


LESSON 7: GOD SENDS MANNA AND QUAIL

Leader Guide for Grades 1 & 2

Classroom: Greenhouse Kids

 Exodus 16:1-35

10/06/2019

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

Children experiment with sticky paper.

Supplies

- contact paper
- craft paper
- masking tape
- craft feathers*
- electric fan

Easy Prep

- Make 2 paths on the floor—1 sticky and 1 non-sticky. To do this, place a 3-foot piece of craft paper on the floor, and tape the edges with masking tape to secure it to the floor. Next, place a 3-foot piece of contact paper on the floor with the sticky side up, and tape the edges with masking tape to secure it to the floor.



CORE BIBLE DISCOVERY

Kids act out the Bible story and sing a song.

Supplies

- Bible
- bedsheets
- cereal
- craft feathers (1 handful per child)
- duct tape
- jar and lid
- wet wipes
- bowls (2 per small group)
- black pepper



CRAFT

Kids make board games to play.

Supplies

- “Collect-the-Manna Game Board” handout (1 per child) (download [here](#))
- “Collect-the-Manna Spinner” handout (1 for every 2 children) (download [here](#))
- 3-ounce cups (2 per child)
- 1-inch paper fasteners (1 per child)
- paper plates (1 per child)
- small zip ties (1 per child)
- child-safe scissors
- glue sticks
- crayons
- mini marshmallows or small pompom balls (10 per child)
- gallon-sized resealable plastic bags (1 per child)
- 5-foot lengths of thick brown yarn (2 per child)

Easy Prep

- Cut apart the Collect-the-Manna Spinner handouts.
- Use scissors or a pen to poke a small hole in the center of each paper plate.
- Zip a zip tie loosely for each child.
- Make a sample craft to show kids.

- Glue Dots



LOW-ENERGY GAME

Kids work together to move balloons around a circle.

Supplies

- inflated balloons (1 for every 8 kids)



HIGH-ENERGY GAME

Kids play soccer in pairs or trios.

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.



LIFE APPLICATION WRAP-UP

Kids thank God for being a “sticky” friend as they put stickers on a person shape.

Supplies

- heart stickers (1 per child)
- large sheet of paper

Easy Prep

- Draw or cut out a person shape that all the kids’ stickers will fit inside when they place them during the activity.

**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'll find out that God is loyal. That means he's always a good friend to us, no matter what. He's always there for us and wants the best for us. We'll hear how God sent his friends food each and every day, and that food came from the sky!**

Share

- Share what food *you'd* like to have rain down from the sky each day.
- In small groups, have kids share what food *they* would like to have rain down from the sky every day.
- After small groups have discussed, have a few kids share with the whole group what they talked about in their small groups.

Summarize

Open a Bible, and say: **I've never seen food rain down from the sky, but God did do that for his friends, the Israelites. God did it to make sure they had food while they were traveling. And God *always* made sure his friends had the food they needed because God is loyal. The Bible shows us again and again that God is loyal to us. The Bible shows us what a great friend God is to us and how he helps us be loyal, good friends to others, too. Let's learn more about that as we hear from the Bible today.**

Pray, thanking God for being loyal.



OBJECT LESSON

[10 min]

Stick With Me

Supplies

- contact paper
- craft paper
- masking tape
- craft feathers*
- electric fan

Easy Prep

- Make 2 paths on the floor—1 sticky and 1 non-sticky. To do this, place a 3-foot piece of craft paper on the floor, and tape the edges with masking tape to secure it to the floor. Next, place a 3-foot piece of contact paper on the floor with the sticky side up, and tape the edges with masking tape to secure it to the floor.

Walk Across Paths

Say: **God is loyal**. That means he sticks with us no matter what. Can you think of something sticky?

Tell about a time *you* felt something sticky.

Ask: • **When have *you* felt something sticky?**

Say: **A sticky mess on the kitchen floor isn't usually a good thing. But stickiness can be good!**

We need sticky tape to wrap a present or sticky bandages. Let's play with a huge, sticky piece of paper and see what it feels like on our feet.

- Have kids take off their shoes and socks.
- Have kids stand in a line at one end of the non-sticky, craft-paper path.
- Have kids walk across both paths—first the non-sticky path and then the sticky one.
- Invite kids to walk over both paths again and notice how they can feel a difference.

