


LESSON 7: GOD SENDS MANNA AND QUAIL

Leader Guide for Grades 5 & 6

Classroom: Deeply Rooted

 Exodus 16:1-35

10/13/2019

Teachers Dig In

Dig In to the Bible

- Read: Exodus 16:1-35
- In This Passage: While the Israelites wander in the desert, they need food. They complain about how hungry they are and wish they'd never left Egypt. But God is loyal, even though they're not loyal in trusting him. He sends them food from the sky—manna (a mysterious breadlike substance) and quail.
- Bible Point: God is loyal...
- Application: ...so we're loyal.
- Summary Verse: "The Lord is compassionate and merciful, slow to get angry and filled with unfailing love" (Psalm 103:8).

Dig Deeper

- You'll Be Teaching: *God is loyal.* Kids' friendships can be anything but loyal. They can end over the simplest things: a misunderstanding, a difference of opinion, or affiliation with unpopular kids. Help kids see that even when the Israelites stopped trusting God, he continued to be faithful and loyal, providing food for them for 40 years. Kids can count on God to be loyal, even when their friends aren't.
- Think About: Who in your life has been most loyal to you? What can you learn from that person about God's loyalty?

Dig In to Prayer

- Pray that God would help kids be loyal friends that reflect his true heart.

Quick Tip

- When you use small groups or pair-shares for parts of the lesson, such as some of the discussion questions, you increase your kids' involvement and learning. Everyone gets a chance to participate and share! You also help kids practice peer relationships and help boost their skills as loyal friends.

This Lesson at a Glance



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible



OBJECT LESSON

Kids experiment with remote controls.

Supplies

- several electronic devices with remote controls
- various objects to “block” remotes, such as paper, cardboard, paper towels, books of various thickness, resealable bags filled with water, socks, pillows, ceramic mugs, and plastic trash cans
- paper
- pencils (1 per child)

Easy Prep

- Place a variety of objects to block the remote controls in a central area for kids to try.
- Different remotes will have different signal strengths. Test objects ahead of time. When we tested a TV and its remote, the signal went through paper, books, a pillow, and water in a resealable bag. However, the signal did not transmit through a ceramic mug or a plastic trash can.



CORE BIBLE DISCOVERY

Kids gather manna and quail and see how God stuck with the Israelites, even when they didn’t stick with him.

Supplies

- Bibles
- wet wipes
- large piece of paper
- heart stickers
- sticky notes
- feathers (real or fake)
- clean bedsheet or disposable tablecloth
- frosted flakes cereal
- 3-ounce cups (1 per child)

Easy Prep

- Hang the large piece of paper on the wall.



HIGH-ENERGY GAME

Kids play soccer while linked to a partner.

Supplies

- soccer ball or rubber playground ball
- 4 chairs
- upbeat music (optional)
- music player (optional)

Easy Prep

- Set a pair of chairs about 3 to 4 feet apart at each end of the room to be the goals.



LOW-ENERGY GAME

Kids try to keep a balloon in the air with their backs to each other and then while facing each other.

Supplies

- inflated balloons (1 for every 6 kids)
- upbeat music (optional)
- music player (optional)



LIFE APPLICATION WRAP-UP

Kids use tape as they pray about loyalty.

Supplies

- duct tape
- permanent markers



CRAFT

Kids decorate food storage containers.

Supplies

- economical food storage containers with lids (any size) (1 per child)
- permanent markers
- double-sided tape or Mini Glue Dots
- sequins

Easy Prep

- Make a sample craft to show kids.

**Marked supplies are also used in Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



Supplies

- Bible

Welcome

- Thank kids for coming.
- Just for fun, have kids pat the people next to them on the back.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids say “appy-hay irthday-bay” (“happy birthday” in pig Latin).
- Collect the offering.

Introduce the Lesson

Say: **Today we’re going to learn that God is loyal. He was so loyal that he made the Israelites’ food fall from the sky for 40 years!**

Share

- Tell kids which food *you* wish would rain from the sky.
- Have kids form pairs. Ask kids to share which food *they* wish would rain from the sky.
- After partners have discussed, ask two or three kids to share with the whole group what they talked about with their partners.

