

Preschool & Kindergarten Flight Plan

Bread from Heaven

September 28th



Bible Passage	Exodus 15-17
Story Point	God gave His people food and water
Key Passage	"You know no God but me, and no Savior exists besides me" Hosea 13:4b
Big Picture Q & A	<p>Is there anything God cannot do?</p> <p>God can do all things</p>



Foods I Love

INSTRUCTIONS: Circle the foods below that you enjoy.



Preschool Activity Pages
Unit 5 - Session 1
Bread From Heaven

BIBLE STORY SUMMARY:

- God's people complained to Moses.
- God sent quail and bread for His people to eat and water for His people to drink.
- God gave His people food and water.

KEY PASSAGE: Matthew 22:37

DISCUSSION QUESTION:

- What is God that God is holy, good, and loving.

FAMILY DISCUSSION STARTERS:

- What is your favorite food?
- What is your least favorite food?
- Where are you supposed to complain?
- What are your God provides for your family?

FAMILY ACTIVITY:

- Make a list of things you need to live, and then make a list of blessings God has provided along your needs. Thank God for His love.
- Think of a family to write a letter. Deliver the letter to your neighbors.

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Gospel—Centered Preparation:

The heart of preparation is rooted in your understanding of the gospel and your personal application of the story.

After your study ask yourself:

- How do the verse and Big Picture Question connect to this story?
- What am I excited to teach from this passage?
- The main point this week is: _____
- Where is the gospel in this story?

September Focus: God's People Delivered



Sept 7th: Moses was Born and Called, Exodus 1-4

Story point: God chose Moses to save His people

Sept 14th: The Plagues and the Passover, Exodus 5-12

Story Point: God rescued His people

Sept 21st: The Red Sea Crossing, Exodus 13-15

Story Point: God led His people through the Red Sea on dry ground

Sept 28th: Bread from Heaven, Exodus 15-17

Story Point: God gave His people food and water



Leader Bible Study

The Israelites' future looked bright. The Lord, through Moses, had rescued them from slavery in Egypt. He fought for them, displaying His power by parting the Red Sea and subsequently destroying Egypt's army. God was working out His plan to bring the Israelites to the promised land, the land God promised to Abraham's family.

But the journey from Egypt to Canaan was not direct. The Lord led His people into the wilderness. The Israelites' bright future seemed to fade. Their dry mouths and rumbling, empty stomachs produced complaints and accusations. They doubted the Lord's goodness.

The Israelites traveled three days into the wilderness and were unable to find water. When they found water at Marah, they must have rushed to it—only to find the water was too bitter to drink. The people grumbled to Moses. Of course, Moses had no power to change the water. But the Lord did. Moses cried out to the Lord, and He showed Moses a tree. Moses threw the tree into the water, and the water became drinkable.

Then the Israelites moved farther into the wilderness. Their hunger produced despair: "If only we had died by the LORD's hand in the land of Egypt ... Instead, you brought us into this wilderness to ... die of hunger!" (Ex. 16:3).

Again, the Lord gave the Israelites what they needed. Moses and Aaron explained the purpose behind the Lord's provision: "You will know that it was the LORD who brought you out of the land of Egypt" (Ex. 16:6). God sent bread from heaven and quail for the Israelites to eat. They ate manna in the wilderness for 40 years.

The Lord is our Provider. Like He provided for the physical needs of His people in the wilderness, He provided for our spiritual needs by sending His Son, Jesus—the Bread of life (John 6:35)—so we can live forever.

Vision for Grace Airways
We navigate the scriptures,
training up bold disciples,
on our ongoing journey to Jesus!

Co-Pilot—Included Preparation:

On a Sunday morning, the Pilot is leading everyone in our ongoing journey to Jesus— that includes both flyers and Co-Pilots! The more consistency and continuity we have between Pilots, the better we can prepare our helpers to succeed and grow! With that consistency comes the mentorship aspect for our youth volunteers in particular, and utilizing our adult co-pilots as well: sharing activities, engaging them in the morning, and encouraging their involvement.

As you prepare for the lesson, ask yourself:

- **Does my planning allow for Co-Pilot participation throughout the morning?**
- **How did I prepare my Co-Pilot to help with classroom management?**
- **What specific activities will my Co-Pilot assist with today?**
- **In what ways can I encourage my Co-Pilot?**

Engagement

- Sit with child during the story
- Playing alongside flyers
- Reengage chatty/distracted kids
- Ask to volunteer an example during discussion
- Help play to Co-Pilot's strengths

Activities

- Attendance stickers
- Timeline
- Joining in the verse and BPQ&A
- Assigned to a specific flyer
- Helping find books in the Bible
- Leading crafts & songs

Encouragement

- Thank you for stepping in there!
- You did a great job with _____.
- You really helped me while I was _____.
- Thank you for being _____'s buddy today.
- Your help really made this morning go smoothly.
- _____ was the right thing to do. You handled it well!
- I'm so glad you are here today!

