

October 24, 2012

Manna from Heaven

Exodus 16-17

LESSON FOCUS*"Guide me in Your Truth and teach me."* (Psalm 25:5)*"Guide me in Your Truth and teach me, for You are God my Savior and my hope is in You all day long."*
(Psalm 25:5)**The Sixth Commandment****You shall not commit adultery.*****What does this mean? We should fear and love God so that we lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.***

We have our relationship with our family, with our friends, and now God addresses the most intimate relationship we know this side of heaven, the one between a husband and wife. It is more than being faithful with your body, but also with your entire mind as well. In this commandment God is protecting our hearts.

Today's Bible Lesson:

Before God took the children of Israel into the Promised Land, He first tested them by keeping them out in the wilderness; this was only a 3 day journey to get to the Promised Land of Canaan.

However, God took them on the longer route in order to test their patience, their resolve and whether or not they would stay faithful and loyal to Him during this journey.

More than a million and a half hungry, thirsty people are on foot in the desert. The terrain is barren, with a few oases scattered miles apart. The face of survival has changed from escaping to finding food and water for a nation traveling through a dry and thirsty land.

These people have been slaves their whole lives. They've been told what to do, driven hard year after year. Suddenly they're free. They're facing choices they've never had to make before. The exhilaration of freedom is sobered by bewilderment. All that's familiar is gone, literally overnight. Egypt was a wealthy nation where even the slaves probably ate well. They'd enjoyed seafood, meat, and an abundance of fresh fruit and vegetables. The frightened Israelites wondered if they'd escaped the clutches of Pharaoh only to die of starvation.

God spent the next forty years teaching his people to rely on him daily for their needs, twice daily in fact. When they woke in the morning, they found manna on the ground. In the evening, quail flew into the camp. So that they would never forget, God instructed the Israelites to keep an omer (a little more than 2 quarts) in a pot, which was later placed in the Ark of the Covenant with the tablets containing the Ten Commandments.

Jesus reminded his disciples of the daily-ness of trusting God for what we need. He taught them to pray, Give us this day our daily bread. This is perhaps a harder lesson for adults than for children.

WELCOME ACTIVITY

Use the sand table in the preschool rooms. Hide play food in the sand. Children may search through the sand to find the play food. As they do **ask: Where do we get the food we eat?**

Remind children: The food we have is a blessing from God. The Bible says, "Give thanks to the LORD, for He is good." (Psalm 107:1)

OPENING

Bring a colorful lunch bag filled with nutritious snacks such as fruit, cheese and crackers. Ask the children to guess what goods are inside the bag and then show them.

Say: When God's people were traveling through the desert, they didn't have lunch bags. There were no fast food restaurants or grocery stores along the way. There was only dry sand and rocks. How do you think they got the food they needed when they were hungry? Let's listen to find out how God gave them just what they needed.

BIBLE STORY

Manna from Heaven Exodus 16-17

Open your Bible so children can see you "reading" God's Word. Show them your Bible and the words to they know what you're saying is coming from God's Word. Use Tell the Story idea below. Use The Beginners Bible page 120-123 to help children see the story.

Last week we learned that God helped His people escape from the mean king. God made the sea open up and the people walked across.

After the sea closed up, God's people traveled in the desert for 3 days. A desert is a very hot place. It is dusty and sandy too. God's people began to get hot and thirsty. (Wipe your brow like you are hot)

Suddenly, they saw a pond of water. The people were so excited that they ran to drink the water. When they took a gulp, it was bitter. (Make a yuck face or say "blaaah.")

The people were very upset. They asked Moses what they were supposed to drink. God helped Moses do a miracle. He asked Moses to put a stick of wood into the water. Instantly, the water was sweet and clean!

After the group stayed there a few days, God told them to travel in the desert. The people began to complain because it was hot and there was not any food to eat.

God told Moses that the people would see an amazing miracle. They would have meat to eat in the evening and bread to eat in the morning.

Moses and his brother Aaron told the people the good news. Just as God said, many birds called quail came in the evening. The people could cook them for supper! Everyone was happy to have good food to eat.

