

# God Sends Manna and Quail From Heaven

**Bible Point**

**God guides us...and gives us what we need.**

**Purpose**

Wouldn't you like to know what manna tasted like? Was it like a breakfast cereal, or more like a lightly sweetened saltine? Curiosity may spark when we consider the reality of consuming food that came with the morning dew. And can you imagine "vast numbers of quail" covering your yard?

God's provision is cool—maybe even comical! God knows what we need, and he guides us and provides for us; but it's not always in ways we expect. Are we looking for those unexpected ways? Or are we grumbling about our own expectations? Even then, God's faithful surprises sustain us.

Kids look to grown-ups to guide and provide for them. Through this lesson, point them to the God who always comes through with what we need. Including, and especially, his unfailing love.

**Prep**

Opening Options	Sing & Play	Bible Discovery & Friendship Finale	Apply-It Options
<ul style="list-style-type: none"> <li><input type="checkbox"/> Option Cards*</li> <li><input type="checkbox"/> <i>Spoon Fling</i>: plastic spoons, yarn, child-safe scissors, permanent markers</li> <li><input type="checkbox"/> <i>Tape Town</i>: painter's tape, toy cars</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> countdown video*</li> <li><input type="checkbox"/> <i>Music Video</i> DVD*</li> <li><input type="checkbox"/> <i>Buddy Video</i> DVD*</li> <li><input type="checkbox"/> Radar Bible Memory Buddy poster*</li> <li><input type="checkbox"/> media player</li> <li><input type="checkbox"/> Bible (bookmark Proverbs 3:5-6)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "God Sends Manna and Quail From Heaven" Bible Story poster*</li> <li><input type="checkbox"/> Radar Bible Memory Buddy stickers* (1 per child)</li> <li><input type="checkbox"/> Take-It-Home Flyers* (Unit 1, Week 1) (1 per child)</li> <li><input type="checkbox"/> Bible (bookmark Exodus 16:3-5, 19-20, 23)</li> <li><input type="checkbox"/> index cards</li> <li><input type="checkbox"/> pens or pencils</li> <li><input type="checkbox"/> quart-size resealable bags (1 per Crew)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Explore More</i>: Bibles, paper, pencils, whiteboard, dry-erase markers</li> <li><input type="checkbox"/> <i>Game</i>: classroom objects</li> </ul>



**Prayer**

Dear God, thank you for the food I'll eat today, and thanks for the way you guide and provide for me and the kids I teach. In Jesus' name, amen.

\* in your **Simply Loved Kit**



# Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



## Spoon Fling

**Supplies:** plastic spoons, yarn, child-safe scissors, permanent markers

Write your name on a spoon. Then cut a piece of yarn and tie it into a knot. Place the knot onto a spoon. Then pull the spoon back toward you and let the knot fly! See how far and high you can fling your knot.

**?** Imagine these knots are snacks instead. If you could pick one snack to fly through the sky, what would you choose?

Wouldn't it be cool if snacks fell from the sky? In today's Bible story, God rained down food from heaven. God guided his people so they'd know how to get the food he sent them. He may not fling our favorite food from the sky, but **God guides us**, too!

## Tape Town

**Supplies:** painter's tape, toy cars

Use tape to create roads and a town on the floor. Add restaurants that cars can drive to for food.

**?** What's your favorite restaurant? Tell why.

Roads guide us to restaurants and other places. And **God guides us**. God guided the Israelites in today's Bible story, and God will always be with us and show us the way to go.

# Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



countdown video (1 minute)

Help kids transition, clean up the activities, and sit with Connect Crews. A Connect Crew is a small group of kids with one Crew Guide.

## Sing & Play

Hello, everyone! It's so good to be with you today. Let's start with a song. Follow along, and let's celebrate God's goodness to us today.



"I'm Trusting You" music video

We can look all around us and see God at work. Have kids spin around, and when you say stop, have them give the first person they see a high-five. **Awesome! God is here with us. He's loving us right now. How cool is that?**

### Bible Point

Today we'll discover that **God guides us**. Every time you hear someone say, "**God guide us,**" point up (demonstrate) and say, "Follow God!" Let's try that together.