Summarize

Open a Bible to Exodus 16, and say: **Our food may not rain from the sky, but God loyally provides for us every day! The Israelites weren’t always loyal in trusting God. But God is loyal no matter what. Let’s see how he showed the Israelites his loyalty in the Bible. The Bible is amazing! It’s full of incredible stories—and they’re all true! God gave us the Bible so he can speak to us anytime. He’s loyal, so he’s always here for us. Let’s hear from him as we explore the Bible. And let’s talk to him right now.**

Pray, praising God for being loyal.



Supplies

- several electronic devices with remote controls
- various objects to “block” remotes, such as paper, cardboard, paper towels, books of various thickness, resealable bags filled with water, socks, pillows, ceramic mugs, and plastic trash cans
- paper
- pencils (1 per child)

Easy Prep

- Place a variety of objects to block the remote controls in a central area for kids to try.
- Different remotes will have different signal strengths. Test objects ahead of time. When we tested a TV and its remote, the signal went through paper, books, a pillow, and water in a resealable bag. However, the signal did not transmit through a ceramic mug or a plastic trash can.

Tip

- Consider what electronics you already have in your church. Look for TVs, DVD players, projectors, and CD players. If needed, ask families to bring remote control cars or other toys they may have at home. It's okay if you have only one or two items. Simply add more blocking objects to test so all kids have an opportunity to participate.

Hypothesize

Say: **Let's say your family just purchased a new TV.**

Ask: • **Why do you need a remote?**

Say: **When we get a new TV or remote control toy, we need the remote to talk to its device and respond to our commands. In other words, we need the remote and the device it controls to be in sync with each other. But can things come between remotes and electronics and cause them not to work?**

Let's do an experiment to find out! First let's guess what will happen.

- Form groups based on the number of electronic devices and remotes you've gathered (one group per device).
- Show kids the “blocking” items you've gathered. Have each child make two columns on a piece of paper—one labeled “will block” and one labeled “won't block.”
- Have kids guess which objects will block the remotes and which objects won't and write the names of the objects in the appropriate columns.

Test the Remote Controls

Say: **You've made your guesses; now let's see if any of these objects will block communication between your group's remote and electronic device.**

- Have kids take turns holding an object between the remote and device and pressing the remote's power button on and off.
- Have kids note findings on their charts, circling objects that block the remote.
- Have group members test each object and then share their findings with the other groups.
- If time allows, groups can trade devices and run additional tests.

Talk About It

Ask: • **What surprised you about this experiment?**

Say: **You may not have expected signals to travel through certain objects, but they did! On the other hand, some objects blocked the signals completely and the remotes didn't work at all. Loyal friends are in sync like a remote control and its device. They stick together, talk to each other, and respond to each other's needs. But sometimes things get between even the closest of friends.**

Ask: • **What are things that can come between you and a friend?** Share an example from your own life to begin the conversation. Perhaps distance or a difference in opinion got between you and a friend, or perhaps a new friendship changed the dynamics of an older friendship.

Say: Things can get in the way of our human friendships and cause us to feel out of sync with each other. But God is loyal. Nothing can separate or get between us and God. He loves us and sticks with us no matter what.



Supplies

- Bibles
- wet wipes
- large piece of paper
- heart stickers
- sticky notes
- feathers (real or fake)
- clean bedsheet or disposable tablecloth
- frosted flakes cereal
- 3-ounce cups (1 per child)

Easy Prep

- Hang the large piece of paper on the wall.

Talk About Loyalty

Say: **Imagine this: Your best friend invites you to a sleepover. Your friend's mom makes great cookies, and your friend has some fun games to play.** Have kids indicate by a show of hands whether they'd say yes to this invitation.

Say: **Great! The sleepover is all set for next Friday night. But Monday at school, the most popular kid in school gives you an invitation to a party the same night as the sleepover. If you say no, your chances at ever being popular are gone. If you say yes, you're in! Plus, the popular kid is going to have a climbing wall, an awesome live band, and all the food you could ever want! And...your best friend isn't invited.**

Ask: • **What would you do in this situation? Be honest!**

• **What would you *want* to do in this situation?**

• **Tell about a time something like this actually happened to you—either as the one who had to make the decision or when a friend had to decide between *you* and something else.** Share your own story first, and then have kids share in pairs.

