

## Food and water for hungry travelers

### Exodus 15-17

#### Story:

#### ★ Introduction & Story:

Moses, with God's help, led the Israelites out of Egypt. At last, they were on their way to the Promised Land. By day the Lord led them with a pillar of cloud and at night they had a pillar of fire always in front of them. This was one of the ways that God showed them that He was always with them. They journeyed for three days in the wilderness without finding water. They were so thirsty! And the animals they had brought with them needed water, too. They came to a place called Marah, but they could not drink the water at Marah because it tasted bitter.

The people grumbled to Moses, "What are we going to drink?"

He cried out to the Lord, and the Lord showed him a tree. When he threw it into the water, the water became drinkable! God had performed a miracle for them. God wanted to teach the people that they could trust Him. He told them that if they obeyed Him, He would keep them safe and well.

They moved on to a place called Elim. There they found twelve springs of fresh water and 70 date palm trees. They camped there by the waters. Soon the pillar of cloud began to move forward and the people knew that they were supposed to follow. The people became hungry and they began to grumble. Then the Lord told Moses that it was going to rain "bread" from heaven every morning. He also sent quail (a bird that was good for eating) every evening.

The bread was called "manna" which in Hebrew means, "what is it?" The people were so glad to have the manna – bread from heaven. It was sweet like wafers made with honey. They made it into cakes and ate it every day of their journey in the wilderness.

As the Israelites traveled, they again had no water to drink. They were so thirsty! Once again, the people complained to Moses. Moses asked the Lord what he should do. God told him to go to a rock in a place called Horeb. He was to hit the rock with his staff and water would flow out of the rock. Just as God had told him, when he hit

the rock with his staff, water began to flow out of it and the people all had plenty to drink. God had done another miracle for them!

- ★ **Connection to God's Overall Story/Plan:** God had promised to protect the Israelites if they were obedient and loved Him. They did not always keep their promises and they grumbled and complained against God. However, God kept His promises and loved the Israelites. When it seemed impossible, He gave them food and water. However, the Israelites quickly would forget about God's goodness. He let them wander for 40 years in the wilderness due to their sin and to remind them that He loves them. When they finally entered the Promised Land, He did so many more miracles to make that even possible. God loves this family and has plans to bring Jesus into their family and Jesus did the work to save us all!!

**Follow Up:**

- **Retell:** Have kids share what they recall from the story. Fill in any major holes they missed.
- **Examine:**
  - Comprehension Questions:
    - Why do you think that God gave the Israelites the pillar of cloud? (So they would know where to go next; so that they would know God was with them.)
    - Why did God give them a pillar of fire at night? (Light, warmth, protection - no one would come near their camp at night with a pillar of fire near them.)
    - The Israelites grumbled a lot. Even though they should have been glad to always have God's presence, provision and protection with them, they grumbled that they were hungry and thirsty. Instead, they could have prayed and asked God to provide for them. Are we like that sometimes - complaining instead of asking God for help?
    - Do you think that the water that flowed out of the rock was a little trickle or a big river? Think about how many people and animals there were that needed the water.
  - Ask, "What do we learn about God from this story? What does He do?"

- Ask, "What do we learn about humans from this story? What are humans doing?"
- **Application:**
  - Ask, "What is Jesus asking us to do through this story? Why did God include this in the Bible?"
  - Ask, "How is God / Jesus the hero in this story? What did God do that only God can do?"
- **Prayer**

### Memory Verse Practice:

- **Verse:** He said, "If you will carefully obey the LORD your God, do what is right in his sight, pay attention to his commands, and keep all his statutes, I will not inflict any illnesses on you that I inflicted on the Egyptians. For I am the LORD who heals you." Exodus 15:26

### Sticky Activities:

- -Have kids glue cereal onto a paper plate. Make it fun and toss the cereal on the ground to mime it falling from the sky and have them gather it as the Israelites did.
- -coloring page
- -cut out manna and quail templates and have kids glue them on paper plates
- rip up brown paper into small pieces for manna, spread out, and have the children collect only a certain amount.
- Food mobile (cloud by day – that's why there's a cloud; I couldn't find the manna image, so I substituted with a bowl of manna)



○

SONseekers

God Always Provides

Jesus Always Provides

God Always

Read Exodus  
15:22-17:7.



God provided the  
Israelites with water,  
manna from heaven,  
and quail to eat in the  
wilderness.