Morning Routine



Stay with this order.

Adjust pictures on schedule according to your plan.

Review schedule with the children at the start of the morning.



Take Off

VBS song
Verse/BPO

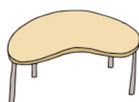
5 Min



Journey
Prayer
Bible Story
God Attributes



10 Min



Flight Lab
Bible Story Activity

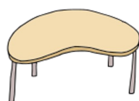
15 Min



Free Play
Inside or on
playground

10 Min

At congregation last song-clean up/move inside



Pilot's Log
Prayer
Take Home Page
Settle and Review



5 Min



5 Min Take Off

Celebrate & being here! Introduce the morning

Gather

As the children enter, have them gather at the TV to begin with worship/singing.

Have your co-pilot check attendance.

Song

Do a song or 2 of your choice as time allows to help children prepare for the lesson,

Key passage

Transition from singing into the Verse Song. Lead the kids with the **hand motions in the video!**

“You know no God but me, and no Savior exists besides me”

Hosea 13:4b

Big picture question

Is there anything God cannot do?

God can do all things

Repeat the question 2-3 times for learning!

Transition to the Bible Story

Clap a simple rhythm for the children to copy, use a finger play, etc... Set expectations for the children: “my turn to talk, your turn to listen, eyes on me, hands in your lap”

Choosing the same transition every week works super well with child and kindergarten ages.

Fingerplay Ideas:

Bible FingerPlay:

1, 2 (hold up fingers) The Bible is true (hands like book), God loves me (cross arms, point to me) and God loves you (cross arms, point to class)

Open Shut them:

Hold hands in front as you open and shut them while saying:

Open shut them, open shut them, give a little clap

Open shut them, open shut them, lay them in your lap.

Creep them creep them, slowly to your chin

Open wide your little mouth (pause), but do not let them in!

Active Preparing to sit and listen:

I stomp my feet, I clap my hands, I jump up from the ground.

I stomp my feet, I clap my hands, I turn myself around.

I stomp my feet , I clap my hands, I sit myself right down

I stomp my feet (*while sitting*) , I clap my hands, I do not make a sound (*finger over lips, spoken in a whisper*).



10 Min

Journey

Where we travel into God's word

Introduce the Bible Story

Use our Bible Finger play each week to transition to the Story.

Do you know the name of the first book in the Bible? [Allow for responses.] Right, Genesis. The second book in the Bible is Exodus. Let's say them both: Genesis, Exodus. Our Bible story today is from Exodus, and like all the stories in the Bible, it really happened! The Bible is true!

All the stories in the Bible fit together to tell an even bigger story. The Bible tells us the big story of how God rescues sinners through His Son, Jesus.

Tell the Bible Story

Using the Pictures, tell the Bible Story or watch the video (***This lesson is not in the classroom Bible***). Tell the story using your own words keeping eye-contact with the children.

The Israelites did not trust God, so they grumbled and complained. They should have known God would provide for them. **God gave His people food and water.** Later, when God sent Jesus, Jesus said, "I am the bread of life." We need bread and water to live now, but Jesus gives us life forever.

Talk about the Bible Story

Show the Bible story picture as you ask the following questions.

1. **Why did the Israelites complain?** (They could not find good water, and they were hungry.)
2. **What kind of bird came into the camp?** (quail)
3. **What did the people call the fine flakes of bread on the ground?** (manna)
4. **Why did Moses hit a rock with his staff?** (God told him to.)
5. **What happened when Moses hit the rock?** (God made water come out of the rock.)
6. **Is there anything God cannot do? God can do all things.**

God's attributes- helping the children understand what God is like, shown to us in the Bible. In today's story we see that God is:

-Provider - Promise Keeper

Have a student place the story picture on the 'timeline'

Age Appropriate Bible Story

Use your own words—Trust the Holy Spirit to speak through you!

Bread from Heaven — Exodus 15-17

Moses led the people away from the Red Sea, and they came to the wilderness. When they could not find good water to drink, they complained to Moses. God told the people, “If you obey Me and do what is right, I will not punish you like I punished the Egyptians.” Then the Israelites came to a place called Elim (EE lim) where there was plenty of water, and they camped there.

