

February 28, 1999

Exodus 15:21 - 18

Early Childhood

1EXO06EC

God Provided Food and Water in the Desert.

Materials I Need:

Memory Verse:

I will take you as My own people, and I will be your God. Exodus 6:7

Attribute of God emphasized in this lesson: God provides food and water for His people.

Aim Questions for 2's & 3's:

1. Who sent manna from heaven for the Israelites to eat? *(God)*
2. Who sent birds from heaven so the Israelites could eat meat? *(God)*
3. Did God tell Moses to hit the rock with his stick? *(Yes)*
4. Did water come out of the rock for the Israelites to drink? *(Yes)*
5. Who helps your mom and dad get food for the family? *(God provides food and water for His people.)*

Aim Questions for 4's, 5's & K:

1. What did the Israelites do when they were hungry and thirsty in the desert? *(The Israelites grumbled and complained to Moses.)*
2. What did God do for the hungry Israelites? *(God sent manna in the morning and quail in the evening from heaven.)*
3. How did God test the Israelites to see if they would obey His instructions about the manna? *(God told the Israelites not to save any manna overnight except on the Sabbath. He told them not to gather manna on the Sabbath. The Israelites learned to obey God's instructions.)*
4. What did God do for the thirsty Israelites? *(God told Moses to strike a rock and water came pouring out.)*
5. If you belong to God, who provides all your needs? *(God)*

Key for symbols:

- This box symbol represents ideas that can be used for two-year-olds through kindergarten. Please remember to slow down the pace for two-year-olds and keep the pace moving for five-year-olds.
- ② This symbol represents ideas that are best used for two- and three-year-olds.
- ④ This symbol represents ideas that are best used for four-year-olds through kindergarten.

Hook:

Lesson Review: Look over last week's Look section and use one or more activities for review during today's Hook time. Incorporate last week's pictures to remind the children what they have been learning in the book of Exodus.

Filling the Cupboard: Using magazines, have the children find pictures of their favorite foods to put in their own cupboard for storage. You could fill a large cupboard you have drawn on butcher paper on the wall or floor together or give each child a paper with a rectangle divided with lines to represent their own cupboard at home. Talk about being able to go to the store and get food to fill our

cupboards. The Israelites were traveling and they didn't have cupboards to fill and so they didn't have enough food to eat. God will provide food for them in a miraculous way.

- Frustration Center:** The Israelites became very frustrated with God and Moses as they wandered around in the desert without food and water. They didn't trust God to take care of them. Have some large sheets of paper on the floor for the children to rip and shred. Newsprint can be messy but packing paper from a moving company is larger in size and clean. Encourage them to make shapes such as circles, clouds, snakes, etc. If the pieces get small enough, have the children throw them up in the air to "rain down manna." When the Israelites got frustrated, they whined and grumbled but another way to work out frustration is to rip up old newspapers!
- Sand Box Center:** Materials needed: Large tarp, vinyl tablecloth, or old shower curtain, a dishpan full of play sand, plastic dishes or sand toys, and water. Talk about the Israelites being in the desert and getting hot and thirsty. Explain that water could only be found at a few specific locations. Let the children play in the sand and wet it down to make shapes with the play toys. Provide spoons and containers to scoop the sand.
- Grumblers and Growlers:** Divide the class into two groups and assign the grumblers to say in a whiny voice, "I am hungry." The growlers could rub their stomach and make a funny sound with their mouths. Pretend to be traveling through the desert, walking in place, stepping over rocks, wiping your brow in the hot sun, setting up the tents, napping, and walking some more. When you say, "The grumblers said, ('I'm hungry,') while the growlers went (rub stomachs and make a funny sound)," the children can play their appropriate parts. Repeat several times because the Israelites were traveling for a long time. "God heard the grumbling Israelites and did something to help them. Listen to the Bible Adventure today to find out what that is."
- Grocery Store:** Bring canned and packaged food items, grocery sacks and play money. Let the children pretend to go to the store to buy food for their family. The Israelites wished they had a grocery store close. They were wandering in the desert and got very hungry. God was there to help them but He didn't give them a grocery store like we have. Say the following rhyme as the children talk about food.
- Old father Moses went to the cupboard to get his two sons some food.
But when he got there, the cupboard was bare
And the children all boo-hooed. (*Rub your eyes and pretend to cry.*)
- ② **Food Pictures:** Show pictures of food to the children and have them identify the food. Ask if it is bread, meat, or something to drink. Talk about what they like to eat or drink when they get hungry or thirsty. In today's Bible Adventure, God provided His people with food that tasted good to them. He gave them manna which was similar to bread, and quail which is similar to chicken. He also gave them water when they could not find some in the desert.
- ④ **Simon Says:** "God is going to give the Israelites some specific instructions in our Bible Adventure today. It was very important that they listen carefully to what God had asked them to do. Also, it was very important that they followed God's instructions. Just like when we play Simon Says, it is important for you to listen carefully to Simon and do what he says!"
- ④ **In and Out of the Desert:** Place a large heavy blanket on the floor to be your "desert." Mark a masking tape path under tables, around chairs, and over the desert several times. Sing the following words to "The Bear Went Over the Mountain" while doing different actions in the desert (on the blanket): creep, roll, crawl, hop, tip toe, etc.
- In and out of the desert,
In and out of the desert,
In and out of the desert
Watch me (crawl) along.
- ④ **Review Puppets:** Tell a few puppets that you have sitting in chairs in the circle with the children about the Bible Adventure story they missed last week. Talk about how God guided His people the Israelites through the Red Sea. Ask questions and let children teach the puppets with their answers. Follow up with the next suggested activity.
- ④ **Grumbling Puppets:** Guide the children in playing with some puppets that are grumbling because they are hungry. They go to the cupboard to find food and there isn't any food for them to eat. They understand how the Israelites felt in the desert.