Add Feathers

Ask: • **How were the two paths different?**

Say: **We walked right across the non-sticky path, but the sticky path made it hard to lift up our feet! Let's see another way the two paths are different.**

- Have kids add craft feathers to both paths. As kids place and press down on the feathers, remind them that, in the Bible story, God sent birds called quail for his friends to eat.
- Turn on and direct the electric fan so that it hits both paths. Tell kids to pretend that the fan is a big storm with a lot of wind. Have kids try to catch feathers that fly off the non-sticky path and put them on the sticky path so they don't fly away.
- Turn off the fan once all feathers are sticking to the sticky path. Then have kids gather around the sticky path.

Talk About It

Ask: • **What was different about the feathers on the two paths?**

Say: **The feathers on the sticky path stuck to the path. The fan didn't blow them around. But the feathers on the other path blew everywhere. We had to catch them and put them on the sticky path so they'd stay put. When we're loyal, we stay put, even when things swirl out of control. We keep playing with a friend even if he doesn't share a toy, or we keep praying for a family member while we wait for God to answer our prayer.**

Tell about a friend or family member who sticks with you.

Ask: • **Who is someone who sticks with you?** Kids might say a parent, sibling, or neighbor stays friends with them even after they have a fight.

Lead children in a prayer, asking for God to help children be "sticky" friends.

Say: **We can be "sticky" or loyal friends because God is loyal to us. He sticks with us no matter what.**

**Supplies**

- Bible
- bedsheets
- cereal
- craft feathers (1 handful per child)
- duct tape
- jar and lid
- wet wipes
- bowls (2 per small group)
- black pepper

Make a Wilderness

Gather the children in small groups of five or six. Say: **The Bible tells us about one of the times God took care of his friends, the Israelites. God was loyal to the Israelites even when they weren't very loyal to him. When someone is loyal, it means the person always sticks with you, no matter what. God always sticks with his friends—including you and me! Let's find out how God was loyal to his friends in the Bible.**

Show the Bible. Say: **God had just saved the Israelites from some very mean people. He was leading them to a special land he had prepared for them. But to get there, they had to walk through the wilderness. The wilderness wasn't a nice place. It didn't have food or water.**

Lead children to make your room into a "wilderness" by covering all the toys and nice places to play or sit with bedsheets. Keep one bedsheet to use later.

Say: **Our room is like the wilderness now; it doesn't have anything fun for us to do. The Israelites didn't like the wilderness, and they worried about how they would get something to eat. They complained to their leader, Moses. They said, "Why did you bring us out here? We're so hungry!"**

Share about a time *you* were really hungry.

Ask: • **Tell about a time *you* were really hungry.**

Say: **The place they moved from had food they could eat, but the wilderness didn't. The place they moved from was also a bad place to live. The people there treated them badly. The Israelites forgot how they'd asked God to help them get away from the mean people.**

Receive Manna

Say: **Even though the Israelites groaned and complained, God heard them when they asked for food. God took care of them. God is loyal; he sticks with his friends, even when they're grumpy and complaining.**

Lay a bedsheet on the floor, and have the children sit around it with their small groups. Say: **God said he'd make sure they had plenty of food to eat. And God did just what he said. That evening lots of birds flew in and covered their camp.** Toss feathers onto the bedsheet.

Say: **God told the people to gather only enough birds for each person in their family to eat.** Have children each gather one handful of feathers. Since kids will be eating food off the sheet later, encourage them not to step on the bedsheet; have them kneel to gather the feathers. Then have children sit around the bedsheet. Have adult and teen helpers gather each small group's feathers into a bowl and set it out of the way. Give each child a wet wipe to clean his or her hands.

Say: **The next morning, God sent a flaky food that tasted like honey wafers. They called it *manna*.** Toss some cereal onto the bedsheet. **God told his friends to pick up enough food for each person in their family. So the people did, and they took the food back to their tents.**

Designate two children in each small group to join their hands above their heads to create a "tent opening" for the group. Have the other children in each group gather one handful of cereal each and bring it back to the group's tent. Ask two children in each group to gather an extra handful each for their group

members who are making the tent opening. Invite kids to walk through the tent opening, and have the adult or teen helper collect the cereal in the group's second bowl.

Invite each small group to sit in a circle, including the two children who had been making the tent opening. Lead children in thanking God for the food, and then allow a couple of minutes for children to enjoy the cereal.

Say: **God told his friends, “Gather only what you need for the day. Don’t save leftovers. I’ll send you more tomorrow.”** Have the children throw away any extra cereal they have left over, but hold on to one group's extra cereal.

Say: **Some people didn’t follow God’s directions. Some families tried to keep leftovers. And then they went to sleep for the night.** Lead children to lie down and pretend to sleep for about 10 seconds. When they do, turn away to add some pepper flakes to the bowl of leftover cereal.