Provides



Requires purchase here:

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# Memory Verse:

Exodus 15:26

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Book Chapter:Verses

# Draw the Verse

Station Leader: Please cut this page in half. Pass out to students.

Please help the students, if they need it.

Students: Draw a picture of what the verse means.

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## Today's lesson was on

### Hungry Travelers, Exodus 15-17

#### Memory Verse:

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**\*Kids that bring this paper back next week and recite the memory verse to the teacher earn a prize "**

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**Link to Old Testament  
Books Song**

Exodus 16  
God Gives Manna to Eat

The Book of Exodus  
with Bible Stories for Kids of All Ages  
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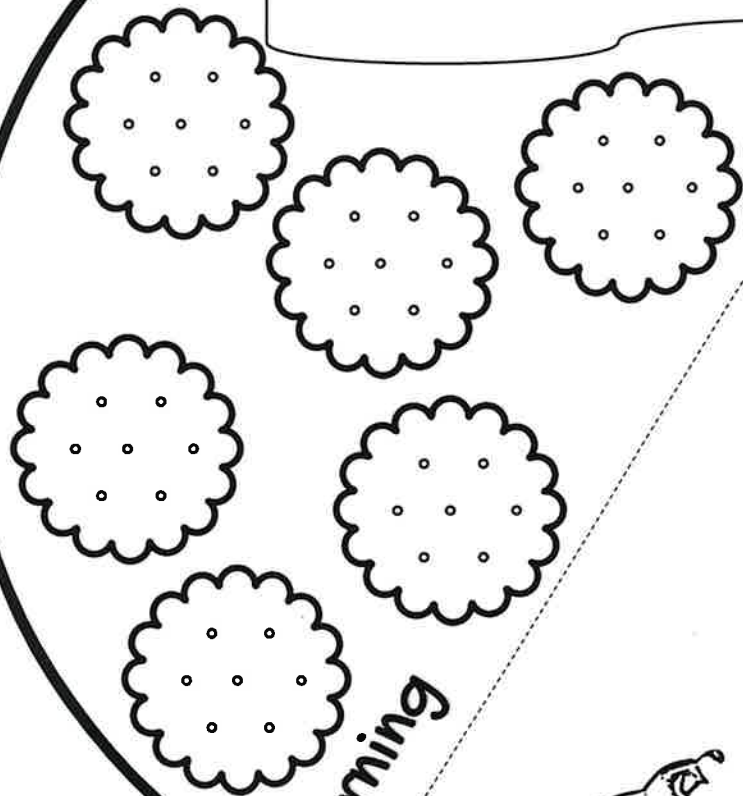




