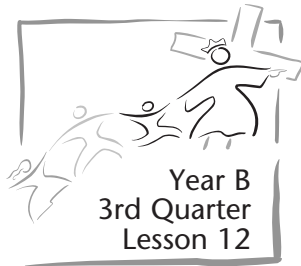


LESSON



God Gives Manna

WORSHIP

We thank God for being with us.

References

Exodus 16:1-5, 14-26; *Patriarchs and Prophets*, pp. 294-297.

Memory Verse

“You will have plenty to eat . . . and you will praise the name of the LORD”
(Joel 2:26, NIV).

Objectives

The children will:

Know that God wants them to have sufficient healthful food.

Feel confident that God will care for their needs.

Respond by thanking God for their food.

The Message



We thank God for giving us good food.

Getting Ready to Teach

The Bible Lesson at a Glance

While the Israelites are in the desert, they run out of food. They cry to God, and He hears them. He sends them manna to eat. God tells Moses to have the people pick up only what they need for one day, but on Friday they are to pick up enough for two days, because no manna will be found on Sabbath. While they follow God’s instructions, they have fresh food every day. They praise God for food.

This is a lesson about worship.

God blesses us every day with the things we need to survive on this earth. Food is one of them. Praising Him for providing for our needs through Jesus is a part of worshipping Him.

Teacher Enrichment

“They had not as yet suffered from hunger; their present wants were supplied, but they feared for the future. They could not understand how these

TWELVE

Program Outline			
LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Activities	up to 10	A. <i>What Is It?</i> B. <i>Food Quiz</i> C. <i>Name a Food</i>	large paper bag; white, soft, fluffy, and sweet objects variety of strong-smelling foods, small empty containers beanbag or wadded paper ball
* Prayer and Praise*	up to 10	See page 127. *Prayer and Praise may be used at any time during the program.	
2 Bible Lesson	up to 20	Experiencing the Story	puffed rice cereal or popped popcorn; adult-size Bible-times costume
		Bible Study	Bible
		Memory Verse	Bible
3 Applying the Lesson	up to 15	<i>Fruits and Vegetables</i>	basket of felt or plastic fruit and vegetables, <i>Little Voices Praise Him</i> songbook
4 Sharing the Lesson	up to 15	<i>Favorite Food</i>	Favorite Food pattern (see p. 160), paper, crayons

vast multitudes were to subsist in their travels through the wilderness, and in imagination they saw their children famishing. The Lord permitted difficulties to surround them, and their supply of food to be cut short, that their hearts might turn to Him who had hitherto been their Deliverer. If in their want they would call upon Him, He would still grant them manifest tokens of His love and care. He had promised that if

they would obey His commandments, no disease should come upon them, and it was sinful unbelief on their part to anticipate that they or their children might die of hunger" (*Patriarchs and Prophets*, p. 292).

Do you daily call upon Him to supply you with your needs for the day?

Room Decorations

See Lesson 11.

Teaching the Lesson

Welcome

Welcome children at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week’s lesson study. Have them begin the readiness activity of your choice.



Readiness Activities

Select the activity most appropriate for your situation.

A. What Is It?

You Need:

- large paper bag
- white, fluffy, sweet, and soft objects

In advance, gather a variety of things that are white, soft, fluffy, sweet (or a combination of these), such as cotton balls, saltine crackers, popcorn, puffed rice cereal, stuffed toy, etc. Place them in the paper bag.

Say: **We are going to play a guessing game. Let’s see, I have something in this bag that is soft and white. What is it?** Allow a child to come and try to guess what the object is only by feeling it and without looking.

Continue with another item and another child guessing until you have used all the things you brought.

Debriefing

Allow response time as you say: **We will be learning about something white, fluffy, and sweet today in our Bible story. The Israelites were worried about food. So God gave them something they had never seen before. They asked “What is it?” Do you know? It was a new kind of food. The Israelites were thankful for the food God provided. And we are thankful for our food too. Today’s message is:**



We thank God for giving us good food.

Say that with me.

B. Food Quiz

You Need:

- variety of strong-smelling foods
- small empty containers

In advance, put one food item in each container. Choose strong-smelling foods (chocolate, strawberry, orange, onion, garlic, etc.), so it will be easy for the children to guess what they are. Have the children close their eyes as you pass each container and let them smell it.