In the morning, God did another miracle. There were little white flakes on the ground. Moses told them that these flakes were bread from Heaven. It was delicious to eat and it tasted like honey. The people called it manna.

The people used manna in different ways. Some baked it into bread, while others boiled it like oatmeal. God gave His people food during their time in the hot desert.

God took care of His people. He will take care of us too.

GOD'S WORD IN MY HEART

"Guide me in Your Truth and teach me." (Psalm 25:5)

The Sixth Commandment

Do not be nasty and disrespectful. / Treat each other honorably and with kindness.

Read this passage from your Bible. Help children learn this verse.

SING

Let's sing a song to remind us that God cared for his special people and he cares for us too.

Sing to the tune of "BINGO."

**There was a food that God did give
And manna was its name O
M-A-N-N-A, M-A-N-N-A, M-A-N-N-A
And manna was its name O.**

GAME

Find the Manna

Supplies:

Play Food

Hide play food around the room. Let children hunt for the food.

The food we have is a blessing from God. The Bible says, "Give thanks to the LORD, for He is good."
(Psalm 107:1)

Say: God took care of His people. He will take care of us too.

CRAFT

Supplies:

Green paper

Ivory soap flakes

Water

Wooden craft sticks

Mix soap flakes and water to make a stiff "paste". Use the wooden craft sticks to drop the soap flakes mixture onto the green paper to make manna on the ground. Print the words below on the manna picture.

God took care of His people. He will take care of us too.

TASTING ACTIVITY

Sand Dune Crunch

Supplies:

Frosting

Graham Crackers

Rice Krispies

Make a Sand dune crunch snack. Spread frosting on a graham cracker. Top with Rice Krispies. Enjoy!

God loved his special people. He provided food for them every day. Sometimes the people complained, but they were still thankful. Let's thank God for our snack today.

Thank you God for the food that you've given us. Amen.

CLOSING ACTIVITY

God took care of His people. He will take care of us too.

Open your Bible to this verse: Psalm 107:1 and read it out loud.

"Give thanks to the Lord for He is good."

Ask children to think of blessings from God. These can be types of food, but God also blesses us with so many other things, such as pets, parents, toys, and so on. Point to each child who volunteers. The child can stand, say what the blessing is, and then everyone can respond with the Bible verse.

Close by saying: Thank you God for loving us every day. In Jesus name we pray. Amen.

Let's sing Jesus loves me.

*Jesus loves me, this I know
For the Bible tells me so.
Little ones to Him belong,
They are weak, but He is strong.*

*Yes, Jesus loves me!
Yes, Jesus loves me!*

*Yes, Jesus loves me!
The Bible tells me so.*

BIBLE STORY

Exodus 11-12

Read from your Bible. Ask students to find it in a Bible too. Those that can read can follow along. Choose the passages you would like to read aloud. Use visuals to help tell the story.

“Guide me in Your Truth and teach me.” (Psalm 25:5)

“Guide me in Your Truth and teach me, for You are God my Savior and my hope is in You all day long.”
(Psalm 25:5)

The Sixth Commandment

You shall not commit adultery.

What does this mean? We should fear and love God so that we lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.

Have you ever tried a new food that you had never tasted before? Today’s lesson is about a type of new food that God gave His people.

God did an amazing thing for His people. He rescued them from slavery and helped them get across the Red Sea.

All the people worshipped God and were grateful for what God did to save them.

God asked Moses to lead them in the desert after this time. The people traveled in the hot, dusty desert for 3 days. Finally they came to a pond of water. The people were so thirsty. They probably ran to the water to drink.

However, as soon as they swallowed the water, they realized that the water was bitter. YUCK! The people were so upset. They complained to Moses telling him that they needed something to drink.

Moses prayed to God for help. God showed Moses a piece of wood close to the water. God told Moses to throw the wood into the water. Instantly, the water was sweet and delicious!

