



The Gift of Manna

Exodus 16:1-35 - selections

Level B

Ages 7-10

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

Lesson Focus: The Lord loves us and gives us what we truly need, and we 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)	Activity	Shake for the Lord directions p. 2	
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>Gift of Manna Readings</i> , p. 5 discussion guide p. 2	
3. Learn by Doing Choose 1-2 activities (15-20 minutes)	Make children will bake or make bread to share with their class or the whole congregation	Staff of Life directions p. 3 <i>Staff of Life Recipes</i> p. 8	ingredients and cooking equipment to make manna or shortbread (see recipe p. 8); <i>optional</i> : oven or toaster oven, plates for serving, napkins
	Embellished Picture students glue on “manna” and make finger print quail to complete a panoramic picture of the Lord’s gifts to the Israelites	Food for the Israelites directions pp. 3-4 <i>Manna Background</i> p. 9 <i>Quail Background</i> p. 10	stiff paper for printing; stamp pads or large non-toxic black markers; pens; damp paper towels for wiping hands; glue; tape; “manna” to glue on picture, e.g. hole punch circles, coriander seeds, small white beads, puffed millet, dry rice, small round pasta, couscous
	Coloring Picture	Wind Blown Quail p. 11	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. 12	

1. Welcome Warm-up Activity

Shakedown for the Lord

A 'shakedown' is a rhythmic activity designed to get "the wiggles" out before sitting for a more focused activity. This is an active way to acknowledge ways in which the Lord meets our needs.

Have the children stand and spread out in the room with enough space to move arms and legs without bumping into others. We're going to do a 'shakedown'. If you have air to breathe, put your right hand up and shake it five times. Count aloud each time you shake. (Count down —5,4,3,2,1 as everyone shakes their hands.) If you had breakfast this morning, put your left hand up and shake it five times. If you are wearing clothes, shake your right leg five times. If you have a family who loves you, shake your left leg five times. Finish the 'shakedown' by shouting out **air** (all shake right hands to a count of 4,3,2,1); **breakfast** (all shake left hands to a count of 4,3,2,1); **clothing** (all shake right leg to a count of 4,3,2,1); **family** (all shake left leg to a count of 4,3,2,1). Continue with **air** (3,2,1); **breakfast** (3,2,1); **clothing** (3,2,1); **family** (3,2,1); **air** (2,1), **breakfast** (2,1); **clothing** (2,1); **family** (2,1); **air** (1), **breakfast** (1), **clothing** (1), **family**(1).

2. Focus on the Word

Read: Selections from Exodus 16:1-35 on p. 5. See teaching pictures on pp. 6-7.

After the children of Israel celebrated the parting of the Red Sea they went into the wilderness where they could only find bitter water. The Lord made the water sweet, and so they set out on their journey again. Our story today starts just after that. The children of Israel realized that there was no food. What would you do if you were hungry and there was no food? You might complain to your parents, just as the children of Israel complained to Moses.

What did the Lord provide for them to eat? "Bread from heaven" or manna, and quail.

Where does food come from? Encourage discussion of food *sources*—e.g. gardens, farms. **Farmers plant seeds and tend animals, but the Lord actually makes them grow into the food we eat.**

How did the Lord give food to the children of Israel in the morning? When the dew lifted, manna was on the ground. They gathered it in baskets and baked it into bread. **It tasted sweet, like honey. We need food for our souls every day too, the "daily bread" we ask for when we say the Lord's prayer. This heavenly bread from the Word gives us strength to do what is right.**

How much were people to gather? Just enough for their families.