Debriefing

Allow response time as you ask: **Was it easy or hard to guess what foods these were? Some foods have a**

strong smell that is easy to recognize. Which do you think had the strongest smell?

Say: **God is good to give us so many different kinds of foods to eat. Our Bible story today is about a time God gave the Israelites some special food to eat in the desert. They thanked God for giving them food. And we thank Him for our food too. Today's message is:**



We thank God for giving us good food.

Say that with me.

C. Name a Food

Have the children sit on the floor in a circle. Explain that you will toss the beanbag to someone while you name a food. Then they have to name a different food as they toss the beanbag to someone else. Continue until all have tossed the beanbag.

You Need:

- beanbag
or wadded
paper ball

Debriefing

Allow response time as you ask: **Do you think you named all the different foods there are in the world? God gives us so many good and different things to eat. Our Bible story today is about God's giving the Israelites some special food to eat in the desert. They thanked God for their food. We thank Him for our food too. Today's message is:**



We thank God for giving us good food.

Say that with me.



NOTE: Prayer and Praise appears on page 127.



Bible Lesson

You Need:

- puffed rice cereal or popped popcorn
- adult-size Bible-times costume

Experiencing the Story

Say: **Today we are all going to have a part in the story again. _____ will be Moses, and all of you will be Israelites. During the story we will stop and do some things, so watch to see what we are to do.**

Read or tell the story.

After the Israelites had been traveling for several weeks in the desert, the food they had brought with them from Egypt ran out. There were no stores or market places. There were no fields or trees to get food from. So the people began to grumble about food. What would all those people eat out there in the desert where nothing grew? Instead of trusting God, they started complaining and grumbling again.

God knew they would need food. Moses prayed for help. *[Moses prays.]* So God told Moses He would send bread from heaven for the people to eat. During the night while the people were sleeping something wonderful happened. *[Have the children lie down and close their eyes. Scatter puffed rice cereal or popped corn on the piece of brown "desert" fabric.]* In the morning, white flakes lay on the ground all around the camp. *[Have the children open their eyes and sit up.]* The Israelites had never seen anything like it.

"What is it?" the people asked.

Moses said, "It's the bread the Lord has given you to eat."

When the people ate it, it tasted like honey wafers. The people called it manna, which means "What is it?"

Moses told the people, "Each morning you will find the manna on the ground. Get up early and gather

enough for that day, but don't keep any of it overnight."

But some people didn't listen to Moses. They tried to save some manna for the next day so they wouldn't have to gather more. The next morning their manna was rotten and smelled bad. *[Have children hold noses and look disgusted.]* Some people were lazy and didn't gather enough for the whole day. *[Some children go and look for more.]* But when the sun grew hot, it melted the manna away *[hold out hands and rub tummies]*, and those people went hungry until the next day. *[Look sad.]*

On Friday Moses told the people to gather enough manna for two days, because no manna would appear on Sabbath. But some people didn't listen to Moses. Every other night the extra manna had spoiled. They thought it would spoil on Friday night too. But on Friday night the manna didn't spoil, and on Sabbath there was no manna on the ground. The people who didn't gather enough for two days on Friday went hungry during Sabbath. *[Look sad.]*

By the end of the first week everyone knew they had to follow God's directions. As long as they gathered enough manna for the whole day every morning, they had enough to eat. And every Friday they had to gather enough for two days. When the Israelites followed God's directions, they had fresh food every day. God took care of their needs. He gave them plenty of food to eat in the desert. *[Smile.]*

And God takes care of our needs, too.

Debriefing

Allow response time as you ask:

When you're hungry, what do you

do? (Ask Mommy or Daddy for something to eat.) **Where does Mommy or Daddy get the food?** (market, shop or store) **Where does the store get the food?** (farmers or factory) **Where would a factory get the food from?** (farm, farmers) **Who sends the sun and rain to make them grow?** (Jesus)

Say: **Let's thank God for our food. We're worshipping God when we thank Him. Remember our message? Let's say it together:**



We thank God for giving us good food.

Bible Study

You Need:

Bible

Open your Bible to Exodus 16:1-5 and 14-26. Point to the text and say: **This**

is where today's story is found in God's Word, the Bible. Read the verses aloud, paraphrasing as necessary.