The people stayed there several days then God asked them to travel again in the desert. Now, this was not easy for God’s people. They began to complain and grumble because of the hard times and struggles. They had forgotten how God promised to take care of them.

God heard their cries and told Moses that He would bring them meat to eat in the evening and bread from Heaven in the morning. God also told Moses that He would test the people to see if they would follow directions. God would provide for their needs each day.

They were not supposed to collect any bread or meat for the next day. The one exception was for the 7th day. On the 6th day, God would let the people collect for the 7th day so that they could rest and worship God on that day.

Just as promised, God sent quail in the evening for His people. Quail is similar to chicken. In the morning, there were little white flakes on the ground. Moses told them that these flakes were bread from Heaven. It was delicious to eat and it tasted like honey. The people called it manna.

The people used manna in different ways. Some baked it into bread, while others boiled it like oatmeal. God gave His people food during their time in the hot desert.

Remember that God told His people that they should only collect enough food for that day. Sure enough, some of the people tried to collect the manna for the next day. Surprisingly, the manna was smelly and full of bugs. However, when the people did as God said and collected extra for the 7th day, it stayed fresh and good.

God cared for the needs of His people. Even when they were grumbling and complaining, He helped them and took care of them. Remember that the people did not get exactly what they wanted. They got a new food surprise, manna!

God takes care of us too. Just like God's people in the lesson, sometimes we may complain about our problems. God hears our prayers and will answer. He may not answer in the way that you think, but God will take care of you and give you His best.

Grumbling and complaining is easy to do. Talk about ways that we can be positive and not complain. Another good verse to memorize for this week is Philippians 2:14: "Do everything without complaining or arguing."

Be thankful in every situation. The people in this lesson forgot how much God had helped them. List ways that God helped His people.

BIBLE CHALLENGE

Read this passage from your Bible. Ask students to locate it in a Bible too. Help them learn this verse.

“Guide me in Your Truth and teach me.” (Psalm 25:5)

“Guide me in Your Truth and teach me, for You are God my Savior and my hope is in You all day long.”
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Prince of Egypt Video Clip

Have you ever been stuck on a long trip with no food in the car and no place to stop and get any? When your tummy’s rumbling, it’s hard to think about anything else! Imagine if you were on a whole school bus of hungry kids and the bus broke down in a hot, dry place for hours and hours. Now you’re just beginning to get an idea of how the Israelites felt as they crossed the desert. Let’s read about it straight from God’s Word:

Exodus 16:2-3; 11-16; 35; 17:1-6

Do you think God was frustrated with His people?

If you had to pick one food, and that was the only thing you got to eat for the next five years, what would you choose?

God’s people got to go out morning after morning and collect heavenly food, manna from the ground.

GAMES

Game 1: Desert Venture

Like the Israelites wandered in the desert for 40 years, this game will have the children going forwards and backwards until they reach their destination.

Materials:

Questions



Duration:

20 minutes

What you will do:

In order to play this game you will need to come up with about 30 true or false questions. This is a great game for a lesson series review or quarterly review. You can throw in a few hard questions to make the game more interesting.

Have the children line up along one wall of the room and use masking tape to mark a line about 8 feet in front of them. Tell the kids you will ask a question that the answer is either true or false. If they believe it is true, they raise their right hand. If they believe it is false, they keep their hands down.

Everyone who guesses correctly takes one baby-step towards the line (one foot directly in front of the other). Everyone who guesses wrong takes one baby-step backwards, (unless already at the wall).

Play continues until all the questions are gone or until all the children make it to the line. You can let the children who reach the line start over at the wall if they want to continue to play.

Game 2: Frisbee Bowling

Bible Focus: Exodus 16—17:7

Materials

Bibles, paper cups, markers, Frisbee

Lead the Game

As God’s people moved through the desert, He provided a bread-like food called manna to fall from the sky. The people always had enough to eat. And God also gives us everything we need. Let’s play a game to remember the good things He provides for us.

What are some of the needs people have? (Family, Friends, Clothes, Help, Shelter, Food, Transportation.) Print each category on a separate paper cup. On one side of the classroom, set cups up like bowling pins.

