

God Sends Quail and Manna

Exodus 16:1-26

If you ask 5- and 6-year-olds what they need, they may say a toy, a puppy, or a new video. Most young children in the western world have not had basic needs—such as food, clothing, shelter, or safety—go unmet. God has seen that their needs are taken care of through their parents, teachers, and friends. More often than not, kids’ needs are met before they even know those needs exist. Use this lesson to help kids understand that God gives them what they really 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 understand the difference between wants and needs and thank God for giving them what they need.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started <i>about 10 min.</i></p>	<p>Welcoming Song Sing or listen to songs to welcome everyone to church.</p>	<p>CD player Teacher Pack: CD</p>	
<p>2</p> <p>Key Verse Activity <i>about 10 min.</i></p>	<p>Giving Game Draw and guess things God gives them.</p>	<p>Bible, paper bag, paper, markers, tape Teacher Pack: inflatable hammer, “Giving Game” cards</p> 	<p>Separate the “Giving Game” cards, and put them in a paper bag. Tape pieces of paper to a wall.</p>
<p>3</p> <p>Bible Exploration <i>about 15 min.</i></p>	<p>Theo’s News Find out what a toy has to do with the Bible.</p>	<p>Surprise Box (any box will do), Theo puppet, CD player, toy Teacher Pack: CD</p>	<p>Place the toy in the Surprise Box, and hide the box where it’s easily accessible.</p>
	<p>Bible Time: God Gives Good Things Talk about times in their lives that God took care of them like he took care of the Israelites.</p>	<p>Bible, CD player, trash bag, small paper cups, balloons, mini-marshmallows, antibacterial gel (optional) Teacher Pack: CD</p>	<p>Inflate balloons, making sure there are enough for each child to have one, and put them in a trash bag.</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: Manna in the Morning Glue fabric tent flaps and “manna” onto their student pages.</p>	<p>My Bible Playground, washable markers, 1 fabric scrap per child, cotton balls, white glue, CD player Teacher Pack: CD</p>	<p>Remove the Lesson 2 pages from each My Bible Playground student book.</p>
	<p>Center 2: Man, Oh, Manna Snack Pretend to gather manna that has fallen from the sky.</p>	<p>popcorn, cups, clean bedsheet or blanket, antibacterial gel (optional)</p>	
	<p>Center 3: Ready or Not... Help pack for a friend to better understand needs and wants.</p>	<p>bags, variety of clothes, sunglasses, water bottles, any other items that may represent a daily need</p>	
	<p>Center 4: Decisions, Decisions... Form family groups, and decide how much manna and quail to keep.</p>	<p>shredded paper, grocery bags, tarp</p>	<p>Spread a tarp on the floor.</p>
<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>	<p>My Bible Playground, washable markers</p>	
	<p>“God Provides” Prayer Thank God for providing for their needs.</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.*



Welcoming Song Supplies

CD player

Teacher Pack

CD: "Welcome to Church" (track 18),
"Psalm 23" (track 4)

1 GETTING STARTED

Welcoming Song



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 child and welcome him or her with a smile. When it's time to begin, use your signal to bring the children together in a circle. Lead kids in doing the motions and singing "Welcome to Church" (track 18 on the CD) to the tune of "Hallelujah! Praise the Lord."



I am here, (*point to self*)

You are here, (*point to a friend*)

We are here all together. (*point to everyone*)

Welcome to church! (*shake hands with someone*)
(Repeat.)

Welcome to church! (*motion to others to follow you*)

Praise the Lord! (*clap hands*)

Welcome to church! (*motion to others to follow you*)

Praise the Lord! (*clap hands*)

Welcome to church! (*motion to others to follow you*)

Praise the Lord! (*clap hands*)

Welcome to church! (*motion to others to follow you*)

(Repeat from the beginning 2 times.)

Say: **I'm so glad you're all here. Today we'll learn about some really special ways God took care of the Israelites and that ► GOD GIVES US WHAT WE NEED. Let's sing a song about how God takes care of us.** Lead children in doing the motions and singing "Psalm 23" (track 4 on the CD).



