

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)

Social: Providing Time for Fun Interaction

Going on a Picnic

Lesson Activities

Memory Verse Activity- Manna Celebration

- ☐ Popup tunnel

Bible Story Review- Basket of Thanks

- ☐ Basket
- ☐ Play food

Application Activity-Bread on the Ground

- ☐ parachute

Craft- Thankful for Food

- ☐ Crayons
- ☐ gluesticks

Social

1. Going on a Picnic

What You Need:

- ☐ No supplies needed

What You Do:

Before the Activity: Gather with children in an open area of the room.

During the Activity: Teach children the “Going on a Picnic” chant to the tune of “Going on a Bear Hunt.”

After the Activity: Introduce the Bible Story.

What You Say:

Before the Activity: “Hello friends! I’m so glad you’re here today! We’re going on a pretend picnic, and we’re going to bring all kinds of fun food with us. Let’s get ready to go!”

During the Activity: “Friends, I’ll start our chant, and you can follow me. (*Start marching around the room.*)

“We’re going on a picnic, we’re walking in the sun,
We’re bringing lots of food; it’s going to be fun!

“Now freeze! This time say it with me!
We’re going on a picnic, we’re walking in the sun,
We’re bringing lots of food; it’s going to be fun!
I’m bringing tacos! (*With children.*) I’m bringing tacos!

“We’re going on a picnic, we’re walking in the sun,
We’re bringing lots of food; it’s going to be fun!
I’m bringing meatballs! (*With children.*) I’m bringing meatballs!

(*Continue the chant, changing the food each round.*)

“Thank you for going on a pretend picnic with me today! That was so much fun.”

After the Activity: “Today, in our true story from the Bible, we’ll hear about a time when God’s people were hungry, and guess what? God gave them food every day and every night! Let’s go find out how God took care of them.”

Transition

Move to Worship and Story by continuing to pretend to eat and march.

LESSON ACTIVITIES

1. Memory Verse Activity- Manna Celebration

What You Need:

- ☐ Pop-up tunnel
- ☐ Yellow small squares of paper

What You Do:

Before the Activity: Place the tunnel in the middle of the activity area. Say the Memory Verse and do the motions for the children.

During the Activity: Invite the children to crawl through the tunnel while saying the verse. Toss some manna over them as they exit the tunnel. Continue with each child. Repeat as desired.

After the Activity: Connect the Memory Verse to the Bottom Line.

What You Say:

Before the Activity: “Friends, come stand in front of the tunnel with me, and we can do the motions as we say our Memory Verse together. 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 everyone!”

During the Activity: “When I call your name, I want you to crawl through the tunnel to me as we say the words to our verse. [Child’s name] crawl through. ‘I will give thanks to the LORD with my whole heart,’ Psalm 111:1. (*Toss manna over them as they exit the tunnel.*) Wow! Look it’s manna like God sent the Israelites. [Child’s name], your turn to crawl through! ‘I will give thanks to the LORD with my whole heart,’ Psalm 111:1. (*Toss confetti and continue with each child and say the verse.*)

“That was a fun way to say our verse and remember that we can thank God for everything!”

After the Activity: “God is so good! Every day, God made sure the Israelites had meat to eat at night and bread to eat in the morning. Wow, God gave the Israelites food to eat! We can thank God for all kinds of food! We can thank God for everything. The Bible teaches us that we can thank God for everything with our whole heart—that means family, friends, food, and people who help us! We can thank God for everything!

Who can thank God for everything? [Bottom Line] I can thank God for everything.”

EveryChild Tips:

- Invite children to say it with you or repeat words after you.
- If children are unable to go through the tunnel or afraid to, encourage them to go around it while saying the verse, then toss confetti over them.

2. Bible Story Review- Basket of Thanks

What You Need:

- ☐ Picnic basket
- ☐ Toy bread
- ☐ Toy chicken leg
- ☐ Other toy foods

What You Do:

Before the Activity: Fill a picnic basket with toy foods. Place the toy bread and toy chicken leg on top of the other foods.

During the Activity: Gather the children around the basket. As you review the Bible Story, hold up the toy bread and toy chicken leg. When you are done reviewing the story, call each child by name and let them choose a food from the basket to hold up. Lead the children in saying, "I can thank God for [name of food child is holding]" each time a child chooses a food.

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

What You Say:

Before the Activity: "Who wants to see what's inside this picnic basket? *(Pause for responses.)* I do too! What's inside will help us review today's Bible Story."

