

God Sends Quail and Manna

Exodus 16:1-26

Third- and fourth-graders care about other kids their age. They can be very sensitive to the needs of their friends. As they develop empathy, it's important for them to know that other kids are being cared for, too. Your kids are becoming concerned about things that extend beyond their immediate sphere of influence. This means they'll be able to empathize with the needs the Israelites faced and also may want to know how God's care extends to the problems of people all around the world. Use this lesson to show them that God does provide for the needs of his people.



► 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 providing for their needs.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
1 Getting Started	What I Need <i>(about 10 min.)</i> Act out needs, and find ways to meet them.	Bibles, 2 small paper bags, paper, crayons Teacher Pack: "I Need" cards 	Separate the "I Need" cards, and place 1 set in each of the 2 paper bags.
2 Bible Exploration	Measuring Manna <i>(about 10 min.)</i> Learn about God's gift of manna, and count out "manna" candy.	Bibles, individually wrapped candies	
	Catch the Quail <i>(about 15 min.)</i> Play a game to see what the Israelites' camp might've been like when God provided quail.	Bibles, CD player Teacher Pack: CD	
	Enjoying God's Gifts <i>(about 10 min.)</i> Thank God by reading the Key Verse, and then enjoy a snack.	Bibles, candy from the "Measuring Manna" activity, CD player, copies of the lyrics page (at the end of this lesson) Teacher Pack: CD	

Bold text within the lesson is spoken text.





LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
3 Weaving Faith Into Life	Thanks, God <i>(about 10 min.)</i> Draw thank-you cards to God to thank God for providing for them.	Bible Truth Sleuth, markers	Tear out the Lesson 2 pages from each Bible Truth Sleuth student book.
4 Lasting Impressions	Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.	Bible Truth Sleuth	
	Weaving Faith at Home <i>(about 2 min.)</i> Talk about how to share what they learned with their families.	CD player, copies of the lyrics page (at the end of this lesson) Teacher Pack: CD	

Bold text within the lesson is spoken text.





God Sends Quail and Manna

Exodus 16:1-26

BIBLE BACKGROUND
FOR LEADERS

The People Become Hungry in the Wilderness

Approximately 30 days had passed since the Hebrew people left Egypt. Apparently the food they had brought with them had run out, and they began complaining. How quickly they had forgotten the oppression of the Egyptians! The people were just starting to get to know God, and they had very little framework to realize God would provide for them. This event marks a learning point for the Israelites.

God’s Glory Shown to the People

We don’t know exactly what “the glory of the Lord” was that the Israelites saw in the morning, but it was a visible sign to them (perhaps like the cloud by day and the pillar of fire by night mentioned in Exodus 13). 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.

God Provides for the People

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 tasted like wafers made with honey.”

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 good through the Sabbath.

The Jesus Connection

God is our provider. Everything we have is from God, and he has provided a way for us to have a relationship with him through Jesus.

What do you find yourself wanting more than anything? How often do you view this desire as a need? It’s important to recognize the difference. God allowed the Hebrews to live as slaves for many years. When God decided they needed to leave Egypt, he provided the miraculous opportunity to do so.

Our greatest need is to honor and glorify God. Regardless of our wants, we’re fulfilled when living in God’s will. Write a prayer here to glorify God for giving you what you need.





What I Need Supplies

Bibles
2 small paper bags
paper
crayons
Teacher Pack
“I Need” cards

What I Need Easy Prep

Separate the “I Need” cards, and place 1 set in each of the 2 paper bags.

1 GETTING STARTED

What I Need

What You’ll Do ■■■■■■

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

Have kids stand on one side of the room and form two groups. Say: **Today we’re going to learn about how God provides for us.** Have the groups sit as far away from each other as they can. Give each group a piece of paper, crayons, and a bag containing a set of “I Need” cards.

Say: **You’re going to race to complete a game of Charades in which neither the Actor nor the guessers may speak until the answer has been guessed. Each group will choose a person to be the first Actor. The Actor will draw a card from the bag and act out what the card says.**

Have the Actors stand in front of their groups. Say: **Each Actor’s group will try to determine what the Actor needs and then find a way to provide for the Actor’s need.** Explain that the group can draw a picture of what’s needed or give the Actor something they brought with them or found in the room that would meet the need.

When the group has given the Actor something that meets his or her need, the kids can all shout, “God provides!” That group will then choose a new Actor and move on to the next card. If one group gets through their bag of “I Need” cards before the other group, they will go join the group that’s still going and take part in guessing.

Talk With Kids ■■■■

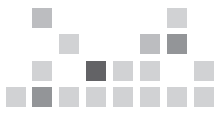
Lead kids in this discussion.

Ask:

- How did you decide what the Actor needed in our game?
- What are some of the things you need?
- How do you know that God is providing for your needs?