- ④ **Play Dough:** Make pretend hot dogs and a pretend fire to roast them on. Put them in pretend buns! "The Israelites in our story today are very hungry. They wish they had a hot dog but God gives them something else that they cook over a fire."
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Book:

Presentation Ideas -

- Treasure Box Object:** The object for the treasure box for this lesson is a plastic loaf of bread (borrowed from the kitchen center) and a water bottle, or a jar of "manna." These represent the food and water that God sent the Israelites in the desert. Sing the review verses of one of the two songs that tell the story of Exodus. (See the Song section.) After the Bible Adventure, take the food and water out of the Treasure Box as you sing the new verse to the song.
- Color and mount the **1EXO06ECGF1**, **1EXO06ECGF2**, and **1EXO06ECGF3 (for older children)** pictures on construction paper. Show them as you tell the Bible Adventure. Save the pictures for review in the coming weeks as we study Exodus.
- Open a scroll as you begin the Bible Adventure. Tell the children that God told Moses to write down the things He was doing for the Israelites. Moses wrote on a scroll, but we read these same words in the Bible book of Exodus.
- Manna:** At the end of the Bible Adventure, drop some "manna" (white paper circles) on the floor around the room behind the children. After the story, have them gather all the "manna" they can find. Have the Aim Questions numbered and written on five of the "manna." Gather back in the story area to answer the questions that were found and talk about how much "manna" was collected.

Bible Adventure for 2's & 3's-

(Show last week's 1EXO05ECGF3 picture of Moses parting the sea.) The Israelites saw the great power of their God when He parted the Red Sea. They worshipped God and sang happy songs.

(Show the GF1 picture.) Very quickly, the Israelites forgot what God had done for them. There was not enough food for all the people and they began grumbling and complaining. (Say, "I'm hungry," with a whiny voice as you rub your stomach. Have the children say, "I'm hungry," with whiny voices as they rub their stomachs.)

The Israelites complained to Moses, "In Egypt we ate meat every day and had all the food we wanted. You brought us out here to the desert and we are hungry." (Say, "I'm hungry," with a whiny voice as you rub your stomach.)

God said to Moses, "I will provide food for My people. I will rain down bread from heaven so My people can eat. The people must go out each day and gather enough manna for that day. On the sixth day, gather twice as much as on the other days. My people must rest on the Sabbath and not gather food."

Moses said to the Israelites, "God knows that you are hungry. In the morning you will see the glory of the Lord." (Build excitement in your voice.)

That evening, birds called quail flew down from the sky and covered the ground. The Israelites caught the birds, built fires, and roasted the meat on the fire. They ate and ate meat until they were full. (Rub your tummy and get a satisfied look on your face.)

The next morning when the Israelites woke up, the ground was covered with white flakes. The flakes tasted like crackers made with honey. They tasted good. Wow! Manna and meat from heaven! God was providing food for His people. (Rub your tummy.)

God sent manna and quail every day as the Israelites moved from camp to camp in the desert. At one of the camps, there was no water for the Israelites to drink. The desert was hot and dry and the people were very thirsty. The Israelites grumbled at Moses and said, "We're thirsty!" (Use a whiny voice.)

Moses talked to the Lord and said, "Your people are mad at me because they are thirsty. They are ready to throw stones at me."

(Show the GF2 picture.) The Lord answered Moses, "Take your staff in your hand, strike the rock with your stick, and water will come out of the rock for the people to drink."

Moses obeyed God and cool water gushed from the rock for the Israelites to drink. How good the water tasted! Everyone drank and drank water until they were full. God provided fresh water for His people. (Rub your tummy and make a satisfied expression with your face.)

Prayer: Dear God, thank You for providing manna, quail, and water for Your people in the desert. You are a mighty God. You take care of me, too. Thank You, in Jesus' name, amen.

Bible Adventure for 4's, 5's & K-

(Show last week's 1EXO05ECGF3 picture of Moses parting the sea.) The Israelites saw the great power of their God when He parted the Red Sea. They worshipped God and sang happy songs.

(Show the GF1 picture.) It wasn't long before the Israelites forgot what God had done for them. There was not enough food for all the people and their stomachs were growling. (Rub your stomach and say, "I'm hungry," with a whiny voice.)

The Israelites grumbled and complained. (Say, "Grumble, grumble," over and over. Have the children say, "Grumble, grumble," over and over.) The Israelites complained to Moses, "In Egypt we ate meat every day and had all the food we wanted. You brought us out here to the desert to starve to death." (Say, "Grumble, grumble." Everyone say, "Grumble, grumble.")