Debriefing

Allow response time as you ask: **Why did the Israelites grumble?** (They were afraid they wouldn't have enough food.) **What did God send down from heaven?** (manna)

How much manna did God tell the Israelites to gather every day except Friday? (just enough for that day) **What happened to the manna if they saved it overnight?** (It spoiled and smelled bad.) **What were they supposed to do on Friday?** (gather enough for Friday and Sabbath)

Did God send manna on

Sabbath? (no) **Was the manna they collected on Friday for Sabbath rotten or good the next morning?** (good)

How do you think the Israelites felt about the manna? (thankful, grateful, happy)

Do you think God provides food for us today? What does our message tell us to do?



We thank God for giving us good food.

Memory Verse

Turn to Joel 2:26 and say: **This is where we find our memory verse in God's Word, the Bible.** Read the verse aloud. **"You will have plenty to eat . . . and you will praise the name of the LORD."** Be sure the children understand the text. Then proceed to teach the memory verse as outlined below.

You Need:

Bible

You

Point to others.



will have

Hold out hands as if offering something.



plenty to eat . . .

Hands to mouth as if eating.



and you will praise the name

Arms outstretched above head.



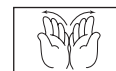
of the LORD.

Point upward.



Joel 2:26

Palms together; then open as if opening a book.



3

Applying the Lesson

Fruits and Vegetables

You Need:

- basket of felt or plastic fruit and vegetables
- Little Voices Praise Him* songbook

Allow response time as you ask: **What is your favorite fruit or vegetable?** Give the child the fruit or vegetable they name, or something similar.

What do you do before you eat your meals? (pray; thank God for our food) **God is so good to give us so many different kinds of food.**

Say: **I know a song we could sing while you're holding your favorite fruit or vegetable.**

Use "I Like to Eat an Apple" (*Little Voices Praise Him*, no. 167) or "I Am So Happy" (*Little Voices Praise Him*, no. 199).

**I like to eat an apple
Picked from the apple tree.
Dear Jesus sends the sun and rain
To make them grow for me.**

OR

**Oh I am so happy,
As happy as can be.
For I have some _____*
That Jesus made for me.**

*apples sweet, peas to eat, oranges sweet, corn to eat, etc.

Debriefing

Allow response time as you ask: **What do you do when your mom or dad makes food that you don't particularly like?** (Eat it anyway; complain; don't eat it; ask for something else.)

Say: **I hope you don't complain about food like the Israelites did! How would you feel if you made something nice for someone else and they said they didn't like it?** (sad, angry, embarrassed, disappointed) **Would it be a good feeling?**

God helps your family grow or buy your food. Your parents prepare healthy food for you because they love you. Our food is a gift from God, and we should be thankful for it. Let's say our message together again:



We thank God for giving us good food.

4

Sharing the Lesson

You Need:

- crayons
- Favorite Food pattern (see p. 160)
- paper

Favorite Food

In advance, prepare a copy of the Favorite Food pattern (see p. 160) for each child. Read the memory verse to them and the sentence below it. Then ask them to draw a picture of their favorite food next to the apple.

Debriefing

Allow response time as you ask: **What food did you draw? Hold up your picture so we all can see it. Let's say together: "Thank You, Jesus, for our food."**

Say: **Take your picture home and share it with someone as you tell them about God's giving**

manna to the Israelites, and how He gives food to us today. Say your memory verse too. And let's remember our message:



We thank God for giving us good food.

Closing

Sing "Good-bye Prayer" (*Little Voices Praise Him*, no. 44). Say a brief prayer similar to this: **Thank You, Jesus, for all the good food You give us to eat. Help us always to be thankful. We love You. Amen.**

PRAYER AND PRAISE



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

- "All Our Needs" (*Little Voices Praise Him*, no. 85)
- "God Cares for Me" (*Little Voices Praise Him*, no. 86)
- "Yes, Jesus Cares for Me" (*Little Voices Praise Him*, no. 118)
- "Hallelu, Hallelu" (*Little Voices Praise Him*, no. 213)
- "Let's Give the Lord Our Praise" (*Little Voices Praise Him*, no. 219)

Mission

Say: **When we thank God for our food, we are worshipping Him. Children in all the different countries of the world thank Him too. Our mission story today is _____.** Use a story from *Children's Mission*.