The Israelites left Elim and went out into the wilderness. When they got hungry, they complained to Moses.

“We are starving!” they said. “You brought us out here to die!” But Moses had not brought them out there to die. God knew what He was doing.

God said to Moses, “I heard the Israelites complaining. Tell them that they will eat meat for dinner, and in the morning they will eat bread until they are full. Then they will know that I am their God.”

That evening, quail came into the camp and the people ate meat for dinner. In the morning, fine flakes like frost were on the ground.

“What is it?” the Israelites asked.

“It is bread,” said Moses. “The Lord has given you bread to eat.” The Israelites called the bread manna, which means “what is it?”

God gave the people instructions for eating the bread. He told them to gather only what they needed to eat that day. If they gathered too much, the leftovers went bad. On the sixth day, they gathered twice as much so they could rest on the seventh day. The seventh day was the Sabbath day, a day to rest.

The Israelites did not always do what God said to do. Sometimes they gathered too much manna, and sometimes they tried to gather manna on the Sabbath day. Moses was upset that the Israelites did not trust God and obey Him. For many years, the Israelites traveled in the wilderness, going wherever God told them to go. One day, they stopped to camp but they had no water.

“Moses, give us something to drink,” they said. But Moses did not have any water.

“Lord, what should I do?” Moses prayed. God showed Moses a rock and told him to hit the rock with his staff. When he did, water came out of the rock and the people drank the water. God was with His people.



Picture Card Lesson

Use your own words—Trust the Holy Spirit to speak through you!

Bread from Heaven — Exodus 15-17

Card 1: God led the Israelites into the wilderness. A wilderness does not have much water or food. The people whined, “What are we going to drink? You brought us here to hurt us!” But Moses had not brought them out there to hurt them. God knew what He was doing.

Card 2: Later the people were hungry, and they whined again. So God sent them quail to eat. He sent bread from heaven each day. The people called the bread manna. God said; “Now they will know that I am their faithful God.”

Card 3: For many years, the Israelites traveled in the wilderness, going wherever God told them to go. They went to another place that did not have water. They asked Moses, “Why did you ever take us out of Egypt? Give us something to drink!” Moses asked God; “Lord what should I do?”

Card 4: God told Moses to hit a rock, and water came out! God gave His people water and food in the wilderness. God was with His people and took care of them. God sent Jesus. Jesus takes care of us!

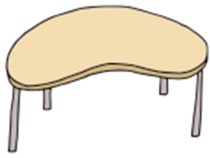


Christ Connection: When God's people were hungry and thirsty, God gave them food and water. Later, God sent His Son, Jesus. Jesus said, “I am the bread of life” (John 6:35). Bread and water give people life for a little while, but Jesus gives people life forever!

Bible Storytelling Tips:

Thumbs up or down: Show children how to “thumbs up” for something good and “thumbs down” for something not good. Name a few items and prompt the children to signal whether it is good or not good. Encourage children to signal “thumbs up” or “thumbs down” to different parts of the Bible story.

Use props: Place a feather, piece of bread, and a bottle of water in a gift bag. Pull them out as you tell the parts of the story about God providing meat, bread, and water.



15 min Flight lab

Learning the story in an interactive way

Choose from below or use your own idea-however the Lord leads. Then go into free-play.

Play “Moses Says”

Play “Simon Says” but use *Moses* instead of *Simon*. Give directions for fun movements such as “Moses says, ‘Jump three times.’”

Encourage all the children to follow the directions you begin with “Moses says” but to not do the action if you do not say “Moses says.” Use a variety of movements both large and small for children to follow such as jump, run in place, skip, tap your fingers, clap, and close your eyes. Do not sit children out if they do an action that did not include “Moses says.” Simply move on to the next action.

- In our Bible story today, God’s people did not listen to Moses; instead, they complained to Moses. They were hungry and thirsty. “We are starving!” they said. “You brought us out here to die!” But Moses had not brought them out there to die. God knew what He was doing. How did God care for His people?

Wash, Sort, and Examine Rocks

Gather a number of rocks for the children to wash, sort, and examine. Fill a plastic tub with a 2 to 3 inches of water. Place the tub on a towel. Place another towel nearby to wipe up spills and dry rocks removed from the water. Encourage children to put the rocks in the water and to look for different colors in the rocks. Use a magnifying glass to examine the rocks. Encourage the children to sort the rocks by color, size, texture, or shape.

- Can you find a rock with a smooth edge? How about one with a bumpy edge? Can you squeeze a rock and get water out of it? No. That is an amazing part of the Bible story. God told Moses to hit a rock with his staff. Water came out of the rock for the people to drink. **God gave His people food and water** in amazing ways.

