



The Gift of Manna

Exodus 16:1-31 - selections

Level A

Ages 3-6

Series Theme: The Lord leads and provides for us, and we can choose to follow Him.

Lesson Focus: The Lord loves me and gives me what I need, and I can love Him.

Reading Summary: The children of Israel celebrated their miraculous escape from Egypt, and then found only bitter water to drink. The Lord healed the water, and led them to an oasis. Journeying on into the Wilderness of Sin, the people complained because there was no food. The Lord promised He would give them bread from heaven each morning, and meat (quails) each evening. The people were to gather only what they needed each day, except on the sixth day, when they were to gather enough for two days. When the children of Israel saw the manna they said, “What is it?” because they did not know what it was. Most people gathered just enough for their families, but some took too much. The next day the left-over manna had bred worms and stank, and Moses became angry. On the sixth day, people gathered twice as much manna and prepared it for the Sabbath. No bread was given on the seventh day; the people rested. The manna looked like white coriander seed and tasted like wafers made with honey. The children of Israel ate manna for 40 years until they reached Canaan.

Lesson 4		Materials Supplied	Materials Needed
1. Welcome Warm-up Activity (2-3 minutes)	Circle Activity	Sharing directions p. 2	a soft toy or other appealing item to pass around the group and practice sharing
2. Focus on the Word Use all activities (5-7 minutes)	Read the Word and Talk About It	see <i>Reading Summary</i> above; <i>Manna in the Wilderness Readings</i> , p. 5 discussion guide p. 2	
3. Learn by Doing Choose 1-2 activities (15-20 minutes)	Act it Out act out gathering manna in the morning and quail in the evening as the Children of Israel did	Night and Day directions p. 3 <i>Quail Template</i> p. 7	open space for acting in room with overhead lights, paper bags (one per student), a bag of cotton balls or plain unbuttered, unsalted popcorn, a sheet or blanket, scissors, crayons or markers
	Make children draw pictures of things that the Lord provides for them in the morning and the evening	I Am Thankful directions p. 4 <i>I Am Thankful Background</i> p. 8	crayons or markers
	Coloring Picture	Gathering Manna p. 9	crayons, markers or colored pencils
4. Wrap It Up (2-3 minutes)	Memory Verse introduce the memory verse for the week	Memory Verse <i>Parent Notes</i> p. 10	

1. Welcome Warm-up Activity

Sharing

Supplies needed: a toy that is soft to the touch, or another appealing item to share.

Seat the children in a circle on the floor so they are close enough to each other to pass the toy around the circle.

Start by showing the children what you have brought, and making it sound appealing, e.g. I have a [soft toy] that is very special to me. I like it because it is [very soft, makes a sound when you press a button, has eyes that move, etc.] Would you like to have a turn with my [toy]? As the children pass the toy around the circle, encourage them to take a moment to enjoy touching or exploring it, and then pass it to their neighbor. Go around the circle until all children have had a turn. As the toy is being passed, praise children for passing nicely, for giving away something they like, for thinking of others and giving them a turn.

Today we are going to hear about a way that the Lord showed His love for the children of Israel by giving them something special. It was not something to play with. Let's find out what it was!

2. Focus on the Word

Read: Selections from Exodus 16:1-31 on p. 5. See teaching picture on p. 6.

The Lord performed a great miracle at the Red Sea and everyone celebrated what had happened. But soon the children of Israel became thirsty, and the only water they had tasted bitter. The Lord made the water sweet, and once again they set out on their journey.

Our story today starts just after that, when the children of Israel found that there was no food in the desert! What would happen if you were hungry and found that there was no food?

If you are really hungry, you might complain to your parents. That's exactly what the children of Israel did. They complained to Moses, and Moses talked to the Lord.

What did the Lord give them to eat? "Bread from heaven" or manna, and quail (small birds like little chickens).

Where does our food come from? If children say, "the store", encourage them to think a little more. Remind them that food grows in gardens or on farms. Farmers plant seeds, but it is the Lord who makes plants and animals grow into the food we eat.

