


## LESSON 7: GOD SENDS MANNA AND QUAIL

Leader Guide for Ages 3-6

Classroom: Monkeys

 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

Preschoolers share about a topic related to the lesson.

#### Supplies

- Bible



### CORE BIBLE DISCOVERY

Preschoolers 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



### LIFE APPLICATION WRAP-UP

Preschoolers 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 preschoolers high-five three of their friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having preschoolers shout this birthday cheer: Two, four, six, eight; it's birthday time—let's celebrate! Gooooo, [names of birthday kids]!
- 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 leader-led small groups, have preschoolers share what food *they* would like to have rain down from the sky every day.
- After small groups have discussed, have adult or teen helpers 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.

**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!"** Lead kids to rub their tummies.

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 preschoolers 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: **Remember, God told them to get the food all ready to eat the day before their day of rest.** Lead the children in pretending to stir a bowl of food. Then invite them 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!** Ask any children if they can count to 40. Invite children who can to count together. If children can't, invite them to count as high as they're able to.

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)*



### 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.**