The Lord is my shepherd. (*walk in a circle, following one another*)

The Lord is my shepherd. (*walk in a circle, following one another*)

The Lord is my shepherd. (*walk in a circle, following one another*)

The Lord is my shepherd. (*walk in a circle, following one another*)

The Lord is my shepherd. (*walk in a circle, following one another*)

I shall not be in want. (*shake finger "no"*)

He makes me lie down in green pastures. (*pretend to sleep*)

He leads me beside quiet waters. (*ripple fingers as if making flowing water*)



He restores my soul. *(take a deep breath)*
He restores my soul. *(take a deep breath)*

He guides me in paths of righteousness
For his name's sake.
Even though I walk through the valley *(raise arms to form a valley)*
Of the shadow of death,
I will fear no evil, for you are with me; *(give self a hug)*
Your rod and your staff, they comfort me!

You prepare a table before me *(pretend to set the table)*
In the presence of my enemies.
You anoint my head with oil; *(pretend to pour oil over your head)*
My cup overflows.
My cup overflows.

Surely goodness and love will follow me *(motion for someone to follow you)*
All the days of my life,
And I will dwell in the house of the Lord
Forever, forever!

The Lord is my shepherd. *(walk in a circle, following one another)*
The Lord is my shepherd. *(walk in a circle, following one another)*
The Lord is my shepherd. *(walk in a circle, following one another)*
The Lord is my shepherd. *(walk in a circle, following one another)*

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

Say: **Thanks for singing that with me! That song is a great reminder of how we can trust that ► GOD GIVES US WHAT WE NEED. We can be thankful for how God cares for us. Let's learn about what amazing things God did to take care of the needs of his people in the desert.**

2 KEY VERSE
ACTIVITY

Giving Game

What You'll Do ■■■■■■

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

Say: **Our Key Verse from the Bible, Psalm 23:1, says, "The Lord is my shepherd, I shall not be in want." This means God gives us everything we need no matter**



Giving Game Supplies

- Bible
- paper bag
- paper
- markers
- tape
- Teacher Pack**
- inflatable hammer
- "Giving Game" cards

Giving Game Easy Prep

Separate the "Giving Game" cards, and put them in a paper bag. Tape pieces of paper to a wall.





what's going on in our lives. Let's practice the Key Verse together. Lead children in repeating the adapted Key Verse with you: **God gives me everything I need (Psalm 23:1).**

Let's do an activity to understand what our Key Verse means. Tell children that each person will pick one card from the bag and look at it but keep the picture hidden from everyone else. Explain that the "artist" will draw a picture of a necessity on a piece of paper on the wall while the rest of the group tries to guess what it is. To choose who goes first, find out whose birthday is closest to today's date.

When the kids correctly guess what the picture is, invite a child to come pound the inflatable hammer on the floor. Play until everyone has had a chance to draw.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Explain which of the things on these cards you need most.
- What's the difference between things you want and things you need?
- What does it mean that God might not give you everything you want?

Say: **The pictures you drew are examples of the ways God takes care of you. Just like our Key Verse says, ► GOD GIVES US WHAT WE NEED. Sometimes it's hard when we don't get something we really, really want, but God knows the difference between what we want and what we need better than we do. God loves us, and we can trust that he knows what's best for us. Today we're going to learn how God met some pretty important needs for the Israelites.**

Put the "Giving Game" cards back in the Teacher Pack for use in future lessons.

Theo's News Supplies

Surprise Box (any box will do)
Theo puppet
CD player
toy

Teacher Pack

CD: "Here, Theo"
(track 3)

Theo's News Easy Prep

Place the toy in the Surprise Box, and hide the box where it's easily accessible.

3

BIBLE EXPLORATION

Theo's News

What You'll Do ■■■■■■

Say: **Friends, it's time for Theo's News!** Have the children sit in a circle. Then begin "Here, Theo" (track 3 on the CD). When the CD segment ends, bring out the Surprise Box, and put the Theophilus the FaithRetriever puppet on your hand. Then follow along with the script.

Theo: Hi, everybody! I hope you're all having an amazing day today.

Teacher: Hello, Theo! We're about to learn the difference between wants and needs.

Theo: Oh, then you'll have fun talking about what I put in the Surprise Box. I definitely need that, but I wanted to show it to you. Who wants to come open the Surprise Box?



(Invite a child to open the Surprise Box, and have the kids pass the toy around the circle so everyone can see it up close. Give kids time to guess what they'll learn from the Bible today.)

Theo: This toy is my favorite toy ever. It's fun to play with, and I don't like to share it with other dogs. It's okay that you all passed it around because you're people.

Teacher: Theo, what makes you think you *need* this toy? What would happen if you didn't have it?

Theo: I need it because it makes me happy!