Say: **When the people got up in the morning, the leftover food they saved smelled so bad, and it had bugs in it!** Show the children the leftover cereal and point out the “bugs” (black pepper).

Say: **Even though God’s friends didn’t obey him, God was still loyal. He stuck with his friends and kept sending them the food they needed every day. One day a week, he sent them enough food for two days.** Toss more cereal on the bedsheet. Provide extra cereal so each child can get two handfuls this time, but don’t have kids gather it yet.

Say: **On the day he sent them enough for two days, he said they could gather extra. He told them, “Gather enough for each person to eat for two days.” God wanted his friends to have a day to rest. That’s why he had them gather extra on the day before their day of rest.** Invite two different children in each group to make a tent opening for the group, and have the rest of the children gather two handfuls for every person, including the two children making the tent opening. After they gather the food, have children enter their tents by walking through the tent opening. Then have the children, including the kids making the tent opening, gather in a circle with their group.

Say: **God told them to get the food all ready to eat the day before their day of rest.** Lead the children to enjoy a few more pieces of cereal.

Say: **God said it was okay for them to have leftovers on that one night each week. So they went to sleep.** Lead children to pretend to sleep for about 10 seconds. **When they woke up the next morning, the food was still good! That way they had food to eat on their day of rest, and they didn’t need to do anything to gather or cook it.** Invite children to enjoy a little bit more cereal for a couple of minutes.

Say: **Some people went to look for more food on their day of rest, but God hadn’t sent any food on that day. He wanted them to relax. That’s why he sent them enough for two days. Even though some people didn’t obey God, God was still loyal to them.**

Let’s do what God said now and get rid of our leftovers. Lead children to throw the leftover cereal in the trash.

Say: **God gave the people exactly what they needed every week. He gave them new food each day, except on the day that he gave them twice as much so they could rest. God made sure they had food like that for 40 years!**

Toss some more cereal on the bedsheet. Say: **One day God told Moses to gather a jar full of the food and keep it in a safe place so they could show their grandchildren that God had sent them food.** Lead each child to gather a piece of cereal and add it to the jar.

Say: **We’ll put this in a safe place.** Place the lid on the jar. **It’s not for eating but to show that God provided food for his friends. God was loyal by giving his friends food when they weren’t being good friends to him. He gave them what they needed even when they whined and complained. He gave them food when they were grumpy and disobedient. God always stuck with his friends, no matter what.**

Sing a Song

Say: **God was loyal to the Israelites, and he’s loyal to us, too. God always sticks with us. He loves us so much, and he’ll be there to take care of us no matter what. He shows us how to be great friends, too. We can be loyal to God, our friends, and our families, kind of like God is loyal to us.**

Share with kids about a way you can be loyal to your friends. For example, you might share that if one friend invited you to spend time together, you keep your plans, even if something more exciting comes up.

Say: **You can be a loyal friend, too, by sticking with others. Let’s learn a song to help us remember that.**

Lead children in singing this song to the tune of “My God Is So Big” and doing the motions.

My God is so great! *(give a double thumbs-up)*
He always sticks with me. *(stand shoulder to shoulder with someone)*
He's loyal to me all the time. *(hug self)*

My God is so great! *(give a double thumbs-up)*
He always sticks with me. *(stand shoulder to shoulder with someone)*
He's loyal to me all the time. *(hug self)*

He loves me so much. *(touch heart)*
He's patient with me. *(nod head)*
And I can show loyalty, too. *(hold someone's hand)*

My God is so great! *(give a double thumbs-up)*
He always sticks with me. *(stand shoulder to shoulder with someone)*
He's loyal to me all the time. *(hug self)*



CRAFT

[20 min]

Collect-the-Manna Board Game

Supplies

- “Collect-the-Manna Game Board” handout (1 per child) (download [here](#))
- “Collect-the-Manna Spinner” handout (1 for every 2 children) (download [here](#))
- 3-ounce cups (2 per child)
- 1-inch paper fasteners (1 per child)
- paper plates (1 per child)
- small zip ties (1 per child)
- child-safe scissors
- glue sticks
- crayons
- mini marshmallows or small pompom balls (10 per child)
- gallon-sized resealable plastic bags (1 per child)
- 5-foot lengths of thick brown yarn (2 per child)
- Glue Dots

Easy Prep

- Cut apart the Collect-the-Manna Spinner handouts.
- Use scissors or a pen to poke a small hole in the center of each paper plate.
- Zip a zip tie loosely for each child.
- Make a sample craft to show kids.



