of food.

Teacher: But we just told you that God gives us what we need!

Theo: I'm going to give the cans of food to people who really need them.

Teacher: What a great idea, Theo! Helping others is a great way to thank God for giving us what we need.

Theo: The people who get my cans of food can learn that God gives them what they need, too.

Teacher: That's right, Theo! Friends, let's say goodbye to Theo.

Encourage the children to wave or say goodbye to Theo. Then put Theo away in a safe place for next week's use.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Tell about a time you collected food or something else the way Theo did.
- What do you like about knowing God takes care of you?

Say: **Today in the Bible, we'll hear how God took care of his people. We can always be certain that God takes care of us, too. Since we know ► GOD GIVES US WHAT WE NEED, we can thank God by sharing with others, like Theo decided to do.**

Bible Time: Quail and Manna

What You'll Do

Open your Bible to Exodus 16, and show children the words. Tell children that the Bible is God's special book.

Say: **Today we'll hear how God gave some people in the Bible what they needed, and how ► GOD GIVES US WHAT WE NEED.**

As we listen to what happened in the Bible, when I hold up a card, try to make a face that shows the same feeling. Check for understanding, and then help kids practice by holding up a few cards.

Say: **God's people, the Israelites, forgot that God would take care of them. They were living in the desert, and they felt afraid when they couldn't find any food.** Hold up the "scared" card for children to mimic.

Say: **The Israelites told their leader, Moses, they were scared and angry because there wasn't any food. They didn't trust God. Let's listen to what they might've said.**

Play "Angry People" (track 6 on the CD) as you hold up the "mad" card for children to mimic. Then lead children in pounding their fists on the floor and chanting, "We want food! We want food!"

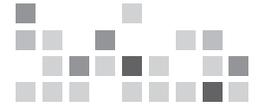
Say: **► GOD GIVES US WHAT WE NEED, and he told Moses to tell the Israelites not to worry. That night, a strange sound could be heard throughout the Israelites' camp.**

Play "Quail Sounds" (track 7 on the CD) as you hold up the "surprised" card for children to mimic.

Say: **God had sent enough quail, which is a bird like a chicken, for everyone to have plenty to eat.** Continue holding up the "surprised" card.

Say: **And in the morning, the Israelites found manna, which is like crackers, on the ground.** Hold up the "happy" card for children to mimic.

Say: **For 40 years the Israelites lived in the desert. And for 40 years God gave the Israelites the food they needed. ► GOD GIVES US WHAT WE NEED.**



Bible Time: Quail and Manna Supplies

.....
Bible
CD player
Teacher Pack
CD: "Angry People" (track 6); "Quail Sounds" (track 7)
"Expressions" cards

Bible Time: Quail and Manna Easy Prep

.....
Break apart the cards.



Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What was it like to pretend to feel all the different ways the Israelites did?
- Tell about a time you were afraid you wouldn't get what you need.
- Instead of being afraid or angry when you need something, what can you remember about God?

Say: **God promises that he will love us and care for us. ► GOD GIVES US WHAT WE NEED. The Israelites got all worked up because they didn't trust God. Let's trust God to take care of us, always.**

4 WEAVING FAITH INTO LIFE

Choose at least two of the learning centers to help reinforce today's Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you're ready for them. Allow the children to choose which center they'd like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center's description.

■ CENTER 1:

Heaven in My Home

What You'll Do ■■■■■■

Give each child a Lesson 2 page from My Bible Hugs. Say: **Today we heard how God gave his people, the Israelites, what they needed, and how ► GOD GIVES US WHAT WE NEED. Let's think about some things God gives us that we need.**

Encourage children to tell things they need that God gives them, like food, clothes, shelter and safety, or love and relationships.

Point out the house on the My Bible Hugs page. Say: **Let's pretend this is a picture of where you live. Draw some of the things you need on this page.** As children work, remind them that ► **GOD GIVES US WHAT WE NEED.**

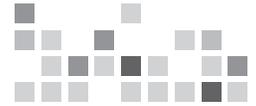
After several minutes, invite the children to show their pictures to the rest of the group.

Center 1: Heaven in My Home Supplies

My Bible Hugs
crayons

Center 1: Heaven in My Home Easy Prep

Remove the Lesson 2
pages from each My
Bible Hugs student
book, and write
children's names on
them.



Talk With Kids

Lead children in this discussion.

Ask:

- What are you most thankful to God for?
- What could we do to say “thank you” to God?

Say: As we look at all the things on our My Bible Hugs pages, we can be so thankful that ► **GOD GIVES US WHAT WE NEED**. This week, let’s look around and remember all the ways God takes care of us like he took care of the Israelites.

CENTER 2:

Desert Snack

What You’ll Do

Have children clean their hands and then sit down for the snack. Say: **God gave the Israelites quail and manna when they really needed something to eat. Let’s make a snack to remind us that ► GOD GIVES US WHAT WE NEED, too.**

Give each child a resealable plastic bag and a graham cracker. Say: **The Israelites were in the desert and they were getting hungry. First let’s crush our graham crackers to make them look like desert sand.** Have children put their graham crackers inside the bags. Ensure the bags are completely sealed. Then have kids crush the graham crackers.