God said to Moses, "I will provide food for My people. In the evening, I will send meat from heaven. In the morning, I will rain down bread from heaven so My people can eat, but I will see if they obey My instructions. This is what I want you to tell them to do. Instruct the people to go out each day and gather enough food for their families for that one day. On the sixth day, they are to gather twice as much as they do on the other days so that they won't have to work on the seventh day. My people must rest on the Sabbath."

Moses and Aaron said to the Israelite people, "Why are you grumbling against us? You are grumbling against the Lord, not us. In the morning you will see the glory of the Lord. You will know that it was the Lord who brought you out of Egypt and that He is still with us."

(Build excitement in your voice.) As Aaron was speaking to the whole group of Israelites, they looked to the distant sky and saw the glory of the Lord appearing in a cloud.

God kept His promise and that evening, birds called quail came from the sky and covered the camp. The birds flew right down to the ground and let themselves be caught by the Israelites. Everyone roasted his meat over the fire and ate until he was full. (Rub your tummy.) The Israelites slept well that night in their tents.

The next morning when the Israelites woke up, the ground was covered with white flakes. The Israelites said to each other, "What is it?"

Moses answered, "It is the bread the Lord has provided for you to eat. Take two quarts of manna for each person in your tent. But these are God's instructions for you to obey, (Hold up your index finger as though in warning.) 'Don't save any manna till the next day.'"

The Israelites gathered manna and ate until they were full. The manna tasted good, like wafers made with honey. Some of the Israelites didn't pay attention to Moses' instructions and saved some manna till the next day. When they went to eat the manna the next day, it was full of worms and smelled terrible. (Make a terrible face.) God was teaching the Israelites to obey His instructions.

Each morning the Israelites went out and gathered as much manna as they needed for the day. On the sixth day, people gathered twice as much manna so that they could rest on the Sabbath, the seventh day. When they woke on the Sabbath day, the Sabbath manna that had been kept overnight did not have worms or smell bad because the Israelites were obeying God's instructions.

Some of the Israelites disobeyed God and did not gather twice as much manna on the sixth day so that they could rest on the Sabbath. When they went out to get their daily manna on the Sabbath, there was no manna on the ground. The disobedient Israelites were hungry that Sabbath day, but God was teaching them to obey His word and do exactly as He said.

The Israelites had plenty of food in the desert because God provided manna and quail from heaven. The Israelites moved from camp to camp in the desert.

At one of the camps, at a place called Rephidim, there was no water for the Israelites to drink. (Have the children say, "Grumble, grumble" over and over.) The desert was hot and dry and the people were very thirsty. (Pant with thirst.) The Israelites grumbled at Moses and said, "Why did you bring us out in the desert to die of thirst?"

Moses cried out to the Lord, "What am I going to do with these people? They are ready to stone me."

(Show the GF2 picture.) The Lord answered Moses, "Walk on ahead of the people. Take with you some of the elders of Israel and take in your hand the staff with which you turned the Nile River red. Strike the rock at Horeb and water will come out of the rock for the people to drink."

Moses obeyed God and cool water gushed from the rock for the Israelites to drink. The people drank and drank the fresh water until they were satisfied. How good the water tasted! How good their God was to provide fresh water for them.

(You may choose to include the next paragraphs for older children.)

God always took care of His people because He was their God. The enemies of the Israelites, the Amalekites, did not want the Israelites to camp in their area. The Amalekites came and attacked the Israelites at Rephidim.

(Show the GF3 picture.) Joshua and his men went out to fight the Amalekites with swords, while Moses, Aaron, and Hur went to the top of the hill to watch. As long as Moses held up his hands with the staff of God in his hand, the Israelites were winning. When Moses got tired and lowered his hands, the Amalekites were winning.

When Moses' hands grew tired, Aaron and Hur held his hands up, Aaron on one side of Moses and Hur on the other side, until the sun went down. That way, the Israelites kept winning. God defeated the Amalekites that day.

Moses built an altar and worshipped God at Rephidim. God said to Moses, "Write these things down on a scroll, these things that I have done for My people. I want your children and grandchildren to know about the mighty things I have done for you."

(Hold up a scroll.) I'm glad that Moses wrote these stories down so that you and I can hear about the true and mighty God.

Prayer: Dear God, thank You for providing manna, quail, and water for Your people in the desert. You are a mighty God. You take care of me, too. Thank You, in Jesus' name, amen.



Look:

Manna and Quail Activity Page: (1EXO06ECGF1) Provide a GF1 picture for each child. Let the children apply small white circle stickers to the manna side of the picture, or punch white circles with a hole punch and put them on tiny dabs of glue that the teacher has put on the picture. Let the children apply bird stickers to the quail side of the picture. In today's Bible Adventure, God provided food for the Israelite people after the food they had taken from Egypt was all gone.

Sand Box Center: If you used the box during the Hook time, it would be fun to make popsicle stick people that the children could stand up in the sand as they retell the Bible Adventure. Make smiling faces on one side of one end of the popsicle sticks and grumbling faces on the other side. As the children tell the story, they will turn the appropriate faces toward themselves.

