Learn by Doing

Choice Food for the Israelites

The story of the children of Israel in the wilderness presents 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 our bodies and sends us spiritual food everyday. Children will create a panorama of the manna and quail that the Lord gave to the children of Israel.

1. Have you ever helped your family to gather food? Maybe picked berries or harvested vegetables from a garden? You probably have been to a store and perhaps helped to gather food into a cart or bag. Gathering food is a lot of work, but it can be fun too!

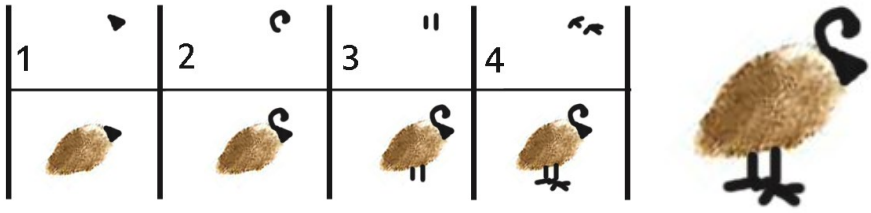
2. We are going to decorate a picture of the children of Israel gathering the food that the Lord had given them.



3. Distribute the two background pages. Place them side by side and tape them together to form one picture.

4. Put little dots of glue on the ground in the first half of the picture and place your "manna" on it. You could even put some in the men's bowls!

5. Now make quails on the other side of the picture. Demonstrate to the children how to make fingerprints using the stamp pads. (If you don't have stamps pads show them how to color the end of a finger or thumb with a marker and press it down on the page for the same effect.) Have children clean their hands. Show how the prints can be turned into quails by adding a few lines with a pen (see below).



Materials Needed

copy of *Manna Background* and *Quail Background* pp. 2-3 printed on stiff paper for each student; stamp pads or non-toxic black markers; pens; damp paper towels; glue; tape; "manna" to glue on picture, e.g. hole punch circles, coriander seeds, small white beads, puffed millet, dry white rice, small round pasta, couscous

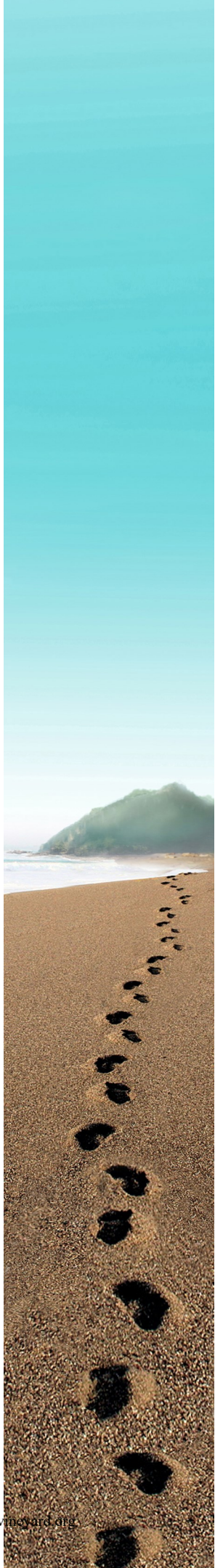
Prepare in Advance

Gather materials. Print Manna Background and Quail Background (pp. 2-3) on stiff paper. Depending on your group and the amount of Sun-day School time you have, you may want to tape the pag-es together before class.

New Church Concept

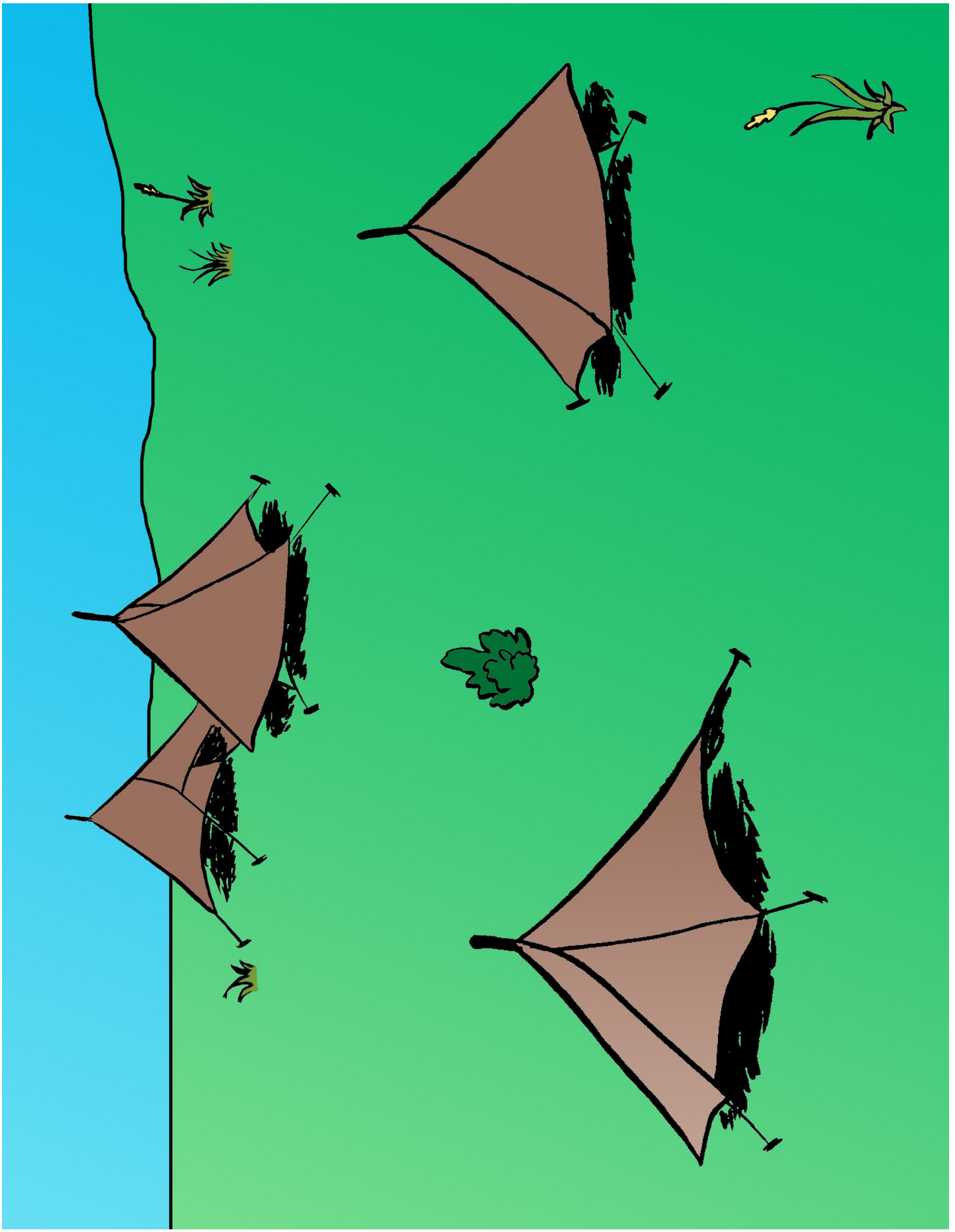
Bread from Heaven

Manna is heavenly food, heavenly food is goodness and truth, and goodness and truth in heaven are the Lord since they come from Him. The rules for gathering manna describe how Divine Good from the Lord is shared with all in heaven according to the capacity to receive it. Some can receive little and some can receive much. Each person's capacity to receive is determined by the nature and amount of good acquired in the world. *Arcana Coelestia* 8472



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Manna Background



Quail Background

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