

UPPER ELEMENTARY

Flight Plan

September 28th



Lesson	Bread from Heaven
Bible Passage	Exodus 15-17
Story Point	God provided for the physical needs of His people.
Key Passage	"I have been the Lord your God ever since the land of Egypt; you know no God but me, and no Savior exists besides me." Hosea 13:4
Big Picture Q & A	Is there anything God cannot do? God can do all things according to His character.



Write Responses

For each question, write how you would respond. What would you say or do?

- Someone rescues you from a scary situation.
- You find out you're moving to a new home.
- You haven't had anything to drink in three days.
- You can't find anything to eat.
- You don't have a car and have to walk many miles.

Quail Catch

Cross out the quail that do not have a match. Use the words in the remaining quail to fill in the blanks and complete the big picture question and answer.

HOLY

GOOD

WHAT?

FAITH

LOVE

LOVING

GOOD

LOVING

GOOD

_____ is _____ like?

_____ is _____,

and _____.

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!**

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 called Moses to deliver His people from captivity



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

Story Point: God delivered His people and proved that He is the one true God.



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

Story Point: God parted the Red Sea for His people to cross.



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

Story Point: God provided for the physical needs of His people



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!

Sunday Morning Flight Plan



Take Off

- Open in Prayer
- Hook
- BPQ and A & Key Passage
- Timeline & Introduce Story

10 Min

Journey

- Attendance & Bible Sticker
- Bible Story
- God's Attributes

15 Min

Flight Lab

- Experience of the Bible Story
(Make connections through an activity & motion)

15 Min

Pilot's Log

- Pray
- Calm activity during pick-up
- Give activity sheets to parents as they pick up students

5 Min

Expected Dismissal	
First Service	Second Service
9:40	11:40



10 min

Take Off

Celebrate being here! Introduce the morning.

Open in Prayer

Hook

- Prompt kids to imagine they are going to spend a year in the desert. What would they bring with them?

Big Picture Question

- If you remember our big picture question, shout it out! ***Is there anything God cannot do?*** Now say the answer together: ***God can do all things according to His character.*** Today's story begins as the Israelites left Egypt and began their journey to Canaan.

Key Passage

- Show the key passage poster. Lead the boys and girls to read together Hosea 13:4.
- The Israelites repeated the story of the exodus so future generations would remember what God had done. God is the same today as He was in the time of the Israelites!

Timeline/Introduce Bible Story:

- All the stories in the Bible fit together to tell us one big story of how God rescues sinners through His Son, Jesus. The Bible starts at the beginning—literally, the beginning of time when God created everything. It tells us how sin entered the world through Adam and Eve and how God began working out His plan to send a Rescuer. He chose a group of people—the family of Abraham, Isaac, and Jacob—to be His people through whom the Rescuer would come. The Old Testament tells us about these people, the nation of Israel.
- You have learned that the new pharaoh made the Israelites slaves. But you also learned how God saved them in a mighty way, and led them out of Egypt through the Red Sea. Well, life in the wilderness wasn't easy, and the people needed food and water. Let's learn more.
- Transition to Bible Story: (OPTIONAL) Show the Bible Story Video.



15 Min

Journey

Where we travel into God's word

Bible Story

Open your Bible to **Exodus 15-17** Read from the Bible or use your storytelling skills to help you tell the story.

God's people had just escaped from Egypt in a mass exodus—when many people leave a place at the same time—and one of the first things they did was start complaining. I can relate to being a complainer when I get hungry. Sometimes I get so hungry I feel angry. Have you every been hangry? It is hard to go very long without food and water, especially if you're doing a lot of walking. The people thought Moses had brought them out into the wilderness to die. Of course we can see the bigger picture of what was happening because we have the whole Bible to read. We know that God had a plan, and God provided for the physical needs of His people by sending quail and manna. He also provided water to drink! God had rules for the manna. He told them to only collect as much as they needed for the day. Each family was to collect one day's worth of manna. If they collected more than they needed the extra would go bad. God showed them how to rely on Him each day. It was as though God was asking them, "Do you trust me? Will you trust me tomorrow?" Each day God taught them how to trust Him a little more. Is there anything God cannot do? God can do all things according to His character. God is holy, good, and loving. We see what God is like even more clearly through Jesus, God's Son.



In the New Testament, Jesus said that He is the Bread of life. (John 6:31-35) God provided manna from heaven for His people's physical hunger, and later He provided His Son, Jesus, for our spiritual hunger. The Israelites needed bread to live for a little while, but whoever has Jesus will live forever!