Offering

Say: **When we thank God for our food, we are worshipping Him. We also worship God when we give Him our offerings. Today our offering is for _____ mission.**

Prayer

Say: **Let's pray together. Children, please repeat after me. Thank You, Jesus, for giving us the food we need. Amen.**

*Prayer and Praise may be used at any time during the program.

STUDENT LESSON

God Gives Manna

References

Exodus 16:1-5,
14-26; *Patriarchs
and Prophets*,
pp. 294-297

Memory Verse

"You will have
plenty to eat
. . . and you will
praise the name
of the LORD"
(Joel 2:26, NIV).

The Message

We thank God
for giving us
good food.

Where do you get your food? From a store or market place? From an orchard or field? God gave the Israelites some unusual food.

After the Israelites had been traveling in the desert for several weeks, the food they had brought with them from Egypt ran out. They started to worry about food. Nothing grew in the desert. Instead of trusting God, they started complaining and grumbling again.

God knew they needed food. God knew they were hungry. He knew they needed healthy food. So God told Moses He would send them food from heaven.

During the night something wonderful happened. In the morning, thin, white flakes lay on the ground all around the camp.

The Israelites had never seen anything like it. "What is it?" they said to one another. All over the camp people could be heard asking, "What is it?"

"It's the food the Lord has given you to eat," said Moses. This special food tasted like honey wafers! The people called it *manna*, which means "What is it?"

Then Moses said, "Each morning you will find manna on the ground. Get up early and gather enough for the day. Do not keep any overnight."

But some people didn't listen to Moses. They tried to save some manna for the next day. The next morning their

manna was spoiled and smelled bad. Some people were lazy and didn't gather enough for the whole day. But the hot sun melted the manna, and those people went hungry until the next day.

On Friday Moses told the people to gather enough manna for two days, be-

cause God would not send manna on Sabbath. But some people didn't listen to Moses. On other nights the manna had spoiled. They thought it would spoil on Friday night, too. But it didn't, and on Sabbath no manna appeared on the ground.

By the end of the first week, everyone knew that they had to follow God's directions.

As long as they

gathered enough manna for the whole day every morning, they had enough to eat. And every Friday they had to gather enough for two days. When the Israelites followed God's directions, they had fresh food every day. God took care of their needs. And God takes care of our needs too.

God gives us our food today too. He may not send manna from heaven, but however you get food, it is because God provides for your needs. Let's praise God for our food!



Do and Say

Sabbath

Each day this week, read the lesson story together and review the memory verse.

- You** Point to others.
- will have** Hold out hands as if offering something.
- plenty to eat** Hands to mouth as if eating.
- and you will praise the name of the LORD.** Arms outstretched above head.
- of the LORD.** Point upward.
- Joel 2:26** Palms together; then open as if opening a book.

both name different foods. Thank God for food choices.

Have your child feel things that are white and fluffy, such as cotton balls. When the Israelites first saw manna they asked, "What is it?" and that's what the word "manna" means.



Wednesday

Help your child make bread or visit a bakery and ask someone how it is done. Whether you make or buy some bread, share it with someone.

Sunday

Help your child share the favorite food drawing they made in Sabbath School with someone and tell them how God supplied manna to the Israelites in the desert.

Thursday

Have your child close their eyes as you put under their nose a variety of strong-smelling foods such as a strawberry, onion, garlic, a slice of lemon, etc., and have them guess what they smell. Tell them that smelling food is part of enjoying how it tastes.

Monday

Read together Exodus 16:1-5, 14-26. Ask: Why did the Israelites complain and grumble? How did God help them? How does God help supply your food?



Serve honey on crackers for lunch. Ask: Do you think this is what manna might have tasted like? Thank God for the good food He gives your family.

Sing a thank-You song, then thank God for good food.

Friday

Act out the story for worship. Name the days of the week and have your child pretend to pick up manna for each day. Remember that on Friday the Israelites gathered a double portion, and on Sabbath they gathered none.

Tuesday

Roll a small ball back and forth with your child as you

Have each family member tell what their favorite food is. Then thank God for giving us food.