Teacher: Girls and boys, what do you think? Does Theo need this toy the same way he needs food, or sleep, or love from his family? Can you explain what you think to Theo? *(Pause for kids to answer your question.)*

Teacher: Theo, it seems like you may really like this toy, but it's more of a *want* than a *need* for you.

Theo: Well, I guess I could see it that way. I would die if I didn't have food, but I would just be sad if I didn't have this toy.

Teacher: In our Bible passage today, we're going to find out how God met some really important needs for the Israelites. God doesn't promise to always give us what we want, but we know that ► **GOD GIVES US WHAT WE NEED**. When we don't get what we want, we can ask God to help us be content.

Theo: Well, thanks for explaining that to me. I'll still enjoy this toy, but at least now I know I don't *need* it. I'm gonna go home and be thankful for having the things I need.

Teacher: 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:

- What stood out to you about Theo's love for his toy?
- What's something you needed this morning?
- How does God take care of your needs?

Say: **Theo was able to recognize that he probably doesn't need the toy he showed us today. God cares about us and loves us. One of the things we can do to help our hearts be content is to understand the difference between wants and needs in our lives. ► GOD GIVES US WHAT WE NEED, and we can trust that he takes care of us all the time.**

Bible Time: God Gives Good Things

What You'll Do ■■■■

Open your Bible to Exodus 16:1-26, and show kids the words. Tell kids that the Bible is God's special book.

Say: **The Israelites were walking through a very hot desert. They were very hungry and needed food, but there were no stores where they could buy groceries. Let's**



Bible Time: God Gives Good Things Supplies

- Bible
- CD player
- trash bag
- small paper cups
- balloons
- mini-marshmallows
- antibacterial gel (optional)

Teacher Pack

CD: "Take Me Out of This Desert" (track 7)

! ALLERGY ALERT

Bible Time: God Gives Good Things Easy Prep

Inflate balloons, making sure there are enough for each child to have one, and put them in a trash bag.

! BALLOON WARNING

To avoid choking hazards, be sure to pick up pieces of any broken balloons promptly. Balloons may contain latex.



pretend we're Israelites and search for some food to eat. Let the children follow you around the room, looking under tables and chairs and in cabinets for food. Then have them sit down.

Turn on the CD, and let the children make up their own motions to the lyrics as they listen to the first verse of the song "Take Me Out of This Desert" (track 7 on the CD). At the end of this segment, pause the CD.

Say: **The Israelites were hungry. Let me hear how you feel when you're really hungry.** Let the kids show how they act and feel when they are really hungry. Then say: **The Israelites whined and grumbled to Moses just like you're doing now. They thought God forgot about them, but God was still watching over them. ► GOD GIVES US WHAT WE NEED. Let's listen to what Moses told the people.**

Listen to the second segment on the CD, having kids act it out. Pause when prompted.

Say: **God knew that the people needed meat, and he gave them little birds called quail. Lots and lots of quail flew in every night for the Israelites to catch and eat. The quail probably tasted good to the hungry Israelites.** Take out the balloons and bounce them around the room. Let children catch them and put them back in the bag.

Say: **God is good! He gave the people meat when they were hungry. The people wondered what they would have for breakfast, but they went to sleep that night with their tummies full of delicious meat.** Have the children lie down and close their eyes. Say: **Imagine that you've gone to sleep and you don't know if you'll have breakfast in the morning.** Encourage kids to shout out their favorite breakfast foods, and remind them to keep their eyes shut. Place the miniature marshmallows all over the tables and chairs. Then let the children open their eyes.

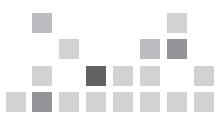
Say: **When the Israelites opened their eyes in the morning, they were greeted with another surprise. They stepped out of their tents and saw little white flakes covering the ground. Everyone asked, "What is this stuff?" It was manna, special rain that was pieces of food from heaven.** Turn on the CD, and listen to the final segment as kids act out what the people on the CD are singing about.

Say: **The people all went out and picked up the manna. They touched it. They smelled it. Then they tasted it. It tasted sweet and delicious!** Have children clean their hands, and give them small cups to pick up the marshmallow "manna." Then have children return to their seats. Tell children they can each eat one or two pieces of manna.