Age Appropriate Story

Bread from Heaven

Exodus 15-17

STORY POINT: GOD PROVIDED FOR THE PHYSICAL NEEDS OF HIS PEOPLE.

Moses led God's people to the wilderness. They were hungry. They complained to Moses. "You brought us out here to starve to death!"

God said, "I have heard the complaints of the Israelites. Tell them: In the evening you will eat meat, and in the morning you will eat bread. Then you will know that I am the LORD your God."

At evening, quail came into the camp. In the morning, fine flakes like frost were on the ground. The Israelites called the bread manna. He told them to collect just enough to eat for the day. He told them to collect twice as much on the sixth day, because the seventh day was a day to rest.

The Israelites ate manna for 40 years while they were in the wilderness. One day, they came to a camp with no water.

"You brought us out here to die," the Israelites said. They forgot that the Lord had a plan for them.

God showed Moses a rock and instructed him to hit it with his staff. Water came out of it, and the people drank. The Lord was with them.



Christ Connection: In the New Testament, Jesus said that He is the Bread of life. (John 6:31-35) God provided manna from heaven for His people's physical hunger, and later He provided His Son, Jesus, for our spiritual hunger. The Israelites needed bread to live for a little while, but whoever has Jesus will live forever!

Discussion & Bible Skills

Distribute a Bible to each kid. Help them to find **Exodus 15–17**. Remind kids -the first five books of the Bible, known as the Law, were written by Moses & contain rules God put in place for how to love Him and other people. Lead the group to discuss:

1. **In what ways did God provide for the Israelites?** Prompt kids to recall that God provided water to drink, and He provided manna and quail to eat. Everyone had enough. (Option: Choose a volunteer to read John 6:32.)
2. **Why do you think God only allowed them to collect enough manna for one day?** discuss the underlying issue of not trusting God. Help them understand that God's rules about gathering manna forced them to rely on God's provision each day, rather than their ability to gather.
3. **Does God always give you everything you ask for? Why or why not?** Help kids understand that God knows what is best for us, and He gives us what we need to do His plan. He is our loving, heavenly Father. (2 Cor. 12:8-10.)
4. **How can we have a good attitude when our circumstances are difficult?** Avoid downplaying the pain of suffering, but do encourage kids to consider what is temporary (lasting for a short time) and what is eternal (lasting forever). For those who trust in Jesus, we have the hope of peace and life with God forever. (Option: Choose a volunteer to read Phil. 4:8.)

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

Travel Guide:

Use the travel guide for maps, charts, etc... as useful with helping the children learn and understand today's story.



15 min

Flight Lab

Instill Wonder as you experience the Bible
CHOOSE ONE ACTIVITY

Key Passage Activity

Write each word or phrase of the key passage on a separate clothespin. Clip one • God provided for the physical needs of His people. God loves to provide for us today as well. He doesn't always provide the things we want or think we need, but we can trust God in everything because of what He is like. What is God like? God is holy, good, and loving.

Water bag demonstration

Fill a ziplock bag half full of water. Seal the bag and ask kids what they think would happen if you pushed a sharp pencil through the bag.

Hold the top of the bag with one hand. Use your other hand to push a sharpened pencil through one side of the bag and halfway out the other side. No water should leak from the bag.

Push additional pencils into the bag or let kids take a turn. Explain that the plastic bag forms a seal around the edge of the pencil to keep the water from escaping.

- If you were going on a long trip, what kind of container might you use to carry water? [Allow kids to respond.] When God's people escaped from Egypt, they traveled for many days but couldn't carry a lot of water with them. As we'll see in today's Bible story, it wasn't long before they got thirsty and hungry. How did they get water?

Scavenger Hunt

Form groups of three or four kids. Give each group a pencil and a scavenger hunt list. Instruct the groups to look around the room for items that match the descriptions on the scavenger hunt list. Kids should write down the name of the object but should not move the object from its place. Encourage kids to find items other groups may not notice.

After several minutes, call for kids to gather and read their lists. Ask if there are any descriptions kids couldn't find an object for.

- Have you ever searched for something and been unable to find it? Today we are going to hear a Bible story about God's people in the wilderness. They looked and looked for food and water, but they couldn't find any.

