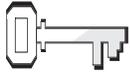


What Is It?



References

Exodus 16; *Patriarchs and Prophets*, pp. 292–297



Memory Verse

“If you call the Sabbath a delight . . . you will find your joy in the Lord” (Isaiah 58:13, 14, NIV).

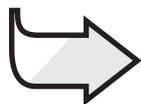


Objectives

The children will: **Know** that obeying God is an act of worship.

Feel willing to follow God’s instructions about the Sabbath.

Respond by learning more about God’s instructions for keeping the Sabbath holy.



The Message

We worship God when we enjoy keeping the Sabbath.

Monthly Theme

We worship God when we obey Him.

The Bible Lesson at a Glance

In the wilderness the Israelites begin to worry about running out of food. They begin to grumble. They long for the meals they ate in Egypt. So early each morning, God sends manna that the people are to gather for food for the day. On Friday they are to collect twice as much as they usually gather. Usually, leftover manna sours and begins to smell bad. But manna collected on Friday is fresh and good on Sabbath.

This is a lesson about worship.

The manna experience teaches about worship. First, we learn that we worship God by obeying Him. When we listen to His instructions and do what He says, we are honoring God. He asks us to keep the Sabbath special and set apart from the other days of the week. In worshipping Him we find real life and enjoyment. We also learn that God’s ways are always best, His plans always work out for our good. He is our Creator. He knows us better than we know ourselves, and He always knows what’s best for us.

Teacher Enrichment

The Bible says the manna was white like coriander seeds. Maybe it looked like our white rice or a flaked breakfast cereal. It tasted like wafers (crackers) with honey. It could be boiled or ground up and baked. The baked cakes tasted like bread made with olive oil. The manna fell when the dew appeared on the ground each morning, but when the sun grew hot it melted away. (For more on this, see *The Seventh-day Adventist Bible Commentary*, vol. 1, pp. 577, 578.)

“Every week . . . the Israelites witnessed a threefold miracle, designed to impress their minds with the sacredness of the Sabbath: a double quantity of manna fell on the sixth day, none on the seventh, and the portion needed for the Sabbath was preserved sweet and pure, when if any were kept over at any other time it became unfit for use.

“In the circumstances connected with the giving of the manna, we have conclusive evidence that the Sabbath was not instituted, as many claim, when the law was given at Sinai. Before the Israelites came to Sinai they understood the Sabbath to be obligatory upon them. In being obliged to gather every Friday a double portion of manna in preparation for the Sabbath, when

none would fall, the sacred nature of the day of rest was continually impressed upon them" (*Patriarchs and Prophets*, p. 296).

Room Decorations

Use desert-type decorations such as rocks, palm trees, and sand. You could set up a small tent or drape material over poles or boxes like a tent.

<h2>Program Overview</h2>			
Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	
1 Readiness Options	up to 10	A. <i>Everyday Activities</i> B. <i>Food Peek</i>	slips of paper, pencil, bag or basket 10 food items, tray, towel, paper, pencils
Any Time Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	none <i>Sing for Joy</i> <i>Children's Mission</i> basket or another container none
2 Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	one white helium balloon or balloon on stick, one red helium balloon or balloon with tape, chair, sheet, cereal flakes or thin white wafers, baskets, voice of "Moses" paper doilies (optional), paper (optional), pen, scissors (optional), chalkboard or whiteboard, chalk or marker Bibles
3 Applying the Lesson	up to 15	A. <i>Miming</i> B. <i>Joyful Praise</i>	none Bibles, <i>Sing for Joy</i> songbook
4 Sharing the Lesson	up to 15	<i>Manna Flakes</i>	paper doilies (optional), white paper (optional), pencils or pens, chalkboard or whiteboard, chalk or marker

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

Welcome

Welcome students at the door. Ask how their week has been, what they are pleased/troubled about. Listen to last week's memory verse and encourage the children 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.

You Need:

- slips of paper
- pencil
- bag or basket

A. Everyday Activities

In advance, write on small slips of paper things that people do every day. For example: sleeping, eating, brushing teeth, praying, cooking, waking up, bathing, combing hair, etc. Add activities that may be specific to your culture or area. Fold the slips of paper and put them in a bag or basket.

Tell the children that they will act out things that people do every day while the other children guess what it is. One at a time, have the children remove a paper from the bag or basket and act out the activity described. Let the other children guess what the activity is.