Say: **God told the Israelites how much of the manna to keep, but some of them didn't listen to him and kept more than they needed. The manna smelled bad and got worms in it when they disobeyed God. God reminded them to take only what they needed. He provided quail and manna for them every day so they wouldn't be hungry.**

Talk With Kids ■■■■

Lead children in this discussion.



Ask:

- What was it like to have surprise food?
- Tell about a time you had a surprise you wanted to keep all for yourself.
- How does God give you what you need every day?

Say: **God doesn't always give us everything we want, but ► GOD GIVES US WHAT WE NEED. God loved the Israelites. He took care of them and fed them. He loves you, too, and takes care of you. You can trust God to take care of what you need, and you can pray to ask him to help with the things you need as the Israelites did.**



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:


Manna in the Morning

What You'll Do ■■■■■■

Say: **God put manna on the ground, and whatever the Israelites didn't pick up just disappeared. They took enough to feed themselves for that day, and God took care of them every day.**

Set out white glue and cotton balls. Distribute the My Bible Playground pages, and have kids write their names on their papers. Encourage kids to pull apart cotton balls and glue them to the ground on their pages so it looks like manna. Then have kids attach fabric to the tent opening to create a flap that the Israelites will appear to be peeking out of.

Sing "All That I Need" (track 6 on the CD) to the tune of "John Jacob Jingleheimer Schmidt." Each time you repeat the chorus, sing it softer and softer; then sing loudly on the "na, na, na's."

 **God gives me good and loving things,
All that I need.
Whenever I go out,
I really want to shout:
God gives me good and loving things!
Na, na, na, na, na, na, na.
(Repeat 3x.)**

Center 1: Manna in the Morning Supplies

My Bible Playground
washable markers
1 fabric scrap per child
cotton balls
white glue
CD player
Teacher Pack
CD: "All That I Need"
(track 6)

Center 1: Manna in the Morning Easy Prep

Remove the Lesson
2 pages from each
My Bible Playground
student book.





Center 2: Man, Oh, Manna Snack Supplies

popcorn
cups
clean bedsheet or
blanket
antibacterial gel
(optional)

**! ALLERGY
ALERT**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What does your page look like with manna all over the ground?
- What do you think of the Israelites' response to God's gift of manna?
- What's the best way someone has thanked you for a gift you gave?
- In what ways can you show God that you're thankful for his gifts?

Say: **Everything we need comes from God, our Father. Isn't he a wonderful God? God loves us; he provides a home, a family, food, and clothes for us. God provided food from heaven for the Israelites in the desert. ► GOD GIVES US WHAT WE NEED, and we can respond with thankfulness to him for everything.**

■ CENTER 2:

Man, Oh, Manna Snack

What You'll Do ■■■■■■

Say: **God made you, and he knows what you need. He loves you and wants to meet your needs, just like he met the needs of the Israelites by giving them a miraculous gift of food from heaven. Let's play a game to better understand what it was like for the Israelites to receive God's amazing gift.**

Have children clean their hands as you clean a table. Spread out a large bedsheet or blanket on the floor under one side of the table. Have kids hide under the table and pretend it's a tent and the side with the bedsheet or blanket is the doorway of the tent. Spread the popcorn around on the table above kids' heads, and then begin to push pieces of popcorn off the table onto the bedsheet or blanket.

Say: **God gave the Israelites food from heaven. They couldn't see how God was giving them the food, but they had plenty to eat every day.**

When all the "manna" has appeared, have a willing child come out from under the table and thank God for giving them food to eat. If no children wish to pray aloud, you can pray to bless the snack. Distribute cups, and let children gather their manna to eat.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What is your favorite food that God gives you?
- Why do you think it's important to be thankful for the things God gives us?
- What need are you most thankful that God takes care of for you?

Say: ► **GOD GIVES US WHAT WE NEED. He provided for the Israelites' needs, too. We can make God happy by thanking him for giving us the things we need.**


CENTER 3:

Ready or Not...

What You'll Do

Say: **God cared for the needs of the Israelites, and he sent manna and quail to feed them. God provides for our needs, too. We can trust him. Let's play a game to help us understand needs and wants.**

Have kids form two teams. Set the supplies in a pile in the middle of the room, and give each team a bag. Have teams each choose one person to be the one in need. Say: **I'll read a scenario, and your team will decide what you think the Person in Need on your team will need for that situation. When I say "go," everyone but the Person in Need will run to the pile of supplies to get something for your Person in Need for that scenario.**

Scenarios:

- **Your person is in a desert and needs to find a way to stay cool.**
- **Your person is lonely and needs friends.**
- **Your person is sleepy and needs a quiet place to sleep.**
- **Your person is hungry and can't get food for himself or herself.**

After you read a scenario, allow 30 seconds for kids to decide what they will need. Allow about a minute for kids to get supplies and bring them back to their Person in Need.