- Point up and say, "Follow God!"
- Repeat several times.

Repetition cements learning, so be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with "Follow God!"

In the Bible, we find that God has different names that tell us different things about him. *Jehovah* is another name for God. And *Jehovah Jireh* means "The Lord will provide." **God guides us**, (*Follow God!*) and he provides! Let's ask God to guide us as we sing another song.



"Guide Me, O Thou Great Jehovah" music video



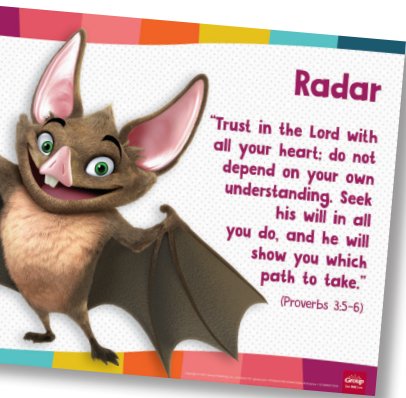
Follow God!

### Supplies

- Bible
- media player
- *Music Video* DVD
  - "I'm Trusting You" music video
  - "Guide Me, O Thou Great Jehovah" music video
  - "No Matter What I'm Facing" music video
- *Buddy Video* DVD
  - Radar Bible Memory Buddy video (Week 1)
- Radar Bible Memory Buddy poster

## Bible Memory Buddy & Verse

Radar is our Bible Memory Buddy! Show the Bible Memory Buddy poster. He's a bat! How much do you know about bats? Let's find out with a This-or-That Challenge! You'll hear two fun facts about bats. It's up to you to decide which is true—this fact or that!



### ? Do bats sleep during the daytime or at night?

- On the count of three, have everyone open their eyes wide and shout "Good morning!" to vote for *this* (daytime) or close their eyes and shout "Good night!" to vote for *that* (night).
- Make a drumroll sound by patting your thighs or the floor.
- Dramatically give the answer: **Bats sleep during the daytime! Let's find out more about Radar and his batty friends.**
- Watch the Bible Memory Buddy video.



### Radar Bible Memory Buddy video (Week 1)



Show the Bible. **The Bible is God's true story of love! The Bible is one big book that's filled with a bunch of little books. Our Bible Memory Verse comes from the book of Proverbs. Let's say it together. I'll say a line, and then you repeat it after me.**

**"Trust in the Lord with all your heart;** *(hold hands over heart)*  
**do not depend on your own understanding.** *(point at head)*

**Seek his will in all you do,** *(point up)*

**and he will show you which path to take."** *(move both arms forward and out)*  
(Proverbs 3:5-6)

**God guides us.** *(Follow God!)* **We have so much to thank God for! He's promised to always be with us, and we can always talk with him and ask for his help. Let's thank our Guide with a song.**



### "No Matter What I'm Facing" music video

# Bible Discovery

## Circle Up & Connect

Let's circle up and spend a little time simply getting to know each other in smaller groups called **Connect Crews**.

- Arrange kids into Connect Crews with one helper—or Crew Guide—per group.
  - Invite everyone to sit in knee-to-knee circles with their Connect Crews.
  - Have kids give their Crew Guides fist bumps with fireworks.
  - Have kids take turns saying their names and answering this question. Crew Guides go first.
- ? Let's say you get to choose your birthday meal. What food would you choose?**

## Experience the Bible Story

It's time for another Bible adventure! And you all will play an important part. Are you ready?

**God had chosen a man named Moses to be the Israelites' leader. With God's guidance and help, Moses had led God's people out of Egypt, and then they'd marched off toward the land God had promised them.** Lead everyone to another area of your room.

**But because God's people had forgotten how to trust him, they needed to learn some lessons along the way. Those lessons took about 40 years, and all during that time, God's people moved from place to place in a great wilderness.** Lead everyone to another place in the room.