Say: **Today we're learning that God is loyal. *Loyalty* means sticking with someone. In the example above, the loyal thing for you to do would be to go to your best friend's sleepover because you committed to your friend.**

Ask: • **What's one word that describes how it feels when someone *isn't* loyal to you?**

Say: **Let's dig in to the Bible and look at how *God* showed loyalty to people he'd committed to.**

But first let's clean our hands.

Distribute wet wipes.

Make a Heart

Say: **In the Bible, God chose a group of people, the Israelites, to be his people. He promised to look out for them all the time, and he wanted them to follow him all the time. God committed himself to them.**

Have kids help you use heart stickers to make a heart outline on the large paper. Say: **This heart is like God's love for the Israelites. He was committed. His love wasn't going anywhere.**

Give each child a sticky note, and have kids put the sticky notes in the heart.

Say: **The sticky notes are like the Israelites. They stuck with God...sometimes.**

God freed the Israelites from slavery in a miraculous way! He sent plagues on the Egyptians, who were keeping the Israelites as slaves. Finally, the Egyptians let the Israelites go. Then when the Egyptians tried to follow the Israelites, God split a sea in half so the Israelites had an escape route like no one had ever seen before!

After that, the Israelites traveled through the desert and couldn't find any water except really bitter water. So God made the water taste good!

Wander

Say: **God loyally provided a ton of miracles for his people. After seeing all that amazing stuff within about a month, you'd think the Israelites would loyally trust God as they kept walking through the desert.**

Lead kids in walking around the room, pretending to get more and more tired as they go.

Say: **The Israelites got hungry. Let's see if they stuck to God and asked him for help.**

Read Exodus 16:3.

Say: **Even though God had provided so much for the Israelites, they didn't ask God for help when they got hungry. They didn't trust him to provide. Instead, they focused on themselves.**

Have each child remove a sticky note from the heart and stick it to himself or herself.

Say: **But God is loyal, and even though the Israelites complained, he kept his promise to look out for them. Here's what he said he'd do.**

Read Exodus 16:4-5.

Say: **That sounds pretty good! Let's stick our sticky notes back to God's love.** Allow time.

Collect Quail

Say: **That evening, God kept his promise.**

Read Exodus 16:13.

Say: **Let's see if you can catch the "birds" as I throw them in the air. Try to catch them before they hit the ground.**

Walk around tossing handfuls of feathers in the air near kids. Afterward, have kids return the feathers.

Say: **With bellies full of quail, the Israelites went in their tents for the night.**

Have kids form trios and stand around the perimeter of the room. Two kids in each trio will make a "tent" by holding each other's hands in an arch above their heads. The third member of each trio will sit in the tent.

Collect Manna

Have kids remain in their tents as you spread out a clean bedsheet or tablecloth in the center of the room.

Sprinkle frosted flakes cereal on the tablecloth as you say: **The next morning, they came out of their tents and saw something weird on the ground.**

Read Exodus 16:14-15 and 31.

Say: **God had specific rules about how to collect the food. He told them to collect only what they needed for their tents and not to collect extra to try to save for the next day.**

Give the person in each tent a cup, and have that person try to collect enough frosted flakes for his or her trio. Then have kids return to their trios. All members of the trio will sit down and share the snacks. If there are any frosted flakes left on the tablecloth, pick up the cloth and dump the leftovers in the trash; then set the cloth back out.

Ask: • **Does anyone have any left over?**

Say: **Let's see what the Israelites did even though God said not to keep leftovers.**

Read Exodus 16:17-20.

Say: **Uh-oh! They focused on themselves again instead of trusting in God's loyalty.**

Have each child remove a sticky note from the heart and stick it to his or her clothing.

Say: **After that, the Israelites followed God's rules. They didn't pick up any extra.**

Have kids return the sticky notes to the heart.