After each scenario, ask both of the People in Need to showcase the things they have and tell whether they think the things they were given will help in this situation. Switch the Person in Need for each team after each scenario.

Talk With Kids

Lead children in this discussion.

Ask:

- **What things did you think were needs in this activity? Why?**
- **What things did you think were wants in this activity? Why?**
- **What are some things in your life that you want but don't need?**
- **In what ways can you trust God to give you what you need?**

Say: **This game helped us see that not everything we want is a needed thing. God gives us good things, and he wants us to find him. By trusting God for the things we need, we will find the thing we need most: a relationship with God. ► GOD GIVES US WHAT WE NEED, just as he's always provided for his people. He gave the Israelites food from heaven when they asked him to help with their needs.**



Center 3: Ready or Not... Supplies

.....

bags
variety of clothes
sunglasses
water bottles
any other items that
may represent a daily
need



Center 4: Decisions, Decisions... Supplies

shredded paper
grocery bags
tarp

Center 4: Decisions, Decisions... Easy Prep

Spread a tarp on the
floor.

CENTER 4:

Decisions, Decisions...

What You'll Do

Say: **When God gave the Israelites the manna, he knew how much they would need. God told them how much to take. But some people didn't listen. They took extra and then realized what a bad plan that was when their manna started to stink and got worms in it. Let's play a game to help us remember what happened.**

Have kids form groups of four and sit together. The groups will be families. Turn off the lights, and distribute a bag to each family. Say: **It's nighttime now. You have no food in your houses, so ask God to provide for your needs, and then pretend to go to sleep.** As the families pretend to sleep, scatter the shredded paper on the tarp.

Turn the lights back on, and have families choose a person to gather manna for the family. Say: **You're really hungry, but each person in your family will need only one piece of manna.** Encourage families to each send someone to get the right amount of manna for the family and then give a piece of manna to each person.

Repeat the entire game so each person gets a chance to gather manna. If any families have extra pieces of manna, they can pretend that those pieces stink.

Talk With Kids

Lead children in this discussion.

Ask:

- **What do you think of having to be careful not to take too much manna in this activity?**
- **Tell about a time your parents told you "no" about having something you wanted.**
- **How can we respect God with how we handle the things he gives us?**

Say: **The manna was an unexpected gift for the Israelites. God took care of their needs, and he also told them how to handle those needs in a way that would be best for them. When we listen to God, we can make him happy and do what's best for us, too. ► GOD GIVES US WHAT WE NEED each day, and we can thank him for those things. Like we pretended the extra manna got stinky, sometimes the things we need can become a problem for us, too, if we don't listen to God.**

5 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

After the children have cleaned up the centers, sit with kids in a circle on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they enjoyed learning 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 throughout the week. Use this challenge to encourage your children's growing relationships with Jesus.

Talk With Kids ■■■■

Say: **Today we learned that ► GOD GIVES US WHAT WE NEED. I'd like each of you to choose one of these Daily Challenges to practice thanking God for his provision.**

Give kids these three Daily Challenge ideas to choose from:

1. **Decorate two jars—label one “needs” and the other “wants.” With your mom or dad, draw small pictures of things you enjoy. Then cut the drawings apart and place them in the appropriate jar. Thank God for what he gives you.**
2. **Before you eat dinner, pray with your family and thank God for giving you the food you need.**
3. **Give something to a friend, and tell that person why you're thankful that God gives you what you need.**

Say: **If you want to draw pictures, circle choice number 1. If you want to pray with your family, circle choice number 2. If you want to give a gift, circle choice number 3.** Check that each child circled a choice on his or her My Bible Playground 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!

“God Provides” Prayer

What You'll Do ■■■■■■

Have kids form pairs. Ask pairs to briefly talk about something they need right now. Then have kids pray together, asking God to give them what they need.

Close the prayer time by praying: **Dear God, thank you for the ways you give us what we need. We're so thankful. Thank you for listening to us when we pray. We love you. In Jesus' name, amen.**



Daily Challenges Supplies

My Bible Playground
washable markers



Weaving Faith at Home

Have children take home their My Bible Playground 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.