**Nobody's sure exactly how many people were along for the hike, but even feeding all of us for a week would take a lot food. Yikes! How do you feed a whole group of people who are camping out in a rocky, barren wilderness?**

**They can't go to a grocery store. There aren't any drive-thru restaurants.**

**They can't pick crops because they didn't plant any. What do they do?**

**That's a great question, and it's exactly what that crowd of people asked. And they wanted an answer!**

**Everyone stand up.** Pause. **Raise your right hands.** Pause.

**I am officially deputizing you as part of the crowd following Moses out in the wilderness. As deputized members of God's people, your job is to imagine you are an Israelite in the wilderness and follow me and do what I say and do without talking. Think you can do it?**

**If you understand, nod your head yes. No talking!** As you give directions, demonstrate what you're asking kids to do.

## Supplies

- Bible
- "God Sends Manna and Quail From Heaven" Bible Story poster
- index cards (1 per person)
- pens or pencils
- quart-size resealable bags (1 per Crew)

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply circle up with the kids. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!

**Okay, do this: March in place.** March together. **Now don't march too quickly; you'll be doing this for 40 years.** March slowly.

**Marching can work up an appetite, and as you march, look around for something to eat.** Look high and low and all around you as you march in place.

**Some of you packed food while you were in Egypt, and you're eating sandwiches.** Pretend to take a bite. **Some of you have run out of food, and you're rubbing your stomach because you're so hungry.** Rub your stomach.

**Now all of you, stop.** Freeze. **You're pouty-faced and mad.** Make a pouting face. **You're looking at each other and wondering why you left Egypt if you're going to just starve out here in the middle of nowhere.** Look around and shrug shoulders. **Let's read and find out what the Israelites, I mean you all, said to Moses.**



Read aloud Exodus 16:3.

**God will guide and provide. Now, Israelites, keep doing what I do.**

**Moses says that God will rain down food from heaven for you. In the morning you'll go out and pick up this stuff that's like thin crackers; it's called manna. It tastes like honey, and it's really good.** Show the Bible Story poster.

**Bend over and pick it up.** Demonstrate. **Keep picking it up because it has to last all day.** Pretend to pick up more manna. **Wait—don't pick up *too* much! Just enough for today. There will be more tomorrow morning. If you try to keep it overnight, it'll be full of worms and smell like dirty sweat socks.** Make a disgusted face and wave your hand in front of your nose.

**And at night God will send a huge flock of quail for you to pluck and eat. Quail are little birds that are quite tasty when you cook them. Here they come now! Quick—pick them up and pluck them!** Pretend to pull out feathers.



**Okay, so you have all the food you need. Now take a bite of manna.** Take a pretend bite, chew, and swallow. **Now eat a quail drumstick.** Pretend to eat a drumstick, chewing, swallowing, and wiping your mouth with the back of your hand. **Looks like you all have just what you need. Moses has a reminder for you. Listen to what he says.**



Read aloud Exodus 16:19-20.

**Gross! That's what you get for not following God's instructions. But God loves you, and he's super patient with you Israelites, so he'll keep sending food and giving you what you need.**

**Circle up and talk about this with your Crews.**

- ❓ **Tell about a time you or someone you know didn't follow directions. What happened?** Invite Crew Guides to go first.
- Crew Guides give thumbs-up when everyone has shared.

**Whether we're on a road trip, playing a board game, or finding food in the wilderness, directions guide and help us. And God's directions are always for our good.**

**Now let's fast-forward through the week.** Run quickly in place, then stop. **It's the sixth day of manna and quail. God gave Moses more instructions. Let's read them together.**



Read aloud Exodus 16:23.

**Let's pick up double the manna so we can rest tomorrow.** Pretend to pick up manna, take a break, then pick up more. **Okay, now don't be greedy and gather too much. Follow God's instructions, and get enough just for today and tomorrow.**

**Now eat up!** Pretend to eat manna and quail again, then yawn. **Time for bed. Put the rest of your manna and quail aside, and head to bed.** Sit down and rest your head on your hands as if you're sleeping.

