

Today's Suggested Schedule—November 2025, Week 3

Today's Bible Story: I can thank God for food.

Manna and Quail • *Exodus 16*

Key Question: Who can thank God for everything?

Bottom Line: I can thank God for everything.

Memory Verse: *I will give thanks to the LORD with my whole heart.* (Psalm 111:1 ESV)

Supplies Not Included in the Activity Bags

Social: Providing Time for Fun Interaction

Find the Food

- Play food
- Butcher paper
- Masking tape
- Little People

Lesson Activities

Memory Verse Activity- Memory Verse Hop

- Grab hearts from Week 2 memory verse activity

Bible Story Review- Sandy Story

- Bin of sand- W in closet and N on shelves between rooms
- Sensory Bin
- Little People

Application Activity-Pass the Food

- Picnic basket
- Toy food

Craft- Picnic Story

- Gluesticks
- crayons

Journal and Prayer

Social

1. Find the Food

What You Need:

- Butcher paper
- Toy food
- Washable markers
- Little People® figures
- Masking tape

What You Do:

Before the Activity: Lay the butcher paper on the table and tape to secure. Set six pieces of food across the top of the butcher paper and six Little People figures along the bottom. Use different colored markers to create a line tangle connecting each figure to a piece of toy food along the top of the page. Lines can swirl and run into each other. Gather the children around the table.

During the Activity: Encourage children to take turns moving the figures along each path to find their food at the top of the page. Make sure each friend has a turn.

After the Activity: Introduce the Bible Story.

What You Say:

Before the Activity: "Friends, gather around the table."

During the Activity: "Do you see the people along the bottom of the page? They are SO hungry! Let's help them travel along each path to find food. Follow the line that the people start on. *(Pause.)* Wow! What food did your person walk to? *(Pause.)* Yum! What about this person? What food did they walk to? *(Repeat as desired.)* You helped all the friends find food. Great job!"

After the Activity: "Today, we're going to hear a story about a time when God's people, the Israelites, were hungry and God gave them food to eat. Let's go hear all about it!"

Transition

Move to Worship and Story by talking about everyone's favorite foods.

Lesson Activities

1. Memory Verse Activity-Memory Verse Hop

What You Need:

- Heart cutouts
- Painter's tape

What You Do:

Before the Activity: Space out the heart cutouts on the floor in a line and secure them with tape. Make sure to have at least one heart per child and leader. Say the verse as you do the motions with the children.

During the Activity: Ask children to jump onto their hearts when you say the word heart in the verse. Repeat as desired.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: "Hey friends, look at all the hearts on the floor. Hearts make us think of love! Everyone, go stand behind a heart and let's say our verse together as we do the motions. *(Pause.)* Ready? 'I will give thanks *(move flat hand forward from chin)* to the LORD *(point up)* with my whole heart,' *(tap heart twice)* Psalm 111:1. *(Open hands like a book.)* Great job!"

During the Activity: "Now let's just say the words of our verse and when you hear the word heart, jump on your heart. Here we go! 'I will give thanks to the LORD with my whole heart.' Everyone jump! *(Jump onto your heart.)* Psalm 111:1. *(Repeat as desired.)* You did such a great job saying the Memory Verse and jumping onto the heart."

After the Activity: "We can thank God for everything with our whole heart! **Who can thank God for everything? [Bottom Line] I can thank God for everything!**"

EveryChild Tips:

- Instead of jumping onto the heart, point to the heart when you say, "heart."

2. Bible Story Review- Sandy Story

What You Need:

- Shallow plastic tub
- Play sand
- Several Little People®
- Brown pom-poms
- Yellow pom-poms

What You Do:

Before the Activity: Create a sensory bin by pouring sand into a plastic tub.

During the Activity: As you review the Bible Story, add toy people and encourage the children to walk the people through the sand. Then add brown pom-poms for meat and yellow pom-poms for bread. Talk about how Moses and the Israelites were thankful for the food God gave them, and we can be thankful for food too.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: "Hey, friends! Come here! I have a sensory bin for us to use to review today's true story from the Bible."

During the Activity: "I have an idea! Let's pretend these toy people are Moses and the Israelites from our Bible Story. Oh! And this sand can be the desert they were walking through! (*Walk the toy people in the sand with the children.*) Whew! We have been walking for a loooooong time. I'm hungry. My tummy needs food. But we don't have any food. What will we do?"

"God loved the Israelites, and God knew they needed food. So, God told Moses that He would send meat at night (*add brown pom-poms*) and bread in the morning (*add yellow pom-poms*). And God did! Yay, God! Let's pretend these brown pom-poms are meat and the yellow ones are bread."

After the Activity: "Do you think the Israelites thanked God for the food He gave them? (*Pause.*) We can thank God for food. We can thank God for everything! **Who can thank God for everything? [Bottom Line] I can thank God for everything!"**

3. Application Activity- Pass the Food

What You Need:

- Paper plates
- Toy food
- Picnic basket
- Picnic blanket (sheet)

What You Do:

Before the Activity Spread out the picnic blanket in an open area of the room. Put the food in the picnic basket. Sit in a circle on the picnic blanket with the children. Give each child a plate.