What did the Lord give the children of Israel to eat in the morning? Manna. How did the Lord give the children of Israel the manna? It came with the dew.

When the dew lifted the manna was lying on the ground. It tasted sweet, like honey. They gathered it in baskets and could bake it into bread. How much were people supposed to gather? Just enough for their family for that day.

What happened when some people took more than they needed and kept it? The manna was full of worms and stank. It smelled terrible.

What did the Lord give them to eat in the evening? Quail. How did the Lord give them quail? A wind brought them to the camp, and they fluttered above the ground where they were easy to catch. **They cooked and ate them, just like people might eat chicken.**

The Lord gives us good things *like* manna. He provides everything we need—food, clothing, a home to live in, and parents and friends who love us. The Lord also gives us His Word, which tells about His great love for us, and how we can love Him and others in return. The Lord wants us to love Him by being kind and sharing with others. What are some ways we can do this?

3. Learn by Doing

Choose one or two activities

Choice

Night and Day

The Lord sent manna and quail to feed the children of Israel in the wilderness. He provides what we need as well—day and night, spiritually and naturally. In this activity, children act out gathering manna and quail to help them remember the story of how the Lord provided for the children of Israel.

1. Have the children sit in a large circle on the floor. Tell them they are going to act out being the children of Israel gathering manna and quail. Give each child a paper bag for gathering manna.
2. When did the Lord send manna? (in the morning) Ask the children to lie down and pretend to sleep. Turn out the overhead light for a minute.
3. Read: **In the morning the dew lay all around.** Turn on the light and then lift off the top blanket or sheet. **“And when the layer of dew lifted, there, on the surface of the wilderness, was a small round substance, as fine as frost on the ground.”**
4. Ask the children to stand up and look around them. Read: **When the children of Israel saw it, they said, “What is it?” And Moses said to them, “This is the bread which the Lord has given you to eat. The Lord has commanded: ‘Let every man take for those who are in his tent.’”**
5. Invite the children to gather the manna in their paper bags. Remind them that the children of Israel were to take only what they needed and not to be greedy. When the manna is all gathered, have the children return to their places in the circle and sit down again. (If using popcorn, let the children eat it if they wish.)
6. What did the Lord send to the children of Israel in the evening? (quail) Give each child an assembled quail. Show the children how to hold the quail by the middle of the fold and move it up and down to make the wings flap. (See picture at top of page.)
7. Do you remember how the Lord sent the quail? (They were blown in to the camp by the wind.) Have children walk around in the circle, “flying” their quail.
8. Turn out some of the lights or dim them if it is possible. What happened when the evening came? (the quail fluttered near the ground in the camp and were easy to catch) Have children flutter the quail near the ground, then “catch” them and put them in their bags.
9. Turn out the lights completely, and ask the children to lie down and pretend to sleep. Read: **“And the Lord spoke to Moses, saying, “At twilight you shall eat meat, and in the morning you shall be filled with bread. And you shall know that I am the Lord your God.”**
10. *Optional:* color the quail.



Materials Needed

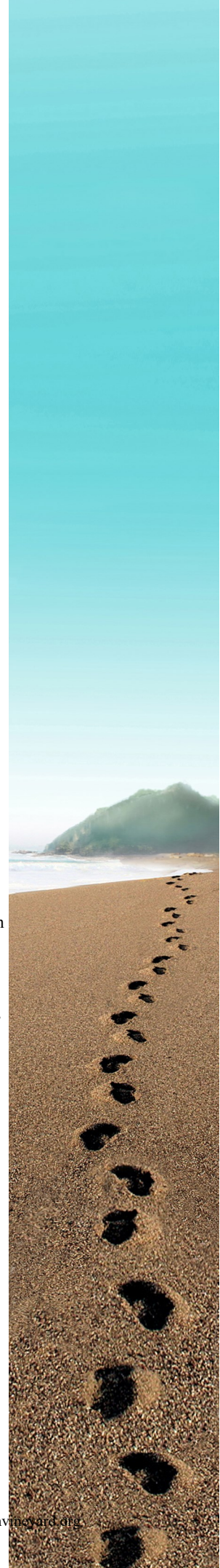
copy of *Quail Template* (p. 7) and paper bag for gathering manna for each child; open space for acting in room with overhead lights; a bag of cotton balls *or* a bag of plain unbuttered, unsalted popcorn; two sheets or blankets; scissors
optional: crayons or markers