Move with Feathers

Give each child a large feather. Play the key passage song, theme song, or other familiar praise and worship songs. Choose a variety of songs with different tempos. Wave your feather and move to the music. Encourage the children to wave their feathers and move with the music too.

- These feathers remind me of how God sent quails into the Israelites' camp for them to eat. When God's people were hungry and thirsty, **God gave His people food and water.** Later, God sent His Son, Jesus. Jesus said, "I am the bread of life."

Make a Paper Plate Quail

Fold a paper plate in half for each child. Draw a quail's face near the top of the fold. Provide artificial feathers for children to glue to the plate. Talk about the Bible story as they make their quails. Write the Story Point on each quail.

GOD IS HOLY, GOOD, AND LOVING. God gave His people food, like quail, in the wilderness. God gave us what we need most in Jesus. God sent Jesus because He loves us.

Gather Manna

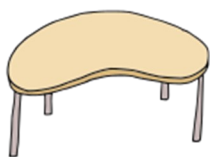
Invite children to lay down like they are sleeping. While they close their eyes, scatter cotton balls on the ground. Guide the children to "wake up" and gather the manna. Briefly review the Bible story.

GOD IS HOLY, GOOD, AND LOVING. God gave His people water and food in the wilderness. Later, God sent Jesus because He loves us.

Shake Water Shakers

Before class, place small stones in clear water bottles with a little bit of water. Seal the lids with duct tape. Gather children to sit in a circle with their bottles. Invite children to shake the water bottles and look at the rocks. Briefly retell the Bible story. Play the verse song or theme song and use the bottles as a rhythm instrument. Alternatively chant the Big Picture Question as a rhythm. Save the bottles to use this way the rest of the unit if desired.

GOD IS HOLY, GOOD, AND LOVING. God gave His people water and food in the wilderness. Later, God sent Jesus because He loves us.



5 Min Pilot's Log

Where we prepare to go home

After flight lab, allow the children to play. **When congregation begins last song, move to the tables.**

Pause and settle

- Signal the end of free play, (use the time-timer to count down)
- Sing the clean-up song and guide children to clean their areas. Wash hands or use hand sanitizer if needed.
- Have children sit around the table.

ALWAYS CLOSE THE MORNING WITH PRAYER

This is how we model incorporating prayer into their lives

- After prayer, hand out the activity/coloring page. Direct children accordingly to complete the page. Remind children of what they can take away from today's lesson.

If a child finishes the activity/coloring page while waiting for mom and dad or is not interested, only offer options that can be completed at the table (playdough, puzzle, select a book to examine, practice the verse, etc) **Keep children at the table to maintain a calm and quiet environment for easy transition to mom and dad.**

When parents pick up their children, as appropriate share something their child enjoyed doing or did well during the morning.

Be sure that the Co-Pilots hand out the Activity sheet to each child or to parents. Have your Co-Pilot encourage parents to use this to talk to their kids about what they learned in class today.

PREK/K Prayer Extra Ideas:

Prayer Chain — in small groups, ask children for their prayer requests and have the Pilot or Co-Pilot write them on a few strips of paper. Connect paper strips into a chain and display our growing conversation with the Lord. Feel free to revisit old prayer requests as well.

Pointing to a Globe — Have a child or Co-Pilot spin the globe and place their finger on a country. Place a star sticker on the place(s) and pray over it as a group. We will provide a PreK/K age geography book to help guide discussion and prayer. Even if you don't know anything about the country, we can lift up the people, pray for Jesus, light to shine there, the Gospel to be active there, and churches to grow, etc.

Looking out the Window — Grab a dry-erase marker, have the kids gather at the windows, and look outside. Ask the children to look for 3 things they can see out of the window to pray over. Using the dry-erase marker, write or draw these things on the window then pray over them.

Preschool Carpet Bag Prayers— Choose an item(s) out of the carpet bag. Discuss the item and different people/things the item could represent (car—driving safely, mechanics, trips, first responders, etc) Encourage kids to “think outside the bag” and help them make connections. Pray over the people, places, and things that were discussed.

Head Shoulders Knees and Toes—Pray through the song.

- Head (mind, imagination, thoughts, creativity)
- Shoulders (physical strength, things we might be dealing with)
- Knees (dancing, playing, jumping, etc.)
- Toes (walking and following after Jesus, standing strong in our faith)
- Eyes, ears, mouth & nose (seeing goodness, listening to Him, speaking truthful words, our senses, etc.)