What happened when people took more than they needed and kept it? The manna was full of worms and stank. **Manna was a blessing from the Lord each day. The children of Israel were to trust that the Lord would provide for them. Taking too much showed they did not trust the Lord.**

How do you or others feel when someone takes more than their fair share? Engage children in discussion. Try to bring the subject around to the idea that selfishness "stinks". **In the spiritual world, hell smells bad because people only think about and want things for themselves. They do not think about the Lord or other people—just like people taking more than their "fair share".**

How did the Lord bring the quail in the evening? A wind brought them. They fluttered above the ground and were easy to catch. **They were roasted and eaten like chicken. The quail are like the happiness we feel when we are proud of something good we have done (see *Arcana Coelestia* 8487).**

The Lord loves us and gives us what we need each day. Like the children of Israel, we are to trust that He will provide physical food *and* spiritual nourishment from the Word for our souls. We may not always recognize that the Lord is doing this. Like the children of Israel we may sometimes complain, but the Lord asks us to trust that He loves us and to love Him in return.

3. Learn by Doing

Choose one or two activities

Choice

Staff of Life

The children of Israel gathered manna to make into bread. We gather 'manna' in our lives when we take the Lord's goodness and truth into our hearts and use them in our lives. Choose a kind of bread to make from *Staff of Life Recipes* (p. 8). Decide whether to make enough bread to eat in class or to share with all the Sunday school children or the whole congregation.



1. The manna the Lord gave to the children of Israel in the wilderness was a food they could gather and eat to satisfy their hunger. The Lord gives us manna too—spiritual manna from the Word. The true ideas we receive from the Word feed our spirits just as the manna in the wilderness fed the children of Israel. How might we gather this manna? (reading the Word, learning recitations, going to church, hearing the Word, singing worship songs)
2. Which true ideas in the Word are special to you? (Share something you find meaningful. Tell the children why you love the idea and find it helpful, e.g. the Lord loves *everyone* and not just some people. Knowing this helps me remember to love everyone too. Encourage everyone to think of one thing.)
3. Going to the Word and gathering ideas into our minds is like the children of Israel gathering manna each morning.
4. What did the children of Israel do with the manna? (Made bread.) This is like taking the true ideas we know and turning them into something useful we can share.
5. We are going to make some bread that we can share. Choose a recipe from the *Staff of Life Recipes* (p. 8) and make bread to share with your class. Remember to wash hands before you begin!

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!

Materials Needed

Ingredients for making bread. Find a recipe from *Staff of Life Recipes* p. 8 that will work for you.

Prepare in Advance

Choose recipe and purchase ingredients. Gather bowls, spoons, serving plates, hand wipes, etc. If needed, borrow a toaster oven.

New Church Concept Bread from Heaven

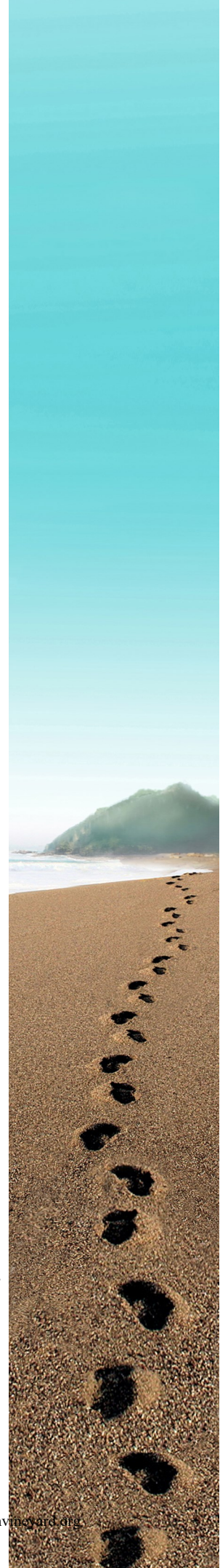
Manna is heavenly food, heavenly food is goodness and truth, and goodness and truth in heaven are the Lord since they come from Him. The rules for gathering manna describe how Divine Good from the Lord is shared with all in heaven according to the capacity to receive it. Some can receive little and some 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

Materials Needed

copy of *Manna Background* and *Quail Background* pp. 9-10 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