Collecting Manna

Form teams of three or four kids. Position on one cup per team on a table and assign each team to a specific cup. Provide a spoon or set of chopsticks for each player. Scatter pom-poms over the floor and explain that teams will have five minutes to put as many pom-poms in their cup as they can. Emphasize that players may not use their hands to pick up the pom-poms.

After five minutes or when kids have gathered all of the pom-poms, instruct teams to count the pom-poms in their cups. The team with the most pom-poms wins.

- In the wilderness, the Israelites couldn't go to the grocery store or a restaurant to get food. They were completely dependent on God. We saw in our Bible story today how God provided for the physical needs of His people. We can trust God to provide for our needs today. He might not send manna from the sky, but He can provide through other means to give us everything we need.

Wants and Needs Prayer Circle

Instruct the kids to sit in a circle. Briefly discuss the difference between things we want and things we need. Allow kids to give examples of both wants and needs. Then, invite volunteers to share one thing they want and one thing they need. Go around the circle praying for each kid's requests. You may invite kids to each pray for the person on her left.

- God provided for the physical needs of His people. God loves to provide for us today as well. He doesn't always provide the things we want or think we need, but we can trust God in everything because of what He is like. What is God like? God is holy, good, and loving.

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.

- 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.



5 min Pilot's log

Where we prepare to depart.

Pray:

If time, share prayer requests and allow kids to record in the **prayer journal section of their *Travel Guide*.**

ALWAYS CLOSE THE MORNING WITH PRAYER.

This is how we model incorporating prayer into their lives.

Waiting for parents/Activity Page:

Tie back into the lesson, remind them of the Big Picture Question/verse, etc...

Be sure to **re-set expectations on what their choices are while waiting for mom and dad:**

- Activity page
- Key Passage Activity (See next page for list of options)
- Coloring page
- Gospel Kit Activities
- Anything quiet at the tables you are ok with (*origami, free draw on blank paper, hangman game at white board, putting Book of the Bible cards in order, etc....*)

Be sure that the Co-Pilots hand out the Activity sheet to each child or to parents so they can go home with families.

Key Passage Review Extra Ideas:

Invite kids to sit around tables. Give each kid a pencil. Show the key passage poster and lead them to read it aloud.

Give a piece of paper to one kid at each table. Instruct him to write down the first word of the key passage and pass the paper to the person on his right. That person will write down the second word, pass the paper to her right, and so on. Kids will pass the paper around the table, writing one word at a time until they finish the key passage. When kids finish, invite groups one at a time to say the key passage together.

Display the key passage poster. Lead the kids to read it aloud. Then challenge them to read it in various ways: whispering, shouting, quickly, slowly, and so on.

Form two groups of kids. Call on the first group to say the key passage together. Then call on the second group to say it.

Prompt the first group to say the passage a few phrases at a time, pausing for the second group to echo. When kids finish saying the key passage, lead the second group to begin and the first group to echo.

Instruct kids to sit or stand in a circle. Choose one kid to begin by saying the first word of the key passage. Guide kids to say the key passage, one word at a time, moving around the circle.

Allow kids to look at the key passage poster if they need help remembering the words. Continue around the circle a few times. Consider shouting, "Switch!" and letting kids move to another place in the circle before playing again. *Or toss the ball to different kids rather than go in order.*

Before the session, write out the key passage on a chalkboard or dry erase board in eight separate phrases. Display the phrases where kids can see them. Give each kid a marker and eight craft sticks. Instruct kids to copy from the board, writing each phrase on a separate stick. Then instruct kids to mix up their sticks and then quickly rearrange the phrases in the correct order. Kids may work individually or in pairs. Provide rubber bands for kids to bundle their sticks and keep them as a method of practicing the key passage during the week.

Prayer Extra Ideas:

Prayer Chain—In small groups, ask children/co-pilot to write prayer requests on a few paper strips. Connect paper strips into a chain and display our growing conversation to the Lord. Feel free to revisit older requests as well.

Painted Rocks—Have each child choose a painted rock to write on. Write a word of encouragement, a word about Jesus, a name, etc. The goal is to take it with them and place it somewhere near their typical living space—a neighbor's house, a store, a playground, etc. Then pray over the place or the people who are there.

Pointing to a Map—Choose one or two kiddos to spin/close their eyes/ find a certain color (you can be creative and have fun) and point to a country on the map. Place a pin in the place(s) and pray over it as a group. 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 those things on the window (PreK & K may draw things) and then pray over those things. Feel free to leave them on the window, so whenever we look through, those things are brought to our mind to pray for again.

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.)

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.