During the Activity: Put one piece of food on your plate. Pass the food from plate to plate around the circle. When the food gets back to you, put the food back in the picnic basket.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity “Friends, come sit in a circle with me on this picnic blanket. I have a game for us to play with these plates (*give each child a plate*) this picnic basket, and this food.” (*Pull out a piece of food from the basket.*)

During the Activity “I’m going to put this [food] on my plate and pass it to my friend [child’s name]. (*Turn to the child to the left of you and tilt your plate to let your food roll onto the child’s plate.*) Okay now [child’s name] pass the [food] from your plate to the friend’s plate next to you. (*Continue directing the movement around the circle.*) Wow! Great job! We passed the [food] all the way around the circle from plate to plate! (*Put that piece of food in the picnic basket.*) Let’s pass another piece of food. (*Repeat as desired.*) That was so much fun passing the food to each other!”

After the Activity “In today’s true story from the Bible, God knew that the Israelites were hungry and needed food to eat. God told Moses that He would send meat at night and bread in the morning. And that’s what God did! Every day, God made sure the people had food to eat in the morning and at night. God is so good! Thank You, God, for food. Thank You, God, for everything. **Who can thank God for everything? [Bottom Line] I can thank God for everything.**”

EveryChild Tips:

- Allow children to pass the plate from friend to friend instead of passing the food from plate to plate.

4. Craft- Picnic Story



What You Need:

- “Picnic Story” Activity Page
- “Picnic Story Cards” Activity Page
- A2-sized brown kraft envelopes
- Brown construction paper strips
- Crayons
- Glue sticks
- Permanent marker

What You Do:

Before the Activity: Write each child’s name on their paper.

During the Activity: Encourage children to glue the construction paper strips on the lines on their paper. Encourage children to glue their envelope to the rectangle on their paper, opening side facing out. Ask children to color their story cards. Review the Bible Story, then place the story cards in the envelope.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: “Friends, come to the table and let’s make a picnic basket and fill it with Bible Story cards.”

During the Activity: “Look at your paper. Glue your brown strips on these lines (*point*) for the handles. Now glue your envelope to the bottom of your paper with the opening facing out. (*Demonstrate.*) Look! You made a picnic basket!”

“Now color these story cards. (*Pause.*) They’ll help us review today’s true Bible Story.

“Find the card with the unhappy Israelites. (*Pause.*) The Israelites were walking in the hot desert for a long time and were tired and very hungry. God loved His people and wanted to take care of them. So He told their leader, Moses, that He would send meat at night and bread in the morning. Find the card with the Israelites in the nighttime. (*Pause.*) They’re eating meat! Everyone was so happy to have food. Find the card with the Israelites in the daytime. (*Pause.*) The next morning, there were small pieces of bread all over the ground for the people to eat! You did it! You found all the story cards. There is one last card, it has a big heart on it. Hearts make us think of love. We can thank God for everything with our whole heart! Now place all your cards in the picnic basket.”

After the Activity: “Every day, God made sure the Israelites had meat to eat at night and bread to eat in the morning. We can thank God for the food we eat too! We can thank God for everything! **Who can thank God for everything? [Bottom Line] I can thank God for everything.**”

5. Journal and Prayer

What You Need:

- Journal
- Fun-shaped pen

What You Do:

Before the Activity:

Encourage the children to pretend they are walking through a hot desert as you lead them to your Small Group spot. Sit down and gather the children around you.

During the Activity: Review the Bible Story and Memory Verse Hand Motions. Encourage the children to help you make a list in the journal of foods.

After the Activity: Pray with the children using the list you made in the journal.

What You Say:

Before the Activity: "It's Small Group time! Let's pretend we are walking through a hot desert, like Moses and the Israelites did in our Bible Story. (*Pretend you are walking through a hot desert as you lead the children to your Small Group spot.*) Whew! We finally made it! Let's sit down and rest while we talk about today's Bible Story. One, two, three, sit down with me!"

During the Activity: (*Open the Bible and lay it in front of the children.*) "In our Bible Story today, God's people, the Israelites, were walking through a desert and they didn't have any food to eat! God loved the Israelites, and He knew they needed food. God told Moses that He was going to send meat every night and bread every morning for the Israelites to eat. And that's what God did!"

"The Israelites were so happy for the food! We can thank God for food because we can thank God for EVERYTHING! That's why when I ask you, **who can thank God for everything**, we all say, **[Bottom Line] I can thank God for everything!** Let's say it together! **Who can thank God for everything?** **[Bottom Line] I can thank God for everything!**

"Let's thank God right now with our whole heart and say the Bible verse we are learning. It says, 'I will give thanks (*move flat hand forward from chin*) to the LORD (*point up*) with my whole heart,' (*tap heart twice*) Psalm 111:1. (*Open hands like a book.*) Let's stand up and say that together! Just say what I say and do what I do! 'I will give thanks (*move flat hand forward from chin*) to the LORD (*point up*) with my whole heart,' (*tap heart twice*) Psalm 111:1. (*Open hands like a book.*)

"I love hearing you say that! (*Make a heart with your hands and hold it up.*) Now let's sit down and write in our prayer journal. We can use what we write when we talk to God. (*Open journal.*) Today, we are going to make a list of food in our prayer journal. Yum! It can be any food you want to thank God for! Listen for your name, and when I say it, tell me the food you want me to write in our journal." (*Remember to print, as you write in the journal, so the children can recognize their names and the letters.*)

After the Activity: "This list is making me hungry! (*Hold up journal.*) Let's pray and thank God for all these foods! Would anyone like to pray before I pray? (*Give each child who wants to pray the opportunity to do so.*) Dear God, Thank You for making so many kinds of foods for us to eat. Thank You for yummy foods like (*read the list the children made*). Please help us remember to thank You for the food we eat, because we can thank You for everything! We love You, God! In Jesus' name. Amen."