



# God Sends Manna

**Lesson Aim:** To know God sends us what we need.

## THE WORSHIP

**Who God Is:** The God Who Sends

## THE WORD

**Bible Story:** Exodus 16:2-5, 11-16, 32

**What He Has Done:** God sent manna so His people would survive in the wilderness.

## THE WAY

**Whisper Verse:** "The Lord gives you bread."

## BIBLE MEMORY VERSE

"I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?'  
And I said, 'Here am I. Send me!'" Isaiah 6:8

Unit 9: The God Who Sends			
	Bible Story	What He Has Done	Lesson Aim
43	God Sends Manna, Exodus 16:2-5, 11-16, 32	God sent manna so His people would survive in the wilderness.	To know God sends us what we need.
44	The Ten Commandments, Exodus 20:1-17	God sent the Ten Commandments.	To honor our fathers and mothers.
45	The Wilderness: Joshua and Caleb, Deuteronomy 1:21-36	God sends Joshua and Caleb to spy on the new land.	To know we can trust God with our fears.
46	Promised Land: Crossing the Jordan River, Joshua 1:6-9; 3:15-17; 4:4-9, 17-18	God sent His people across the Jordan River into the promised land.	To know we can be strong, brave leaders.
47	Joshua and Jericho, Joshua 6:1-20	God sent Joshua and His people to take over the city of Jericho.	To see we can trust God's plan.

## TEACHER'S ENCOURAGEMENT

This week, read Psalm 111. Please join us in praying, "Thank You, Lord, for giving us all we need to teach the children. Give them a hunger for Your Word and for a deeper relationship with You. Amen."



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Treasure Chest</b>	Treasure chest, cracker or small piece of bread
		<b>Whisper Verse</b>	Sign language for "The Lord gives you bread."
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs are available at ResourceWell.org.	<b>Unit 9 Bible Memory Verse Song:</b> "Here Am I" <b>Other Bible Memory Verse Song Suggestions:</b> "Blessed Are Those" "Children Obey Your Parents" "Do Not Let Your Hearts Be Troubled" "Give Thanks to the Lord" "I Am with You" "I Will Remember" "Let Everything That Has Breath" "Praise Time: Love the Lord Your God" <b>Additional Song Suggestions:</b> "Joshua Fit the Battle of Jericho"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: God of Wonders Unit 9, Lesson 43
THE WORD	Up to 10	<b>Watch the Word:</b> Exodus 16:2-5, 11-16, 32	Teacher's Bible with bookmark at Exodus 16:12 Visual: Jar filled with sweet, dried cereal flakes
THE WAY	Up to 25	<b>Craft:</b> Jar of Manna	Sturdy white paper, tape or glue, crayons or markers, optional: use a real glass jar or a cup instead of a paper jar
		<b>Game:</b> What Is It?	Sweet, dried cereal flakes (one small handful per child) to represent manna, sand-colored sheet or banner paper to represent the desert floor
		<b>Game:</b> Who? Who? You!	Optional: Unit 9 Bible Memory Verse Song "Here Am I"
		<b>Snack:</b> Manna From God	Sweet, dried cereal flakes (without milk), sweet crackers, or small pieces of bread
		<b>Circle of Prayer</b>	None
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 9, Lesson 43 Color This Story: "God Sends Manna"
GOT TIME?	Up to 10	<b>Say &amp; Do:</b> Exodus 16:2-5, 11-16, 32	None
	Up to 10	<b>Game:</b> Here Am I!	None
	Up to 10	<b>Game:</b> Send Me!	Unit 9 Bible Memory Verse Song "Here Am I"
	Up to 10	<b>Story Time</b>	Any story about the way God sends us what we need

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



The Lord gives you bread

## THE WELCOME

Welcome each child as they arrive. **Hello \_\_\_\_\_. I'm glad you are here! Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a cracker or small piece of bread to eat. **When we are hungry, food is a treasure from God. Today's Whisper Verse is "The Lord gives you bread."** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.\***

**SIGN LANGUAGE: "The Lord gives you bread."**

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com).)

**Each time we say today's Whisper Verse, let's say it with three hand motions:**

- |                      |  |
|----------------------|--|
| <b>"The Lord"</b>    | With the index finger and thumb make an "L" shape. Move the "L" from the left shoulder to the right hip representing the sash of the Lord. |
| <b>"gives (you)"</b> | Hands move forward, palms up and fingers together, as if holding something you're giving away.   |
| <b>"bread."</b>      | Hold hand out flat with the palm up representing a slice of bread.   |

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song":**   **Clean up! Clean up! Everybody, everywhere!**  
                              **Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

**\*Today's Whisper Verse:** "The Lord gives you bread," Exodus 16:29. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



## The God who sends **THE WORSHIP**

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play “Praise Time: Love the Lord Your God” as children move to that designated area.



**It's Praise Time—our time to sing praise to the God who sends us what we need. Let's begin by giving our offering. We can ask God to use the money to send others what they need to grow closer to Him.** Sing: “Give Thanks to the Lord” while collecting the offering.