Exodus 16

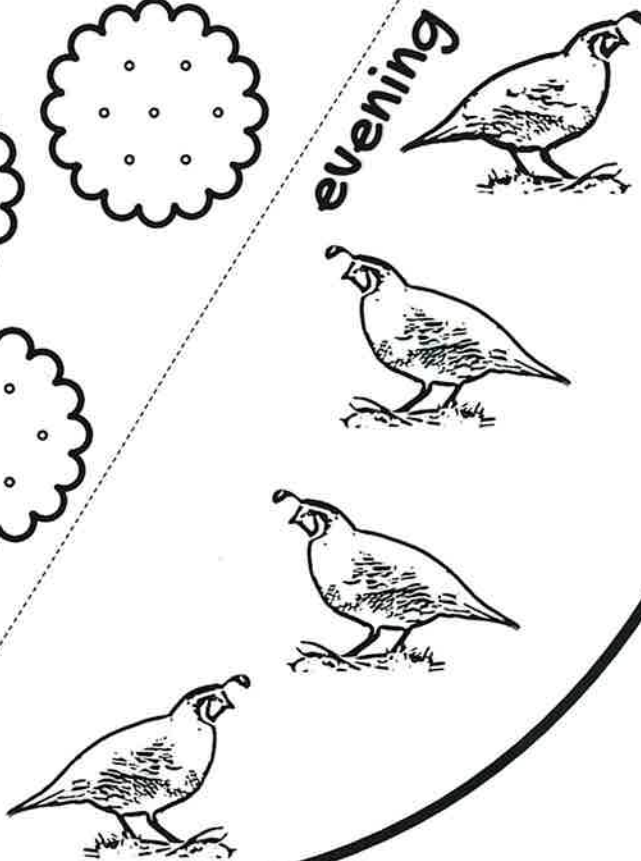
## God Gives Manna to Eat

God Feeds the People



morning

evening



God Feeds Me

God Feeds the People

evening

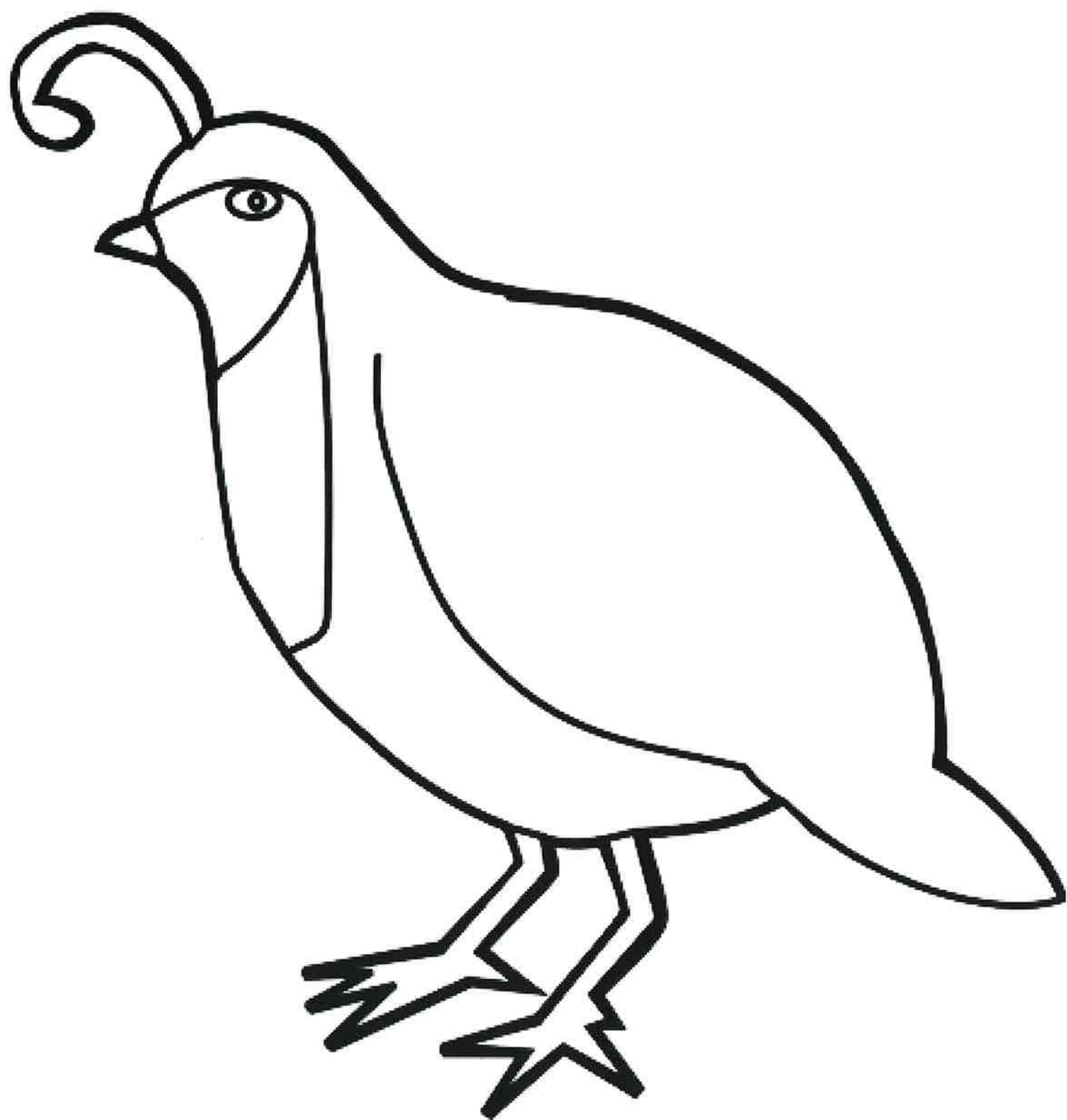
morning

God Feeds Me



THE ISRAELITES CALLED THE BREAD "MANNA" AND PUT SOME  
IN A JAR SO THEY COULD TELL THEIR FUTURE CHILDREN HOW THE  
LORD PROVIDED FOR THEM IN THE DESERT.