"Food from Heaven" Finger Play:

"We are HUNGRY!" God's people cried.	<i>(Pat your tummy.)</i>
"We need food or else we'll die!"	
God knew His people needed food.	<i>(Nod head, "yes.")</i>
So God sent quail; in they flew!	<i>(Flap your arms.)</i>
Manna came down from the sky	<i>(Wiggle your fingers high to low.)</i>
While people slept. They said. "Oh, my!"	
What is this stuff that's on the ground?"	<i>(Point down.)</i>
They tasted it and then they found,	<i>(Make an eating motion.)</i>
"This stuff is <u>good</u> ! Oh, thank You, God!	<i>(Hands praying.)</i>
You love us and You give us food!"	

Pass the Whine: Materials needed: Several soft balls. Have the children sit in a circle and pass a "whine" (soft ball) around the circle. After one ball goes around the circle successfully, pass a second ball right behind the first. How many balls (whines) can the class pass at the same time without letting any of them touch the floor? Encourage noises (whining or grumbling) as the balls are being passed to the next child.

Filling the Days: (1EXO06ECGF4) Using the sheet provided, ask children to gather a certain number of communion crackers on each of the first five spaces provided. On the sixth one they are to gather twice as much. Leave the last day or Sabbath blank and talk about God's provisions and instructions for the Israelites and what happened when they obeyed and what happened when they did not obey.

Cup--Manna Game: (1EXO06ECGF7) Each child receives a paper cup and a piece of paper to crumple into a ball. Decorate the cups with stickers and markers. Poke a hole in the bottom of the cup and thread a two-foot length of string through the hole. Make a large knot so it can't pull through. Secure the knot with a piece of tape. Thread the other end of the string through a large-

God passed over the Israelites,
God passed over the Israelites
Who had obeyed His commands.

Our God parted the Red Sea, oh,
Our God parted the Red Sea, oh,
Our God parted the Red Sea
To keep all the Israelites safe.

(Raise your arms from your sides.)

God gave manna and water, oh,
God gave manna and water, oh,
God gave manna and water
He provided for all their needs.

Treasure Box *(tune: "Muffin Man")*

We open up the treasure box, the treasure box, the treasure box.
We open up the treasure box to learn about the Lord.

extra verse

God heard the cries of the Israelites, the Israelites, the Israelites. *(Rub your eyes as though crying.)*
God heard the cries of the Israelites, and sent Moses to them.

God sent some plagues on the Pharaoh king, the Pharaoh king, the Pharaoh king.
God sent some plagues on the Pharaoh king because he disobeyed.

The Israelites were passed over, passed over, passed over. *(Make the sign of a door frame with your arm.)*
The Israelites were passed over when they obeyed the Lord.

God parted the big Red Sea, the big Red Sea, the big Red Sea. *(Raise your arms from your sides.)*
God parted the big Red Sea and the Israelites walked through.

God gave water and manna, and manna, and manna.
God gave water and manna because He cared for them.

Exodus 6:7, Memory Verse Song *(tune: "When the Saints Go Marching In")*

I'll take you as, my own people,
I'll take you as my own people.
A-and I will be your Go-od,
A-and I will be your God.





Took:

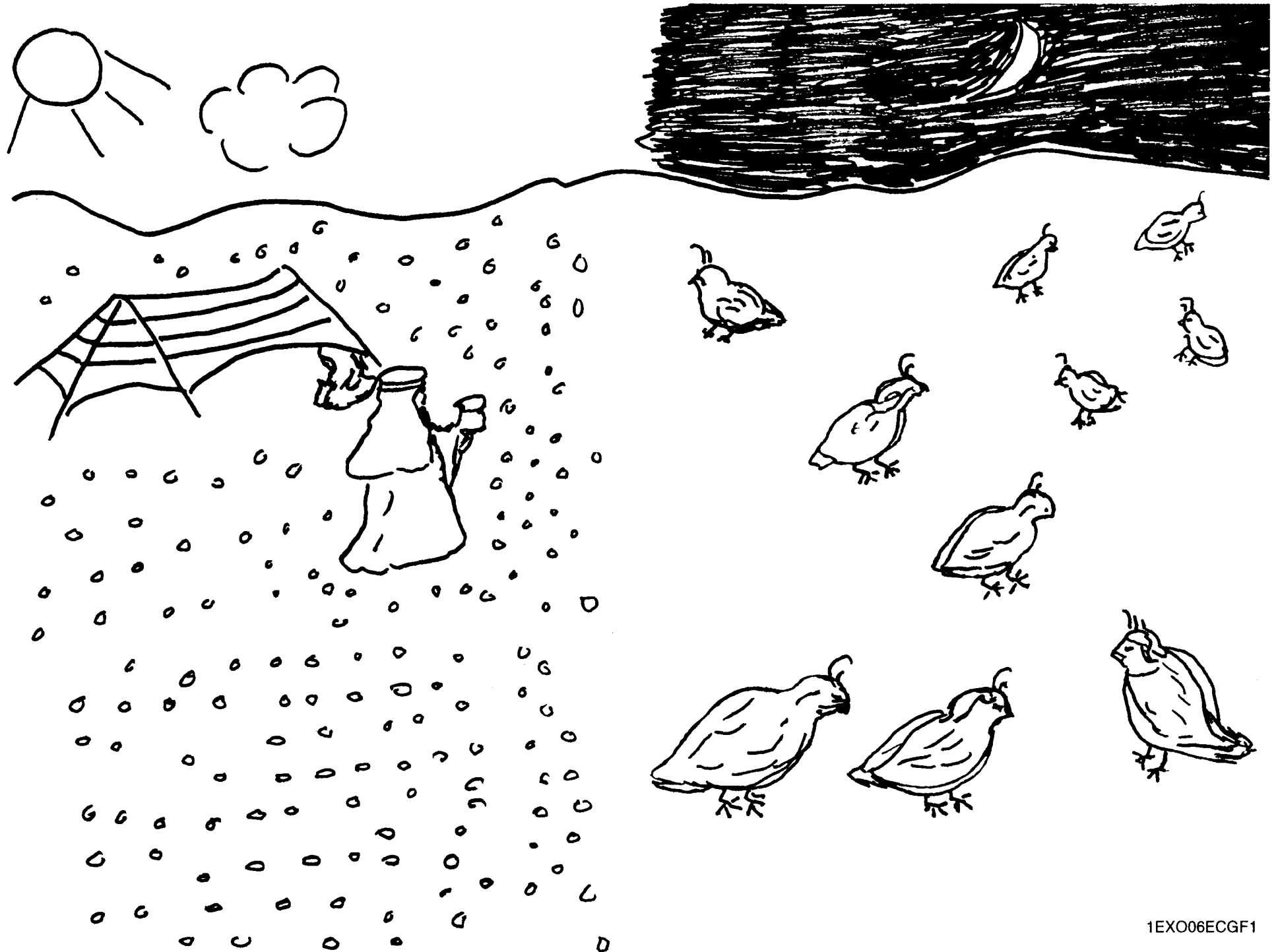
Manna at Night: Materials needed: Black construction paper, an oblong potato cut in half, white tempera paint, salt shaker. Let the children dip the potato into the paint and dot the paper with circles. After the desired number of circles are in place and before the paint is dry, shake some salt over the paper. Discard the excess salt. The manna now sparkles. Review the Aim Questions as the children paint their manna pages.

