

Growing Together

Bible Story

God sends manna and quail
(Exodus 16:1-35).

God's People in the
Wilderness 6:
God wants us to be content
with what we have.

Bible Verse

"I have learned to be content with
whatever I have" (Philippians 4:11).

In Touch

Today your child learned that God wants us to be content with what we have. As God provided for the Israelites as they wandered through the wilderness toward the Promised Land, God will also provide for us. Use these activities to help your child recognize God's care and to appreciate what he or she has.

Food for All

Borrow a menu from your child's favorite restaurant. Have family members each choose something from the menu they'd like to eat. Add up what you would've spent on the meal. Together with your child, count out that much money and plan to donate it to your church's fund for needy people or to a local shelter. Together, prepare a simple meal of tuna sandwiches, applesauce, vegetable slices, and milk. Before you eat, thank God for taking care of you and pray for the people who will receive the money you'll donate. While you're eating, talk about the blessings God has given you. You might want to give up a restaurant meal once a month and give the money to needy people.

Manna Feast

According to Exodus 16:31, manna was like small coriander seeds that tasted like wafers made with honey. Using puffed-rice or puffed-wheat cereal, follow a Rice Krispies Treats recipe. Pull apart the treats in small clumps and scatter them on clean kitchen countertops and on your kitchen table. Have your child gather the "manna." As you enjoy the treat, talk about the food that God provides for your family.

Family Fun



Have your child create a game using six aluminum cans and a tennis ball. Play the game together, and then discuss these questions: Is this game more fun or less fun than expensive toys? What would it be like if your family couldn't afford to buy toys? What other things can your family do together to have fun without spending any money? Thank God for the gifts you have, and pray for those who have less than you have.

Summer Fun

Teach your child to have fun without spending money. Create a list of low-cost and no-cost ideas for summer fun, such as hiking through nearby parks, playing in the sprinkler, jumping rope, and flying homemade kites. Inventory the toys your child already owns, and find an area in your basement, garage, or child's room to display bats, balls, and other toys where your child will see them. Encourage your child to choose a different toy to play with each day until all the toys have been played with.