Say: **God provides for us in so many ways! Today we’ll learn about how God provided for the Israelites after they left Egypt. He gave them bread in the desert, but that wasn’t all he gave them. No matter what, we can remember that ► GOD GIVES US WHAT WE NEED.**





2 BIBLE
EXPLORATION

Measuring Manna

What You'll Do

Say: **The Israelites, God's special people, were slaves in Egypt for a long time. But after God performed many miracles, they were set free! Although they were free, they were wandering in the desert.**

Have kids stand up, form a circle, and walk clockwise as you read aloud Exodus 16:1.

Ask kids to discuss the following question as they walk.

- **What do you imagine it would be like to wander the desert for a whole month?**

Distribute Bibles, and have kids sit down in a circle to read Exodus 16:2-3. Invite kids to talk to someone next to them about a time they complained like the Israelites are complaining. Allow a couple of minutes for willing kids to share what they heard.

Ask a willing child to read aloud Exodus 16:4-5.

Say: **The Bible tells us that in the morning, dew covered the Israelites' camp. As the dew dried, thin flakes like frost appeared on the desert floor. The Israelites didn't know what the flakes were, but we call it *manna*. Moses told the Israelites that this manna was food from God. The Israelites took as much as they needed to eat each day, and every morning God provided enough manna for everyone. Let's see if God has provided enough "manna" for us.**

Have kids get into groups of various sizes. Each group should have a different number of kids in it. Have each group read Exodus 16:13-20.

As they read, scatter pieces of individually wrapped candy around the room. There should be *exactly* enough for each person to have two. When groups have finished reading, say: **Scramble around the room collecting enough candy so that everyone has exactly the same amount.** Don't tell them how much the right amount is.

When all the candy has been picked up, check to see that everyone got enough and no one got too much. Have kids even out their collections so that everyone gets two pieces of candy. Tell the kids not to eat the candy yet.

Talk With Kids

Lead kids in this discussion.



Measuring Manna Supplies

Bibles
individually wrapped
candies





Catch the Quail Supplies

Bibles

CD player

Teacher Pack

CD: "Quail Sounds"
(track 5)

Ask:

- How is your candy like or unlike the manna God sent?
- What do you think about how God gave the Israelites manna every day?
- When has God provided for you as he provided for the Israelites?

Say: Every time we eat, we can thank God for giving us the gift of food, just as he gave the Israelites food. ► **GOD GIVES US WHAT WE NEED!** Let's learn more about how God provides for us.

Catch the Quail

What You'll Do ■■■■■■

Say: **The Israelites didn't just want bread. They needed meat, too. God did some amazing things to make sure they had exactly what they needed. That evening, a whole bunch of birds called quail covered the Israelites' camp. Quail is very good to eat. Let's play a game to act out what the camp might have been like that evening.**

Form two groups. In each group, have kids read Exodus 16:11-13 together.

Have one group be the "Quail" and the other group the "Israelites." Have the Israelites form pairs. Partners will hold hands to form a circle so their arms form a net. Say: **The Quail must squat and walk like birds as they try to avoid the Israelites. Each pair of Israelites must keep holding hands, walk to a Quail, and catch the Quail by putting their arms around the Quail.**

When a pair of Israelites catches a Quail, the Quail becomes one of the Israelites and helps form the net. Play "Quail Sounds" (track 5 on the CD). Start the game. When the Israelites have caught all the Quail, have the groups switch roles and play again.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- What did you like about catching the Quail?
- In what ways can you be excited about how God provides for you today?
- How can we show that we trust God to provide?

Say: ► **GOD GIVES US WHAT WE NEED.** We had fun playing a game, and we can celebrate how God takes care of us. God loves us and cares for us, so he gives good gifts to us. God brought the Israelites out of Egypt, and we can trust him to take care of us, too.





Enjoying God's Gifts

What You'll Do

Make sure each child has a Bible.

Say: **Our Key Verse today is Psalm 23:5.**

Have kids find the verse in their Bibles, and ask a willing child to read the Key Verse aloud: "You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows."

Say: **The psalmist was thankful that God loved him and gave him what he needed. Let's all join hands and say Psalm 23:5 together as a prayer to God before we eat the food God has provided for us.**

Lead the kids in saying the Scripture as a prayer: **"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows" (Psalm 23:5).**

Distribute candy evenly to the kids, and then let the kids enjoy their candy. After kids eat, distribute copies of the lyrics page. Say: **Psalms were often written as prayers to God. You can use this to pray and ask God to thank God for the ways he takes care of you.** Play "Psalm 23" (track 4 on the CD). Lead kids in singing along with the CD.



The Lord is my shepherd.

The Lord is my shepherd.

The Lord is my shepherd.

The Lord is my shepherd.

The Lord is my shepherd;

I shall not be in want.

He makes me lie down in green pastures.

He leads me beside quiet waters.