During the Activity: "In our Bible Story, God's people, the Israelites, went on a long trip in a desert. Have you ever gone on a long trip? Did you get hungry? The Israelites got hungry too! Their tummies were SOOOO hungry. *(Pat your tummy.)*

"God knew His people were hungry, so He told Moses He would send bread *(pull out bread from basket)* in the morning and meat *(pull out chicken leg from basket)* in the evening. When the people woke up, there was bread on the ground for them to eat. And then in the evening, there was meat for them to eat, just like God said! Yay, God!

"The Israelites were happy for the food. We can be happy for our food and thank God for it too! Let's thank God for some food right now. When I say your name, you get to pick a food from this basket. Then we can thank God for it together! Ready? [Child's name] pick a food from the basket. *(Pause.)* Show us what you picked. *(Pause.)* You picked the [food]! I can thank God for [food]! Say that with me. I can thank God for [food]! *(Continue with each child.)* Great job everyone!"

After the Activity: "No matter what food you have, you can thank God for it, because you can thank God for everything! Now, when I ask you, **who can thank God for everything?** I want you to stand up and say, **[Bottom Line] I can thank God for everything!** Ready? **Who can thank God for everything? [Bottom Line] I can thank God for everything!** Yay!"

3. Application Activity- Bread on the Ground

What You Need:

- ☐ Parachute
- ☐ Yellow or brown pom-poms

What You Do:

Before the Activity: Spread the parachute out in an open space of the room. Sprinkle pom-poms on the parachute.

During the Activity: Encourage children to raise the parachute high in the air and watch the pom-poms (bread) fall from the sky to the ground. Collect the “bread” and do it again.

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

What You Say:

Before the Activity: “Oh, look the parachute is out! I love playing with the parachute. Everyone come grab a handle and let’s play!”

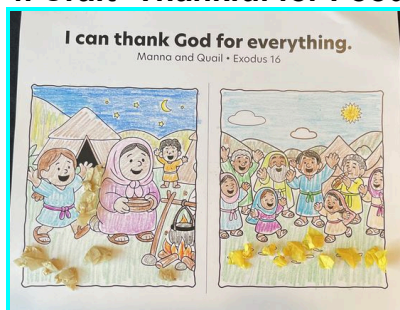
During the Activity: “Look at all those pom-poms on the parachute. Let’s pretend they’re bread. Now let’s be really quick and pop the parachute up. One, two, three! *(Pause.)* Wow, look at all the bread falling to the ground. Everyone put the parachute down on the ground and help me collect the bread so we can play again. *(Pause.)* Great job! Toss all the pom-poms on the parachute and grab a handle. Ready? One, two, three! Pop the parachute in the air! Friends, that was so much fun!” *(Repeat as desired.)*

After the Activity: “In our Bible Story today, we heard how God gave His people, the Israelites, meat to eat at night, and bread to eat in the morning. They were so happy to have food. Friends, you and I can thank God for food we eat because we can thank God for everything. **Who can thank God for everything?** **[Bottom Line] I can thank God for everything!**”

EveryChild Tips:

- Children can sit in a chair or wheelchair and participate.

4. Craft- Thankful for Food



What You Need:

- ☐ “Thankful for Food” Activity Page
- ☐ Yellow and brown tissue paper
- ☐ 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 color their pictures then glue the tissue paper squares or confetti onto their picture.

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 some story art to help us remember God’s people, the Israelites. They walked in a hot desert for a long time, they were unhappy and hungry.”

During the Activity: “Look! This side (*point to the night scene*) shows the Israelites at nighttime, and this side (*point to the day scene*) shows Israelites in the daytime. Color your pictures. (*Pause.*) God loved His people and wanted to take care of them. God knew they needed food so He told their leader, Moses, that He would send meat at night and bread in the morning. Wow, God is so good! That night they had plenty of meat to eat for dinner! Everyone was so happy to have food. Scrunch up some brown tissue and glue it to the nighttime picture. (*Pause.*) The next morning, there were small pieces of bread all over the ground for the people to eat! Glue some yellow pieces of paper to the ground on the daytime side. (*Pause.*) Great job! Every day, God made sure the people had meat to eat at night and bread to eat in the morning. Wow, God gave the Israelites food to eat!”

After the Activity: “Friends, we can thank God for all kinds of food! We can thank God for everything! Let’s thank God together. Thank You, God, for everything. (*With children.*) Thank You, God, for everything. **Who can you thank for everything? [Bottom Line] I can thank God for everything.**”