

**Print the handout and cut out the prompts. Turn the prompts upside down on a table.**

**WHAT YOU WILL DO:**

Explain to the class that they will play a game of Pictionary about thankfulness (consider reminding the children that they will draw pictures without talking, writing words, or making sounds). Allow a volunteer to choose a prompt and begin drawing the picture. (Or you can pick out the prompt for each child.) The child who correctly guesses the picture gets to have the next turn. Continue the game until all the prompts have been used. If desired, children may draw additional ways to show thankfulness. Application: Our friends and family members shouldn't have to "guess" if we're thankful! When we obey God, share with others, and work hard to show kindness and love, then it will be evident that we are thankful for what He has given us.

**APPLICATION**

Prepare a list of words (with pronunciations) in other languages for the words "thank you." Model the words for the class and invite the children to try pronouncing the words. Remind the class that while it's great to say, "thank you," it's even better to show our thankfulness through actions.

***Memory Verse:***

***2 The Lord is my strength and song,***

***And He has become my salvation;***

***He is my God, and I will praise Him;***

***My father's God, and I will exalt Him.***

## **CHAPTER 16: The temptation of food**

**Servant's Preparation:**

Read Exodus Chapter 16.

Read the interpretation of the chapter in Interpretation of the Book of Exodus by Father Tadros Yacoub Malaty:

<http://www.orthodoxebooks.org/sites/default/files/pdfs/Exodus%20-%20Father%20Tadros%20Yacoub%20Malaty.pdf>

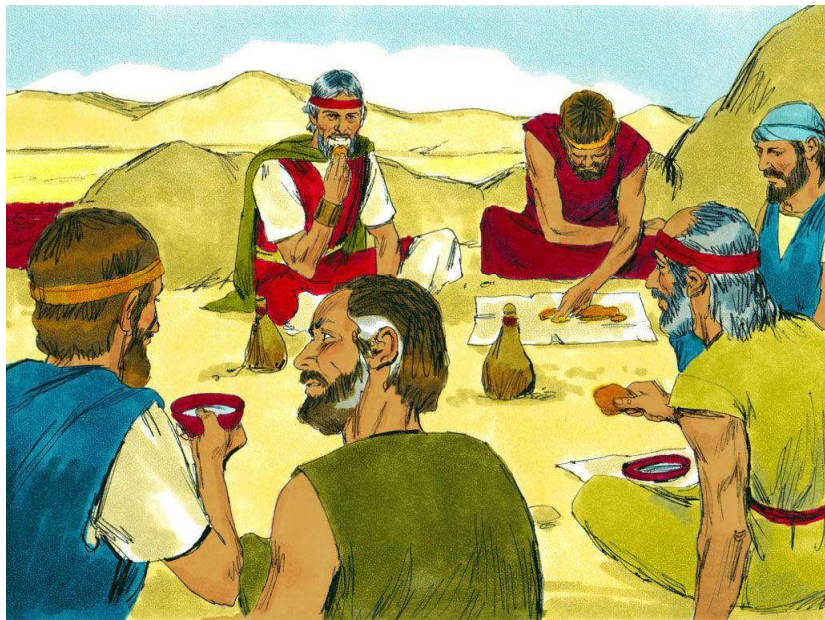
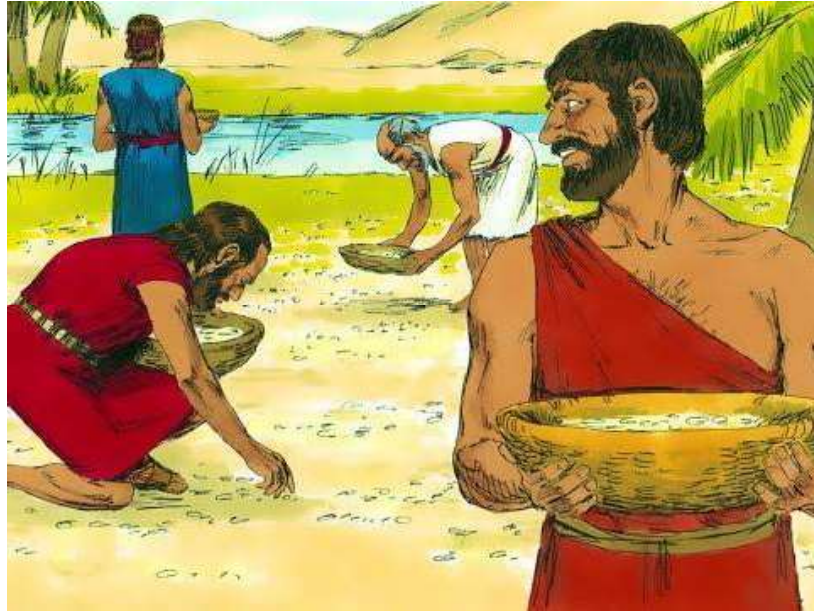
**Brief introduction:**