**When God's people were hungry in the wilderness, He sent them a special food called manna. The manna was like sweet flakes of bread. It was a miracle! God sends us the food we need, too.** Review the Whisper Verse together: “The Lord gives you bread.” Include sign language. **Sending manna was a miracle. It's important for us to remember the miracles God has sent us.** Sing: “I Will Remember.”



**God sends us friends like Delbert and Lello. Let's see how they are doing today.** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: God of Wonders Unit 9, Lesson 43.



**Do you think God knows everything you need? (Yes.) God watches over us wherever we go. He sends us what we need.** Sing: “I Am with You.”

**God sends us to love others and tell them about Jesus. Let's sing a promise to God that we will go when He sends us.** Sing: “Here Am I.”



God sent manna for His people

## THE WORD

Before we begin our Bible Time, let's say our Classroom Promise with the motions.

With my eyes on my teacher;  
My mouth quiet as can be,  
I will listen to hear,  
How God loves you and me.

Point to eyes.  
Place index finger over mouth as quiet sign.  
Cup hand around ear.  
Hug self, point to others, and then self.

Last time, we learned how God saved His people at the Red Sea. Who remembers what happened when Moses raised his staff at the water's edge? (The wind rolled back the waves and the sea parted, making a way for God's people to get across.) Today, we will learn about another miracle God did for His people. Let's open our Bible to the book of Exodus and learn more about how God sent them special food when they were hungry. Handle the Bible as a special treasure, leaving it open to Exodus 16:12.

### **WATCH THE WORD: EXODUS 16:2-5, 11-16, 32**

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, display a jar filled with sweet, dried cereal flakes. Give each child a flake to eat as you tell the story. Other visual options include the craft sample, Color This Story picture, or any related picture.

- In the desert, the people grumbled.
- They were hungry; their tummies rumbled.
- Then the Lord heard them complain,
- So He sent them manna every day.
  
- When they woke each morning they found
- Thin flakes of bread right there on the ground.
- "What is it?" God's people said.
- Moses said, "God sent you bread."
  
- He said, "Take what you need each day."
- God watched to see if they would obey.
- Moses put some manna in a jar to keep.
- To remind us that God sends what we need.



How did God know the Israelites were hungry? (He heard them grumbling.) Let's find our answer in the Bible. Read Exodus 16:12 from the teacher's Bible.

What did God send them to eat? (Manna, which is flakes of bread.) Let's say our Whisper Verse together, "The Lord gives you bread." Include sign language or hand motions.



God sends us what we need

## THE WAY

**Teacher Tip:** Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

### **CRAFT: JAR OF MANNA**

**Purpose:** To focus on God's plan for us to remember His miracles.

**Supplies:** Sturdy white paper, tape or glue, crayons or markers, optional: use a real glass jar or a cup instead of a paper jar

**Prepare:** Cut a 5-inch square of white paper for to tear into manna flakes. From sturdy white paper, cut out two of the same jar shapes. On one of the jar shapes, print:

**"The Lord gives you bread." Exodus 16:29**

#### **Directions:**

1. Decorate the jar cutouts with crayons or markers.
2. Around the edges, tape or glue the jar cutouts together. Leave an opening at the top.
3. Tear white paper into small pieces to make manna.
4. Place the paper pieces (manna) into the jar.
5. Practice saying the Whisper Verse as children place the manna into their jars.

#### **Craft Discussion:**

- **Manna is what the people called the bread flakes God sent each morning. What is your favorite thing you remember about this miracle?** (Children respond.)
- **Who remembers another miracle Moses saw?** (The burning bush, parting of the Red Sea.)
- **Who remembers one of Jesus' miracles?** (Walking on water, feeding 5,000 people, filling the nets with fish, healing sick people.)

# THE WAY *continued...*

## **GAME: WHAT IS IT?**

**Purpose:** To help children identify with the Israelites and remember God's miracle of sending manna.

**Supplies:** Sweet, dried cereal flakes (one small handful per child) to represent manna, sand-colored sheet or banner paper to represent the desert floor

**Optional:** Small, torn pieces of paper can be used instead of cereal flakes.

**How do you feel when you are very hungry?** (Children respond.) **How do you feel when you wake up to a great surprise?** (Children respond.) **Let's pretend we are God's people in the desert when they were hungry and had no food.**

### **Directions:**

1. Lay the sand-colored sheet or banner paper on the floor to create the "desert floor."
2. **Teacher Tip:** Instruct the children not to walk on the sheet or banner paper.
3. Children wander around the desert (classroom) grumbling, **"I'm hungry."**
4. Children lay or sit on the floor with their head in their hands, snoring and pretending to sleep.
5. While the children's eyes are closed, the teacher spreads cereal flakes on the "desert floor."
6. The teacher says, **"Wake Up! Wake up! Come and see."**
7. The children sit up and ask, **"What is it? What is it?"**
8. The teacher says, **"There's manna here for you to eat!"**
9. The children collect the flakes.
10. As the children sit and eat the flakes, practice the Whisper Verse, **"The Lord gives you bread."**

## **GAME: WHO? WHO? YOU!**

**Purpose:** Children play a version of the traditional game, "Duck, Duck, Goose!" to encourage discussion of the Bible Memory Verse.