Prepare in Advance

Print, cut and fold a copy of *Quail Template* (p. 7) for each child. Gather materials. Spread a sheet or blanket out in the middle of the room and sprinkle cotton balls *or* popcorn on it. Cover the “manna” with another sheet or blanket. *Optional:* make the paper bags into baskets if desired. See directions for paper bag baskets on p. 7.

New Church Concept Food and Drink

“Food and drink” signify all things that nourish and sustain spiritual life, and these in general are knowledges of truth and good. *Apocalypse Explained* 386



Choice

I Am Thankful

The Lord provides for us all every day, just as He provided for the children of Israel, giving them manna every morning and quail every evening. Help the students think of things that the Lord gives to them in the morning and at night.

1. Has anyone had a birthday recently? Did you get some special gifts on your birthday? When someone gives you a present, what do you say to them? (Thank you) Perhaps you also tell the person that you really like the thing they gave you.
2. Did you know that the Lord is giving you presents all the time? In fact, all the good things in our lives come from the Lord. People like our parents, teachers and friends help the Lord to give us these gifts.
3. Hand out copies of *I Am Thankful Background* (p. 8). Can you find the sun and the moon on this page? When does the sun come out? When does the moon come out?
4. We're going to draw pictures of things that the Lord gives us in the morning and at night. Let's start with the part of the page with the sun that shows it is day. What good things have you had this morning? (e.g. breakfast, clothes, a toy you played with, etc.) Ask children to draw pictures to thank the Lord for of some of His gifts on the side of the page where the sun is shining.
5. Think back to last night. What are some good things that happened last night? (e.g. supper, blankets, bed, stuffed animal, story, etc.)
6. Draw a picture of these things to thank the Lord on the side of the page with the moon.

Materials Needed

copy of *I Am Thankful Background* (p. 8) for each child; crayons or markers

**New Church Concept Nourishment**

Spiritual life needs nourishment and support just as much as natural life does; so it is said to be famished when a person is deprived of knowledges. *Apocalypse Explained* 386

Materials Needed

copies of *Gathering Manna* p. 9; crayons, markers, or colored pencils

Choice

Coloring Picture: Gathering Manna

Hand out copies of *Gathering Manna* (p. 9) for the children to color.

4. Wrap It Up

Memory Verse

Take the story of the Lord providing manna in the wilderness to heart by learning the following Memory Verse. Say the phrase once or twice and then invite the children to say it with you. Then let them try to say it by themselves.

Behold, I will rain bread from heaven for you.

Exodus 16:4

Closing

Just as the Lord gave the children of Israel manna in the wilderness, He gives us everything we need—especially His Word, which is where He talks to us to show us the way to heaven.

Give a *Parent Note* (p. 10) to children as they leave.

Manna in the Wilderness Readings

Exodus 16:1-5,11-17,19-26,30-31 - *selections*

To shorten readings, read only the bold text.

The children of Israel came to the Wilderness of Sin. Then the children of Israel complained against Moses and Aaron and said, “Oh, that we had died in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full! For you have brought us out into this wilderness to kill this whole assembly with hunger.”

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. And it shall be on the sixth day that they shall prepare what they bring in, and it shall be twice as much as they gather daily.”

And the Lord spoke to Moses, saying, “I have heard the complaints of the children of Israel. Speak to them, saying, ‘**At twilight you shall eat meat, and in the morning you shall be filled with bread. And you shall know that I am the Lord your God.**’”

So it was that quails came up at evening and covered the camp, and in the morning the dew lay all around. And when the layer of dew lifted, there, on the surface of the wilderness, was a small round substance, as fine as frost on the ground.

