

General Church Education



Quails and Manna

Exodus 16:9-31

Lesson 10

Jacob's Ladder Religion Lessons

Level 3: The Lord Is Our Lawgiver

For ages 8-9 years

Quails and Manna

Exodus 16:9-31

For Parents and Teachers

As the children of Israel continued their journey through the wilderness they began to complain because they lacked food to eat. The Lord once again heard their complaints and miraculously provided just what they needed by sending quails and bread from heaven for them to eat. They called the bread from heaven “manna.” In this story we have the powerful lesson that the Lord can provide everything we need for our lives. He knows we need food for our souls as well as for our bodies every day. This is why He taught us to pray “Give us this day our daily bread.” Just as He gave the children of Israel food for their bodies, He gives us food for our souls, that is, the spiritual wisdom and strength we need to gain victory over the temptations we will face. The Lord asks us not to be anxious about the future, but accept the responsibility for collecting the spiritual food He sends us, just as the Israelites went out each day to collect the manna. Our bread from heaven is the goodness and truth we find in the Word. If we take some of this into our minds each day and pray to the Lord to guide us, we will be sustained all through our journey of life.

Ideas for Children

- The Lord provides what we need.
- Moses asked the Lord for guidance and followed what He said to do.
- When we read the Word everyday it becomes “daily bread” for our minds.

From the Writings

“Let no one leave any of it till morning” (Exodus 16 19). This refers in the internal sense to concern for the morrow, a concern which was forbidden and condemned. Anyone who does not view the matter from beyond the literal sense may think that people are to avoid all concern for the morrow and wait for their requirements every day from heaven. But a person who views it from the internal sense may recognize that concern for the morrow is not concern over food, clothing, and resources for the future, for it is not contrary to order to provide for oneself and one’s family. People concerned about the morrow are not content with their lot, do not trust in God but in themselves, and only have worldly and earthly things in view, not heavenly ones. They are ruled by anxiety over the future.

Those who have a perception of the Lord’s presence also have a perception that every single thing that happens to them is conducive to their welfare and that no evil influences can reach them. This is what gives them the peace they enjoy. Without such faith or trust in the Lord no one can ever attain that peace, nor accordingly the bliss which joy brings since that bliss resides within such peace. See *Arcana Coelestia* 8478 and 5963

Quails and Manna

Exodus 16:9-31

Words to Understand

assembly—a group of people gathered together

twilight—the last dim light before dark at the end of the day

quails—small birds

dew—small drops of moisture on the ground in the early morning

omer—an ancient measurement about the size of a quart

wafer—a small thin piece of bread or cracker

Lifesaving Miracles

Do you remember in our last lesson that the Lord made the bitter waters of Marah sweet so the Israelites would have water to drink in the desert? What did the Lord tell Moses to throw into the water to make the bitterness disappear? (Wood)

This great miracle saved the children of Israel from dying of thirst. In this lesson you will learn of an even greater miracle. It tells how the Lord saved the children of Israel for forty long years as they wandered in the wilderness.

After the Israelites left the oasis at Elim they traveled on. They followed the pillar of cloud and fire as they made their way to Mount Sinai. It took about a month from the time the people left Egypt for them to reach Mount Sinai, traveling 150 miles with all their animals and possessions. On the way they ran out of food!



More Complaints

The children of Israel were surrounded by rocky hills and sand. They were hungry and began to complain about Moses and Aaron. They quickly forgot about their unhappiness as slaves in Egypt and complained to Moses that they had meat

and bread to eat when they were there. The people accused Moses of leading them out into the desert to die of hunger. When the Lord heard

these bitter complaints, He told Moses that He would “rain bread from heaven” for them. The people could go out and gather their quota each morning. But with this gift came a test of the people, whether or not they would obey what the Lord said.

Moses and Aaron spoke to the people. They said these complaints were against the Lord, not against Moses and Aaron, because it was really the Lord Who led all the people. Then the Lord told Moses to tell the people that in the evening they would eat meat and in the morning they would be filled with bread. Where was this food going to be found? Where would it come from? Meat and bread were certainly not available in the desert normally. **Read Exodus 16:9-31.**



Quails and Manna

Quails are small birds. They are easy to catch. These birds provided good meat for the people in the evening. In the morning they ate what they called manna. This was the small white substance they found on the ground each morning. Moses explained that this was the bread from heaven that the Lord had provided for them! Remember that the manna was gathered early in the morning because it melted as the sun grew hot. Moses also instructed all the people that everyone should gather only what they needed. Each person would need one omer. An omer is a measure equal to about one quart.

The Lord Tests the People



Did you notice what the test was? Moses told the people to gather just what was needed for each day. They were not to keep any of it over night. Do you think they trusted the Lord enough to obey His command? No, they did not

heed Moses. They kept some of it over night. Do you remember what happened to it? It bred

worms and stank. What an awful sign to remind the Israelites that they had disobeyed!

There was one exception to this rule. What was it? On the sixth day the people were to gather twice the normal amount of manna two omers for every person. The Lord instructed them to bake it or boil it and there would be enough food for the next day. Do you remember why they should do this? On the Sabbath they were to do no work. It is a holy day and a day of worship and rest to honor the Lord. Did the Israelites trust the Lord and do as He said? Some did but others did not.