**Good morning, Israelites! I saw some of your neighbors got up to get manna this morning even though God told them not to.** Shake your head and sigh. **How long will God's people refuse to obey his instructions? He's guided and helped you before. You can trust him to provide for you now. Go ahead, eat up the food you stored yesterday. But first, take a whiff to make sure this didn't spoil, too.** Smell imaginary manna. **Smells good to me! Thanks, God! Everyone, eat up!**

**Moses has more instructions for you, Israelites. Fill a container with two quarts of manna, and keep it in a special place so you can remember how God took care of you.**

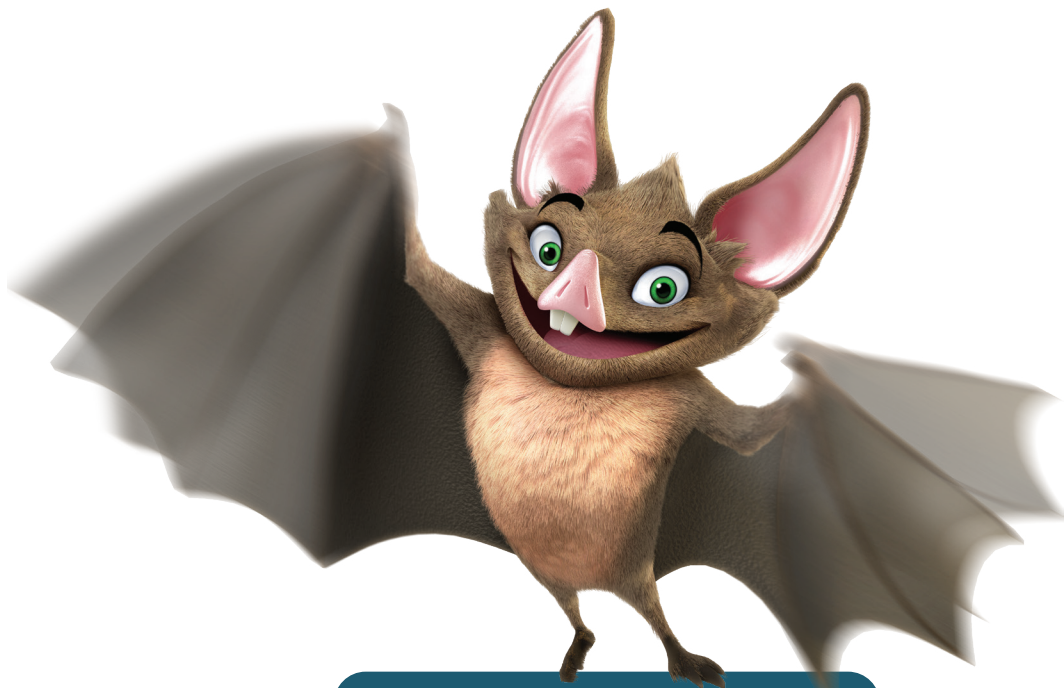
## The Heart of the Matter

Now we don't have actual manna here, but I do have these index cards. And they can help us remember that **God guides us.** (*Follow God!*)

- Give each person an index card and a pen or pencil.
- **Draw or write about a time God faithfully guided and provided for you or your family.**
- Form Connect Crew circles, and have everyone share what's on their cards.
- Have Crews pray and thank God for his guidance.
- Have each Crew place the index cards in a quart-size resealable bag.
- With the whole group, decide where in your room you'll place the bags as a reminder of God's guidance. Choose a special place, and keep the bags there for several weeks, referring to them often.

**God guides us.** (*Follow God!*) **God took good care of his people, even when they didn't fully trust that God would guide them. That was true in Bible times, and it's true now, too. Our faith can grow while we're waiting for God because we're trusting that he will come through.**

**And now, everyone give God a huge round of applause for being so patient and guiding his people—then *and now!*** Lead a round of applause.



Now's a great time for Apply-It Options. Choose one—or both—of the following reinforcement activities to support today's Bible discoveries before the Friendship Finale.




# Apply-It Options

Choose one—or both—of these activities to support kids' learning after Bible Discovery.