When the children of Israel saw it, they said, “What is it?” And Moses said to them, “This is the bread which the Lord has given you to eat. The Lord has commanded: ‘Let every man take for those who are in his tent.’”

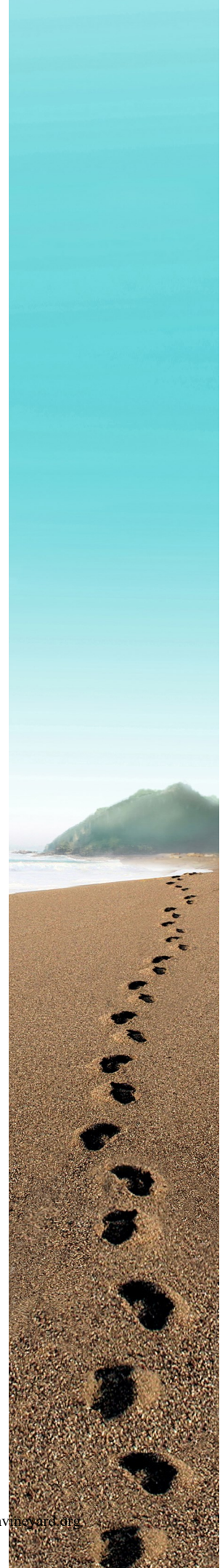
Then the children of Israel gathered, some more, some less. And Moses said, “Let no one leave any of it till morning.” They did not heed Moses. Some of them left part of it until morning, and it bred worms and stank. And Moses was angry.

So they gathered it every morning, every man according to his need. And when the sun became hot, it melted.

And on the sixth day they gathered twice as much bread. And Moses said to them, “Tomorrow is a holy Sabbath to the Lord. Bake what you will bake today, and boil what you will boil; and keep all that remains until morning.”

So they kept it till morning, as Moses commanded; and it did not stink, nor were there any worms in it. Then Moses said, “Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field. Six days you shall gather it, but on the seventh day, the Sabbath, there will be none.” So the people rested on the seventh day.