The Israelites kept wandering in the desert for forty years. All this time they were kept alive with manna every morning. In order to help remind them of this miracle, the Lord had Moses and Aaron fill a pot with manna. They were to keep it to show how the Lord had fed all the people while they wandered in the wilderness.

Our Daily Bread

Does this story make you think of anything in the Lord's prayer? The Lord taught us to pray, "Give us this day our daily bread." Do you think this request is for bread for our bodies or for our spirits? It is for both. Our bodies need food for nourishment and our minds also need nourishment. The Lord gives us strength for each day, both physical and spiritual. We do not need to be anxious. He is continually with us, guiding us and providing for us, just as He did for the Israelites so many years ago.



We can also gather the spiritual food that the Lord gives each day. If we make the effort we can learn to trust the Lord and use what He provides in good ways. One thing we can all do is read from the Word a little each day. We can remember to keep the Sabbath holy by "resting in the Lord," that is, by worshiping Him and praying to Him. But each of us doubts sometimes, just like the ancient Israelites, and we forget to trust in the Lord's care. When we have anxious or fearful times, let's remember this story and turn to the Lord to help us through.

Discussion Ideas

- Can you think of a time when the Lord fed many people miraculously while He was on earth? Why were people following Him? What did they want?
- It's easy to worry about the future. How might this story help us if we are anxious?

Activity Overview | Quails and Manna

Recitation

Learn the recitation by heart.

Then the Lord said to Moses, “Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not.” Exodus 16:4

Songs

Lead Us and Guide Us Lord

Listen or download at <https://www.newchurchvineyard.org/resource/song-lead-us-and-guide-us-lord/>

Guide Me, O Thou Great Jehovah

Listen or download at <https://www.newchurchvineyard.org/resource/song-guide-me-o-thou-great-jehovah-2/>

Projects

Choose one or two activities.

- Activity 1 | Quails and Manna—Underline the Correct Answer
- Activity 2 | Manna Project
- Picture to color—The Children of Israel Gather Manna (Exodus 16)

Additional Activity Ideas

- The Lord tested the children of Israel by warning them only to gather manna in a particular way. Did they pass the test? Why do we have tests? What can we learn from tests?
- Collect food and distribute it to needy people in your area.
- Make food and to give to someone in need.

Activity 1 | Quails and Manna

Read the sentences. Underline the word or words that complete the sentence correctly.

1. The Children of Israel ran out of (water, food, clothes).
2. The Children of Israel murmured against (Miriam, Pharaoh, Moses and Aaron).
3. The Israelites wished they were back in (Egypt, Elim, Canaan).
4. The Lord promised He would (punish the Israelites, feed the Israelites, send rain for the Israelites).
5. In the evening the Lord sent (quails, manna, water).
6. In the morning the Lord sent (manna, quails, rain).
7. Manna means (bread, food what is it?).
8. The manna tasted like (milk, honey, flour).
9. They were to gather manna (six days a week, seven days a week, whenever they wanted to).
10. The Israelites wandered in the wilderness for (one month, three months, 40 years).

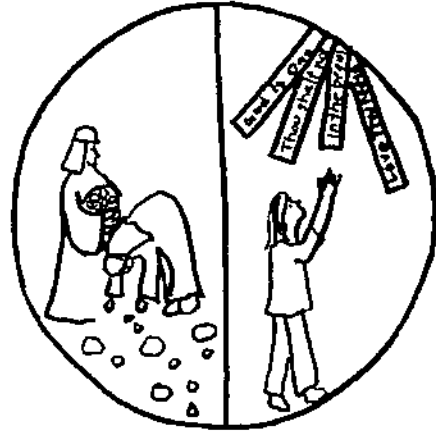
Answers
1. food
2. Moses and Aaron
3. Egypt
4. feed the Israelites
5. quails
6. manna
7. what is it?
8. honey
9. six days a week
10. 40 years

Activity 2 | Manna Project

Create a picture comparing the manna the Lord sent the children of Israel with the spiritual food the Lord sends us every day.

Materials Needed

cereal such as puffed millet or Rice Krispies
stiff paper for printing
Gathering Manna page (over)
crayons, markers or colored pencils
glue
scissors



Set-Up Needed

Copy the *Gathering Manna* page on to stiff paper.

Earthly Manna Directions

(left side of circle)

1. Cut out the circle. Cut apart the paper strips at the bottom of the page.
2. In the left half of the circle, draw one or more of the children of Israel gathering manna.
3. Spread glue on the ground in the picture. Sprinkle “manna” (puffed millet or Rice Krispies) on the glue to complete the picture. Set aside to dry.

Hidden Manna Directions

(right side of circle)

1. Think of special true ideas you have received from the Lord’s Word that help you know about the Lord, and about helping others. Write one idea on each strip of paper.
2. Use the right side of the circle to draw a picture of yourself and your family looking upwards, towards the Lord.
3. Then glue the strips of paper with true ideas from the Word written on them as though they are coming from the Lord—like rays of sunshine from the sun.



Strips for writing true ideas from the Word.

