

# God Sends Manna and Quail From Heaven

Israel's Wanderings and Wonderings

Exodus 16

Bible Point

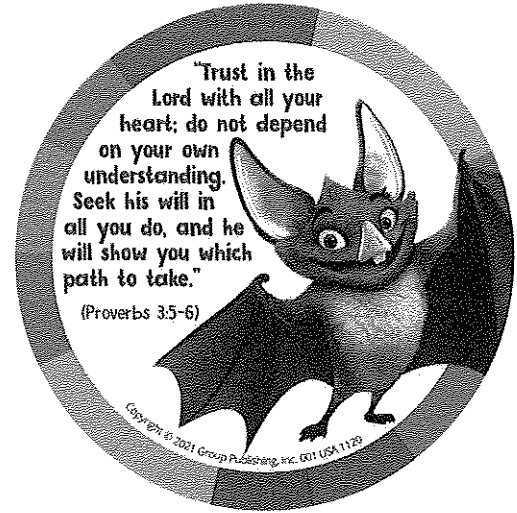
**God guides us.**

### Purpose

A family member forgot to buy more coffee. Grumble. Your car has ice on the windshield and you're in a hurry. Grumble, grumble. And that thing you've been praying for? Well, it's still a thing. Grumble, grumble, grumble.

Grumbling comes so naturally, doesn't it? At the heart of a grumble is an attitude that says "I come first" or "How dare you inconvenience me!" And the solution to a grumble? Perhaps it's a little more humble and a lot more trust. Trust that the God who has provided before will come through again. We can trust that where God guides, he'll provide—with or without coffee.

Young kids need grown-ups to guide them through each part of their day. From what to eat for breakfast to whether or not to wear a coat, they need guidance and direction. This lesson will show them that God guides, and his guidance is perfect because he knows exactly what we need.



### Prayer

Dear God, thank you for all the times you've guided and provided for me. (Pause and think of a few specific times.) Please guide my words and my actions as I lead your children today. In Jesus' name, amen.

### Prep

Opening Options	Sing & Play	Bible Discovery & Goodbye Circle	Apply-It Options
<input type="checkbox"/> Option Cards* <input type="checkbox"/> <i>Bubble-fall</i> : bubble solution and bubble wands <input type="checkbox"/> <i>Road Blocks</i> : blocks	<input type="checkbox"/> <i>Music CD</i> * <input type="checkbox"/> <i>Music Video DVD</i> * <input type="checkbox"/> <i>Buddy Video DVD</i> * <input type="checkbox"/> Radar Bible Memory Buddy poster* <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Proverbs 3:5-6)	<input type="checkbox"/> "God Sends Manna and Quail From Heaven" Bible Story poster* <input type="checkbox"/> <i>Music CD</i> * <input type="checkbox"/> Radar Bible Memory Buddy stickers* (1 per child) <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Exodus 16:2, 4-5, 20) <input type="checkbox"/> small scraps of paper	<input type="checkbox"/> <i>Game</i> : masking tape <input type="checkbox"/> <i>Food-n-Friendship</i> : snack, napkins, hand cleanser, <i>Music CD</i> *, media player <input type="checkbox"/> <i>Coloring Creation</i> : "God Sends Manna and Quail From Heaven" Coloring Creation pages* (1 per child), crayons, small paper scraps, glue sticks, <i>Music CD</i> *, media player

\* in your **Simply Loved Kit**



# Opening Options

Swet up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together.



## Bubble-fall

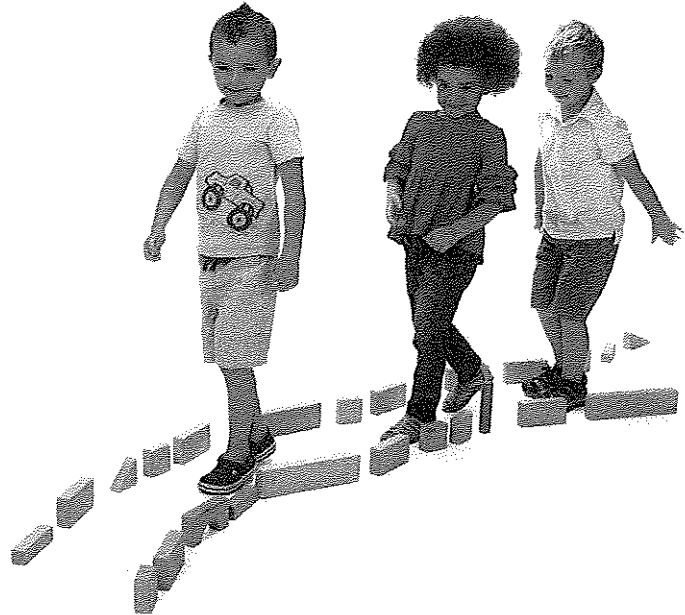
### Supplies

bubble solution and bubble wands

Blow bubbles onto the ground, and watch to see if they pop right away.

**?** Tell about a time you had a picnic outside.

**Our bubbles fell onto the ground. And in our Bible story, food fell to the ground! God told his friends when and how to collect food that fell from the sky! God guides us.**



## Road Blocks

### Supplies

blocks

Build a road out of blocks, then walk along the road.

**?** Tell about a time you walked or rode a bike on a path. Where did it take you? Who was with you?

**God guides us. We can trust that God is with us no matter where a path may take us.**

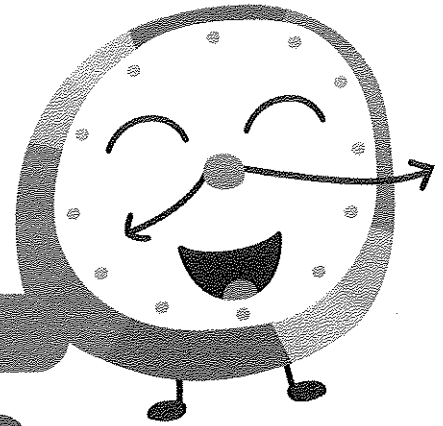
# Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



**"The Cleanup Song"** (*Music CD track 1*)

Help kids transition by cleaning up before sitting with their Connect Crews. A Connect Crew is a smaller group of kids with one Crew Guide.



# Sing & Play

## Welcome

Hi! I'm so glad you all are here today. Let's sing our welcome song.



**"Hello, My Friends"** (*Music CD track 2*)

Let's say hello to our Crew Guides. They're our go-to friends who are here to have fun and learn along with us.

- Kids give their Crew Guides an elbow bump.

## Bible Point

God guides us. That's our Bible Point today. Every time you hear the words "God guides us," point up (demonstrate) and say, "Follow God!" Let's try that together.

Let's get moving! Will you march in place with me? Pause as kids march. Great! Now do what I do.

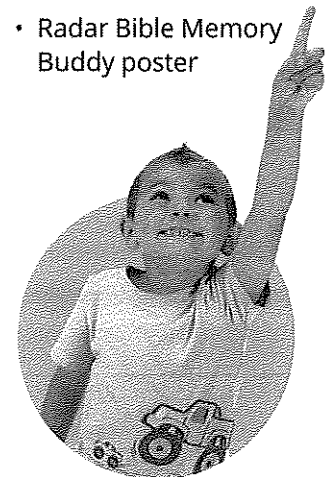
God loves you, and God loves me. (*point to others, then to self*)  
He watches over us, you see. (*shield eyes with hand and look down*)  
God guides us. (*point up and say, "Follow God!"*)

Repeat several times.

