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
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.

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**Program Outline**

<table>
<thead>
<tr>
<th>LESSON SECTION</th>
<th>MINUTES</th>
<th>ACTIVITIES</th>
<th>MATERIALS NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Welcome</strong></td>
<td>ongoing</td>
<td>Greet students at door; hear pleased/troubled</td>
<td>none</td>
</tr>
</tbody>
</table>
| **Readiness Activities** | up to 10 | A. What Is It?                 | large paper bag; white, soft, fluffy, and sweet objects | 1
|                      |         | B. Food Quiz                   | variety of strong-smelling foods, small empty containers                           |
|                      |         | C. Name a Food                 | 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.                  |
| **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                                                                            |
| **Applying the Lesson** | up to 15 | Fruits and Vegetables          | basket of felt or plastic fruit and vegetables, *Little Voices Praise Him* songbook |
| **Sharing the Lesson** | up to 15 | Favorite Food                  | Favorite Food pattern (see p. 149), paper, crayons                               |
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?

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

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?

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.
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)

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

<table>
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<td>will have</td>
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<tr>
<td>plenty to eat . . .</td>
<td>Hands to mouth as if eating.</td>
</tr>
<tr>
<td>and you will praise the name of the Lord.</td>
<td>Arms outstretched above head.</td>
</tr>
<tr>
<td>Joel 2:26</td>
<td>Point upward.</td>
</tr>
</tbody>
</table>

Palms together, then open.
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.

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.)

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.

Sharing the Lesson

Favorite Food

In advance, prepare a copy of the Favorite Food pattern (see page 149) 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 on the bottom half of the paper.

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.”

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.**

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**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.*
God Gives Manna

Where do you get your food? From a store? 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, because 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** Arms outstretched above head.
- **the name** Point upward.
- **of the Lord** . . . Palms together, then open.

Joel 2:26

**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.

**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.

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

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