Now the people had plenty to eat.

Count how many.



3 or 4 ?



4 or 5 ?



Children's Worship  
Bulletin™



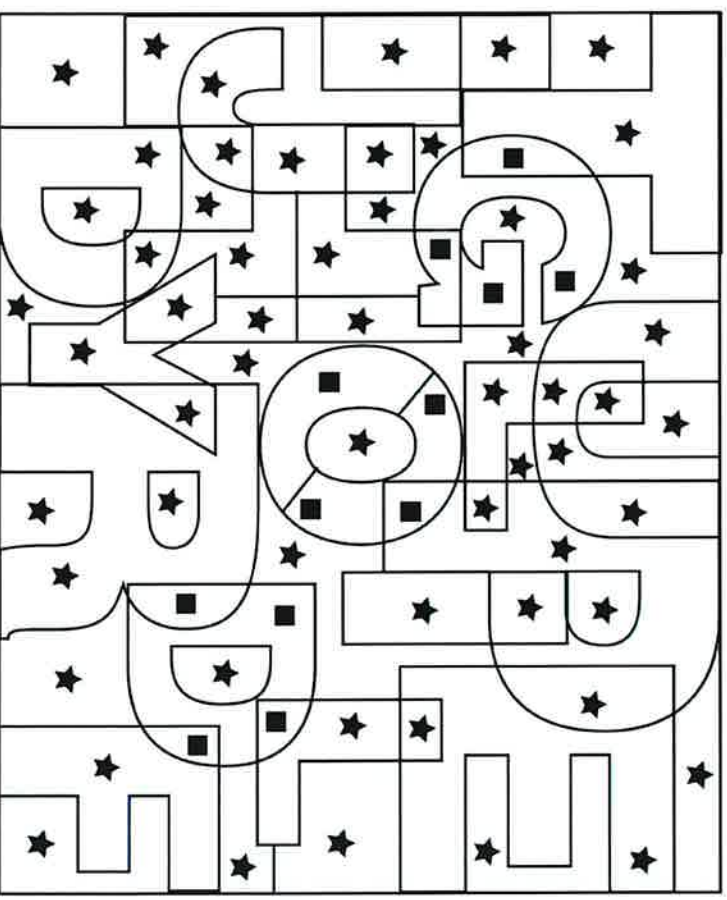
Ages 3+

July 27, 2025 • Exodus 16:2-15

Manna and Quail

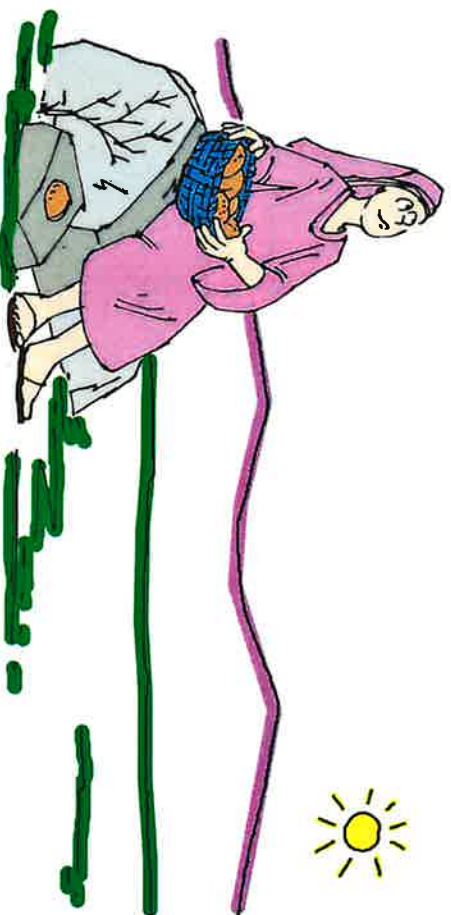
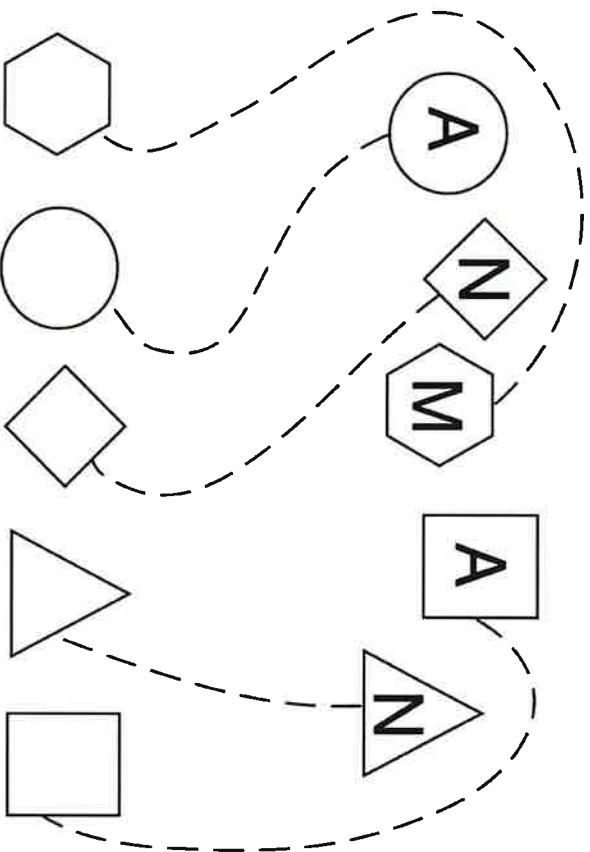
Many people followed Moses, and they became very hungry. Who fed them?