Repetition cements learning, so be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with "Follow God!"

## Supplies

- Bible
- Music CD
  - "Hello, My Friends"
- Music Video DVD
  - "I'm Trusting You" music video
  - "Guide Me, O Thou Great Jehovah" music video
- Buddy Video DVD
  - Radar Bible Memory Buddy video (Week 1)
- media player
- Radar Bible Memory Buddy poster



Follow God!

I'm so glad God guides us. (Follow God!) We can trust God, no matter what. Let's sing a song about that.

 "I'm Trusting You" music video

## Bible Memory Buddy & Verse




It's time to talk to our friend Buzzly Bee. Buzzly will introduce us to a Bible Memory Buddy friend. Let's call for Buzzly. Do what I do!

- Flap hands quickly like a bee.
- Make buzzing sounds.

 Radar Bible Memory Buddy video (Week 1)

**Radar's wings help him fly, and God helps us. God guides us!** (Follow God!)

- Show the Bible Memory Buddy poster.
- Have everyone hold out their arms like wings and pretend to fly like a bat.

 Show the Bible. **The Bible is God's true story of love! Our Bible Memory Verse comes from the Bible. Let's say it together. I'll say a line, and then you repeat after me.**

**"Trust in the Lord with all your heart; (hold hands over heart)  
do not depend on your own understanding. (point at head)  
Seek his will in all you do, (point up)  
and he will show you which path to take."** (move both arms forward and out)  
(Proverbs 3:5-6)

**God guides us. (Follow God!) Another name for God is Jehovah.** Invite kids to say "Jehovah" a few times with you. **Let's sing another song and ask Jehovah—our God—to guide us!**

 "Guide Me, O Thou Great Jehovah" music video

### Radar

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

(Proverbs 3:5-6)

This verse may be a little long for your youngest friends. If you have mostly young kids, simply focus on the beginning of the verse.

# Bible Discovery

Hold up a Bible. **Today our Bible story tells how God gave his people food to eat. He told them just how to get the food. God guided them, and God guides us, too. (Follow God!)**

- Get comfy and sit in knee-to-knee circles with Connect Crews.
- **What's your favorite food? Why do you like it?** Invite Crew Guides to share first.
- Crew Guides give thumbs-up when everyone has shared.

**God was guiding his people, the Israelites, to a new home. But it would take some time to get there. Let's pretend we're traveling to a new place like the Israelites did.**

- Have everyone stand up and march in place.

**The Israelites traveled through the wilderness. A *wilderness* is a place where no one lives. There's just land and plants and animals.**

**In the wilderness, there are no houses. The Israelites had to stay in tents.**

- Have everyone sit down and put their hands over their heads like a tent.

**In the wilderness, there are no restaurants or grocery stores! The Israelites had to trust God to give them the food they needed.**

- Have everyone fold their hands to pray, and pray a simple, familiar mealtime prayer, such as "God is great, God is good, and we thank him for our food."


**God guided the Israelites when they were in the wilderness, just like God guides us. (Follow God!)**

**But after a while, the Israelites got kind of grouchy. Show me how you look when you're grouchy.** Make a grouchy face, and cross your arms defiantly.

**The Israelites must have been tired of being in the wilderness all by themselves without houses and without lots of food. And when people get grouchy, they start grumbling and complaining.**

- Just for fun, lead everyone in grumbling: "Grumble, mumble, grumble."


**You might grumble to your mom or dad or someone else in your family. Let's read who the Israelites grumbled to.**

 Read aloud Exodus 16:2.

## Supplies

- Bible
- "God Sends Manna and Quail From Heaven" Bible Story poster
- small scraps of paper

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply gather kids in a cozy circle around you. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!


 Read the verse from the Bible. You're showing kids that God's Word is special. And don't worry; we've kept the verses short for young attention spans.

Moses and Aaron were their leaders, so the Israelites grumbled and complained to them. They missed their homes in Egypt, and they grumbled about not having their favorite food to eat. Let's pretend we're the Israelites and grumble a little bit more. When I say, "I miss yummy food," you shout out the favorite food you talked about earlier.

- Count to three, then have everyone shout their responses.
- Repeat a few times, encouraging kids to use loud and quiet grumbly voices.

**Uh-oh. God's people forgot that God guides us. (Follow God!) God was guiding the Israelites to a new home, but they didn't trust that God and their leaders would give them what they needed.**

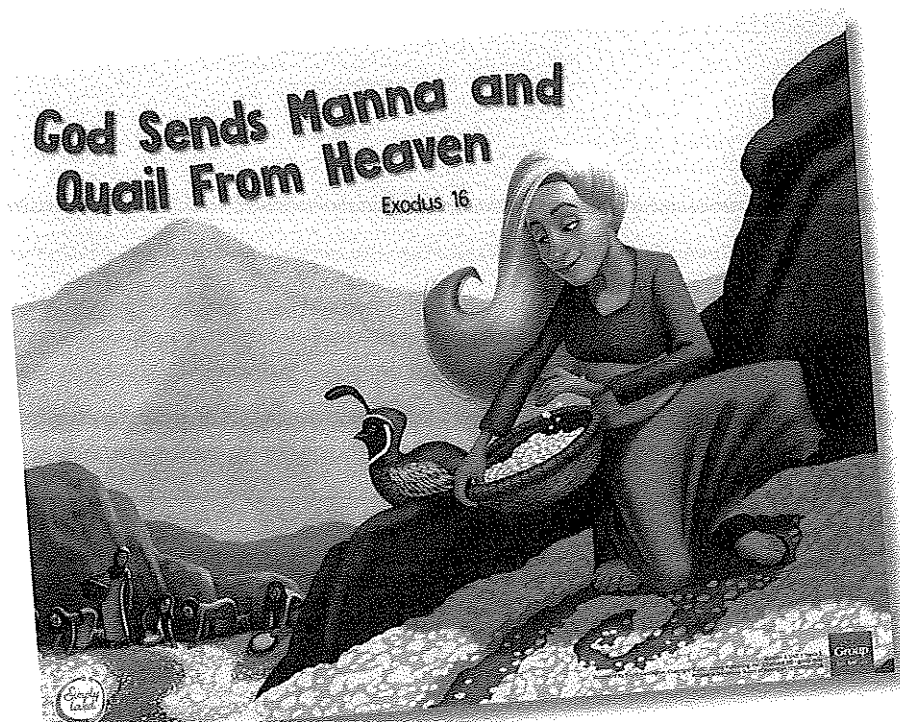
**But God *does* guide us. (Follow God!) And he *does* provide. Let's read what God said to Moses and his people.**

 Read aloud Exodus 16:4-5.

**God guided his people and gave them instructions. God's instructions were as easy as one, two three! Do this with me.**

- Hold up one finger and say "One!" **God said he'd make food fall from the sky every day.**
- Hold up two fingers and say "Two!" **People could pick up enough food for their families.**
- Hold up three fingers and say "Three!" **People should take only enough food for one day.**

**God would send food every day, kind of like this. Show the Bible Story poster. There'd be bread, called manna, in the morning and meat in the evening. Yum! Let's gather morning food like the Israelites did!**



- Move quickly around the kids, throwing half the scraps of paper up in the air like confetti.
- Invite kids to gather the paper, making sure everyone gets some.
- As kids gather, sing (to the tune of "Twinkle, Twinkle, Little Star") or chant:  
**God sent manna; God sent meat.  
 God sent food for them to eat.  
 God will guide and he'll provide.  
 God is always by our side.  
 God sent manna; God sent meat.  
 God sent food for them to eat.**
- Have everyone sit in Crew circles with their "manna."

