



# God Sends Quail and Manna

Exodus 16:1-26

Fifth- and sixth-graders still depend on their parents for everything. While they see a direct correlation between their parents' occupations and money, few make the connection that God provides them with what they have. And unless their parents go out of their way to explain this to them, many won't grasp the concept of an invisible God providing for them. Use this lesson to help kids understand that God provides for them.



### ► 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. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever" (Psalm 23:5-6).

### Weaving Faith Into Life


Children will praise God for meeting their needs.

LESSON	WHAT KIDS DO	SUPPLIES	EASY PREP
<b>1</b> Getting Started	<b>Stranded</b> <i>(about 10 min.)</i> Experience what it's like to be stranded, and trust someone else to help them.	Bible Buzz, CD player, pens <b>Teacher Pack:</b> CD	Tear out the Lesson 2 pages from each Bible Buzz student book.
<b>2</b> Bible Exploration	<b>Desert Snapshots</b> <i>(about 20 min.)</i> Play a game to discover an amazing provision event.	Bibles	
	<b>Hungry No More</b> <i>(about 15 min.)</i> Write letters to the Israelites.	Bible Buzz, pens	

*Bold text within the lesson is spoken text.*





LESSON	WHAT KIDS DO	SUPPLIES	EASY PREP
<p><b>3</b></p> <p>Weaving Faith Into Life</p>	<p><b>God's Provisions</b> <i>(about 10 min.)</i></p> <p>Write down real needs on cards, and then pray about them individually and with partners.</p>	<p>Bible Buzz, CD player, pens, 1 copy per preteen of the lyrics page (at the end of this lesson)</p> <p><b>Teacher Pack:</b> CD, "My Needs" cards</p> 	<p>Separate the "My Needs" cards.</p>
<p><b>4</b></p> <p>Lasting Impressions</p>	<p><b>Daily Challenges</b> <i>(about 5 min.)</i></p> <p>Choose a Daily Challenge to apply God's Word.</p>	<p>Bible Buzz</p>	
	<p><b>Weaving Faith at Home</b> <i>(about 2 min.)</i></p> <p>Talk about how to share what they learned with their families.</p>		

***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.

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### Stranded Supplies

Bible Buzz  
CD player  
pens

#### Teacher Pack

CD: "Two Guys, Two  
Girls, and an Airplane"  
(track 5)

### Stranded Easy Prep

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

# 1 GETTING STARTED

## Stranded

### What You'll Do ■■■■■■

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

After kids arrive, have them form groups of four. Distribute this week's Bible Buzz pages, and have kids find the "Surviving the Jungle" section.

Say: **Today we'll consider what things you'd need for survival if you were stranded in the middle of nowhere with few supplies. Let's listen to a story that explains how you got yourselves into this unfortunate predicament. As you listen, try to think of solutions to the situations these people face. When the story's over, you're going to write a new ending for it, so try to think of that as you listen.** Play "Two Guys, Two Girls, and an Airplane" (track 5 on the CD).

Say: **Now let's write our own endings. There are some questions on your Bible Buzz pages to help you think through some of your responses.** Distribute pens, and allow kids time to answer the questions.

Give groups a few minutes to write their own endings to the story. When they've finished, have groups share their endings with the entire group.

Say: **Great job creating these endings. Now you get to imagine that you have the opportunity to interact with the people in this story throughout the entire scenario, not just for the ending. Think about the advice you'd give our four adventurers to help them escape this situation.**

Have groups record their responses in their Bible Buzz pages where it asks kids to give advice to Walt, Rene, Bob, and Cindy.

### Talk With Kids ■■■■

When they've finished, have groups of four share their answers to these questions.

Ask:

- **What was it like to try to solve this problem with the people in your group?**
- **Tell about a time you were aware of a problem you had to solve. How did you decide what to do?**
- **What three needs are most important to you in your life?**

Say: **We all need things to survive. Some of the things we think are important to us might radically change if we faced something like in our survival activity. Today we're going to explore how the Israelites had a need and how God provided for that need. And we'll see how ► GOD GIVES US WHAT WE NEED and more.**





## 2 BIBLE EXPLORATION

# Desert Snapshots

### What You'll Do ■■■■■■

Have kids form trios, and distribute Bibles. Have one preteen in each trio be the Puppeteer. The Puppeteer will read aloud one section of the passage listed below and then choose a person to be his or her Puppet. The Puppeteer will move the Puppet around to show a need that's from that section of the passage. Both the Puppet and the third trio member will try to guess which need is being shown. Allow kids about a minute and a half for each section. Different people will be the Puppeteer and Puppet for each section. Have groups alternate so everyone gets to take part in each role at least once.

