



Manna From Heaven

Text: Exodus 16:1-31

Highlighted Verse: *Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day."*

Main Themes:

God provides for our needs and the food we eat

We should only take what we need from the gifts God gives us

Lesson: Exodus 16:1-31 - Look for a Children's Bible paraphrase of this story.

After reading, ask a few basic questions to make sure they understood the story.

Activity:

Have children sit in circle. Tell them to imagine they are the Israelites. They are hungry and complaining. God comes in a cloud and tells them that they will have food in the morning. They close their eyes and go to sleep, excited to see what they will wake up to. Make sure everyone's eyes are closed and then place bananas in the center of the circle, one for each child (or cut them in half, leaving the peel on, and each child get a half). Then tell them to wake up and gather the food that God has given them.

Most likely, one child will take more than one banana, leaving another child without a banana. This is a good opportunity to remind them that God provides enough for each person to have some, but not enough that anyone can be greedy and take more than they need.

Discussion Questions:

- What kind of food did God bring you?

- God wants you to know where this food came from, so that you remember how blessed you are to have it. Where did this banana come from?

There will probably be some confusion about how to answer this question. You should explain that the manna that God gave the Israelites came from God, but that our food doesn't just appear that way anymore. Someone grew these bananas. Where did they grow? You will need to know this question, so pay attention when you buy the bananas so that you have a good answer. It will likely be a South American country. Point out that the bananas have traveled a long way to get to us.

Activity:

Do the circle activity again, but this time, have the children wake up to a pile of french fries.

Again, ask the same questions:

- What kind of food did God bring you?
- God wants you to know where this food came from, so that you remember how blessed you are to have it. Where did this french fry come from?
- Does it come from a plant?
- Where does the plant grow? In a tree? In the ground? In what state or country?

Activity:

Do the circle activity again, but this time, the children wake up to a pile of cheese pizza. (You can cut bite-sized pieces.)

Again, ask the same questions:

- What kind of food did God bring you?
- God wants you to know where this food came from, so that you remember how blessed you are to have it. Where did this pizza come from?
- Does pizza grow on trees? Does it sprout up from the ground?
- What are the parts inside the pizza? (crust, sauce, cheese)
- Where does the crust come from? (wheat grows in fields and is ground into flour)

- Where does the sauce come from? (tomatoes grow on plants and are cooked and smashed to make sauce)
- Where does the cheese come from? (cheese comes from milk which comes from cows. And cows eat grass!)
- God didn't want the Israelites to be hungry and not have food. But that doesn't mean that God said they could eat as much as they wanted. Throughout the Bible, God and Jesus make sure that people have food to eat, but they also warn about taking more than we need. How can we make sure that we don't run out of food and that we don't disobey God?

In this story in Exodus, we learned that we should always know where our food comes from. We should try to eat the food that God made for us, instead of eating food that God made for someone else.

Let's pray:

God, thank you for creating bananas and potatoes and wheat and tomatoes and all the other foods we eat. Help us to remember how blessed we are to have food. Amen.

When you go home, ask your parents to help you figure out where the food in your house came from.