

GOD PROVIDES FOOD



Bible Reference: Exodus 16-17

Date:

Age: 2's/3's + 3's/4's

1st Service

Memory Verse:

Philippians 4:19 "And God will meet your needs according to his glory in Christ Jesus"

Theme:

God Helps People

Schedule

- **Arrival/Attendance/Directed Play.....8:55-9:10**
- **Clean Up and Gather For Story.....9:10-9:15**
- **Bible Story.....9:15-9:30**
- **Craft/Coloring Page:.....9:30-9:40**
- **Friends from Afar.....9:40-9:50**
- **Songs/Memory Verse/Prayer.....9:50-10:05**
- **Snack Time at Tables.....10:05-10:15**
- **Free Choice Play.....10:15-10:40**

Notes and Reminders

Happy November! With the Christmas season just a few weeks away, our 2's/3's and 3's/4's classes are continuing to look at stories about God helping His people. As we look toward Christmas, help the kids to think about the amazing help we have experienced in Jesus!



SHEPHERD BIBLE STUDY

Residents of Olten, Switzerland, were surprised by a shower of chocolate shavings covering the entire town. The ventilation system at a nearby chocolate factory had malfunctioned, sending cocoa into the air and dusting the area with confectionary goodness. The chocolate coating sounds like a dream come true for chocoholics!

While chocolate doesn't adequately provide for one's nutritional needs, God supplied the Israelites with heavenly showers that did. As they traveled through the desert, they began to grumble about the variety of food they'd left behind in Egypt. In response, God said He would "rain down bread from heaven" to sustain them (Exodus 16:4). When the morning dew dried up each day, a thin flake of food remained. Approximately two million Israelites were instructed to gather as much as they needed that day. For forty years of their desert wanderings, they were nourished by God's supernatural provision in manna.

We know little about manna except that it was "white like coriander seed and tasted like wafers made with honey" (v. 31). Though manna may not sound as appealing as a steady diet of chocolate, the sweetness of God's provision for His people is clear. Manna points us to Jesus who described Himself as the "bread of life" (John 6:48) that sustains us daily and assures us of life eternal (v. 51).

Reflect & Pray

How has God provided for you? How does Jesus being the "bread of life" encourage you to trust Him?

- Father God, thank You for providing for my deepest need in Jesus and sustaining me every day.

Today's Insights

Having crossed the Red Sea, which was the final act of their liberation from Egypt, the Israelites transitioned on to Sinai. The elements of the transition include a season of worship at the Red Sea (15:1–21), cleansing the bitter waters at Marah (vv. 22–27), God's provision of manna and quail (ch. 16) and water from the rock (17:1–7), a battle against the Amalekites (vv. 8–16), a leadership summit with Jethro (ch. 18), and their arrival at Sinai (ch. 19). At Sinai, God reintroduced Himself to His chosen people, and Israel further transitioned from being a massive extended family to becoming a nation with laws.

Devo from: Kirsten Holmberg

<https://www.odbm.org/en/devotionals/devotional-category/chocolate-snowflakes?ts=1688688000000>

OUTLINE



Arrival/Attendance/ Directed Play

8:55-9:10

Welcome the children and mark them as present on the attendance sheet on the clipboard by the door. Set up the activities and introduce the children to the lesson through these activities. Encourage the kids to participate in both activities as they play together. You may need to ask the kids to come to the different areas so all of them have the opportunity to participate.

Matching Game

- Place the small Bible story picture cards facedown on the table in a grid shape. Help the first child flip two cards over. If the cards are matching pictures, they may remove the match from the table. If it is not, they must flip the cards back over and allow the next child to go. Continue allowing children to take turns until all matches have been found.
- SAY That was a little hard, but you all did a great job using your memory to find the matching pictures! As we listen to our story today, pay attention for each picture! Listen for the staff, rock, water, *Moses*, quail, manna, tent, and desert!