**God guides us! (Follow God!) He told the Israelites how to gather the food, and each family had what they needed. Let's pretend to eat! Do this with me.**

- Pretend to gobble up manna from your hands.
- Rub your tummy and say "Yummy!"

**But some people didn't listen well. They wanted to make sure they had lots of manna to eat. So they got more than they needed for the day. Let's read what happened to *their* food.**



Read aloud Exodus 16:20.

**The extra manna spoiled and started to smell yucky.**

- Have everyone smell their "manna" then fan their nose and say "Yucky!"
- **Have you ever seen food that got moldy or spoiled? What was it like?**  
 Invite some responses from the whole group.

**Oh, dear. Some people didn't follow God's instructions. He said to get *only* what they needed that day, and they disobeyed. But God didn't stop sending food. He still sent manna every morning.**

**On the sixth day God had special instructions. The people *were* supposed to gather extra manna to last two days. That way they could rest and thank God on the seventh day, which is kind of like Sunday for us today. Let's gather more manna!**

- Move quickly around the kids, throwing more scraps of paper in the air like confetti.
- Invite kids to gather the paper, making sure everyone gets some.
- As kids gather, sing (to the tune of "Twinkle, Twinkle, Little Star") or chant:  
**God sent manna; God sent meat.  
 God sent food for them to eat.  
 God will guide and he'll provide.  
 God is always by our side.  
 God sent manna; God sent meat.  
 God sent food for them to eat.**
- Have everyone sit in Crew circles with their manna, pretend to eat half of it, and then rest.

Welcome a few responses. Be sure to summarize what kids say so everyone can hear.

When the seventh day came, some silly people wanted to gather manna instead of resting like God had said. But when they went out to get manna, there wasn't any there. God said something like this to Moses:

- "How long will these people refuse to obey me? (*shrug shoulders*)
- This day of rest is a gift. (*extend arms out while holding paper scraps*)
- Enjoy!" (*hold the paper scraps close to your heart*)

Hooray! Now it's your turn. Let's say that again. Do what I do!

- Repeat God's message above.

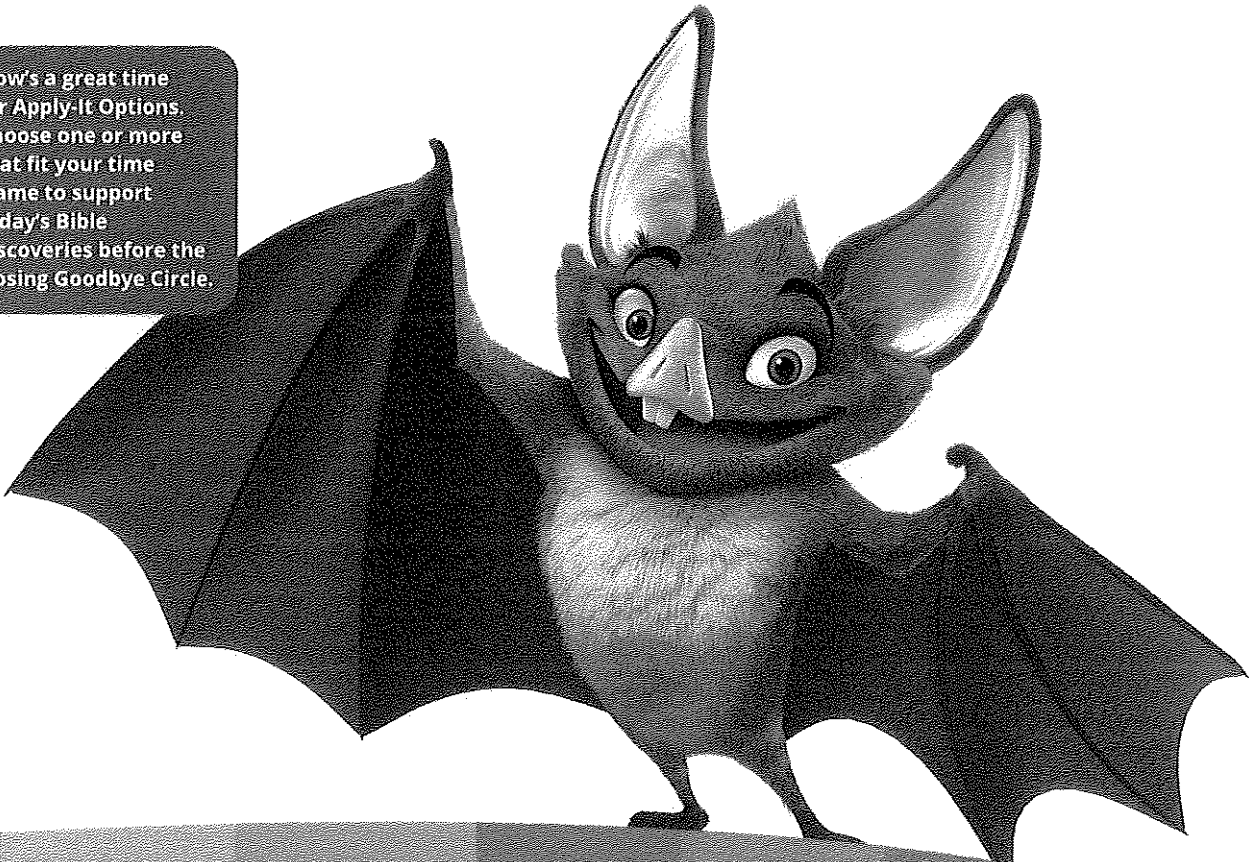
God guided and provided for his people. That means he took care of them and gave them the food they needed. He told them what to do and helped them. And God does that for us, too! God guides us. (*Follow God!*) God loves you and provides for you. For me, too! Now listen carefully, and I'll guide you and tell you how to clean up this paper.

- Show kids where to take the paper scraps.
- Tell them to sit in their Crew circles again after the scraps are cleaned up.

Let's pray and thank God for providing for us.

- **Dear God, thank you for our favorite foods.** Have everyone shout out their favorite food.
- **And thank you for people who love us.** Have everyone shout out people's names.
- **Thank you for our favorite toys.** Have everyone shout out their favorite toy.
- **Thank you, God, for always helping and guiding us. Amen.**

Now's a great time for Apply-It Options. Choose one or more that fit your time frame to support today's Bible discoveries before the closing Goodbye Circle.





# Apply-It Options

Choose one—or all—of these activities to support kids' learning after Bible Discovery.

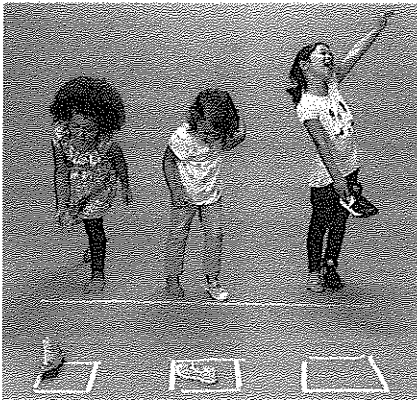
## Game

**Supplies:** masking tape

Use tape to make several squares in a row on the ground, and then make a long tape line parallel to the squares and a few feet away.