Color the spaces below with a ■ .



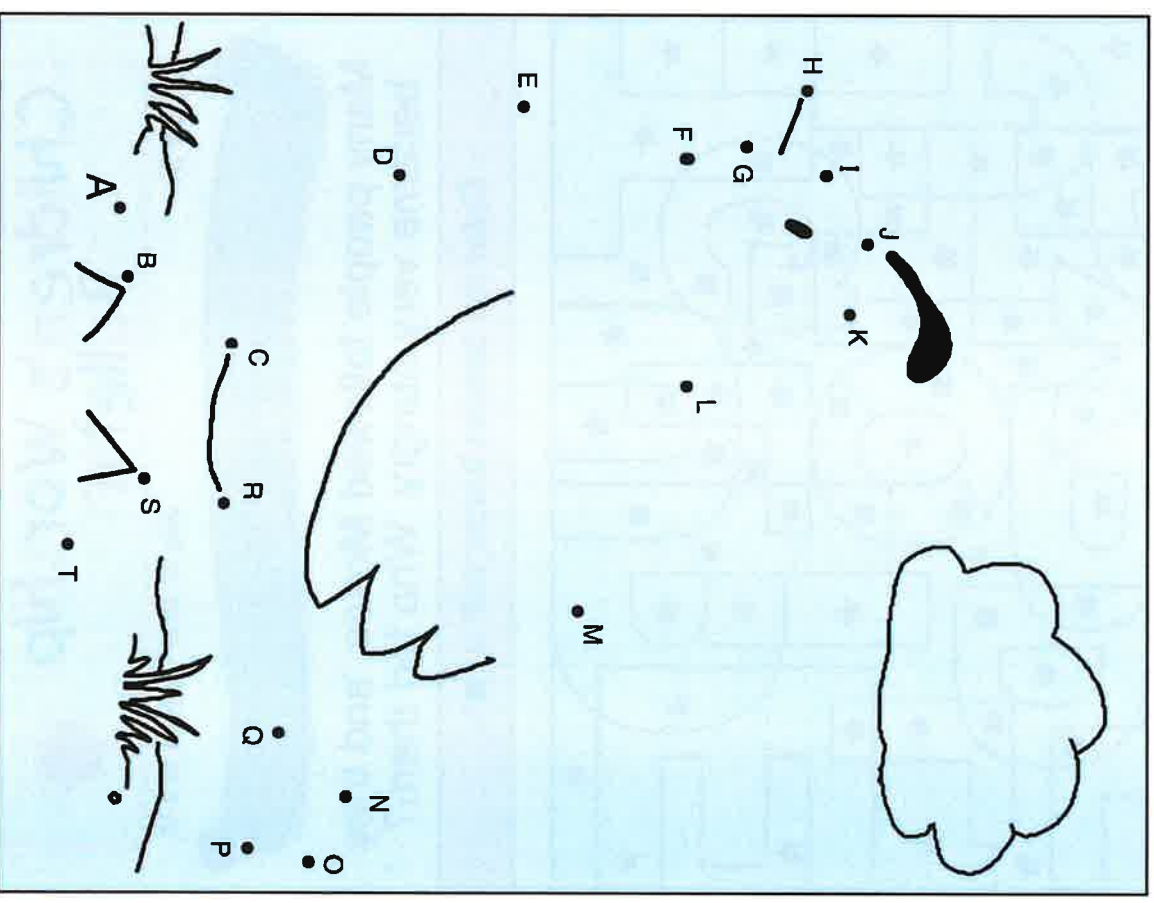
God sent bread from heaven.  
What was it called?