Collect Manna

- Spread out cotton balls around the room. Explain to children that we are going to pretend we are the Israelites collecting manna, and pick up all the cotton balls to put in our basket. As an added portion, you may challenge the children to see how fast they can pick up all of the 'manna.'
- SAY You all were so focused to collect all of our pretend manna this morning! Manna was a food God provided for the people of Israel to have bread while they lived in the desert. They could keep just enough for the day. Anything they kept overnight would go bad and become filled with worms. Let's listen to our Bible story to see how God used this food to fill the bellies of all the Israelites!





Clean Up and Gather for Story

9:10-9:15

Invite the children to begin cleaning up toys and putting away their activities at 9:10. Then remind them to meet at the carpet for Bible story time. Remind the children that we are going to do our best to be good listeners.

Bible Story

9:15-9:30

Welcome Song

- Welcome all the children by singing their welcome song
- (Tune of Twinkle Twinkle Little Star)
- Welcome, Welcome Everyone
- Now you're here Let's have some fun
- First let's clap our hands like so
- Then reach down and touch our toes
- Welcome, Welcome Everyone
- Now you're here Let's have some fun
 - You can call a group of children names to welcome them and they can stand up and wave if you'd like.

The words from today's story are written below. They are taken from pages 116-119 in the Beginner's Bible. Use the printed pictures or the Bible in your room to share the story with the children. If you are viewing this document online, there is a scanned copy of the story later in the document.

Food From Heaven (Exodus 16)

- The Israelites traveled for many days. They were tired and hungry. They complained to Moses, "There is nothing to eat in the desert. At least we had food in Egypt! Now we are starving!"
 - God heard them. That evening, God sent birds called quail for the Israelites to eat.
 - The next morning, God sent bread from heaven. It was called manna and tasted like honey. The Israelites found the manna on the ground. But they complained again: "We are thirsty!"
 - Moses asked God what to do. God said, "Hit the rock with your staff." When Moses hit it, cool, fresh water gushed out for everyone to drink. While they were in the desert, the Israelites would not go hungry or thirsty again.
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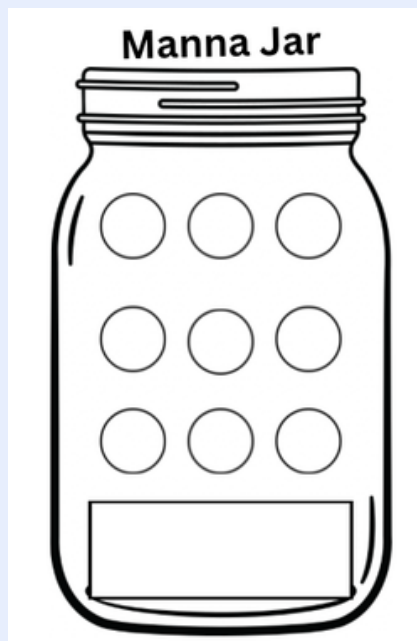
Craft/Coloring Page

9:30-9:40

After the story, have the children go to their tables and prepare for a craft to go along with the lesson. Our BIG IDEA of the week is: God Helps People!

Pass out a manna jar picture to each child. Then give them the label with the Bible verse and have them place it on the rectangle at the bottom of the jar picture. They will also need: 3 purple stickers (quail), 3 yellow stickers (manna), and 3 blue circle stickers (water). Allow them to put stickers on the circles in the jar.

As children finish, distribute the coloring page with today's story on the back for children to complete. Have the children place both the craft and coloring sheet in their bin when they are finished.



Friends from Afar

9:40-9:50

You will find today's activity for Friends from Afar in the Binder on the counter. The information for this month's Global Partner family and an activity to learn about where they are serving are included. Necessary supplies are located in your bin.



Songs/Memory Verse/Prayer

9:50-10:05

There is a list of songs for today's lesson on the TV. Use the directions located with the remote to access them.

Prayer (Use these words, or your own, to pray about today's Bible lesson. Take time to listen to prayer requests from the children and pray for them as well!)