- Have everyone remove one shoe and hold it as they stand behind the tape line.
- Together on the count of three, everyone tries to toss the shoe onto a square.
- When everyone has tossed a shoe, everyone hops to the squares on the foot wearing a shoe, collects their other shoe, hops back to the line, and then all together tosses a shoe again.
- Play six times, then rest.

**In our game, I showed you where to go and what to do. And guess what! God always shows us where to go and what to do. God guides us. (Follow God!)**



## Food-n-Friendship

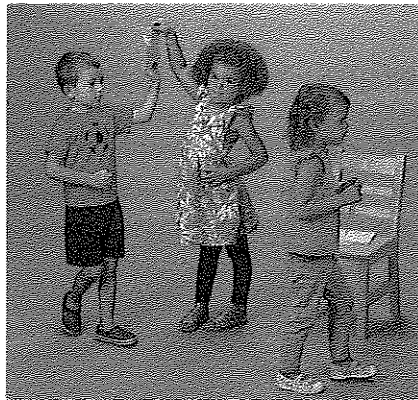
**Supplies:** snack, napkins, hand cleanser, Music CD, media player

- Give a napkin to a friend and say, **"God guides us."** (Follow God!)

 **"God, You Are So Good"**  
(Music CD track 3)

- Eat snack together.
- **When we pray, we talk with God. Who has something we can talk with God about?**
- Pray together.

**God guides us. (Follow God!) Let's follow a friend, too!** Choose a willing child to guide everyone by showing them where to throw away the trash.




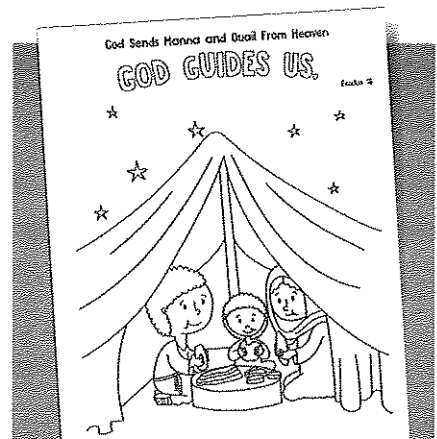
## Coloring Creation

**Supplies:** "God Sends Manna and Quail From Heaven" Coloring Creation pages (1 per child), crayons, small paper scraps, glue sticks, Music CD, media player

**God loves us, and he wants us to be safe. He wants us to make good choices. He gave us rules to follow to keep us safe. God guides us. (Follow God!)**

- Talk about what the family in the picture is doing.
- Color the picture.
- Glue the paper scraps to the tent.
- Play music as kids create.

 **"With All Your Heart"**  
(Proverbs 3:5-6)  
(Music CD track 5)



## Supplies

- Music CD
  - “Goodbye, My Friends”
  - “With All Your Heart”
  - (Proverbs 3:5-6)
- media player
- Radar Bible Memory Buddy stickers (1 per child)



# Goodbye Circle

It's almost time to say goodbye! Let's sing our goodbye song as we join hands and make one big circle!

## “Goodbye, My Friends” (Music CD track 4)

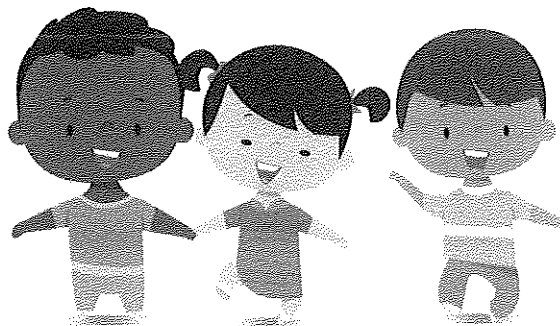
**God guides us.** (Follow God!) **God gave the Israelites food to eat. He loved and provided for them, even when they grumbled and complained. God loves and guides us no matter what, too. God showed us how much he loves us when he sent his Son, Jesus. Jesus forgives our grumbles and bad choices. We're so thankful for Jesus!**

- Show the Bible Memory Buddy poster, and remind kids that Radar helps us remember **God guides us.** (Follow God!)
- Invite Crew Guides to give each child a Radar sticker to wear or take home. Have Crew Guides put the stickers on the floor, then call kids forward by name one by one to pick up their stickers like they're picking up manna from the ground.
- As they call kids' names, Crew Guides say, “[Child's name], **God guides you.**”
- Once kids pick up their stickers, Crew Guides give them a fist bump.

## “With All Your Heart” (Proverbs 3:5-6) (Music CD track 5)

- Do Bible Memory Verse motions and move to the music!

Saying each child's name in a loving way helps kids simply experience God's love through you!