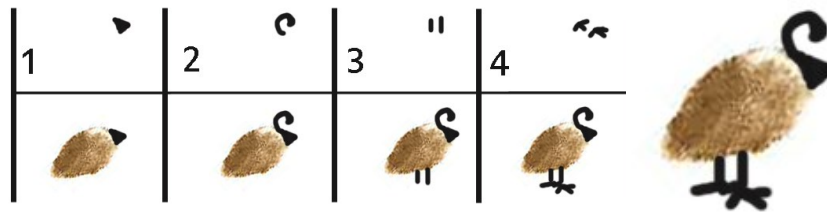
Prepare in Advance

See next page.



Food for the Israelites *continued*

- We are going to decorate a picture of the children of Israel gathering the food that the Lord had given them.
- Distribute the two background pages. Place them side by side and tape them together to form one picture.
- 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!
- 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).



Prepare in Advance
Gather materials. Print *Manna Background* and *Quail Background* (pp. 9-10) on stiff paper. Depending on your group and the amount of Sunday School time you have, you may want to tape the pages together before class.

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

Choice **Coloring Picture: Wind Blown Quail**

Hand out copies of *Wind Blown Quail* (p. 11) for children to color.

Materials Needed
copies of *Wind Blown Quail* p. 11; crayons, markers, or colored pencils

4. Wrap It Up

Memory Verse

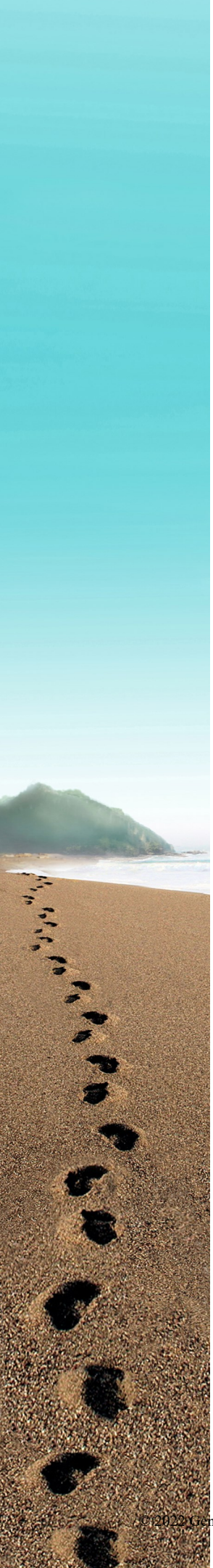
Read the following verse and invite the children to repeat it after you. Recite the verse together, and then encourage the children to recite it on their own without your help.

Behold, I will rain bread from heaven for you.
Exodus 16:4

Closing

The Lord gives us what we need each day—just as He gave the children of Israel manna in the wilderness each day. We might complain, just as the children of Israel did, but the Lord wants us to trust that He is caring for us at each moment.

Give a *Parent Note* (p. 12) to children as they leave.



Gift of Manna Readings

Exodus 16:1-7,10-17,19-26,30-31,35 - *selections*

To shorten, read only the text in bold.

The children of Israel came to the Wilderness of Sin. Then they 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.”

Then Moses and Aaron said to all the children of Israel, “At evening you shall know that the Lord has brought you out of the land of Egypt. And in the morning you shall see the glory of the Lord.” Now as Aaron spoke to the whole congregation of the children of Israel, they looked toward the wilderness, and behold, the glory of the Lord appeared in the cloud.