Make a Game

Say: **God is loyal.** He made sure his friends, the Israelites, had food to eat every day for 40 years while they traveled through the wilderness. Show kids the sample craft. **We’re going to make a game, and you’ll get to collect manna in the desert like the Israelites did.**

- Give each child two 3-ounce cups and two lengths of yarn.
- Help children decorate the cups to look like baskets. Have them secure one end of a length of yarn to the top of a cup using a Glue Dot. Then they’ll loop the yarn around the cup several times until the outside of the cup is covered. Have them secure the second end to the cup using another Glue Dot.
- Give each child a “Collect-the-Manna Board Game” handout and a half of the “Collect-the-Manna Spinner” handout, and let them color the pictures with crayons.

- Have kids cut out their circular spinners.
- Give each child a paper plate turned upside down. Help kids glue their spinners to the center of their paper plates.
- Help each child poke a paper fastener through the center of the circle, going through the hole you made earlier in the middle of the paper plate. Then fold the ends of the paper fastener underneath so the circular top pokes up about a half inch on top of the plate.
- Help each child place the loop of the zip tie over the legs of the paper fastener and under the circular top to create the spinner.
- Show kids how to flick the zip tie with a finger to make it spin.

Play With a Partner

- Help kids get into pairs and choose one person's board to play with first.
- Give each child 10 mini marshmallows to place on the designated spots on his or her side of the board.
- Have kids take turns spinning the spinner and doing the accompanying action:
 - Put one piece of manna in the basket.
 - Put two pieces of manna in the basket.
 - Put three pieces of manna in the basket.
 - Sun: The sun melts the extra pieces of manna. Put three pieces of manna back on the board.
 - Spilled basket: Some Israelites kept too much food and it went bad. Return all the manna in the basket to the board.
- The first person to collect all 10 pieces of manna in his or her basket wins that round.
- Have children play a few rounds, as time allows.
- Give each child a resealable plastic bag to put the game pieces in to take home.

Say: God was loyal to the Israelites, and God is loyal to us, too. God is always with you and will always take care of you, like he was loyal to the Israelites when he gave them food for 40 years.



LOW-ENERGY GAME

Loyal Friend

[10 min]

Supplies

- inflated balloons (1 for every 8 kids)

Tips

- To make the balloons less likely to pop, don't overfill them. Be sure to prepare a few extra, just in case!
- To avoid choking hazards, be sure to pick up pieces of any broken balloons promptly.

Carry the Balloon Around the Circle

Say: **God is loyal to his friends, no matter what. When you're loyal to someone, you stick with that person, even when it's hard. Let's play a game where you'll stick with a friend as you move a balloon around a circle.**

Form groups of about eight, and have each group sit on the floor in a circle. In each group, have an adult or teen helper choose two kids who are sitting beside each other to start. Together, those kids will carry a balloon around the outside of their circle in the way specified below. Once they've gone around the circle, the partners will give the balloon to the next two kids. Continue until all the kids have gone around the circle with the balloon and a partner. Have all the kids cheer and encourage friends as they wait their turn.

Have kids play these three rounds:

- Round 1: Have partners hold the balloon with their hands as they walk around the circle. Both partners must have both hands on the balloon at all times.
- Round 2: Have partners stand back to back with the balloon between them. Partners will walk around the circle with the balloon between them.
- Round 3: Have partners face forward, link arms, and kick the balloon around the circle. Kids must stay linked as they move to kick and chase the balloon.

Talk About It

Say: **Great job! Those challenges weren't easy. But we had a loyal friend by our side to help us. Sometimes sticking with someone can be hard. It's easy to just carry or kick a balloon by ourselves. But God is loyal. Even when it's hard, he'll always be with us. And when we're God's friend, he'll help us stick with others, too.**



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.**



Supplies

- heart stickers (1 per child)
- large sheet of paper

Easy Prep

- Draw or cut out a person shape that all the kids' stickers will fit inside when they place them during the activity.

Receive a Sticker

Say: **We heard today how God was a loyal friend to the Israelites, and we found out that God is loyal to us, too. We found out God loves us so much and always sticks with us.** Give each child a heart sticker.

Say: **God is loyal because he's always good to us. We can always be sure he's with us. And we can always know he'll give us exactly what we need, like he did for the Israelites in our Bible story today.**

Stick It and Pray

Say: **Let's stick our heart stickers on this person to remind us that God always sticks with us because God is loyal.**

Give each child a turn to place his or her sticker on the person shape. Encourage kids to say "God is loyal" as they place the stickers.

Close in prayer, thanking God for being a loyal friend and asking him to help us be loyal friends, too.

Say: **We're all friends here at church—that's why we're so glad you came to church this week, and we hope you'll come back next week.**