God Provides in the Morning and at Night: (1EXO06ECGF5) Give each child a piece of paper divided with a line down the middle. On one side have the children color a sun coming up and on the other a moon or setting sun. On the morning side, let the children glue on oatmeal or communion crackers to represent manna. On the evening side, the children can place GF5 quail stickers. The GF5 page can be printed on 1" x 2 5/8" laser labels to use as stickers.

Lunch Sack Reminder: Give the children their own lunch sacks to take home that will remind them of how God provided manna and quail for the Israelites. Glue the memory verse on the lunch bag and let the children color their lunch sacks with markers. Place crackers and quail stickers in it.

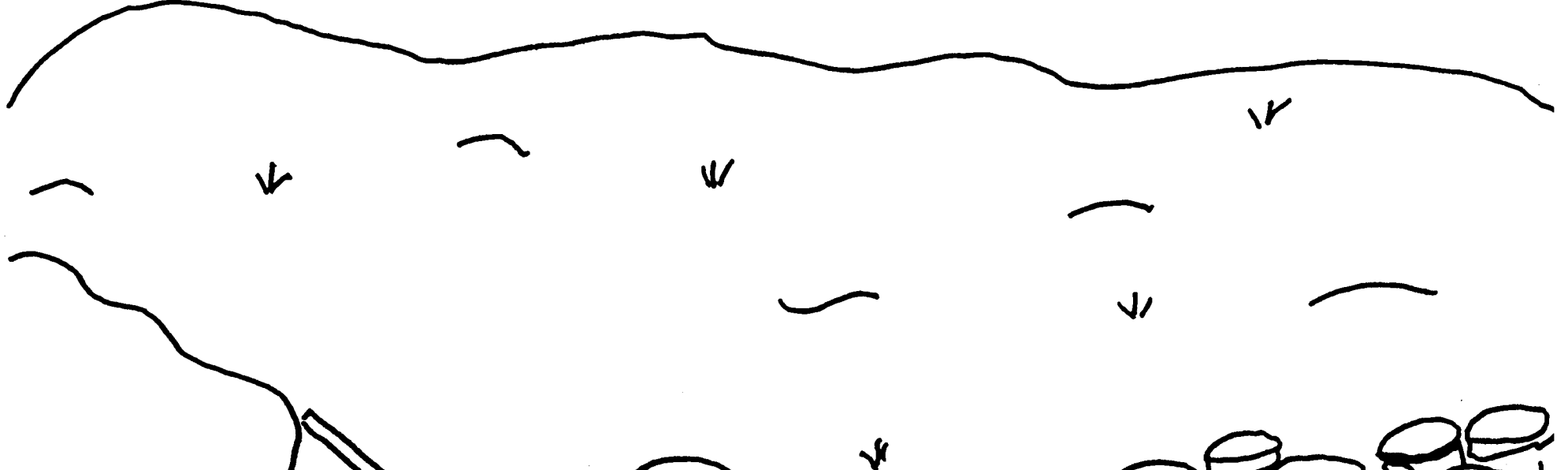
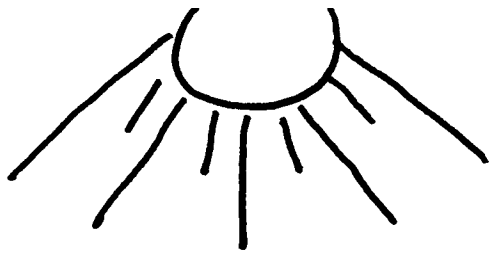
 **Moses Mask: (1EXO06ECGF7)** Fold a paper plate in half and cut out around the edge so that it appears to be a beard. Cut out the center this way also, leaving the rim of the plate intact. Glue cotton balls or yarn on the rims for hair and beard. Punch holes on each side with a hole punch. Tie a piece of elastic to fit the child's head. Let him wear this acting out Moses's face as he listens to the grumbling Israelites, gets discouraged, prays to God, tells the people of God's promise, listens to more grumbling but smiles with a thankful heart when God provides the manna in the morning and quail at night. This repeats with their grumbling for water.