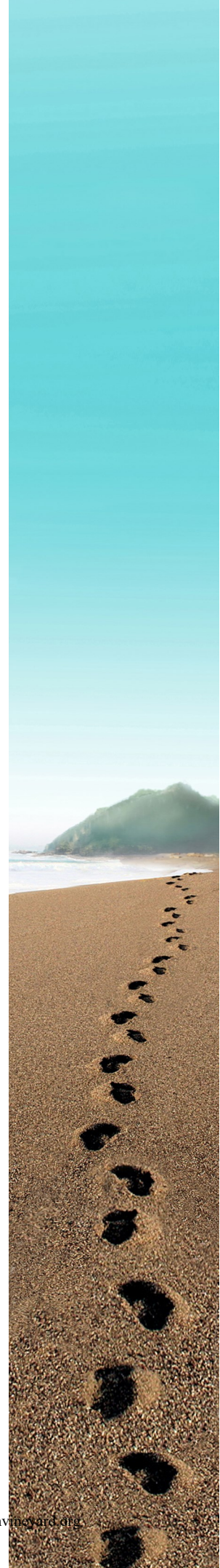
And the Lord spoke to Moses, saying, “I have heard the complaints of the children of Israel. Speak to them, saying, ‘At twilight you shall eat meat, and in the morning you shall be filled with bread. And you shall know that I am the Lord your God.’”

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.’”

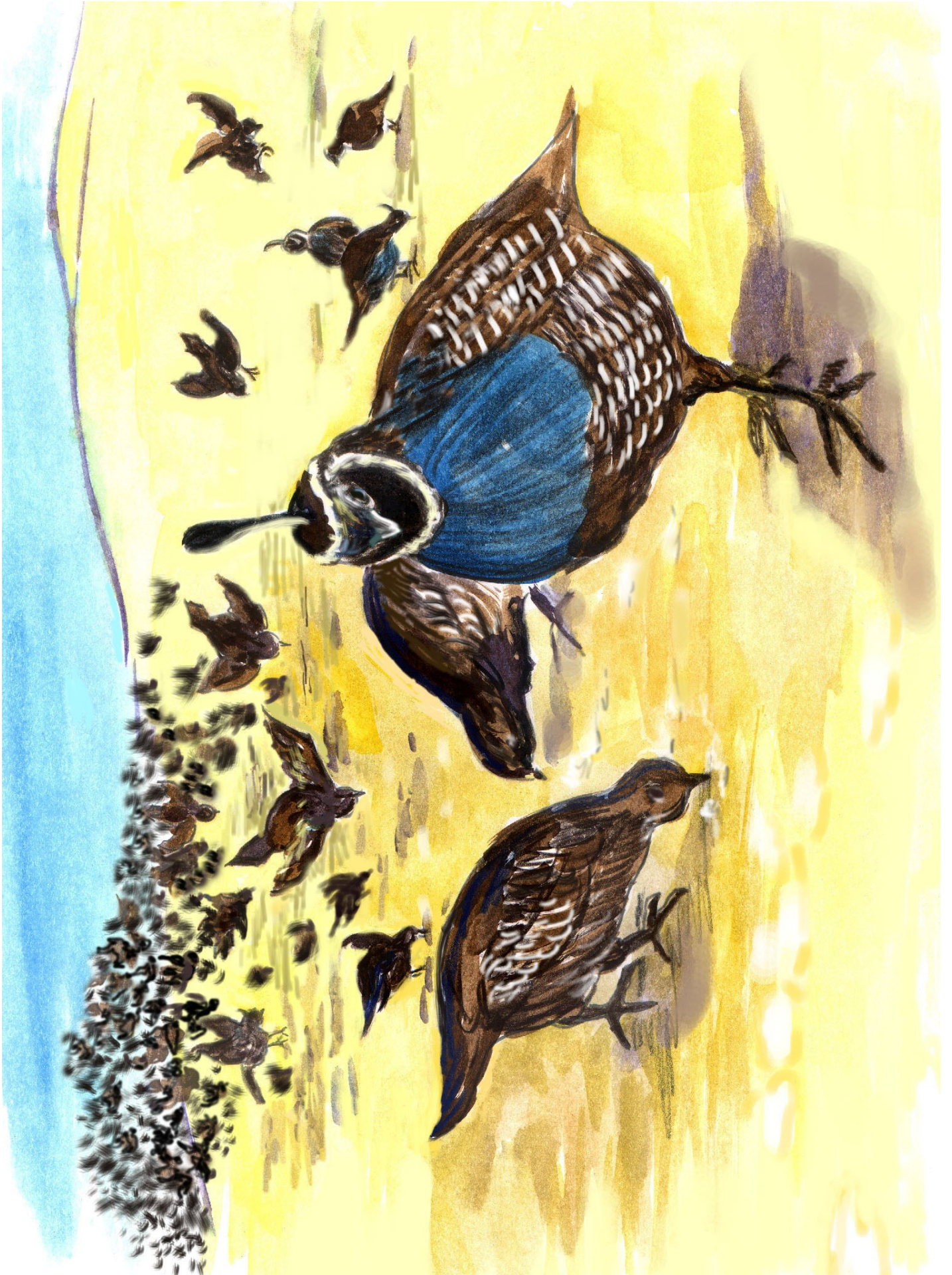
Then the children of Israel gathered, some more, some less. And Moses said, “Let no one leave any of it till morning.” They did not heed Moses. Some of them left part of it until morning, and it bred worms and stank. And Moses was angry. So they gathered it every morning, every man according to his need. 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. And the children of Israel ate manna forty years, until they came to the border of the land of Canaan.