Match the shapes and write its letter on the lines.



God also sent something  
else for them to eat.

Connect the dots to find out what God sent.  
A B C D E F G H I J K L M N O P Q R S T







In the morning there was a layer of dew around the camp.

Follow the arrows to write the words on the blanks.

BEGIN ↓		↑ END	
dew	When	know	not
thin	flakes	frost	did
floor	desert	ground	it
saw	said	What	is

When the dew was gone, ↓

→ like → on the

↓ appeared on the ←

← When the Israelites ↓ it,

→ they → to each other, → →

↑ ?” For they ↑ ↑ ←

what it was.



## Children's Worship Bulletin™

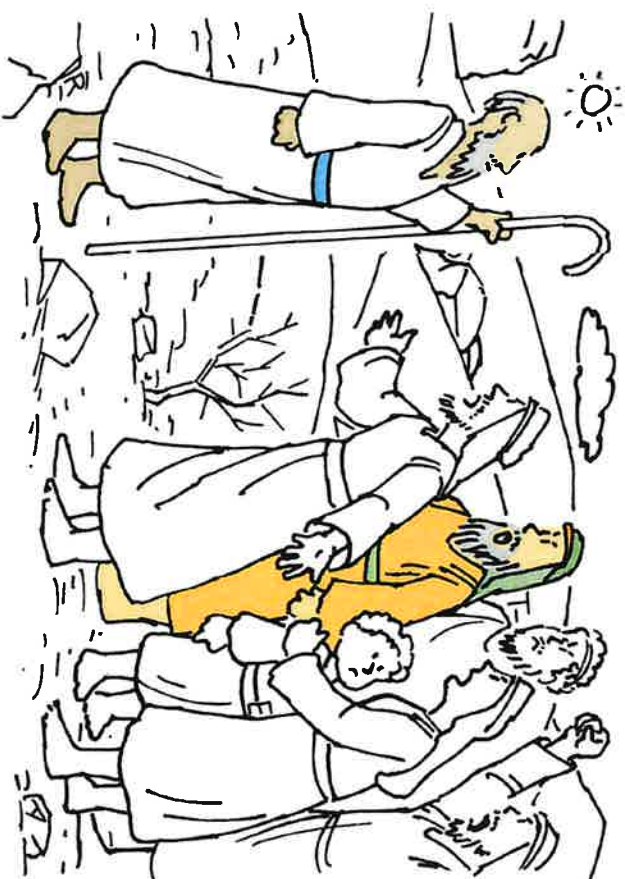
Ages 7+

July 27, 2025 • Exodus 16:2-4, 9-15

### Grumbling Israelites

The Israelites were grumbling to Moses and Aaron:  
“If only we had died by the LORD’s hand in Egypt!

Circle the hidden letters. S T A R V E



There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve.”

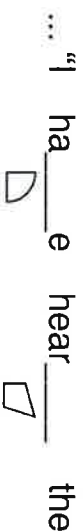


Write the name of each item. Then read the letters in the darker boxes from top to bottom, and write the word on the blank below.






and gather enough  
for that day.”

Use the code to write the letters on the blanks.



the  $0$   $II$   $r$

           raelite           . Tell the           , 'At

 eat     ill     o     ht     t

a \_\_\_\_\_ i \_\_\_\_\_ the \_\_\_\_\_ or \_\_\_\_\_ i \_\_\_\_\_

$\frac{\text{quadrant}}{0}$ 
 $\frac{\text{quadrant}}{\text{iii}}$ 
 $\frac{\text{trapezoid}}{e}$ 
 $\frac{\text{trapezoid}}{\text{ille}}$

The \_\_\_\_\_o\_\_\_\_\_

ith \_\_\_\_\_rea\_\_\_\_\_.

the a that 0 ill

LOR  $\frac{0}{0}$   $\frac{1}{0}$   $\frac{0}{0}$ .