Preschool–Grade 6

Manna and Quail

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: God gives me what I need.
Bible passage: Exodus 16. Read Exodus 16 yourself before class.
Memory verse: "But my God shall supply all your need" *Philippians 4:19 (KJV)*. The old word **supply** means give.
You need: a Bible, about 60 cotton balls or white paper circles, a small paper cup for each child, crayons, and one take-home sheet for each child. If you want a snack: small plain crackers (check for food allergies first).
Before class: put a bookmark in your Bible at Exodus 16. Scatter the cotton balls on the floor before the kids come in.

1. Opening game: Morning Gathering (5 minutes)

Give each child a cup. Say: "Good morning! Let's gather!" Kids pick up cotton balls and put them in their cups. Then say: "Today we will hear a true story about people who gathered food from the ground every morning. God sent it to them!"

2. Bible story (5 minutes)

Hold up your Bible open to Exodus 16. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

God's people walked in the wilderness. It was dry and empty (Exodus 16:1). *(Walk in place.)*
The people were hungry. They complained (16:2–3). *(Rub your tummy and frown.)*
God heard them. God said, "I will rain bread from heaven" (16:4). *(Point up high.)*
In the evening, quails came. Quails are little birds (16:13). *(Flap your hands like small wings.)*
In the morning, there was dew on the ground (16:13). *(Wiggle your fingers down low.)*
Then they saw little round things on the ground (16:14). *(Point to the floor.)*
It was manna! Bread from God (16:15). **Say it with me: "God gives me what I need!"**
Manna was white. It tasted like wafers made with honey (16:31). *(Rub your tummy and smile.)*
Every morning they gathered it (16:21). *(Pretend to pick it up.)*
Each person had just enough (16:18). *(Hold up one finger.)*
On day six they gathered two times as much (16:22). *(Hold up two fingers.)*
On day seven they rested (16:30). *(Lay your head on your hands.)*
Say it with me: "Thank You, God!"

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3. Questions to ask (3 minutes)

1. What little birds came in the evening? *(Quails, Exodus 16:13)*
2. What did God send on the ground in the morning? *(Manna, bread from God, 16:14–15)*
3. What color was manna? *(White, 16:31)*

4. Memory verse (3 minutes)

Say: "God's Word says, 'But my God shall supply all your need.' Supply means give." Teach the motions: point up for "my God," hold out your hands like a cup for "shall supply," and point to a friend for "all your need." Say the verse with the motions three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Philippians 4:19" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

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6. Activity: Morning on the Ground (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw the ground and lots of little white circles for the manna, and a few small birds for the quails. While they color, ask: "Who gave the people bread? Who gives you food?"
Snack reminder (optional): give each child a few small plain crackers and say: "This is not manna. It is a snack to remind us that God gives us food every day." Thank God together before eating.

7. Prayer

Say each line, and the kids say it after you:
"Thank You, God, for my food.
Thank You for giving me what I need. In Jesus' name, amen."

Tips for little ones: let every child gather cotton balls more than once. If they get wiggly, do the bird and gathering motions again. Send the take-home sheet home so parents can tell the story again this week.

If a child asks why the manna had worms: say simply, "Some people did not listen to Moses and kept it until the next day, so it spoiled (Exodus 16:19–20). God wanted them to trust Him for new food every morning."

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