Debriefing

Allow response time as you ask: **What are some things we acted out that you do every day? What are some things you *don't* do every day? Our Sabbath School lesson today is about the children of Israel and something they did every day except one day of the week. God told the children of Israel to do something every day except Sabbath. Sabbath was to be a special day set apart from the others. The memory verse today is, "If you call the Sabbath a delight . . . you will find your joy in the Lord" (Isaiah 58:13, 14). When we obey God and keep the Sabbath holy, we are worshipping Him. Today's message is:**



WE WORSHIP GOD WHEN WE ENJOY KEEPING THE SABBATH.

Say that with me.

You Need:

- 10 familiar food items
- tray
- towel
- paper
- pencils

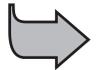
B. Food Peek

In advance, place 10 familiar food items on a tray and cover them with a towel. Tell the children they have 30 seconds to look at the 10 things on your tray and then you are going to cover them. Uncover the tray and allow the children to look at the items. Then cover them and have the children list on paper all the items they can remember seeing. Adults assist with writing as needed.

Debriefing

Uncover the tray and name the items aloud so the children can check their list. Allow response time as you ask: **How many of you remembered all 10 items? How many nine? How many eight? How many seven? You did a good job of remembering those foods. Did you see anything on this tray that you like to eat? Do you ever have special foods to eat on Sabbath?**

Our Bible story today is about the children of Israel and some special food God gave them. God taught them to be prepared with food for Sabbath. Some obeyed and some didn't. We'll see what happened when they didn't. The memory verse today is "If you call the Sabbath a delight . . . you will find your joy in the Lord" (Isaiah 58:13, 14). When we obey God and keep the Sabbath holy, we are worshipping Him. Today's message is:



WE WORSHIP GOD WHEN WE ENJOY KEEPING THE SABBATH.

Say that with me.

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 last week's memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



Suggested Songs

- "Psalm 118:24" (This Is the Day) (*Sing for Joy*, no. 94)
- "Jesus, We Want to Meet" (*Sing for Joy*, no. 95)
- "His Banner Over Me Is Love" (*Sing for Joy*, no. 25)
- "Seek Ye First" (*Sing for Joy*, no. 67)
- "Trust and Obey" (*Sing for Joy*, no. 113)



Mission

Use a story from *Children's Mission*. Emphasize Sabbath or obeying God in the story.



Offering

Use a basket to collect the offering. Say: **God made us. We belong to Him. Everything we have belongs to God. Our clothes, money, food, and homes. He lets us use these things while we live here. We worship God and tell Him that He is important to us when we share what He has given us with others.**

You Need:

- basket or other container



Prayer

Ask the children to think about what they are thankful for. Then have a "popcorn prayer." Invite the children to participate in the prayer by saying one word to tell God what they are thankful for.

2

Bible Lesson

You Need:

- one white helium balloon or balloon on stick
- one red helium balloon or balloon with tape
- chair
- sheet
- cereal flakes (or thin white wafers such as sold in Christian supply stores)
- baskets
- recorded or hidden voice of Moses

Experiencing the Story

Setting the scene:

(NOTE: In situations where child hunger is a problem, this activity may not be appropriate.)

In advance, place the red balloon near or on the ceiling in one corner of the room. Place a chair in another corner. Attach the white balloon to a stick or dowel.

Ask: **Who has missed a meal before? two meals? three?** (Give students time to respond between each question.) **Some people say “I’m starving to death!” to mean that they are really hungry. Have you ever been so hungry that you were “starving to death”?**

Today we’re going to pretend that we are the Israelites, camping in the hot desert sun. God has just brought them out of Egypt, where they had been slaves. They left so quickly that they didn’t even have time to bake their bread, so they carried the bread dough on their shoulders. They baked cakes of bread without yeast while they were traveling. After a while, their food supply was getting low—and they were in the middle of a desert!

Stand up and follow me. Form a line behind me, and let’s go into the desert. Carry the white balloon as you walk.

Read or tell the story.

For three days we’ve been walking in the sand. *[Lead the “Israelites” with the white balloon as you walk around the room.]* God provides a cloud by day, so

the sun doesn’t blaze down on us. *[Stop walking.]* Well, it’s nearly night again. Time to pitch our tents and sleep. *[Point to a corner of the room where the red balloon is on the ceiling.]* What’s that over there? It’s a pillar of fire! Do you want to be close to it, or farther away? Those of you who want to be warm, get closer to the pillar, and if you don’t mind being colder at night, lie down farther away. *[Invite the children to lie down and close their eyes. After about 30 seconds, have them rise and continue walking.]*

Ok, it’s morning now. The cloud has come out, and we must keep up with it for another day of walking. *[March around the room again with the leader carrying the white balloon.]*

I wonder what’s for supper tonight? What would you like for supper? *[Invite suggestions. To each one say, “No, that’s not on the menu.”]* What are we going to do? Let’s go talk to Moses! We had lots of food in Egypt, but how are we going to find enough food out here in the desert? I’m so tired of bread and water, and our supplies are getting low. There are so many of us! We’re going to starve to death!