- Dear God, Thanks for always being with us every day and taking care of us. Thanks for giving us everything we need each day. Help us to have faith in you God that you will take care of us every day. We love you. In Jesus' name, Amen.

Memory Verse

- Philippians 4:19 "And God will meet your needs according to his glory in Christ Jesus"
- This is the children's first week learning this verse. Remind them that we can trust God to provide for us just like he provided for people in our Bible story! The best gift we have ever recieved from God is His son, Jesus!
 - **My God**- Point both index fingers up toward heaven.
 - **Will supply**- Bring hands together, palms up (like receiving a gift).
 - **All your needs**- Sweep with your arms to show "all" or everything.
 - **According to his riches**- Rub thumb and fingers together like money
 - **In glory**- Raise your hands and wiggle your fingers like shining light
 - **In Christ Jesus**- Cross your arms over your chest
 - **Philippians 4:19**- Hold up four fingers for chapter 4, and nine fingers for verse 9

Snack Time at Tables

10:05-10:15

Prior to serving the snack have the children use hand sanitizer before choosing a seat at the table. Each child will have pretzels on a napkin and a small cup of water. **NOTE:** There are gluten free pretzels in your snack cabinet for children with gluten allergies. Some children with allergies will have their own snack or drink...parents usually remind shepherds of this at drop off.

While the children are eating their snack, please read the read aloud book that is in the bin labeled Read Aloud book for snack time.





Free Choice Play

10:15-10:40

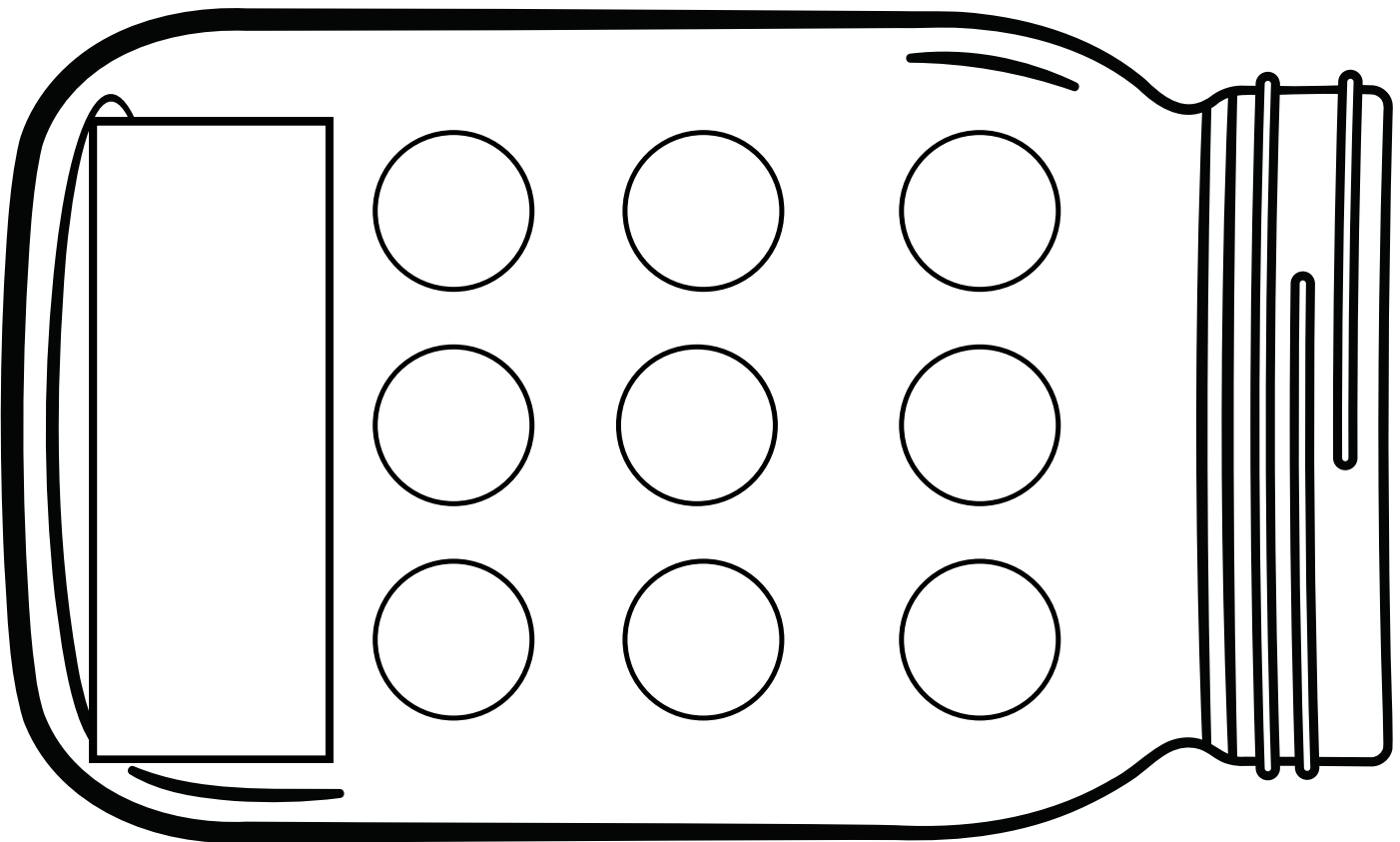
Once the snack and read aloud are finished, the children may choose free play until their parents come to pick them up.