He restores my soul.

He restores my soul.

He guides me in paths of righteousness

For his name's sake.

Even though I walk through the valley

Of the shadow of death,

I will fear no evil, for you are with me;

Your rod and your staff, they comfort me!

You prepare a table before me

In the presence of my enemies.

You anoint my head with oil;

My cup overflows.

My cup overflows.



Enjoying God's Gifts Supplies

- Bibles
- candy from the "Measuring Manna" activity
- CD player
- copies of the lyrics page (at the end of this lesson)

Teacher Pack

- CD: "Psalm 23" (track 4)





**Surely goodness and love will follow me
All the days of my life,
And I will dwell in the house of the Lord
Forever, forever!**

**The Lord is my shepherd.
The Lord is my shepherd.
The Lord is my shepherd.
The Lord is my shepherd.**

"Psalm 23" by Jay Stocker. © 2006 Group Publishing, Inc. All rights reserved.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- **Why would you want to pray before a meal or after God's given you something?**
- **What are some ways that your cup overflows?**

Say: **God provided for the Israelites, and we know ► GOD GIVES US WHAT WE NEED in all situations and at all times. The candy you ate can remind you of how sweet it is to trust God to provide for you.**

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3 WEAVING FAITH INTO LIFE

Thanks, God

What You'll Do ■■■■

Say: **Just as the psalmist gave thanks for God's good gifts, we're going to thank God now.**

Distribute this week's Bible Truth Sleuth pages, and have kids turn to the "Thank-You Card" activity. Have students form pairs, and set out markers for everyone to use.

Say: **In your pairs, talk about the many things God provides for you. When you've talked for a little while, draw on your card three things that God has given you. Then write a prayer thanking God for those things.**

After about five minutes, ask for willing kids to share their thank-you cards with the rest of the group. Applaud kids' creativity and thankful hearts.

Thanks, God Supplies

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Bible Truth Sleuth
markers

Thanks, God Easy Prep

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Tear out the Lesson 2
pages from each Bible
Truth Sleuth student
book.





Talk With Kids

Lead kids in this discussion.

Ask:

- What are you thankful to God for?
- Tell about a time someone showed they were thankful to you.
- How do you want to respond to the things God gives you?

Say: ► **GOD GIVES US WHAT WE NEED.** He doesn't have to, but he does it because he loves us and cares about us. We can choose the way we react to God's gifts. We can thank God for his care and live with thankful hearts. We know he cares for us just as well as he cared for the Israelites.

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4 LASTING IMPRESSIONS

Daily Challenges

What You'll Do

Say: Consider this week how ► **GOD GIVES US WHAT WE NEED.**

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

- **Write a letter to yourself about the kind of thankfulness you want to have for the things God gives you, and seal it in an envelope. Spend your week thanking God for all he gives you. At the end of the week, open the letter and read it.**
- **Give one thing that God gave you to someone else. God wants us to share what he gives us with others!**
- **Read a psalm of thanks such as Psalm 95, Psalm 118, or Psalm 138. Think about the psalm you read and be aware of things you see that God gave to you.**

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



Daily Challenges
Supplies

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Bible Truth Sleuth





Weaving Faith at Home Supplies

CD player
copies of the lyrics page
(at the end of this
lesson)

Teacher Pack

CD: "Psalm 23" (track 4)

Talk With Kids

Lead kids 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: **Let's be thankful for how ► GOD GIVES US WHAT WE NEED as we follow 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 God's care of needy people. Kids can also do the activities in the "HomeConnect" section of their Bible Truth Sleuth pages with their families.

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

Say: **Now with a group prayer, let's thank God for providing for us. We'll form a circle and each take a turn thanking God for something he has provided for us. Then we'll close the prayer by singing "Psalm 23" to God.**

Have kids form a circle, and begin the prayer by thanking God for something he has provided for you. After each student who wants to has had a chance to thank God, make sure kids have copies of the lyrics and play "Psalm 23" (track 4 on the CD). Lead kids in singing the song.





Lyrics ■■■■

Psalm 23

The Lord is my shepherd.
The Lord is my shepherd.
The Lord is my shepherd.
The Lord is my shepherd.

The Lord is my shepherd;
I shall not be in want.
He makes me lie down in green pastures.
He leads me beside quiet waters.
He restores my soul.
He restores my soul.

He guides me in paths of righteousness
For his name's sake.
Even though I walk through the valley
Of the shadow of death,
I will fear no evil, for you are with me;
Your rod and your staff, they comfort me!

You prepare a table before me
In the presence of my enemies.
You anoint my head with oil;
My cup overflows.
My cup overflows.

Surely goodness and love will follow me
All the days of my life,
And I will dwell in the house of the Lord
Forever, forever!

The Lord is my shepherd.
The Lord is my shepherd.
The Lord is my shepherd.
The Lord is my shepherd.

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