Where’s Moses? *[Go to the chair in the corner and point to it.]* There he is! Tell him you’re tired of wandering in the desert! *[Allow a few minutes for them to voice complaints.]*

Listen! Moses is talking to us! What is he saying? *[Allow for answers.]* In the morning, God will provide for us. I wonder what we’ll eat tomorrow!

Here comes the pillar of fire, boys and girls. Time to go to sleep. Lie down, close your eyes, and go to sleep. *[Set the white balloon aside and lead the children to lie down again under the red balloon. While they have their eyes closed, lay out the white sheet with the cereal flakes or wafers.]* Ok,

it's morning. But look! What's that on the ground? *[Point to the sheet and encourage the children to sample the cereal or wafers.]*

Is it good? Let's go talk to Moses again. *[Turn to the chair.]* Moses! What is it?

[Voice of Moses replies, "It's called What is it?"]

Moses, stop teasing us. It's not called What is it? What's its real name?

Moses says we have already named it. In his language it's called manna, which means, What is it? It tastes like wafers with honey. Every morning there will be enough for one day. We have to go outside and collect it. I don't want to have to pick it up every morning, though. I think I'll just collect enough for two days today. Then I won't have to go out tomorrow.

What do you think? *[Allow responses.]* Ok, let's go to sleep again. *[Children lie down.]*

It's morning. Oh, no! Look what happened to my manna! *[Pretend to be looking at some in your hand or have a bowl of spoiled leftovers.]* It's sour, and there are worms in it! I'm not eating this! I guess I'll have to go out and pick up some more.

Moses says that there won't be any manna tomorrow because it's Sabbath. We have to pick up enough for two days today. I'm afraid it's going to be sour and wormy tomorrow, though. What do you think? *[Invite responses.]* Ok, let's pick up twice as much and prepare for Sabbath. *[Have children pretend they're picking something up and putting it in baskets.]* Goodnight! *[Children lie down.]*

Ok, it's Sabbath morning! Time to get up. Look, there's no manna on the ground this morning! Let's check our manna from yesterday. *[Teacher and children pretend to dig in their containers and look at it. Taste it.]* It's good! It's not sour! Aren't you glad God kept it sweet for us on His special day? We can rest and worship Him without having to worry about our food.

Debriefing

Allow response time as you ask:

Why did the Israelites complain? (They were worried that they would run out of food.) **What did God send to them?** (manna)

What did the Israelites show God when they tried to collect enough manna for two days? (They didn't trust God.)

What did the Israelites show God by collecting twice as much manna on Friday in preparation for Sabbath? (That they believed what God said.

First, that there would be no manna on Sabbath, and second, that God would keep it from spoiling.)

When we obey God, we show Him that we love Him and will listen to what He tells us. Do you remember our message? Let's say it together:

 **WE WORSHIP GOD WHEN WE ENJOY KEEPING THE SABBATH.**

Memory Verse

In advance, write one word of the memory verse on each paper doily or on pieces of white paper cut to look like manna flakes. (Prepare a set for each group of five children in your class.)

Mix the papers and spread them on the floor. Ask the group to place the paper doilies or white papers in order so the words make sense, then say the memory verse aloud. Repeat the activity until the children know the verse. Have them say the verse together.

The memory verse is:

"If you call the Sabbath a delight . . . you will find your joy in the Lord" (Isaiah 58:13, 14).

You Need:

- paper doilies (optional)
- paper (optional)
- pen
- scissors (optional)
- chalkboard or whiteboard
- chalk or marker

You Need:
• Bibles

Bible Study

Say: **God told Moses to keep a jar of manna in the ark of the covenant. This ark was not like Noah's ark. It was the most special piece of furniture in the tabernacle. God kept the manna in the ark fresh, just as He kept fresh the extra manna gathered on Friday so the Israelites would have food on Sabbath.**

Let's read about this and also see what else was kept in the ark of the covenant. Form three groups and have each read one of the following texts and be prepared to share what they learn with the class.

Exodus 16:32-34 (manna)
Numbers 17:3, 8, 10 (Aaron's budding rod)

Hebrews 9:4

(tablets of stone, Ten Commandments)

Debriefing

Allow response time as you ask: **What three things were in the Ark of the Covenant in the tabernacle? The jar of manna reminded the Israelites for many, many years how God had provided food for them in the desert. It also reminded them of how God took care of them on Sabbath when they obeyed and gathered twice as much manna on Friday. It reminds us that:**



WE WORSHIP GOD WHEN WE ENJOY KEEPING THE SABBATH.