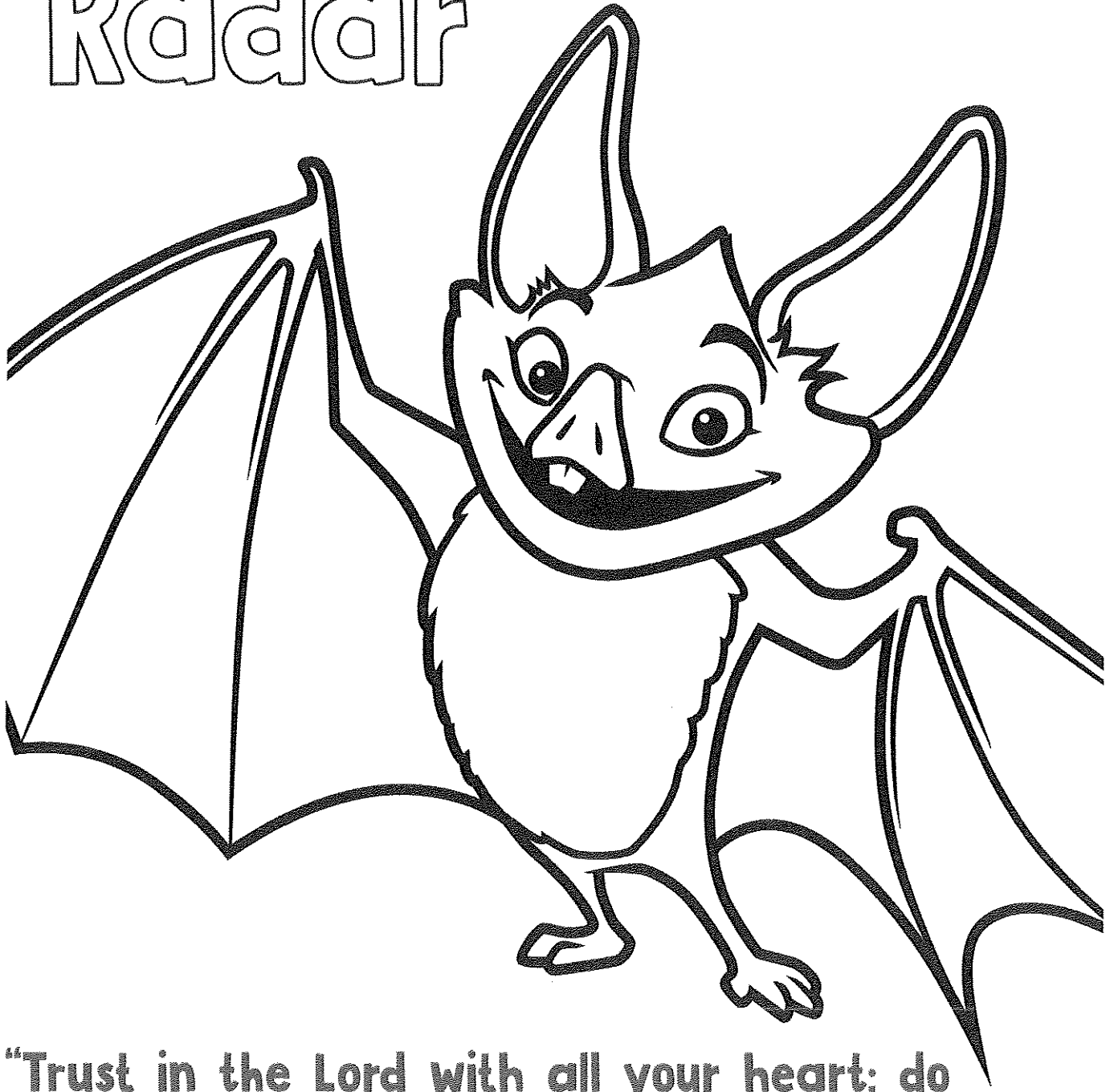
God Sends Manna and Quail From Heaven

# GOD GUIDES US.

Exodus 16



# Radar



**“Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”**

(Proverbs 3:5-6)



# God Sends Manna and Quail From Heaven

Bible Point

**God guides us...and gives us what we need.**

## Purpose

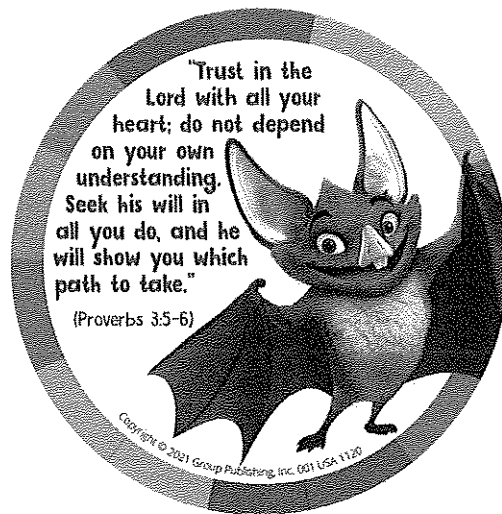
Wouldn't you like to know what manna tasted like? Was it like a breakfast cereal, or more like a lightly sweetened saltine? Curiosity may spark when we consider the reality of consuming food that came with the morning dew. And can you imagine "vast numbers of quail" covering your yard?

God's provision is cool—maybe even comical! God knows what we need, and he guides us and provides for us; but it's not always in ways we expect. Are we looking for those unexpected ways? Or are we grumbling about our own expectations? Even then, God's faithful surprises sustain us.

Kids look to grown-ups to guide and provide for them. Through this lesson, point them to the God who always comes through with what we need. Including, and especially, his unfailing love.

## Prep

Opening Options	Sing & Play	Bible Discovery & Friendship Finale	Apply-It Options
<ul style="list-style-type: none"> <li><input type="checkbox"/> Option Cards*</li> <li><input type="checkbox"/> <i>Spoon Fling</i>: plastic spoons, yarn, child-safe scissors, permanent markers</li> <li><input type="checkbox"/> <i>Tape Town</i>: painter's tape, toy cars</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> countdown video*</li> <li><input type="checkbox"/> <i>Music Video</i> DVD*</li> <li><input type="checkbox"/> <i>Buddy Video</i> DVD*</li> <li><input type="checkbox"/> Radar Bible Memory Buddy poster*</li> <li><input type="checkbox"/> media player</li> <li><input type="checkbox"/> Bible (bookmark Proverbs 3:5-6)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "God Sends Manna and Quail From Heaven" Bible Story poster*</li> <li><input type="checkbox"/> Radar Bible Memory Buddy stickers* (1 per child)</li> <li><input type="checkbox"/> Take-It-Home Flyers* (Unit 1, Week 1) (1 per child)</li> <li><input type="checkbox"/> Bible (bookmark Exodus 16:3-5, 19-20, 23)</li> <li><input type="checkbox"/> index cards</li> <li><input type="checkbox"/> pens or pencils</li> <li><input type="checkbox"/> quart-size resealable bags (1 per Crew)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Explore More</i>: Bibles, paper, pencils, whiteboard, dry-erase markers</li> <li><input type="checkbox"/> <i>Game</i>: classroom objects</li> </ul>



## Prayer

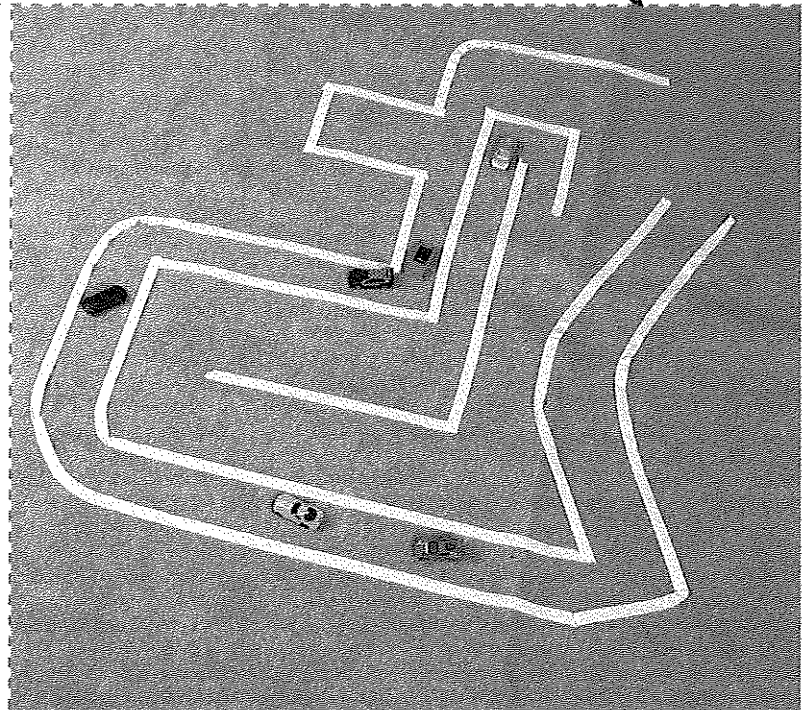
Dear God, thank you for the food I'll eat today, and thanks for the way you guide and provide for me and the kids I teach. In Jesus' name, amen.

\* in your **Simply Loved Kit**



# Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



## Spoon Fling

**Supplies:** plastic spoons, yarn, child-safe scissors, permanent markers

Write your name on a spoon. Then cut a piece of yarn and tie it into a knot. Place the knot onto a spoon. Then pull the spoon back toward you and let the knot fly! See how far and high you can fling your knot.

**?** Imagine these knots are snacks instead. If you could pick one snack to fly through the sky, what would you choose?

**Wouldn't it be cool if snacks fell from the sky? In today's Bible story, God rained down food from heaven. God guided his people so they'd know how to get the food he sent them. He may not fling our favorite food from the sky, but God guides us, too!**

## Tape Town

**Supplies:** painter's tape, toy cars

Use tape to create roads and a town on the floor. Add restaurants that cars can drive to for food.