At dismissal, please make sure to check the child's tag number to match the parent's tag. Have the children take home any papers from their bin. Finally, check them off the attendance as being picked up (the last column for the date).

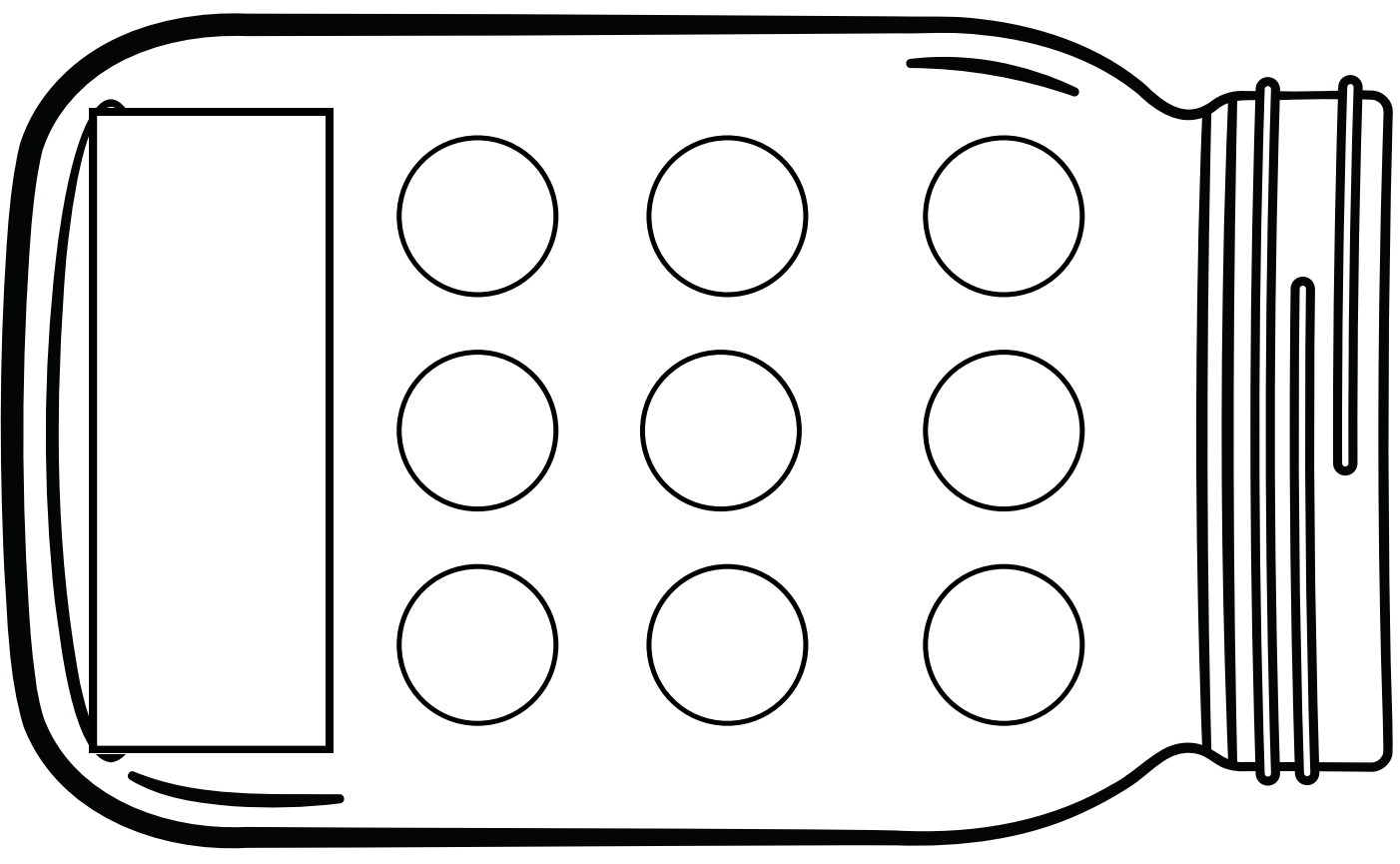
Thanks so much for shepherding the little ones this week. We appreciate you!