Students stand in a line at least 6 feet from cups. Students take turns rolling the Frisbee on its edge toward cups. When a student knocks over a cup, student names one specific thing God has given him or her from category on that cup (Family: mom, grandpa, sister), and then places cup back in correct position. Repeat play as time allows.

Options

Instead of paper cups, collect empty soda cans or plastic liter bottles. Print categories on separate index cards and tape cards to cans or bottles. Set up cans or bottles as above.

Make one set of cups for every six to eight students. Set up bowling areas for each group of students.

Adjust distance from which students roll Frisbee according to age of students. Older students may stand further back than younger students.

If students continually knock down all the cups, spread cups further apart or let students choose one of the cups which have been knocked down.

Discussion Questions

- 1. What are some times in the Bible when God gave people what they needed?**
- 2. With the things God has given us, how can He use us to help provide for other people’s needs?**

SCIENCE EXPERIMENT

Experiment 1: Mystery Manna

Materials You Need:

Microwave (in closet in room 110)
Mini marshmallows (1 bag per group)
Honey (6 tablespoons per group)
Graham crackers (1 rectangle per student)
Cookie sheet
Large bowl

Today we're going to make a mystery treat. I'll need your help.

Have students help you pour a bag of mini marshmallows and 6 tablespoons of honey into a large bowl. Melt the mixture in microwave set on medium. Pause every few seconds, remove the bowl, and let students take turns stirring the mixture until it is smooth.

While some stir the mixture, have others line a cookie sheet with graham cracker rectangles. Make sure there's a graham cracker for each student in your group.

Help students drizzle mixture over graham crackers, and then place the manna in the fridge to cool or set near a cool place.

Ask:

When you're really, really hungry, what's the first thing you want to eat?

When do you usually feel really hungry?

It's not fun to feel hungry. In the Bible we can read a story about how God provided food for a whole nation of people who were traveling through the wilderness and didn't have anything to eat. Let's read it together. Exodus 16:4; 14-18.

What did God feed the Israelites?

If you were a hungry Israelite, what would you say if you saw food raining down from the sky?

God knew his people were hungry, so he provided manna for them every day. The people gathered the manna and prepared it to eat. The Bible says that manna looked like thin flakes of frost on the ground. Maybe it looked something like the mystery treat we made earlier. Let's look at it.

Before we eat our make-believe manna, let say a prayer of thanks for all the food God gives us.

Dear God, thank you for being the perfect provider. We know you give us everything we need, and we give you our thanks. In Jesus' name we pray, Amen.

Science Experiment 2: Balloon Zip Line - Focus

Supplies: (most everything you'll find in the Resource Room)

6 foot piece of string or yarn

Balloon

Scissors

Straw

Tape

Experiment:

Blow the balloon up, but do not tie it. Let it loose in the room and watch where it goes.

Cut the straw so it is about 4 -5 inches long.

Now, blow up the balloon a second time, this time tape a straw to one side of the balloon. Thread the string through the straw.

One person will hold one end of the string, another person will hold the other end of the string with the balloon close to the end. (The balloon is still inflated, but not tied off). The mouth of the balloon should be resting against the person's hand. (See picture)

Make sure the string is pulled taut and then release the balloon. It should sail along the string to the other person.

Talk about it:

"And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise." (Philippians 4:18) NLT.

Where did the balloon go when it was first released?

Where did the balloon go when it was released the second time?

Was one more focused than the other?

Philippians 4:18 tells us to be focused in our thoughts. How did God help the Israelites stay focused in the wilderness? What did He provide for them daily?

Experiment 3: Can You Catch Coins Off of Your Elbow?

God gave His people, the Israelites, manna to feed them daily. They complained and God sent quail too. God provided food for them daily. While the Israelites didn't have to balance the manna on their arm, they did need to go out and gather it daily. They needed to follow the directions God gave.

Here's a tricky experiment with gravity!

First, balance one or more coins in a stack on your elbow.



Then straighten your arm and try to catch the coins!