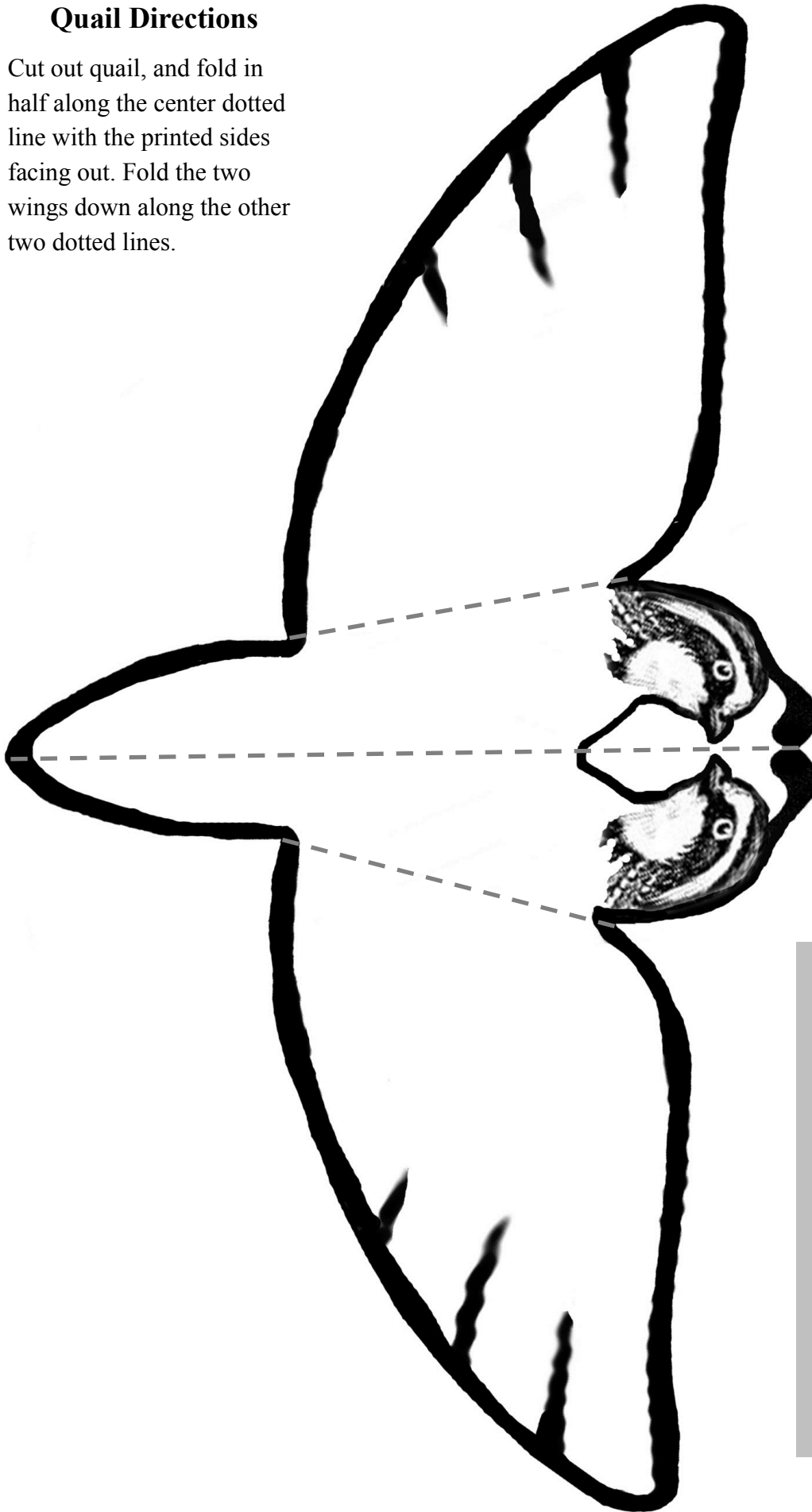
And the house of Israel called it Manna. And it was like white coriander seed, and the taste of it was like wafers made with honey.