3

Applying the Lesson

A. Miming

Ask for volunteers to mime something they can do on Sabbath to make it a special day while the others guess what it is. Offer ideas if they need help (i.e., visit an elderly person, take a nature walk, read a Sabbath book, learn more about nature, make someone a cheery card, sing Sabbath songs, etc.).

Debriefing

Allow response time as you ask: **What is your favorite thing to do on Sabbath? How does it make you feel? What does your family do to make Sabbath special? How is Sabbath different from the rest of the week? What don't you do on Sabbath? Why? God tells us to remember that Sabbath is a holy, or sacred, and special day. What does that mean to you?**

He also tells us not to do any work. What does that mean to you?

Jesus told us that the Sabbath was made for us and that we should do good on that day and enjoy it. What does that mean to you?

Seventh-day Adventists all over the world keep the Sabbath. Some may keep it different from the way we do. And even in the same church people have different ideas of how to keep the Sabbath. We have to decide if what we do on Sabbath is honoring God, if it is helping us spend time with Him, if our thoughts are on helping others or on ourselves. When we respect God's Sabbath, we are worshipping Him. Let's say our message again:



WE WORSHIP GOD WHEN WE ENJOY KEEPING THE SABBATH.

B. Joyful Praise

Say: **Not long before the Israelites were grumbling about food, they watched God overcome the Pharaoh of Egypt and part the Red Sea so they could walk across. They were very happy then. They sang songs about how wonderful God is. Let's read one in Exodus 15:1, 2.** Read the text aloud.

We can worship God by singing songs of praise today. Let's sing "Praise Him, Praise Him" (Sing for Joy, no. 12) or "God Is So Good" (Sing for Joy, no. 13).

Say: **Where can we worship God? I'm going to say some different places, and you tell me with your thumbs if you can show God your love there.** Use the list below.

school	home
church	playground
a friend's house	a swimming pool
park	grocery store
dentist's office	

You Need:

- Bibles
- *Sing for Joy*

Debriefing

Say: **There are many places we can worship God. Church is a special place because we come and worship together on Sabbath. But we can show God we love Him by being obedient and kind wherever we are.**

Review the list and ask the children to tell how they can worship God in each place.

4

Sharing the Lesson

Manna Flakes

Write the memory verse on the board for all to see. Then give each child a white paper lacy doily. (Or cut out snowflake-shaped white paper for each child to write on.) Say: **These doilies represent a flake of manna. Write your memory verse on it and think of someone you want to share it with.**

Debriefing

Allow response time as you ask: **Have you thought of someone to share your manna flake with? When you**

share it, tell them about the way God provided food for the Israelites.

Remember to tell them the part about God sending extra manna to gather on Friday so they would be prepared for Sabbath. Let's say our message together again:



WE WORSHIP GOD WHEN WE ENJOY KEEPING THE SABBATH.

Closing

In a short prayer, ask God to help the children remember that when they enjoy the Sabbath, they are worshipping Him.

You Need:

- paper doilies (optional)
- white paper (optional)
- pencils or pens
- chalkboard or whiteboard
- chalk or marker

What Is It?

References

Exodus 16;
Patriarchs and
Prophets,
pp. 292–297

Memory Verse

“If you call the Sabbath a delight . . . you will find your joy in the Lord” (Isaiah 58:13, 14, NIV).

The Message

We worship God when we enjoy keeping the Sabbath.

Do you know what a desert is like? It is hot during the day and cold at night, with all sand and little or nothing growing. Where could you find food in a desert? The Israelites traveled in the desert—and they were almost out of food! What do you think they did?

God took such good care of the Israelites. He sent a cloud to shade them from the hot desert sun in the day. He sent a pillar of fire to light their camp at night. He had freed them from Egypt and destroyed their enemies in the Red Sea.

But the Israelites were beginning to worry. It had been six weeks since God had led them out of Egypt. And the food they had brought with them was almost gone. “Back in Egypt we had all the food we could eat,” they grumbled. “But here in this desert we are going to starve to death.” They complained bitterly to Moses.

Of course, God had no intention of letting them starve to death. “I will rain down bread from heaven,” God told Moses. “It will be there in the morning. The people are to go out every day and gather an omer* each. But they must not keep any of it until the next day. And I’m going to test them to see if they follow My instructions.”