## Explore More

**Supplies:** Bibles, paper, pencils, whiteboard, dry-erase markers

**The book of Psalms is filled with songs that were sung to remember God's faithfulness. Let's read part of a psalm that was sung by God's people to remember how God had guided and provided for them.**

 Distribute Bibles, and help kids find Psalm 105. Glance over the whole psalm, then read verses 1 and 40 together.

**God guides us.** (*Follow God!*) **And I'll guide you as we create our own psalm—Mad Lib style!**

Distribute paper and pencils. Have everyone number their papers 1 to 9. Write the following prompts on a whiteboard, and have kids write responses on their papers. Be ready to assist younger kids. Then have kids shout out their answers as you read the psalm below.

1. Adjective that describes God
2. Favorite food
3. Favorite game to play
4. Least favorite chore
5. Positive adjective
6. Verb
7. Your nickname

Oh God, you are so [1]. Thank you for all you've done for me. You give me [2]. You help me play [3]. Even when I have to [4], I know you're with me. You're [5]! I will [6] to tell everyone how you guide me so faithfully. Love, your friend [7].

1. awesome
2. pizza
3. basketball
4. take out the trash
5. cool
6. skip
7. Junior

## Game

**Supplies:** classroom objects

- Work together to create obstacle "traps" throughout your room. You could randomly arrange chairs, lay markers or pens on the floor, and spread out other objects. Crew Guides can spread out and be obstacles, too!
  - Form pairs, who'll start on one end of the room.
  - On "go," one partner must close his or her eyes as the other partner guides him or her to the other side of the room without touching or stepping on any of the obstacles.
  - Guides cannot touch partners; they can only direct with their voices.
  - If a partner touches an obstacle, the pair must go back and start again.
  - Celebrate when all pairs make it across, then have partners trade roles and play again.
- ❓ **What was it like to guide your partner and avoid the "traps"?**
  - ❓ **What was it like to listen and try to avoid the traps?**
  - ❓ **How is guiding your friend across the room like or unlike God guiding the Israelites in the wilderness?**

**God guides us.** (*Follow God!*) **Even when we aren't sure what lies ahead, God is with us. He'll direct and guide us.**



## Supplies

- Radar Bible Memory Buddy stickers (1 per child)
- Take-It-Home Flyers (Unit 1, Week 1) (1 per child)

# Friendship Finale

Have kids sit in knee-to-knee circles with their Connect Crews.



**Radar the bat, our Bible Memory Buddy, can help us remember that God guides us.** (Follow God!) You'll each receive a Radar sticker to help you follow God throughout your week. You can wear it now or take it home with you.

- Have a willing child help you demonstrate the following actions.
- Hold a Radar sticker upside down and away from you. Have the child jump up to grab the sticker.
- Invite Crew Guides to give each child a Radar sticker in the same way.
- As they give the sticker, Crew Guides say, "**God guides you,** [child's name]."
- Crew Guides give thumbs-up when everyone has received a sticker.

**In today's story, we talked a lot about food. In the New Testament of the Bible, Jesus calls himself the bread of life. We don't actually eat him, but when we're friends with Jesus, he fills us up with love and hope and purpose!**

**Pretend you're holding a delicious piece of homemade bread in your hands. It smells so good, and you can't wait to take a bite. Close your eyes and picture that with me. Can you see it? Now hold the pose as you listen, and I'll read something about our friend Jesus.**

- Read the first section of the Unit 1, Week 1 Take-It-Home Flyer.
- **Now I'll give you one of these flyers to help you talk about Jesus' love in your Connect Crews and at home, too. Think of this as a practice time for talking about Jesus with your family at home.**
- Distribute Take-It-Home Flyers to Crew Guides, and have them share about their own friendship with Jesus as they discuss the "Talk Starter" question together.
- Kids share prayer requests—things they'd like to tell Jesus—in their Connect Crews.
- Connect Crews pray together.
- Crew Guides distribute Take-It-Home Flyers and follow the directions to help kids fold the paper to "fly" home. 🦋

Saying each child's name in a loving way helps kids simply experience God's love through you!