 **Moses' Moveable Arm: (1EXO06ECGF6 & 1EXO06ECGF7)** Let the children color their own GF6 picture of Moses. Attach his GF7 arm with a brad paper fastener. Glue a match stick "staff" in his hand. Review how Moses asked God what to do and followed His orders. Water came from the rock when Moses obeyed and struck the rock. Older children could also remember how the Israelites were winning in the battle with the Amalekites when Moses held up the staff of God.

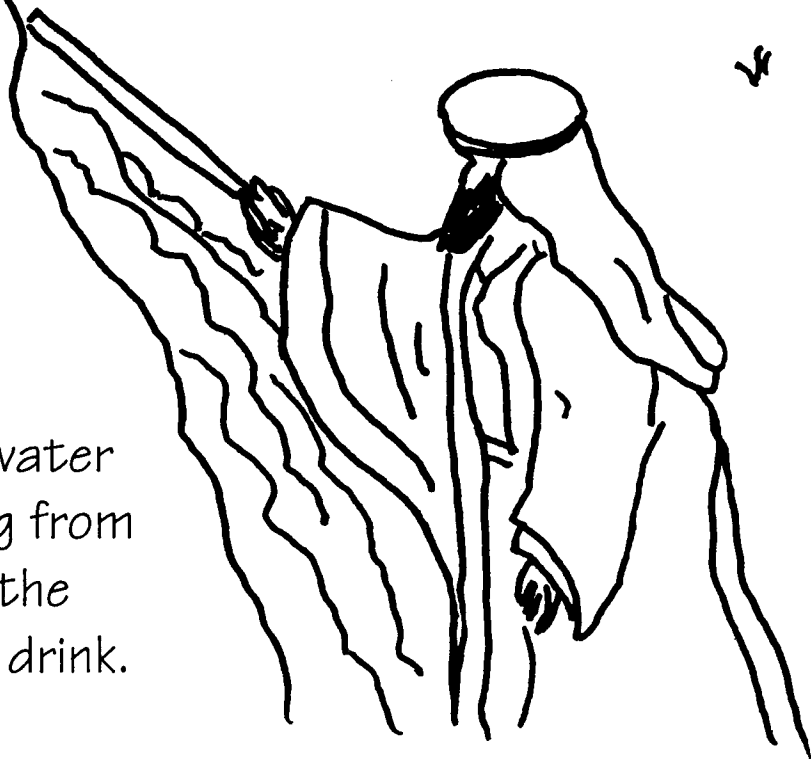


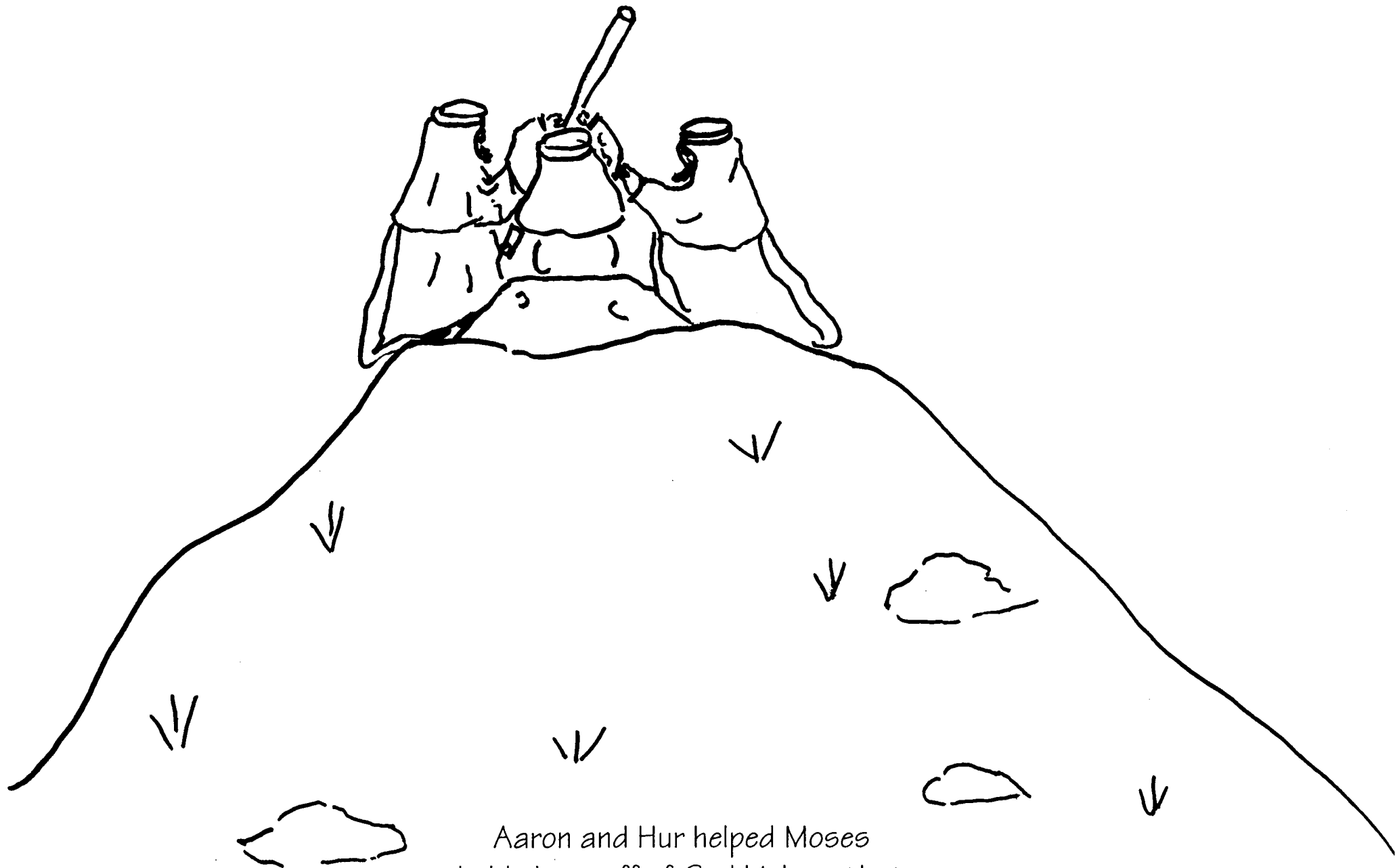
1EXO06ECGF1

God sent manna every morning and quail every evening for the Israelites to eat.



God told Moses to strike the rock. Moses obeyed and water came pouring from the rock for the Israelites to drink.





Aaron and Hur helped Moses hold the staff of God high so that the Israelites beat the Amalekites.

God provides for His people.

