Preschool–Grade 6

Manna and Quail

Sunday School Lesson for Kindergarten to 2nd Grade, 45 minutes

Main point: God gives us what we need, so we can trust Him every day and thank Him instead of complaining.
Bible passage: Exodus 16. Read it before class.
Memory verse: "But my God shall supply all your need according to his riches in glory by Christ Jesus." *Philippians 4:19 (KJV)*
You need: a Bible, about 60 small white paper circles (or cotton balls), a small paper cup for each child, 7 bigger white paper circles and a marker for the verse game, crayons, and one take-home sheet for each child. If you want a snack: small plain crackers (check for food allergies first).
Before class: write the memory verse on the 7 big circles (see part 4). Put a bookmark in your Bible at Exodus 16:15.

1. Opening game: Gather It Up (5 minutes)

Scatter the small white circles on the floor. Give each child a cup. Say "Go!" and let them gather for 20 seconds. Then count: some gathered more and some less. Say: "Today we will hear a true story about God's people. Every morning they went out and gathered food from the ground, food God sent. And God made sure every person had just enough."

2. Bible story: Bread from Heaven (10 minutes)

Hold up your Bible open to Exodus 16, so the kids can see the story comes from God's Word. Tell it in your own words:

God had brought His people, the children of Israel, out of Egypt. Now they were walking through the **wilderness**, a dry, empty land with no farms and no stores. They came to a place called the wilderness of Sin (Exodus 16:1). *(Here Sin is just the name of a place.)*

The people got hungry, and they **murmured**. That means they complained against Moses and Aaron (16:2). They said that in Egypt they sat by pots of meat and ate all the bread they wanted. Now Moses and Aaron had brought them out into the wilderness, and they would all be hungry (16:3).

God heard them. God said to Moses, "I will rain bread from heaven for you." The people would go out and gather some every day (16:4). God said, "At even ye shall eat flesh, and in the morning ye shall be filled with bread" (16:12). **At even** means in the evening, and **flesh** means meat.

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The story continues: That evening, birds called **quails** came up and covered the camp (16:13). Quails are small, round birds. Now the people had meat to eat!

In the morning there was **dew**, wet drops of water, all around the camp. When the dew went away, there on the ground lay something small and round, as small as frost (16:13–14). The people did not know what it was. **Read Exodus 16:15 from your Bible:** "And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat." Say: "**Wist not** means they did not know. God gave them bread from heaven!"

The Bible tells us what manna was like. It was white, like **coriander seed**, a tiny round seed. And it tasted like **wafers**, thin cakes, made with honey (16:31).

God told them how to gather it. Each person got one **omer**. An omer is a measure, like a big scoop. They gathered one omer for every person in their tents (16:16). Some people gathered more and some gathered less. But when they measured it, everyone had just enough (16:17–18)!

Moses said, "Don't keep any of it until morning" (16:19). Some people did not listen. They kept some until morning, and it was full of worms and it stank (16:20)! So every morning they gathered it, and when the sun got hot, it melted (16:21).

On the sixth day, they gathered twice as much: two omers for each person (16:22). Moses said, "Tomorrow is the **sabbath**, a day of rest to the LORD" (16:23). They kept the extra until morning, and this time it did not stink, and there were no worms in it (16:24)! On the seventh day some people went out to gather anyway, and they found none (16:27). So the people rested on the seventh day (16:30).

Moses told Aaron to put an omer of manna in a pot and keep it, so people after them could see the bread God fed them with (16:32–33). And God gave His people manna for forty years, until they came to the land of Canaan (16:35).

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3. Questions to ask (5 minutes)

1. What did the people do when they got hungry? *(They murmured, which means they complained, Exodus 16:2–3)*
2. What came and covered the camp in the evening? *(Quails, 16:13)*
3. What color was manna, and what did it taste like? *(White; like wafers made with honey, 16:31)*
4. What happened to the manna people kept until the next morning? *(It was full of worms and stank, 16:20)*
5. How much did they gather on the sixth day? *(Twice as much, two omers for each person, 16:22)*

4. Memory verse: Gather the Verse (5 minutes)

Write one part on each big circle: *But my God / shall supply / all your need / according to / his riches in glory / by Christ Jesus. / Philippians 4:19.* Explain the old words: **supply** means give, **all your need** means everything you really need, and **his riches in glory** means God's great riches that never run out. Scatter the circles on the floor. The kids "gather" them and put them in order. Read the verse together. Then turn one circle over and read it again. Keep turning circles over, one each time, until the kids can say the whole verse by themselves.

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5. What this means for us (5 minutes)

Say: "God took care of His people every single day. God loves you very much, and He gives you what you need too. But everyone has done wrong things. The Bible calls that sin: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means none of us is as good as God. Jesus is God who came to earth as a man (1 Timothy 3:16). Jesus died for our sins, He was buried, and He rose again (1 Corinthians 15:3–4)! The Bible tells us how to obey the gospel, the good news about Jesus: 'Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.' (Acts 2:38, KJV) To **repent** means we are sorry for our sin and we turn away from it. We are **baptized**, buried all the way under the water, in Jesus' name, so our sins are washed away (Romans 6:4; Acts 22:16). **Remission** means God takes our sins away. And God fills us with the **Holy Ghost**, His own Spirit, and we speak in other tongues, words God gives us, just like the believers did in the Bible (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.
This week: every time you eat, say, "Thank You, God, for giving me what I need!" When you want to complain, say thank You instead.

6. Activity (10–15 minutes)

Choose one: the **manna and quail word search** (vbshq.com/puzzles/manna-word-search), the crossword, maze or worksheet, the manna coloring page or craft (vbshq.com/bible-stories/manna), or **Just Enough:** scatter the small circles again. Say "Day one: gather one cup!" Each child fills a cup, then pours it back. Do days one to five. On "Day six," each child fills the cup two times. On "Day seven," say "Rest!" and quietly pick up the circles first, so anyone who goes out finds none (16:26–27).
Snack reminder (optional): give each child a few small plain crackers. Say clearly: "This is not manna. It is a snack to remind us that God gives us our food every day." The Bible says manna "was like coriander seed, white; and the taste of it was like wafers made with honey" (16:31).

7. Prayer

"Dear God, thank You for giving us what we need every day. Help us trust You and thank You, and not complain. Thank You for loving us and coming to save us in Jesus. In Jesus' name, amen."

If a child asks what manna was, or where to get some: answer simply. The Bible tells us what it looked like and tasted like (Exodus 16:14, 16:31), and that God gave it to Israel for forty years, until they came to Canaan (16:35). Don't guess past what the Bible says.

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