**?** What's your favorite restaurant? Tell why.

**Roads guide us to restaurants and other places. And God guides us. God guided the Israelites in today's Bible story, and God will always be with us and show us the way to go.**

# Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



countdown video (1 minute)

Help kids transition, clean up the activities, and sit with Connect Crews. A Connect Crew is a small group of kids with one Crew Guide.

# Sing & Play

Hello, everyone! It's so good to be with you today. Let's start with a song. Follow along, and let's celebrate God's goodness to us today.



"I'm Trusting You" music video

We can look all around us and see God at work. Have kids spin around, and when you say stop, have them give the first person they see a high-five. **Awesome! God is here with us. He's loving us right now. How cool is that?**

## Bible Point

Today we'll discover that **God guides us. Every time you hear someone say, "God guide us," point up (demonstrate) and say, "Follow God!" Let's try that together.**

- Point up and say, "Follow God!"
- Repeat several times.

Repetition cements learning, so be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with "Follow God!"

In the Bible, we find that God has different names that tell us different things about him. *Jehovah* is another name for God. And *Jehovah Jireh* means "The Lord will provide." God guides us, (*Follow God!*) and he provides! Let's ask God to guide us as we sing another song.



"Guide Me, O Thou Great Jehovah" music video



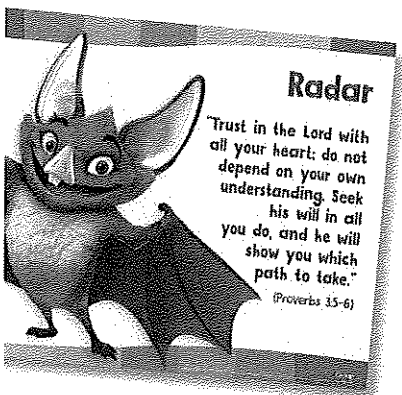
Follow God!

## Supplies

- Bible
- media player
- *Music Video DVD*
  - "I'm Trusting You" music video
  - "Guide Me, O Thou Great Jehovah" music video
  - "No Matter What I'm Facing" music video
- *Buddy Video DVD*
  - Radar Bible Memory Buddy video (Week 1)
- Radar Bible Memory Buddy poster

## Bible Memory Buddy & Verse

Radar is our Bible Memory Buddy! Show the Bible Memory Buddy poster. He's a bat! How much do you know about bats? Let's find out with a This-or-That Challenge! You'll hear two fun facts about bats. It's up to you to decide which is true—this fact or that!



### 🕒 Do bats sleep during the daytime or at night?

- On the count of three, have everyone open their eyes wide and shout "Good morning!" to vote for *this* (daytime) or close their eyes and shout "Good night!" to vote for *that* (night).
- Make a drumroll sound by patting your thighs or the floor.
- Dramatically give the answer: **Bats sleep during the daytime! Let's find out more about Radar and his batty friends.**
- Watch the Bible Memory Buddy video.



Radar Bible Memory Buddy video (Week 1)



Show the Bible. **The Bible is God's true story of love! The Bible is one big book that's filled with a bunch of little books. Our Bible Memory Verse comes from the book of Proverbs. Let's say it together. I'll say a line, and then you repeat it after me.**

**"Trust in the Lord with all your heart; (hold hands over heart)  
do not depend on your own understanding. (point at head)**

**Seek his will in all you do, (point up)**

**and he will show you which path to take." (move both arms forward and out)  
(Proverbs 3:5-6)**

**God guides us. (Follow God!) We have so much to thank God for! He's promised to always be with us, and we can always talk with him and ask for his help. Let's thank our Guide with a song.**



"No Matter What I'm Facing" music video



# Bible Discovery

## Circle Up & Connect

Let's circle up and spend a little time simply getting to know each other in smaller groups called Connect Crews.

- Arrange kids into Connect Crews with one helper—or Crew Guide—per group.
  - Invite everyone to sit in knee-to-knee circles with their Connect Crews.
  - Have kids give their Crew Guides fist bumps with fireworks.
  - Have kids take turns saying their names and answering this question. Crew Guides go first.
- 🗉 **Let's say you get to choose your birthday meal. What food would you choose?**

## Experience the Bible Story

It's time for another Bible adventure! And you all will play an important part. Are you ready?

**God had chosen a man named Moses to be the Israelites' leader. With God's guidance and help, Moses had led God's people out of Egypt, and then they'd marched off toward the land God had promised them.** Lead everyone to another area of your room.

**But because God's people had forgotten how to trust him, they needed to learn some lessons along the way. Those lessons took about 40 years, and all during that time, God's people moved from place to place in a great wilderness.** Lead everyone to another place in the room.

**Nobody's sure exactly how many people were along for the hike, but even feeding all of us for a week would take a lot food. Yikes! How do you feed a whole group of people who are camping out in a rocky, barren wilderness?**

**They can't go to a grocery store. There aren't any drive-thru restaurants.**

**They can't pick crops because they didn't plant any. What do they do?**

**That's a great question, and it's exactly what that crowd of people asked. And they wanted an answer!**

**Everyone stand up. Pause. Raise your right hands. Pause.**

**I am officially deputizing you as part of the crowd following Moses out in the wilderness. As deputized members of God's people, your job is to imagine you are an Israelite in the wilderness and and follow me and do what I say and do without talking. Think you can do it?**

**If you understand, nod your head yes. No talking!** As you give directions, demonstrate what you're asking kids to do.

## Supplies

- Bible
- "God Sends Manna and Quail From Heaven" Bible Story poster
- index cards (1 per person)
- pens or pencils
- quart-size resealable bags (1 per Crew)

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply circle up with the kids. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!

**Okay, do this: March in place.** March together. **Now don't march too quickly; you'll be doing this for 40 years.** March slowly.

**Marching can work up an appetite, and as you march, look around for something to eat.** Look high and low and all around you as you march in place.

**Some of you packed food while you were in Egypt, and you're eating sandwiches.** Pretend to take a bite. **Some of you have run out of food, and you're rubbing your stomach because you're so hungry.** Rub your stomach.

**Now all of you, stop.** Freeze. **You're pouty-faced and mad.** Make a pouting face. **You're looking at each other and wondering why you left Egypt if you're going to just starve out here in the middle of nowhere.** Look around and shrug shoulders. **Let's read and find out what the Israelites, I mean you all, said to Moses.**



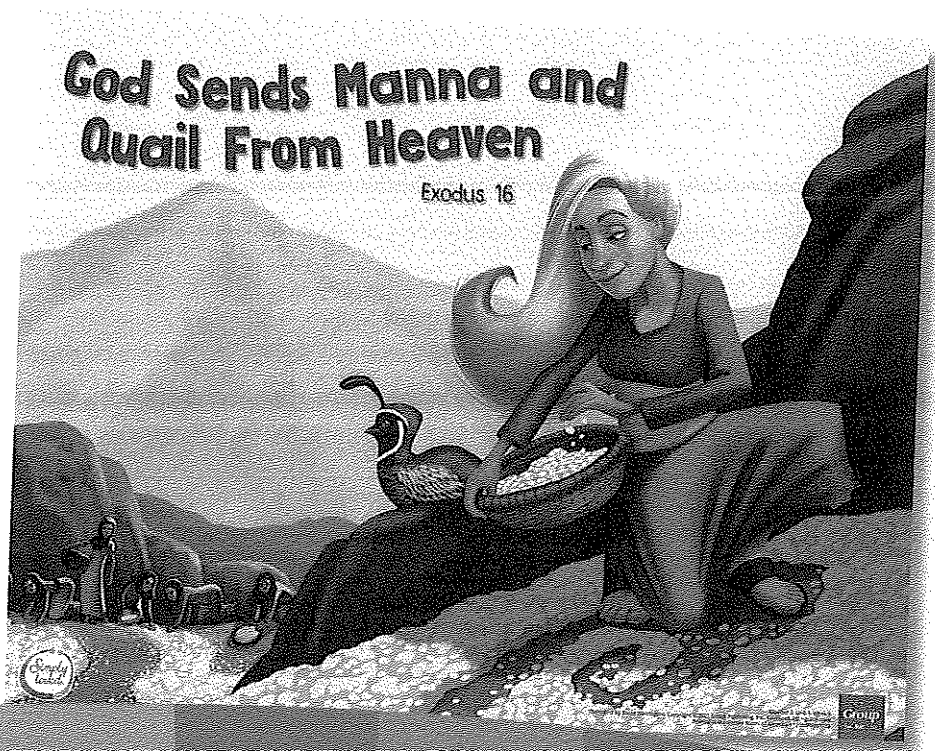
Read aloud Exodus 16:3.