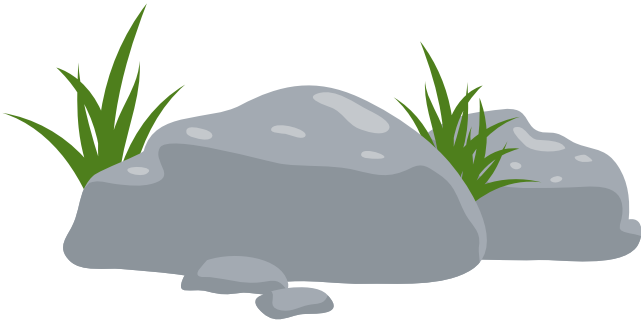
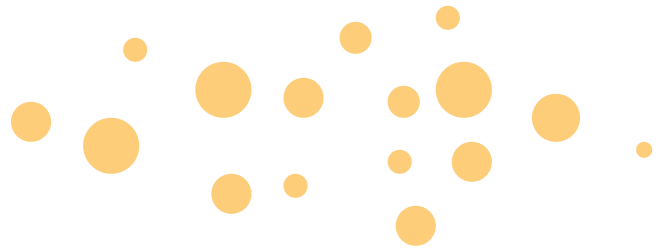


Manna Jar



Manna Jar





**“I will be with you; I
will never leave you.”**

Joshua 1:5b

God is all powerful.



God gives manna to eat.

Exodus 16:1-36

The people were hungry. They had been traveling in the desert for many days. They didn't have any more good food to eat. The people started to complain. They forgot that God would take care of them.

God told Moses that He was going to give His people food from heaven.

The next morning there were strange white flakes all around on the ground. "This is bread from the Lord," Moses told the people. The people called the bread manna. It tasted like crackers made with honey. All the people worked together to pick up the manna. Every day each person had enough to eat.