Staff of Life Recipes

Each family was to gather an “omer” of manna. An omer is a measurement equal to about half a gallon (US). The Word does not provide details about how the children of Israel prepared the manna to make bread. Below are three methods for making bread. Choose one which will work well for your situation.

Manna (may be eaten cooked or uncooked)

½ cup white flour (wheat or gluten free)
pinch salt
1 tablespoon olive oil
2 tablespoons water
1 teaspoon honey

1. Wash hands. **For cooked manna**, preheat a toaster oven to 450 degrees Fahrenheit or a conventional oven to 425 degrees.
2. Combine flour with salt in a mixing bowl.
3. Add water, olive oil and honey.
4. Mix the ingredients well and form into a pliable dough ball. Using your hands may work best. Add a drop more water or a little flour if needed to form a ball.
5. **For uncooked manna**, roll small pieces of dough between hands and form little round balls. **For cooked manna**, flatten the dough into a thin layer on a cookie sheet or toaster oven tray. (Two batches should fit on together on a toaster oven tray; several batches will fit on a cookie sheet.) Bake in preheated oven for 10-12 minutes. When done, let it cool for a few minutes. Remove from tray.
6. Put on paper plates to serve. Serve with honey in little cups if desired.

Shortbread

1 cup butter (softened, but not melted)
½ cup sugar
2½ cups flour

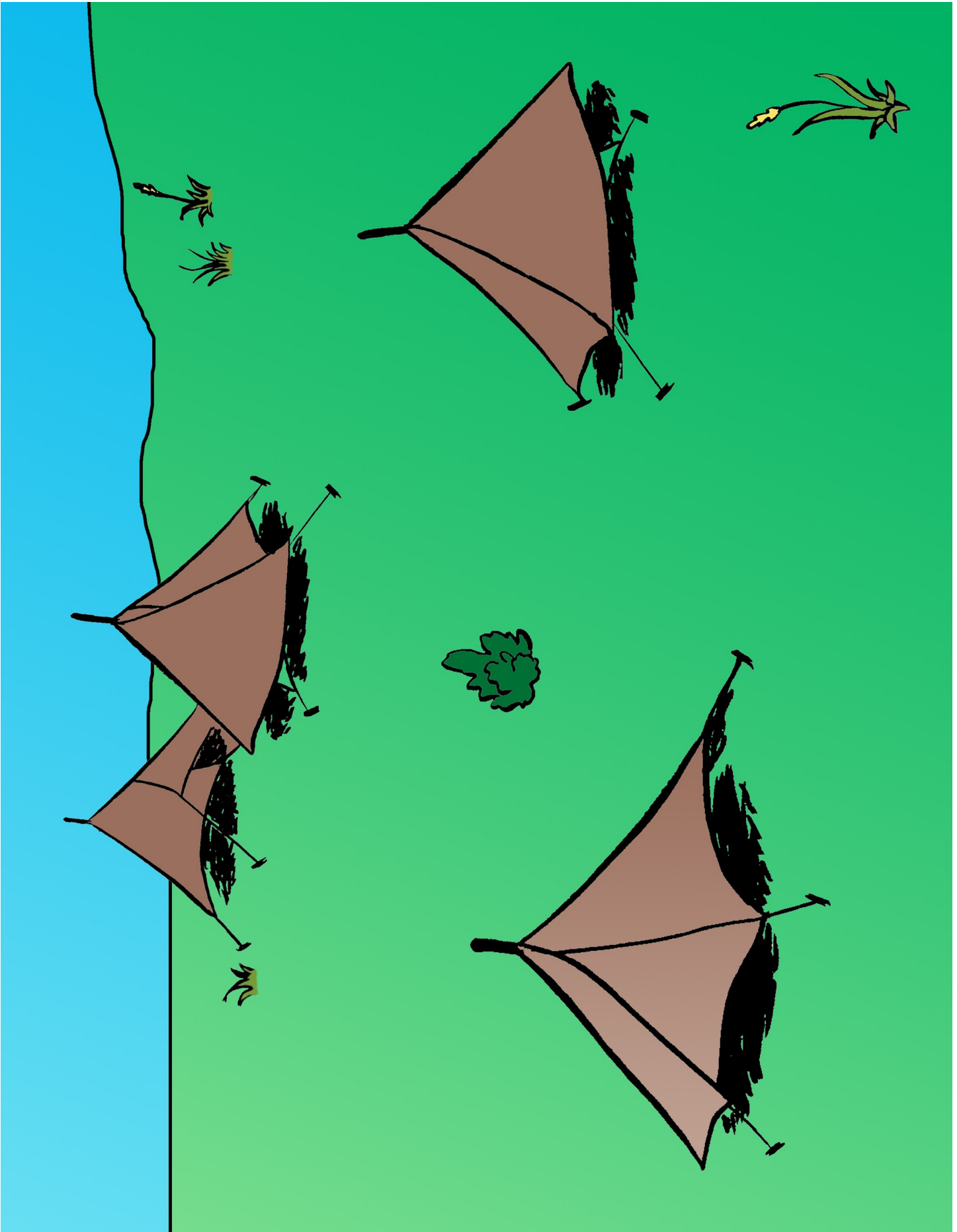
1. Pre-heat oven to 300 degrees Fahrenheit.
2. Put softened butter and sugar in a bowl. Blend or cream until completely mixed.
3. Add flour slowly until the mixture is like clay.
4. Press dough into an ungreased 9”x13” (23cm x 33cm) pan. Prick all over with a fork.
5. Bake 40-45 minutes until light golden brown. Let cool for 5 minutes. Cut into 24 squares.
6. **To speed up baking**, make the dough ahead of time and chill. Divide the dough into 1” balls. Flatten the dough into cookies on an ungreased baking sheet. Bake 20-25 minutes until edges are browning.