- Exodus 16:1-3
- Exodus 16:4-8
- Exodus 16:9-12
- Exodus 16:13-18
- Exodus 16:19-20
- Exodus 16:21-26

### Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- As a Puppeteer, what did you need? How did your Puppet provide that or not?
- As a Puppet, what did you need? How did your Puppeteer provide that or not?
- When you were guessing, what did you need? How did your teammates provide that or not?
- Which of the roles in our game do you think is most similar to what life's like when God gives us what we need? Explain.
- What do you think this passage shows about God's ability to provide?
- Tell about a time you complained. Did you complain because of a want or a need?
- What can you do instead of complaining the next time you need something?

Say: God chose an unusual way to provide for the Israelites. He wanted them to know they could always trust him to provide for their needs. We can trust that ► **GOD GIVES US WHAT WE NEED**, too. When we choose to talk to God and trust him rather than complaining, we're growing in our relationship with him.



### Desert Snapshots Supplies

Bibles





## Hungry No More Supplies

Bible Buzz  
pens

## God's Provisions Supplies

Bible Buzz  
CD player  
pens  
1 copy per preteen of  
the lyrics page (at the  
end of this lesson)  
**Teacher Pack**  
CD: "Psalm 23" (track 6)  
"My Needs" cards

## God's Provisions Easy Prep

Separate the "My  
Needs" cards.

# Hungry No More

## What You'll Do ■■■■■■

Say: **Imagine that you're friends with one of the Israelites who's wandering in the desert without food. You get to write a letter to that friend. In your letter, how could you remind your friend that God is going to take care of her or him? What can you remind your friend to do *after* God provides for him or her?**

Provide pens, and direct students to the "Dear Friend" section on the Bible Buzz pages. When kids have finished, ask for any willing kids to read their letters to the group.

## Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- **What's the most important thing to tell someone who's still waiting to find out how God will take care of him or her?**
- **Why is it important to trust God to provide, even when you don't know how it's going to happen?**
- **What's amazing about how God provides for you today?**

Say: **This amazing event happened thousands of years ago. God provided for the Israelites then and continues to provide for us now. Let's look into some ways God provides for our needs today. Even when we don't know what's going to happen, we can trust that ► GOD GIVES US WHAT WE NEED.**

## 3 WEAVING FAITH INTO LIFE

# God's Provisions

## What You'll Do ■■■■■■

Have kids find and read the Key Verse, Psalm 23:5-6, on their Bible Buzz pages: "You prepare a table before me in the presence of my enemies. You anoint my head with oil; 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."

Say: **I'm going to play a song based on Psalm 23. While the song plays, think about how God can provide for you.**

Hand out copies of the lyrics, and play "Psalm 23" (track 6 on the CD). Encourage kids to sing along as the song plays.



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.

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

Give each preteen a pen and one "My Needs" card.

Say: **We've looked at how God provided food for the Israelites. God provided it in a way that would test the Israelites' faith: Would they trust God to provide? It's a question we have to ask ourselves, too, as we think about our needs. Will you trust God to provide?**

Have kids find a place in the room where they can be alone. Ask them to write any real needs they have on their "My Needs" card and spend a minute praying about their needs. Following the prayer time, gather kids together.





## Daily Challenges Supplies

Bible Buzz

### Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- What can you learn from the psalmist's reaction to God's provision?
- How easy or hard is it for you to pray for your needs? Why?
- What can you do to respond to God's provision for you?

Say: **God provided for the Israelites, and he showed them how much he loved them. He could've taken them someplace with lots of food, but this way, they were able to see how he was caring for them. ► GOD GIVES US WHAT WE NEED, too. Any time we have to talk to God about something we need, we learn more about how God loves us.**

## 4 LASTING IMPRESSIONS

### Daily Challenges

#### What You'll Do ■■■■

Say: **Let's think this week about how we can appreciate that ► GOD GIVES US WHAT WE NEED.**

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

- **Create a thank-you card telling God how grateful you are for his provisions. Put the thank-you card in your Bible, and prayerfully thank God for the things he's given you.**
- **One way to respond to God's provision is to share it. Find something God has given you that you can share with someone else. When you share your special item, do so with a glad heart because you get to bless someone else because of what God's given you.**
- **Write a letter to your parents thanking them for how they provide for you. Tell them how they help you understand that God gives us what we need.**

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.

### 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, place, and other ideas.**







Say: **The Israelites were tired and hungry and more than a little grouchy. But God still provided for them. Let's remember that ► GOD GIVES US WHAT WE NEED by following through with our Daily Challenges this week.**

## Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about God's provision. Kids can also do the activities in the "HomeConnect" section of their Bible Buzz pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families! Available at [group.com/digital](http://group.com/digital).

Have kids stand in a circle and thank God for the ways he's given them what they needed so far today.





## 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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