**God will guide and provide. Now, Israelites, keep doing what I do.**

**Moses says that God will rain down food from heaven for you. In the morning you'll go out and pick up this stuff that's like thin crackers; it's called manna. It tastes like honey, and it's really good.** Show the Bible Story poster.

**Bend over and pick it up.** Demonstrate. **Keep picking it up because it has to last all day.** Pretend to pick up more manna. **Wait—don't pick up too much! Just enough for today. There will be more tomorrow morning. If you try to keep it overnight, it'll be full of worms and smell like dirty sweat socks.** Make a disgusted face and wave your hand in front of your nose.

**And at night God will send a huge flock of quail for you to pluck and eat. Quail are little birds that are quite tasty when you cook them. Here they come now! Quick—pick them up and pluck them!** Pretend to pull out feathers.



**Okay, so you have all the food you need. Now take a bite of manna.** Take a pretend bite, chew, and swallow. **Now eat a quail drumstick.** Pretend to eat a drumstick, chewing, swallowing, and wiping your mouth with the back of your hand. **Looks like you all have just what you need. Moses has a reminder for you. Listen to what he says.**



Read aloud Exodus 16:19-20.

**Gross! That's what you get for not following God's instructions. But God loves you, and he's super patient with you Israelites, so he'll keep sending food and giving you what you need.**

**Circle up and talk about this with your Crews.**

- 🕒 **Tell about a time you or someone you know didn't follow directions. What happened?** Invite Crew Guides to go first.
- 👍 Crew Guides give thumbs-up when everyone has shared.

**Whether we're on a road trip, playing a board game, or finding food in the wilderness, directions guide and help us. And God's directions are always for our good.**

**Now let's fast-forward through the week.** Run quickly in place, then stop. **It's the sixth day of manna and quail. God gave Moses more instructions. Let's read them together.**



Read aloud Exodus 16:23.

**Let's pick up double the manna so we can rest tomorrow.** Pretend to pick up manna, take a break, then pick up more. **Okay, now don't be greedy and gather too much. Follow God's instructions, and get enough just for today and tomorrow.**

**Now eat up!** Pretend to eat manna and quail again, then yawn. **Time for bed. Put the rest of your manna and quail aside, and head to bed.** Sit down and rest your head on your hands as if you're sleeping.

**Good morning, Israelites! I saw some of your neighbors got up to get manna this morning even though God told them not to.** Shake your head and sigh. **How long will God's people refuse to obey his instructions? He's guided and helped you before. You can trust him to provide for you now. Go ahead, eat up the food you stored yesterday. But first, take a whiff to make sure this didn't spoil, too.** Smell imaginary manna. **Smells good to me! Thanks, God! Everyone, eat up!**

**Moses has more instructions for you, Israelites. Fill a container with two quarts of manna, and keep it in a special place so you can remember how God took care of you.**

## The Heart of the Matter

Now we don't have actual manna here, but I do have these index cards. And they can help us remember that **God guides us**. (*Follow God!*)

- Give each person an index card and a pen or pencil.
- **Draw or write about a time God faithfully guided and provided for you or your family.**
- Form Connect Crew circles, and have everyone share what's on their cards.
- Have Crews pray and thank God for his guidance.
- Have each Crew place the index cards in a quart-size resealable bag.
- With the whole group, decide where in your room you'll place the bags as a reminder of God's guidance. Choose a special place, and keep the bags there for several weeks, referring to them often.

**God guides us.** (*Follow God!*) **God took good care of his people, even when they didn't fully trust that God would guide them. That was true in Bible times, and it's true now, too. Our faith can grow while we're waiting for God because we're trusting that he will come through.**

**And now, everyone give God a huge round of applause for being so patient and guiding his people—then *and* now!** Lead a round of applause.



Now's a great time for Apply-It Options. Choose one—or both—of the following reinforcement activities to support today's Bible discoveries before the Friendship Finale.


# Apply-It Options

Choose one—or both—of these activities to support kids' learning after Bible Discovery.

## Explore More

**Supplies:** Bibles, paper, pencils, whiteboard, dry-erase markers

**The book of Psalms is filled with songs that were sung to remember God's faithfulness. Let's read part of a psalm that was sung by God's people to remember how God had guided and provided for them.**

 Distribute Bibles, and help kids find Psalm 105. Glance over the whole psalm, then read verses 1 and 40 together.

**God guides us. (Follow God!) And I'll guide you as we create our own psalm—Mad Lib style!**

Distribute paper and pencils. Have everyone number their papers 1 to 9. Write the following prompts on a whiteboard, and have kids write responses on their papers. Be ready to assist younger kids. Then have kids shout out their answers as you read the psalm below.

1. Adjective that describes God
2. Favorite food
3. Favorite game to play
4. Least favorite chore
5. Positive adjective
6. Verb
7. Your nickname

Oh God, you are so [1]. Thank you for all you've done for me. You give me [2]. You help me play [3]. Even when I have to [4], I know you're with me. You're [5]! I will [6] to tell everyone how you guide me so faithfully. Love, your friend [7].

1. awesome
2. pizza
3. basketball
4. take out the trash
5. cool
6. skip
7. Junior

## Game

**Supplies:** classroom objects

- Work together to create obstacle "traps" throughout your room. You could randomly arrange chairs, lay markers or pens on the floor, and spread out other objects. Crew Guides can spread out and be obstacles, too!
  - Form pairs, who'll start on one end of the room.
  - On "go," one partner must close his or her eyes as the other partner guides him or her to the other side of the room without touching or stepping on any of the obstacles.
  - Guides cannot touch partners; they can only direct with their voices.
  - If a partner touches an obstacle, the pair must go back and start again.
  - Celebrate when all pairs make it across, then have partners trade roles and play again.
1. **What was it like to guide your partner and avoid the "traps"?**
  2. **What was it like to listen and try to avoid the traps?**
  3. **How is guiding your friend across the room like or unlike God guiding the Israelites in the wilderness?**

**God guides us. (Follow God!) Even when we aren't sure what lies ahead, God is with us. He'll direct and guide us.**

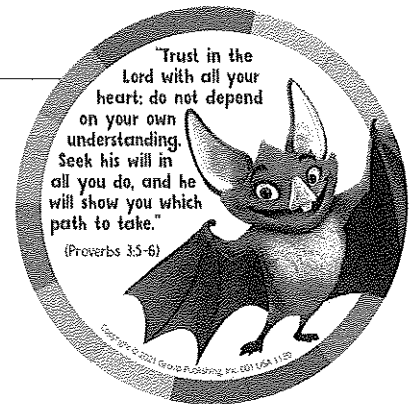


## Supplies

- Radar Bible Memory Buddy stickers (1 per child)
- Take-It-Home Flyers (Unit 1, Week 1) (1 per child)

# Friendship Finale

Have kids sit in knee-to-knee circles with their Connect Crews.