Quick and Easy Pre-Made Breads

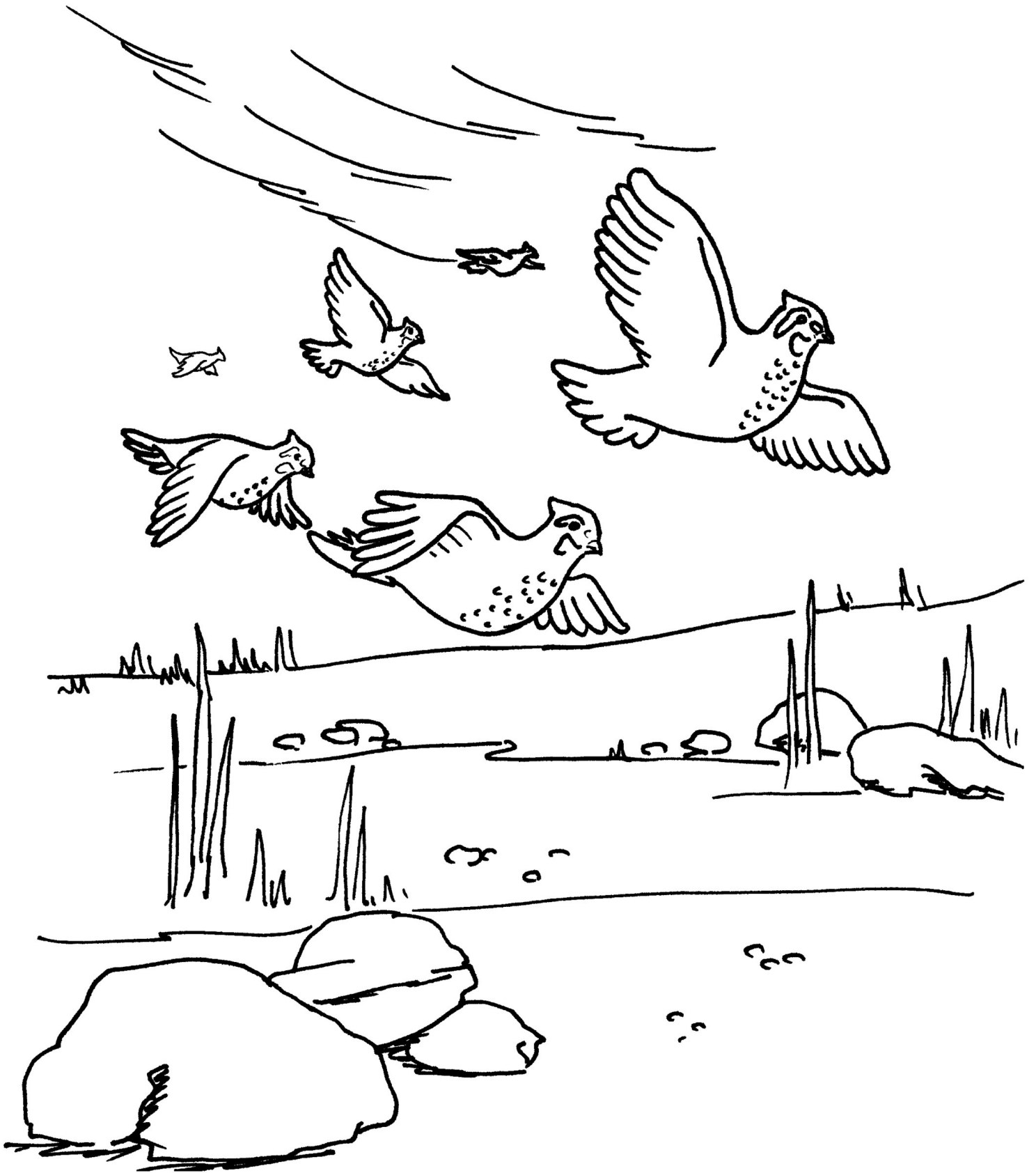
Purchase pre-made dough such as Crescent Rolls. Follow package directions for baking. Serve with honey in little cups if desired.



Manna Background



Quail Background



Wind Blown Quail

Parent Notes

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

PARENT NOTE

Dear Parents,

Today we learned how the Lord cared for the children of Israel by providing them with manna and quail in the wilderness. He provides the things we need as well. We can trust that the Lord will take care of us and give us what we need each day.

We encourage you to help your child learn the verse below by repeating it 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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