Collect More Manna

Say: **God had different rules for the sixth day. He wanted to give the Israelites a gift so they wouldn't have to gather manna or cook it on the seventh day each week. So he told them that on the sixth day, they *should* collect double what they needed and save some for the seventh day.**

Have kids return to their tents. Sprinkle more "manna" all over your tablecloth.

Give the kids forming the tents each a cup, and have them fill their cups with frosted flakes. Then those kids will return to their tents and share just one of the cups with their trios, setting the second cup aside. As kids eat, remove the cloth from the center of the room.

Say: **God is loyal. He gave the Israelites enough food that they wouldn't have to go out the next day. But the Israelites, once again, weren't so loyal. Check it out.**

Read Exodus 16:27-29.

Ask a few kids to go to the center of the room and look for more "manna."

Say: **God offered them a gift by making the manna last and saving them from work on the seventh day. He wanted them to have a chance to rest! But they focused on themselves and wanted to make sure they didn't miss any food.**

Have each child remove a sticky note from the heart and then stick it back to the heart as you read Exodus 16:30.

Talk About It

Ask: • **How would you describe the stickiness of our sticky notes now compared to how they were at the beginning?**

- **How do the unsticky notes remind you of someone who's not loyal?**
- **How would you describe the stickiness of the heart stickers?**
- **How is that like God's loyalty to us?**

Say: **God is loyal. You might say he "stuck with" the Israelites—his love never went away. But God did get upset when the Israelites weren't loyal to him. They kept complaining or going their own way instead of trusting him and following his instructions. Like our sticky notes, they weren't very sticky. They didn't trust him to be loyal. But listen to just how loyal God was about this manna.**

Read Exodus 16:35.

Say: **God was so loyal that for the 40 years the Israelites traveled, they never had to go without food. God always gave them manna, week after week, every day except the day they could rest.**

God is loyal, but just like the Israelites, we're not always loyal to him. Instead of sticking with God, sometimes we choose our own way and focus on ourselves. Let's ask him for help being loyal like he is.

Have each child take a sticky note and ask for God's help to be loyal to him and others.



HIGH-ENERGY GAME

Stick-Together Soccer

[10 min]

Supplies

- soccer ball or rubber playground ball
- 4 chairs
- upbeat music (optional)
- music player (optional)

Easy Prep

- Set a pair of chairs about 3 to 4 feet apart at each end of the room to be the goals.

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the album [here](#).

Play a Game of Soccer While Linked to a Partner

Say: **God is loyal**. God promised to take care of the Israelites, and he kept his promise—even doing amazing miracles like making food fall from the sky. God called the Israelites his friends, and he stuck by them no matter what.

Let's play a game in which you'll stick by a teammate, no matter what.

- Form two roughly equal teams.
- Invite a willing person from each team to be the Goalie. Goalies will try to keep the ball from going through their teams' goals. Only the Goalies may use their hands in the game.
- Have everyone else get into pairs or trios (whatever works for your number of kids) and link arms at the elbows.
- Partners *must* stay connected within their team as they move the ball—using only their feet.
- Kids work together in their team to move the ball to the opposing team's goal, where they'll try to kick the ball past the Goalie and through the goal for a point.
- If you'd like, play upbeat music while kids play, and turn it off to signal the end of the game.

Talk About It

Ask: • **How did sticking with your partners make the game harder or easier?**

• **What plans did you figure out with your partners so you could work together better?**

Say: **It's not always easy to stay loyal or to stick with people "no matter what."** In the game it was hard to move around as quickly and easily while being linked to partners. You could've played better on your own.

Ask: • **What can make it hard to stick with friends in real life?**

Say: **I wonder if it's sometimes hard for God to be loyal to us. When we're not loyal to him, that probably hurts him. But God is loyal even when we're not. And he can help us pass that on by being loyal to our friends, even when it's hard.**



LOW-ENERGY GAME

[10 min]

Backward Balloon Ball

Supplies

- inflated balloons (1 for every 6 kids)
- upbeat music (optional)
- music player (optional)

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the album [here](#).