Saying each child's name in a loving way helps kids simply experience God's love through you!

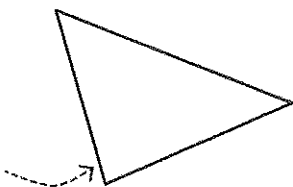
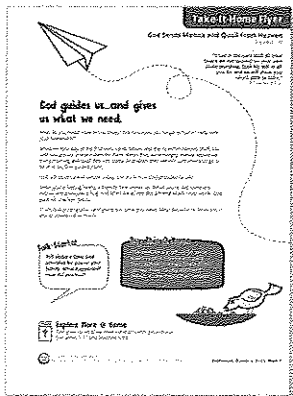
**Radar the bat, our Bible Memory Buddy, can help us remember that God guides us. (Follow God!) You'll each receive a Radar sticker to help you follow God throughout your week. You can wear it now or take it home with you.**

- Have a willing child help you demonstrate the following actions.
- Hold a Radar sticker upside down and away from you. Have the child jump up to grab the sticker.
- Invite Crew Guides to give each child a Radar sticker in the same way.
- As they give the sticker, Crew Guides say, "God guides you, [child's name]."
- Crew Guides give thumbs-up when everyone has received a sticker.

**In today's story, we talked a lot about food. In the New Testament of the Bible, Jesus calls himself the bread of life. We don't actually eat him, but when we're friends with Jesus, he fills us up with love and hope and purpose!**

**Pretend you're holding a delicious piece of homemade bread in your hands. It smells so good, and you can't wait to take a bite. Close your eyes and picture that with me. Can you see it? Now hold the pose as you listen, and I'll read something about our friend Jesus.**

- Read the first section of the Unit 1, Week 1 Take-It-Home Flyer.
- **Now I'll give you one of these flyers to help you talk about Jesus' love in your Connect Crews and at home, too. Think of this as a practice time for talking about Jesus with your family at home.**
- Distribute Take-It-Home Flyers to Crew Guides, and have them share about their own friendship with Jesus as they discuss the "Talk Starter" question together.
- Kids share prayer requests—things they'd like to tell Jesus—in their Connect Crews.
- Connect Crews pray together.
- Crew Guides distribute Take-It-Home Flyers and follow the directions to help kids fold the paper to "fly" home. ○



## God Sends Manna and Quail From Heaven

(Exodus 16)

**"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."**  
(Proverbs 3:5-6)

### God guides us...and gives us what we need.

What do you need? New tennis shoes? The lunchbox you forgot at home? Help with your homework?

While on their way to the Promised Land, Moses and the Israelites needed stuff, too. And God guided and provided for them. When they were hungry, manna appeared every morning and quail flew into camp. And when they weren't sure where to go or what to do, God guided them.

God still takes care of people today. Just think how God provides for *you*.

When you're feeling lonely, a friendly face shows up. When you're sad, someone notices and gives you a hug. And when we all needed a friend who'll never leave, God gave his only Son, Jesus.

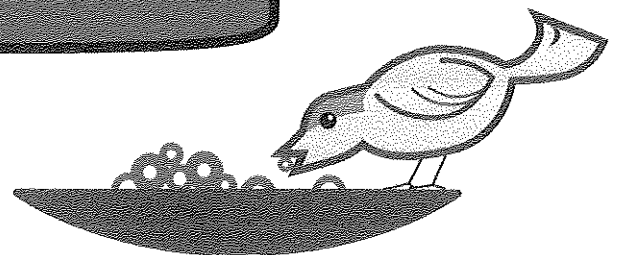
That's God guiding you—and giving you what you need. Why? Because he loves you—and all people—that much.

#### Talk-Starters

**Tell about a time God provided for you or your family. What happened? How did you feel?**

#### Try This @ Home

This week ask a grown-up for some bread slices or crackers and place them outside on a plate where birds can see them. To your feathered friends, it's like manna from heaven!



#### Explore More @ Home

God gives us what we need—and provides generously!  
See James 1:17 and Matthew 6:33.



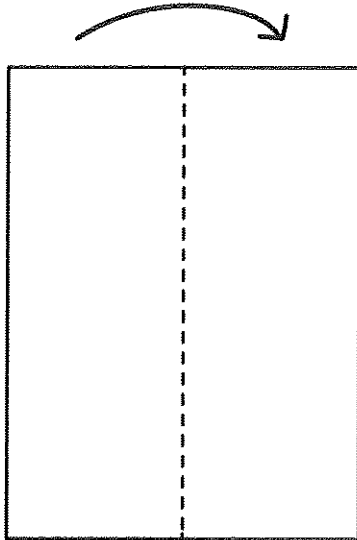
# Make this page fly home!

Fold a paper football. When you get home

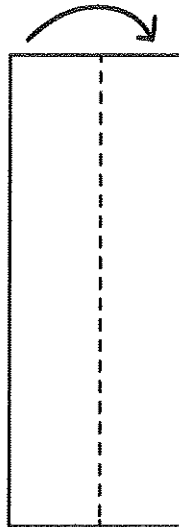
...place a chair about 6 feet from a tabletop. Ask someone to take turns with you and see who can flick the football off the tabletop and make it land in the chair. Tell that person about quail flying into the Israelite camp.

## Here's how:

- ① Fold the paper in half lengthwise as shown.



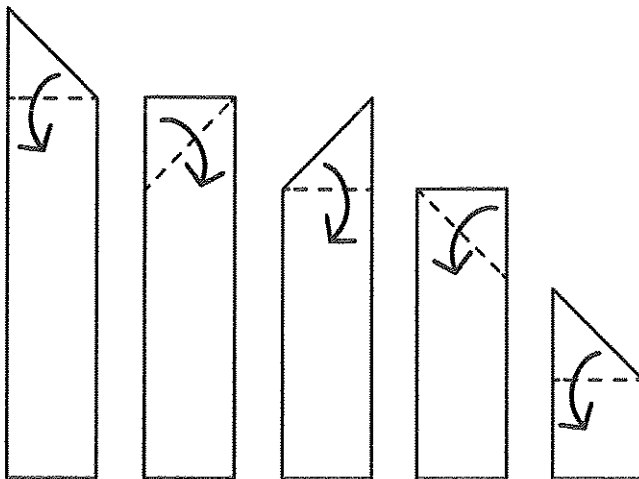
- ② Fold the still-folded paper in half again as shown.



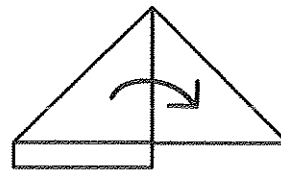
- ③ Start at the top corner and fold into the center to make a triangle.



- ④ Keep folding the triangle down the length of the paper.



- ⑤ Tuck the last bit of paper into the folds of the triangle.



- ⑥ Hold the "football" on a corner, and give it a flick!