Sunday

Monday

Tuesday

Wednesday

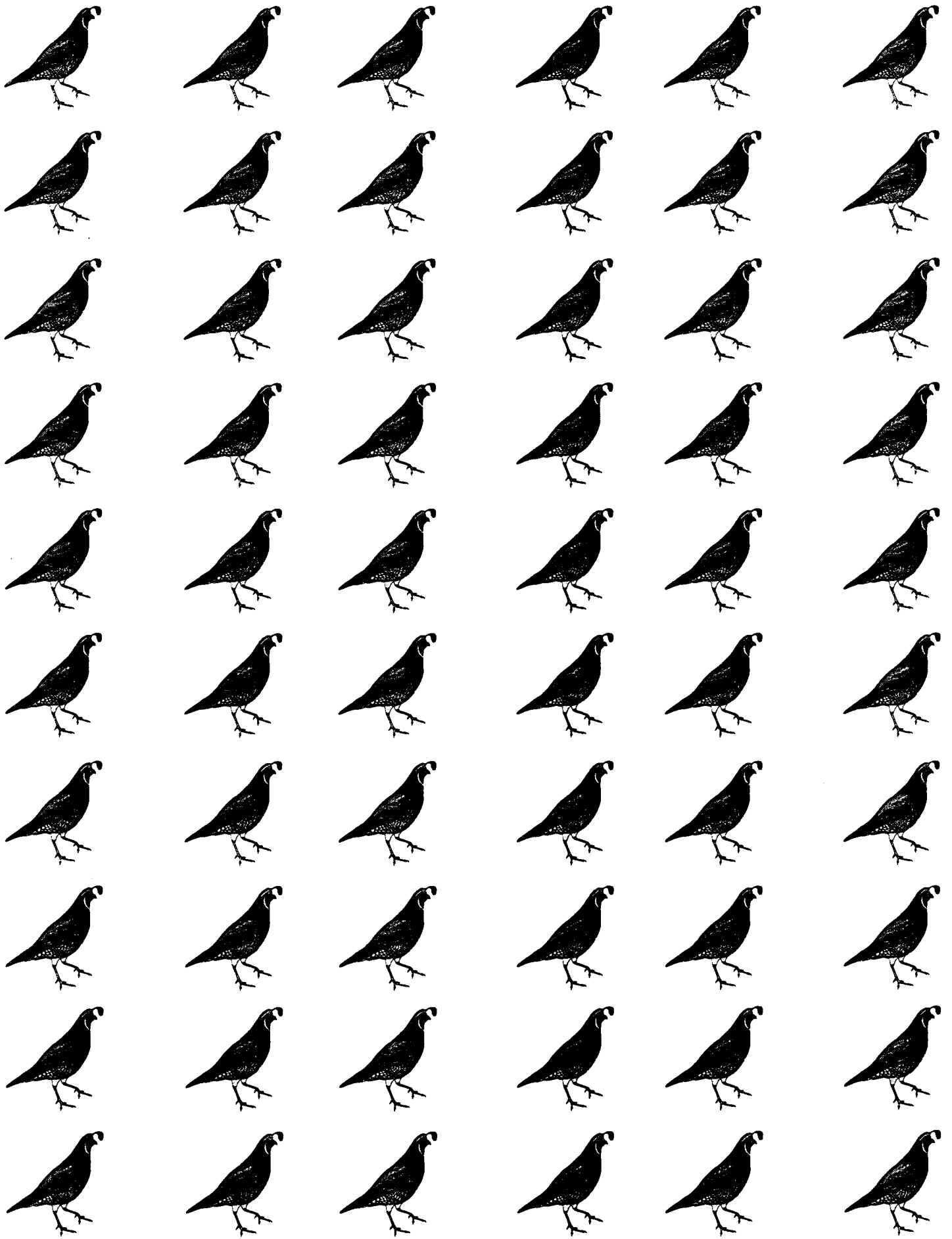
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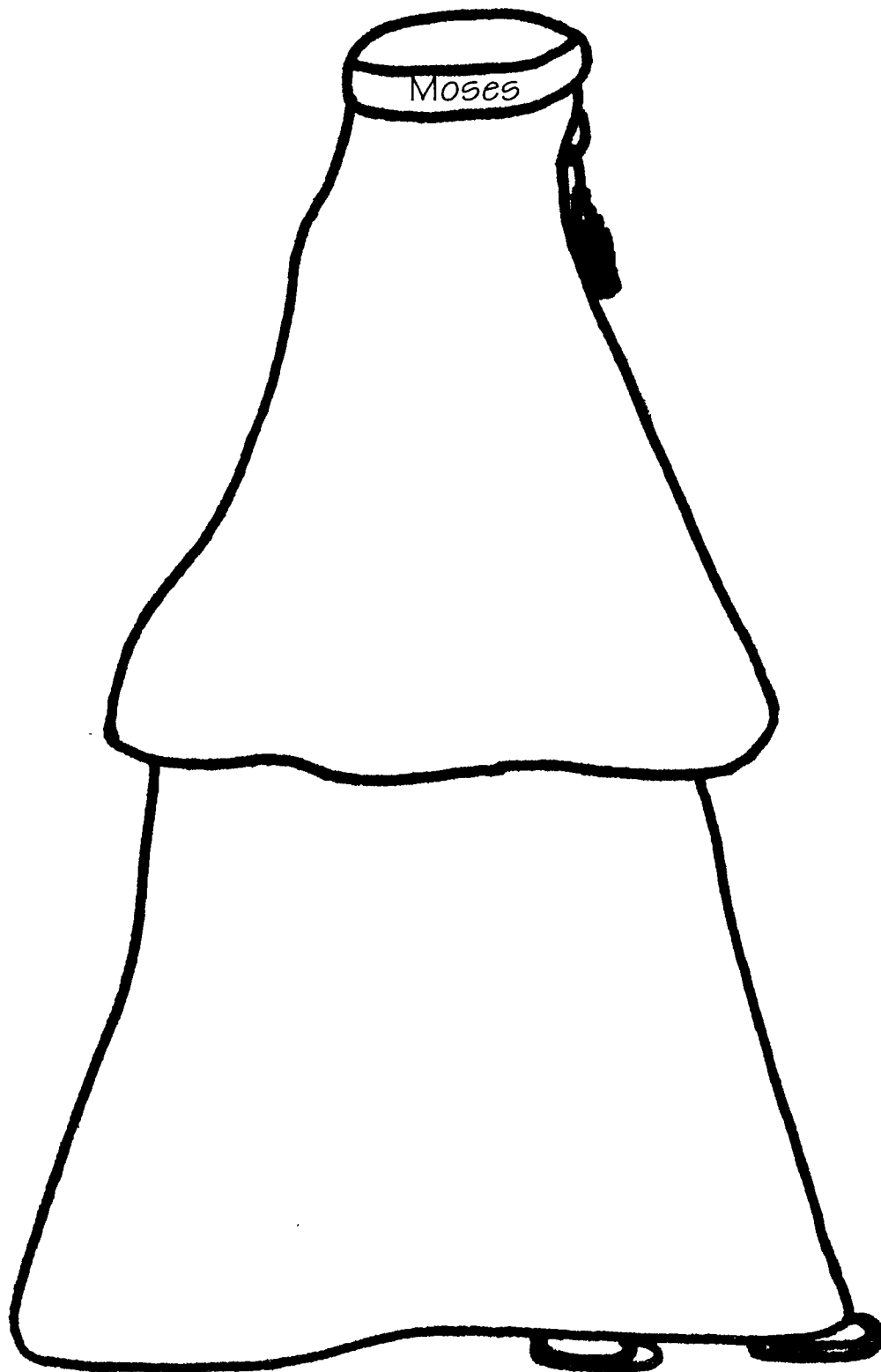
Friday

Saturday

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**I will take you as My own people, and I will be your God.
Exodus 6:7**





I will take you as My own people,
and I will be your God.
Exodus 6:7

Moses'
Movable
Arm