Quail Directions

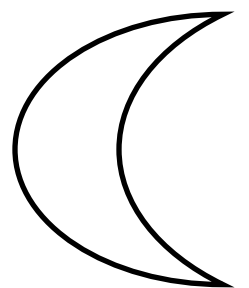
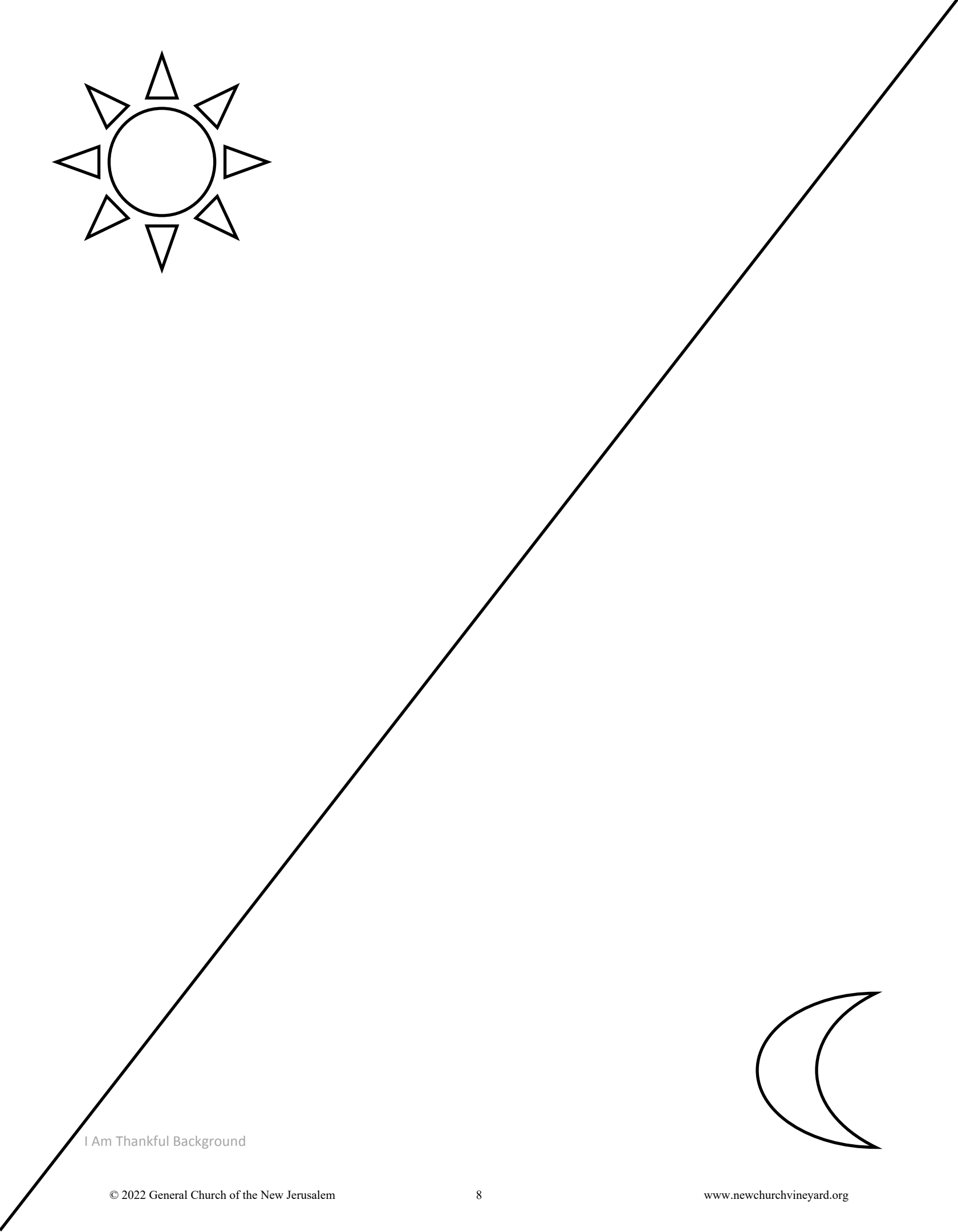
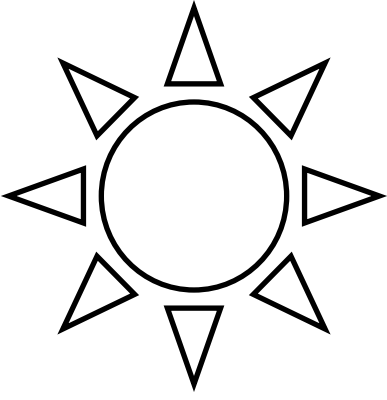
Cut out quail, and fold in half along the center dotted line with the printed sides facing out. Fold the two wings down along the other two dotted lines.



Paper Bag Baskets

To make baskets out of brown paper lunch bags, cut the top of the bag off about half way down. Cut or fold the cut off portion of the bag into a long strip to form a handle. Tape the handle to the outside of the bottom of the bag on each side. See photo on p. 3. If you wish, write each child's name on one of the bags.

Quail Template



I Am Thankful Background



Parent Notes

Make a copy for each child. Hand out as children leave.

PARENT NOTE

Dear Parents,

Today we learned that the Lord took care of the children of Israel in the wilderness by giving them manna—a special kind of food. The Lord gives us what we need too—families, friends, food, and many more things. He also gives us His Word, which tells about His great love for us, and how we can love Him and other people.

We encourage you to help your child remember the story by repeating the phrase below once or twice in the morning, at mealtimes, or before bed.

Memory Verse

Behold I will rain
bread from heaven
for you.

(Exodus 16:4)



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