Sure enough, the next morning the ground was covered with thin white flakes. The people were surprised. “What is it?” they asked again and again. It looked like frozen dew all over the ground. Moses told them, “This is the bread God promised you. Gather it and eat it today. But don’t

try to keep any for tomorrow. It won’t be good.”

So the people called it “manna.”† And they gathered it up and tasted it. It tasted sweet like honey. And there was enough for everyone. But as soon as the sun grew hot, the manna that remained on the ground melted away.

Some people gathered a lot. Some people gathered a little. All the people had just what they needed regardless of how much they gathered.

“Don’t keep any of it until the next morning,” God had said. But some of them paid no attention. The next morning their leftover manna was full of worms and smelled bad.

On the sixth day the instruction was different. “Today you’re to gather twice as much,” Moses said. “Tomorrow is God’s Sabbath, a day of rest. There won’t be any manna on the ground in the morning. So get enough today and bake it or boil it, but save some of it for tomorrow.”

The double portion they were told to gather to keep for Sabbath would not get wormy! But some people didn’t gather twice as much that Friday. Instead, they got up on Sabbath morning expecting to find manna. They had to learn their lesson the hard, hungry way! Of course, there was no manna on the ground that Sabbath morning! And there was none on any Sabbath that came after. “How long will they refuse to follow My instructions?” God sighed to Moses.

The story of the manna teaches us two things. First, just like the Israelites, we honor God when we obey Him. Following His directions is an act of worship.

It also teaches us that God knows best. His plans for us are for our own good. Following His instructions is the only way to be really happy.

It took the Israelites a while to learn that they needed to follow God’s instructions about the manna. They finally got it right. And it’s a good thing, because that’s



what God fed them for the 40 years they spent in the wilderness!

They also learned how important the Sabbath is to God. He wanted them, and us, to make it a special day, different from other days. When they kept Sabbath special, when they didn't work by gathering manna, they were showing God their love and obedience. And they were really worshipping Him.

*An omer is about two quarts, or two liters.

[†]Manna means "What is it?"

Daily Activities

Sabbath

- Ask your family to help you read Exodus 16:1–12. What are these verses about? Where does your food come from? Thank those who made your food for today.
- Review the memory verse and teach it to your family. Try to make it into a song, then sing it together.
- Share the manna flake you made in Sabbath School with someone this week. Tell them about God's sending manna to the Israelites. (Or make a snowflake shape and write your memory verse on it and share it.) Pray for that person today.

Sunday

- With your family, read and discuss Exodus 16:13–36. How much manna were the people to gather each day? How long did God give the people manna? Where did God tell Moses and Aaron to keep some manna? Why?
- Put a slice of fruit on a plate. Leave it out overnight, and look at it in the morning. Would you want to eat it? Why? Thank God for fresh fruit.

Monday

- With your family, read and discuss Exodus 16:16–20 again. The worms in the food kept overnight were probably maggots. Find out more about maggots. (Hint: Start with a dictionary.) Do you think anyone ate any of that manna? Why?
- Ask your family members to tell about a time they were really hungry. What did they do? What do you do when you are hungry?
- Thank God for good food.

Tuesday

- Read Exodus 16:31 with your family. Talk about how manna must have tasted.
- For breakfast this week, have a flaked cereal, if possible. If it's not sweetened, ask for some

honey to add to it. Or just eat some bread or a cracker with honey on it. How does it taste? Thank God for the food your family enjoys.

Wednesday

- For family worship, read and discuss Exodus 16:1–4. Talk about deserts. How would you find food in the desert? How would you find water? How do the animals that live there get food and water? (Hint: Get a book from the library about it or check the Internet with your parents' permission.)
- Read Exodus 16:31 together again. Ask an adult to show you some coriander seed, if available. Or look for it the next time you are in a grocery store. (Go to the spice and seasonings shelves.) Thank God for a variety of seasonings.

Thursday

- With your family, talk about things you do every day. Ask each one to tell about their favorite thing and their least favorite thing. Talk about things you do only on special occasions. Which day of the week is most special to your family? Why?
- Make a list of ways you can worship God. Remember: Worshipping God isn't done only in church on Sabbath. How do you worship Him other days? Thank Him for freedom to worship.

Friday

- During worship today, read and discuss 1 John 2:3–6. What does this say about how we are to live?
- Celebrate God's Sabbath with food and singing. Make the table attractive with fruit, fresh vegetables, or other special things. Have a special drink. Put candles on the table and light them.
- Before prayer, sing "Father, I Adore You" (*Sing for Joy*, no. 21), "God Is So Good" (*Sing for Joy*, no. 13), or other praise songs.