At the beginning of each lesson, please review book overview questions:

- ✓ *What is the meaning of Exodus?* Departure, going out. It refers to the departure of the children of Israel from Egypt.
- ✓ *Who wrote the Book of Exodus?* Moses the Prophet
- ✓ *What is the structure of the Book of Exodus?* It tells the story of bondage of the Israelites in Egypt, their exodus from Egypt to Sinai and the story of their journey in Sinai.

**Main Points in the Chapter:**

1. In the wilderness of Sin (1)
2. Murmur of the people (2 – 3)
3. The Manna and the quails (4 – 21)
4. The Law of the holy Sabbath (22 – 31)
5. The pot of Manna (32 – 36)





# EXODUS 16

WE ARE  
**hungry!**



Instead of  
getting angry  
at the people  
for already  
forgetting what  
He has done for them  
He provides  
even more.



"I will rain  
bread from  
heaven" v4

"The whole congregation  
of the sons of Israel  
grumbled against Moses  
+ Aaron in the wilderness" v2



"In the morning you will  
see the glory of the **LORD**  
for HE HEARS YOUR  
GRUMBLINGS AGAINST  
the **LORD**" v7

Grumbling +  
complaining is  
always against  
God!

**6** Days  
you shall  
gather it but  
on the **7TH DAY**,  
THE  
Sabbath,  
there will be none." v26

Do I trust  
provide? God to

Take just  
what you need →

"Gather of  
it every man  
as much as he should  
eat" v16

\* 1st thing in  
the morning go  
out + gather what you need  
for the day to sustain them...  
reminds me of prayer + bible  
study to start the day. People

"...that I may test them, whether  
or not they will walk in my  
instruction." v4

God is training them - showing  
them how + why to trust Him →

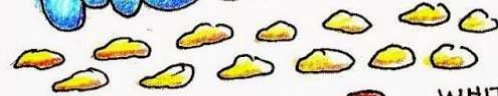
"I am the **living** bread that  
came down out of heaven..."  
JOHN 6: 51

Jesus is the true bread of life! ☺

## MANA

FROM

## Heaven



Like



WHITE  
Coriander  
seed



## 40 YEARS

had to  
make the  
effort +  
follow God's  
instructions  
to receive  
His gift.

## Lesson:

Explain the main events of the chapter with a picture for each event, reading parts of the chapter.

- The Israelites complain to Moses that they don't have food and long for the food they had in Egypt.
- God sends quail in the evening and bread from heaven in the morning. They called the bread Manna because they didn't know what it was and it tasted like wafers made with honey.
- God commands that the people gather only as much as they and their family need of the Manna, not more or less, and not to keep any of it until the morning. Those who did not obey found that the Manna they left over bred worms and stank.
- God commands that on the 6<sup>th</sup> day, the people gather twice as much for the next day such that they're able to rest on the Sabbath.
- Moses keeps a pot of Manna as a memorial.
- The Israelites ate the Manna for 40 years.

## Lesson Aim

We can trust God to give us what we need.

## Activities

**Ask:** What happened to the Israelites after they left Egypt? (Pharaoh's army came after them; God parted the Red Sea to rescue them.)

**Say:** God took good care of his special people, the Israelites. Today we'll learn what happened after they escaped from the Egyptian army.

