

Old Testament

Manna from Heaven

Exodus 15:22—16:35

Younger Memory Verse Guide me in Your Truth and teach me. Psalm 25:5

Older Memory Verse Guide me in Your Truth and teach me, for You are God my Savior and my hope is in You all day long. Psalm 25:5

Teachers: This new unit is designed to help your children understand some of the stories in the Old Testament. Each lesson will have both Old Testament and New Testament passages.

PLEASE remember to always include the New Testament verses—this helps each child see how God's ultimate plan was fulfilled in Christ!

Welcome Time

Have you ever tried a new food that you had never tasted before? Today's lesson is about a type of new food that God gave His people.

Bible Story

*Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible. Do **NOT** read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.*

Last week we saw how God did an amazing thing for His people. He rescued them from slavery and helped them get across the Red Sea.

All the people worshipped God and were grateful for what God did to save them.

Well, God asked Moses to lead them in the desert after this time. The people traveled in the hot, dusty desert for 3 days. Finally they came to a pond of water. The people were so thirsty. They probably ran to the water to drink.

However, as soon as they swallowed the water, they realized that the water was bitter. YUCK! The people were so upset. They complained to Moses telling him that they needed something to drink.

Moses prayed to God for help. God showed Moses a piece of wood close to the water. God told Moses to throw the wood into the water. Instantly, the water was sweet and delicious!

The people stayed there several days then God asked them to travel again in the desert. Now, this was not easy for God's people. They began to complain and grumble because of the hard times and struggles. They had forgotten how God promised to take care of them.

God heard their cries and told Moses that He would bring them meat to eat in the evening and bread from Heaven in the morning. God also told Moses that He would test the

Lesson Goals

Tell how God cared for His people who were hungry
Name a way that you can not grumble or complain this week

people to see if they would follow directions. God would provide for their needs each day. They were not supposed to collect any bread or meat for the next day. The one exception was for the 7th day. On the 6th day, God would let the people collect for the 7th day so that they could rest and worship God on that day.

Just as promised, God sent quail in the evening for His people. Quail is similar to chicken. In the morning, there were little white flakes on the ground. Moses told them that these flakes were bread from Heaven. It was delicious to eat and it tasted like honey. The people called it manna.

The people used manna in different ways. Some baked it into bread, while others boiled it like oatmeal. God gave His people food during their time in the hot desert.

Remember that God told His people that they should only collect enough food for that day. Sure enough, some of the people tried to collect the manna for the next day. Surprisingly, the manna was smelly and full of bugs. However, when the people did as God said and collected extra for the 7th day, it stayed fresh and good.

God cared for the needs of His people. Even when they were grumbling and complaining, He helped them and took care of them. Remember that the people did not get exactly what they wanted. They got a new food surprise, manna!

God takes care of us too. Just like God's people in the lesson, sometimes we may complain about our problems. God hears our prayers and will answer. He may not answer in the way that you think, but God will take care of you and give you His best.

The ultimate way that God took care of us happened when He sent His Son, Jesus. God loved us and wanted us to go to Heaven. The problem was that we have all done wrong and are separated from God. The only way to draw us back together was for someone to take our punishment for us. That is just what God did. He sent His only Son, Jesus, to take the punishment for our wrongs. If we believe in Him and trust Him in our hearts, He will clean out all our wrongs and make a way for us to go to Heaven. Would you like to know how to trust in Jesus? Talk to me about it.

Learning Activities

Have fun with the activities to help the kids learn what it means to trust God, and not complain.

Memory Verse Activities

Talk about how a travel guide helps a person get through the jungle or mountains. Share how difficult it would be without a guide. Help the kids see that God is our guide and will help us know the right way to go in our lives.

Prayer Time

Ask God to help us not complain this week. Thank God for caring for all our needs and loving us.

Snack Time/CleanUp

There are lots of fun snacks to make this week. See ideas on the last page.

Preschool Lesson
For
Manna from Heaven

Last week we learned that God helped His people escape from the mean king. God made the sea open up and the people walked across.

After the sea closed up, God's people traveled in the desert for 3 days. A desert is a very hot place. It is dusty and sandy too. God's people began to get hot and thirsty. (Wipe your brow like you are hot)

Suddenly, they saw a pond of water. The people were so excited that they ran to drink the water. When they took a gulp, it was bitter. (Make a yuck face or say "blaaah.")

The people were very upset. They asked Moses what they were supposed to drink.

God helped Moses do a miracle. He asked Moses to put a stick of wood into the water. Instantly, the water was sweet and clean!

After the group stayed there a few days, God told them to travel in the desert. The people began to complain because it was hot and there was not any food to eat.

God told Moses that the people would see an amazing miracle. They would have meat to eat in the evening and bread to eat in the morning.

Moses and his brother Aaron told the people the good news. Just as God said, many birds called quail came in the evening. The people could cook them for supper! Everyone was happy to have good food to eat.

In the morning, God did another miracle. There were little white flakes on the ground. Moses told them that these flakes were bread from Heaven. It was delicious to eat and it tasted like honey. The people called it manna.

The people used manna in different ways. Some baked it into bread, while others boiled it like oatmeal. God gave His people food during their time in the hot desert.

God took care of His people. He will take care of us too.

(Teachers: bring fruit or vegetables for the kids to eat. Make sure no one is allergic.)

Sing a song to the tune of "BINGO."

There was a food that God did give
And manna was its name O
M-A-N-N-A, M-A-N-N-A, M-A-N-N-A
And manna was its name O.

Hands-On Activities
For
Manna from Heaven

Make manna pictures. Draw a picture. Then mix soap flakes and water to make “manna” or use cotton balls. Stick or glue them to the pictures to represent manna.

Grumbling and complaining is easy to do. Talk about ways that we can be positive and not complain. Another good verse to memorize for this week is Philip-
pians 2:14: “Do everything without complaining or arguing.”

Be thankful in every situation. The people in this lesson forgot how much God had helped them. List ways that God helped His people.

For preschoolers, bring sand and let the kids play with it outside. Remind them not to throw the sand.

Make a Ba`manna´ sandwich! Spread mayo, peanut butter, frosting, or marsh-
mallow cream on bread. Add bananas.

Spread Honey or marshmallow cream on bread to remind the kids of the manna. We have lots of marshmallow cream in the outside food warehouse.

Make a Sand dune crunch snack. Spread frosting on a graham cracker. Top with Rice Krispies. Enjoy!

Bring an unusual food/fruit/vegetable for the group to try. Some kids may be re-
luctant to try it. Ask the kids if they think that the people in the lesson were nervous about trying the new manna.