Food From Heaven

Exodus 16

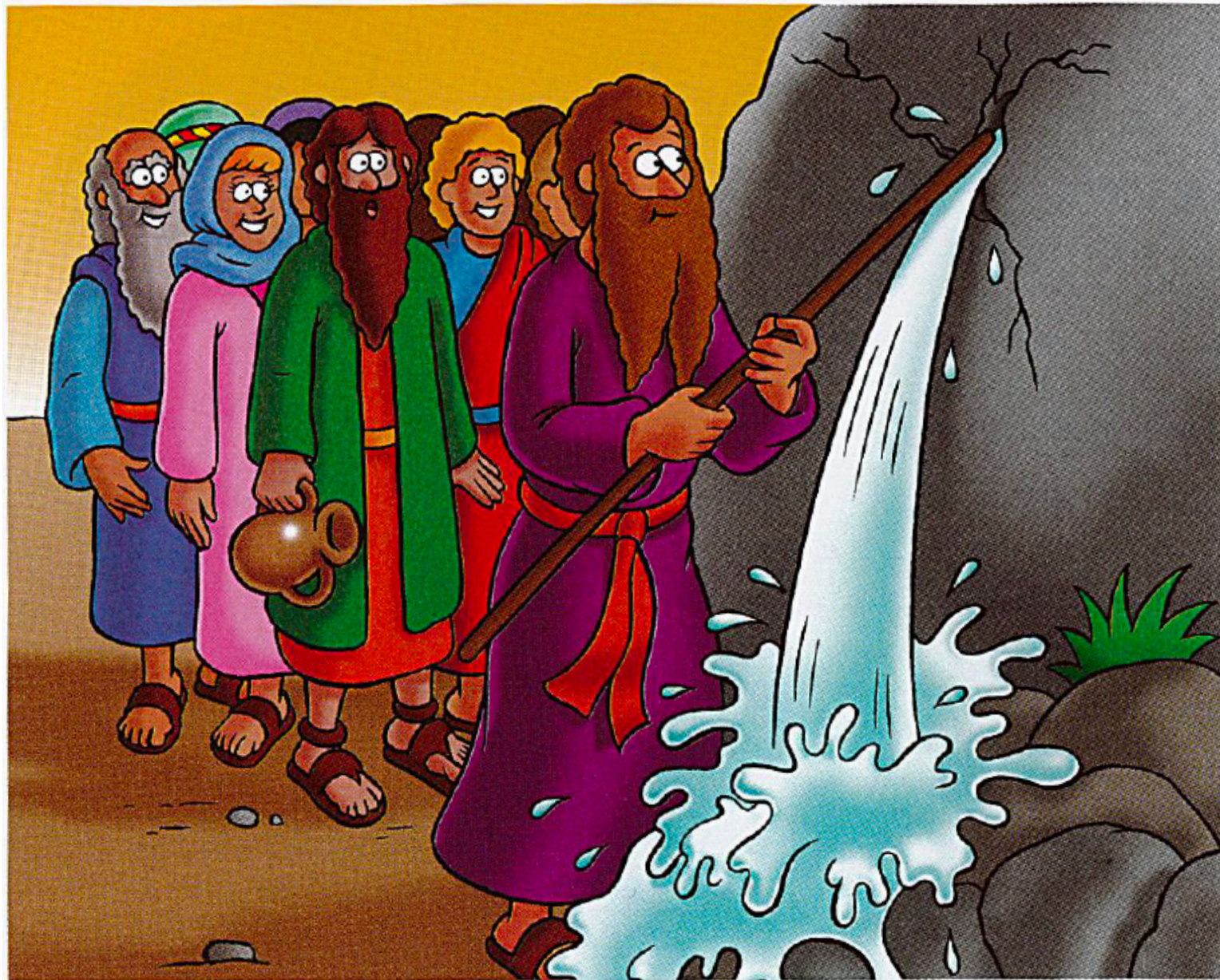
The Israelites traveled for many days.
They were tired and hungry.
They complained to Moses,
“There is nothing to eat in the desert.
At least we had food in Egypt!
Now we are starving!”



God heard them. That evening,
God sent birds called *quail* for the
Israelites to eat.



The next morning, God sent bread from heaven. It was called *manna* and tasted like honey. The Israelites found the manna on the ground. But they complained again: “We are thirsty!”



Moses asked God what to do. God said,
“Hit the rock with your staff.”

When Moses hit it, cool, fresh water
gushed out for everyone to drink.

While they were in the desert,
the Israelites would not go hungry
or thirsty again.