*Distribute cups of sweetened cornflakes or crunchy snacks. Or, the children can bring their own crunchy snacks if they prefer or if that's more suitable.*

As you listen to the story, eat one piece of your snack each time you hear the word food. Read the following story, cuing children when to eat their "manna" snacks.

After the Israelites left the Red Sea, they started on their long journey to Canaan, the land God had promised them. Their journey took them through a hot, dry desert where there wasn't very much food or water. The Israelites had been excited when they left Egypt. They had been even more excited when God parted the Red Sea and saved them from Pharaoh's army. But it wasn't long before they were grumbling and complaining.

"We're starving!" they whined. "We might have been slaves in Egypt, but at least we had lots of food! Now we'll probably die from hunger."

God told Moses, “I’ve heard my people complaining to you. So I’ll send the Israelites special **food** from heaven. Tell them to go outside each day and collect just enough **food** for that day. On the sixth day of the week, have them collect twice as much **food** so they won’t have to work on the Sabbath.”

Moses obeyed and told the people just what God had said. That night, birds called quail flew into the Israelites’ camp. The people were happy to have fresh, delicious meat for dinner that night. But the next morning, they found an even better surprise! Thin, sweet flakes were covering the ground. The Israelites tasted the flakes and discovered that this **food** was different from anything they’d ever tasted before. This was special **food** straight from God! The Israelites called it “manna.”

Each day, God’s people collected jars of manna. And each day, they found plenty of manna for everyone. Some people ignored God’s rule about collecting just enough **food** for one day. But when they tried to collect more, the manna spoiled, and they couldn’t eat it.

As the Israelites traveled across the desert, God sent manna for them every day. When they ate their manna, the Israelites remembered that they could trust God to give them everything they needed—even **food** in the desert.

**Ask:**

- What did the Israelites need in the desert? (Food; water.)
- How did God give them what they needed? (He sent special birds for them to eat; he gave them manna; God sent food from heaven.)
- What happened when people collected too much manna? (It went bad; it spoiled; they couldn’t eat it.)

**Say:** The Israelites learned to trust God for the things they needed. They had to trust that God would send food each day. We can trust God to give us what we need, too. Like the Israelites, we know that God will provide for our needs. As you’re finishing your manna snacks, think of all the things God provides each day.

Allow children to finish their cups of cereal, and then move on to the next activity.

**Skit:**

You can print this skit and two of the children and read/act it to teach the children about the difference between needs and wants.

**Pockets:** It's just not fair.

**Teacher:** What's not fair, Pockets?

**Pockets:** *(Pouting)* I can't believe my mom won't get it for me. I need it so much!

**Teacher:** What do you need?

**Pockets:** There's this new video game called "Showdown at the Red Sea," and I've just gotta have it. It's about God and Moses battling the Egyptians and all that stuff. All my friends have it, and I need it, too.

**Teacher:** That sounds like a neat game, but do you really need it?

**Pockets:** Yes, yes, yes...I do!

**Teacher:** Pockets, needs are something you just couldn't live without. Children, can you name some things we can't live without? *(Call on children to name needs such as health, air, food, clean water, and clothing.)* Do you think you could live without a video game?

**Pockets:** Well...uh...I guess so.

**Teacher:** Our bodies need air, food, water, and shelter. Of course, there are other things we'd like to have. Those are called wants. Can anyone tell me some things you want? *(Let children tell wants such as new games, trips to Disneyland, candy, or more birthday presents.)*

**Pockets:** So the video game is just a want, not a need.

**Teacher:** I think you've got it, Pockets. It's important to know the difference between wants and needs. ► *We can trust God to give us what we need.*

**Pockets:** I'm glad God always gives us what we need. I guess I can live without a video game, even though I want it a whole bunch.

**Teacher:** That's the spirit!

**Pockets:** Maybe I can start thanking God for all he gives me instead of complaining about what I want. I'll start by thanking him for food! I love food! Yummy apples, fried chicken—oh, and corn-on-the-cob...*(Exits talking about food.)*

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### Memory Verse:

*11 And the Lord spoke to Moses, saying, 12 "I have heard the complaints of the children of Israel. Speak to them, saying, 'At twilight you shall eat meat, and in the morning you shall be filled with bread. And you shall know that I am the Lord your God.'"*