Keep the Ball in the Air

Say: **In our Bible story, we learned about a surprising thing God did to provide food for the Israelites: God made food fall from the sky. Talk about crazy weather! God had promised to take care of the Israelites, and he did because God is loyal. God didn't turn his back on the Israelites.**

Let's play a game in which you'll see the difference between turning your back on others and being loyal.

- Form teams of six or fewer.
- Give each team a balloon.
- Have each team sit in a circle facing out so kids' backs are to each other.
- Challenge teams to keep their balloons in the air by bump-passing them to each other *across* their circles—not simply passing them to a person sitting next to them.
- If you'd like, play upbeat music while kids play. Allow a few minutes for the first round so kids can see the difficulty of working as a team with their backs turned to each other.
- Add additional challenges such as only being able to hit the balloon with elbows or heads.
- Have kids play a final round in which they turn to sit facing each other in their circles. (You can also add additional challenges in this round.)

Talk About It

Ask: • **Describe the difference between facing out and facing in.**

Say: **In our lives, sometimes we feel like others have turned their backs on us. When we've been left out, when someone forgets something that's important to us, or when someone breaks a promise, it can feel that way.**

Ask: • **When has someone not been loyal to you?** Share a kid-friendly example from your own life, such as a time you found out someone you trusted said some unkind things about you behind your back. Encourage kids not to name names.

• **When have you not been loyal to a friend or family member?** Share an example of your own, such as not paying a friend back when you said you would.

Say: **It's never fun when friends turn their backs on us. But God is always turned toward us, never turning his back on us, because God is loyal. We can reflect his heart by staying true to our friends.**



Stick With Me

Supplies

- duct tape
- permanent markers

Stick Tape Together

- Give each child two strips of duct tape, roughly 6 inches in length.
- Have kids stick the pieces of tape together, with the sticky sides against each other.
- On one side of the resulting strip, kids will write "God."
- On the other side, kids will write their own names.

Say: ***Loyalty* means sticking with someone. It's kind of like these two pieces of duct tape. It would be *really* hard to pull them apart! God is loyal, and he'll always stick with us. Nothing can pull us apart! Hold your tape as I read a couple of Bible verses about that.**

Read Romans 8:38-39.

Have kids hold their tape with the word *God* facing up and silently thank God for his loyalty.

Have kids hold their tape with their names facing up and ask God to help them be loyal.

Wrap Up

Pray: **God, thank you that you're loyal. Thank you that you'll *always* stick with us and that nothing can pull you away from us. Help us show your loyal heart in the way we treat others. In Jesus' name, amen.**

Thank kids for coming, and encourage them to come back next week. Also let them know they can use their duct-tape strips as bookmarks to remind them of God's loyalty.



CRAFT

Manna Containers

[20 min]

Supplies

- economical food storage containers with lids (any size) (1 per child)
- permanent markers
- double-sided tape or Mini Glue Dots
- sequins

Easy Prep

- Make a sample craft to show kids.



Tip

- This craft can be affordable! We found 4-packs of half-cup containers and 3-packs of 2-cup containers at the dollar discount store.

Decorate Food Storage Containers

Show kids the sample craft you made. Give each child a container. Set out the remaining supplies to share, and have kids follow these instructions to make food storage containers.

- Use permanent markers to decorate the sides of the container. Include the point: God is loyal.
- Put strips of double-sided tape or Mini Glue Dots all over the lid.
- Put sequins on the lid. You may choose to cover the lid or to make fun designs or pictures with the sequins.

Talk About It

Ask: • **What's your favorite snack?**

• **What's your favorite food to have left over?**

Say: **In the Bible, God showed loyalty to the Israelites by providing food. He faithfully sent it for 40 years! God told the Israelites to put a little bit of manna in some jars and put it in a special treasure chest called the Ark of the Covenant as a reminder that God is loyal. Check it out.**

Read Exodus 16:33.

Say: **When you put snacks in your container, you can take it to school or anywhere else you take a snack and have a reminder that God is loyal to you, too!**

Have kids take their containers home and use them for snacks, telling their friends and families about how God has shown them loyalty.

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