Say: **They were looking for food to fill their stomachs, and they asked God for help.** Have each child put a few chocolate chips in the plastic bags and mix them in with the “sand.”

Say: **Let’s look for food in our sand the way the Israelites looked for food in the desert.** Have children use spoons to search for the food (chocolate chips) in the sand.

After kids search for a minute, say: ► **GOD GIVES US WHAT WE NEED!** Lead the children in a prayer, and let them eat their snacks.

Talk With Kids

Lead children in this discussion.

Ask:

- What was it like searching for the food in your sand?
- What are some ways you ask God for what you need?

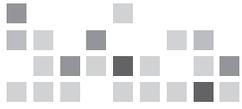
Say: **We pretended to search for food in our graham-cracker sand. In our lives, we can look for and ask God for what we need, too. We can be sure that ► GOD GIVES US WHAT WE NEED, always. Let’s trust God this week and look for how he’s giving us everything we need.**

Center 2: Desert Snack Supplies

-
- resealable plastic bags
 - graham crackers
 - chocolate chips
 - plastic spoons
 - antibacterial gel (optional)

 **ALLERGY ALERT**





Center 3:
Sock Match
Supplies

5 pairs of socks in different colors and sizes

Center 3:
Sock Match
Easy Prep

Place 1 sock from each pair somewhere in the room where preschoolers can find them easily. Place the other socks in a pile on a table.

Center 4:
Bird Feeders
Supplies

card stock
scissors
tape
paper plates
spoons
corn syrup
birdseed
resealable plastic bags

Center 4:
Bird Feeders
Easy Prep

Cut card stock into 4x4-inch squares, and then tape each square into a roll.

CENTER 3:
Sock Match

What You'll Do

Say: Today we learned that ► **GOD GIVES US WHAT WE NEED.** Let's play a game to think about that.

Show the single socks to children. Say: **Each of these socks needs its matching sock.** Point out how none of the socks match.

Say: **Choose a sock, and look in the room for the matching sock. When you find a matching sock, hold the socks up in the air and shout "Praise God!"** Let kids play several rounds. You can also split kids into two groups and have one group hide the matching sock while the others hide their eyes. Then have the children who hid their eyes look for the matching socks.

Talk With Kids

Say: **God will always care for us. In our game we had missing socks, but when we looked around the room, we found the matching socks. Like that, ► GOD GIVES US WHAT WE NEED. When we're missing something we need, we can look to God and he'll make sure we have everything we need.**

CENTER 4:
Bird Feeders

What You'll Do

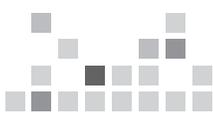
Say: **We learned in the Bible today that God gave his people the food they needed in the desert. He gave them quail, which were small birds, and manna, which was like bread. Let's make something to feed creatures smaller than us—birds—just as God fed his people manna.**

Give each child a card-stock roll. Set out a few paper plates with birdseed so the children can reach them. Have children use spoons to spread corn syrup on the outside of the rolls. Then show them how to roll the card stock in the birdseed until the seeds stick to the corn syrup.

Slip a spoon through the middle of a roll to show how kids can put the bird feeder on a tree branch at home. Have kids put their bird feeders into plastic bags to take home.

Talk With Kids

Say: **When you and your family hang your bird feeder, you'll be giving the birds what they need—just as ► GOD GIVES US WHAT WE NEED.**



5

LASTING
IMPRESSIONS



Daily Challenges
Supplies

My Bible Hugs

Daily Challenges

What You'll Do ■■■■■■

After the children have cleaned up their centers, bring everyone back to a circle area on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they remember about what they learned from the Bible today. Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives this week. Use this challenge for encouraging your children's growing relationships with Jesus.

Talk With Kids ■■■■

Say: **Today we learned that ► GOD GIVES US WHAT WE NEED. I would like each of you to choose a way to remember that we can thank God this week for giving us what we need.**

Give kids these two challenges to choose from:

- **Every time you sit down for a meal, thank God for giving you the food you need.**
- ■ **Think of all the gifts God gives you. Ask your mom or dad to help you write a thank-you letter to God.**

Say: **If you want to pray at mealtime, circle the choice with one dot. If you want to write a thank-you letter, circle the choice with two dots.** Check that each child circled a choice on his or her My Bible Hugs page. Make sure you tell kids the challenge you choose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as in theirs!

Action Prayer

What You'll Do ■■■■■■

Form a circle, and have the children sit down.

Say the following prayer. As you say each line, encourage children to say things God gives them.

Say:

Thank you, God, for eyes to see. Pause for kids to say things they see that God gives them.

Thank you, God, for family. Pause for kids to say something about their families God gives them.

Thank you, God, for ears to hear. Pause for kids to say things they hear that God gives them.





Thank you, God, for clothes to wear. Pause for kids to say things they wear that God gives them.

Thank you, God, for food to eat. Pause for kids to say things they eat that God gives them.

Thank you, God, for friends to meet. Pause for kids to say things about their friends God gives them.

Thank you, God, for all you bring. Have kids repeat.

Thank you, God, for everything. Have kids repeat.

In Jesus' name, amen.

Weaving Faith at Home

Have children take home their My Bible Hugs pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the “Daily Challenges” activity. Encourage parents to help their kids fulfill this commitment throughout the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

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