**Supplies:** Optional: Unit 9 Bible Memory Verse Song "Here Am I"

**Teacher Tip:** To create a fun atmosphere, play "Here Am I" during the game.

**Our Bible Memory Verse says, "I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?' And I said, 'Here am I. Send me!'" No matter where or when God sends us, He will provide what we need. Let's play a game where we are chosen to go.**

### **Directions:**

1. Children sit on the floor in a circle.
2. Pick a child to be "It" and begin the game by walking around the outside of the circle, gently tapping each child once on the head and saying, **"Who?"** with each tap.
3. After walking around the circle once or twice, "It" taps a child's head and says **"You!"** that child jumps up and runs around the circle chasing "It."
  - If "It" runs all the way around the circle and sits in the place where the new child was sitting, the new child becomes "It."
  - If the new child tags "It," the new child returns to their place in the circle and "It" plays again. If this is the second time "It" has been tagged, he or she chooses another child in the circle to be "It."
4. Play as long as you like or until everyone has had a turn as "It."

# THE WAY *continued...*

## **SNACK: MANNA FROM GOD**

**Purpose:** To know God sends us what we need.

**Snack Suggestion:** Sweet, dried cereal flakes (without milk), sweet crackers, or small pieces of bread

### **Directions:**

1. Serve snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other familiar tune.  
**God our Father, God our Father. Once again, once again.**  
**Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Lead discussion below while the children enjoy their snack.
  - **Who remembers the Whisper Verse?** ("The Lord gives you bread.") **Let's say it together with the hand motions.**
  - **How would you feel if you woke up to find sweet flakes of bread on the ground outside?** (Children respond.)
  - **What does the Bible call the bread flakes God sent from heaven?** (Manna.)



## **CIRCLE OF PRAYER**

God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for \_\_\_\_, \_\_\_\_, \_\_\_\_ (read every name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

**COMPLETED CRAFT:** Take home your "Jar of Manna" craft. Use it to tell someone how God sent the manna to His people.

**PONDER, PRAY & PLAY:** Distribute Ponder, Pray & Play cards if available. **Show this card to your family. Talk about ways God sends us what we need.**

**COLOR THIS STORY:** "God Sends Manna." Discuss the Bible Story and play the Unit 9 Bible Memory Verse Song, "Here Am I," as children color.





If time remains, choose from the connected activities below.

## GOT TIME?

### **SAY & DO: EXODUS 16:2-5, 11-16, 32**

**Purpose:** This pantomime version of the Bible Story helps children remember the story details.

**Supplies:** None

**Directions:** With each phrase, the teacher says the phrase and acts it out with hand motions; then repeats the same phrase and motions with the children.

- **In the desert, the people grumbled.** (Make a grumpy face.)
- **They were hungry; their tummies rumbled.** (Rub tummy.)
- **Then the Lord heard them complain,** (Point to ear.)
- **So He sent them manna every day.** (Wiggle fingers downward, like falling rain.)
  
- **When they woke each morning they found** (Rub eyes, as if waking.)
- **Thin flakes of bread right there on the ground!** (Point to ground.)
- **"What is this?" God's people said.** (Shrug shoulders.)
- **Moses said, "God sent you bread."** (Wiggle fingers downward, like falling rain.)
  
- **He said, "Take what you need each day."** (Pretend to gather and eat flakes.)
- **God watched to see if they would obey.** (Point to heaven.)
- **Moses put some manna in a jar to keep.** (Pretend to hold a jar.)
- **To remind us that God sends what we need.** (Point to heaven and to heart.)



### **BIBLE MEMORY VERSE ACTIVITIES**

"I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?'  
And I said, 'Here am I. Send me!'" Isaiah 6:8

### **GAME: HERE AM I!**

**Purpose:** To help children memorize and review the Unit 9 Bible Memory Verse.

**Supplies:** None

**Our Bible Memory Verse says, "I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?' And I said, 'Here am I. Send me!'" God sends us to love others and tell them about Jesus. He wants us to say, "Here am I. Send me!"**

**Directions:**

1. Children sit in a circle.
2. As you walk around the outside of the circle, say, **"I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?'"**
3. Stop and point to one of the children in the circle.
4. The child jumps up and shouts, **"Here am I. Send me!"**
5. Repeat steps 2-4, giving each child to jump up and say the Bible Memory Verse.

# GOT TIME *continued...*

## **GAME: SEND ME!**

**Purpose:** To help children memorize and review the Unit 9 Bible Memory Verse.

**Supplies:** Unit 9 Bible Memory Verse Song "Here Am I"

Let's sing our Bible Memory Verse song together as we march around the room. When you hear the words, "Here am I, send me," I want you to stop where you are and we're going to do two motions. Demonstrate the motions and have the children practice them with you.

"Here am I," Hold hands in front of you at waist level, palms up.

"Send me." Point thumb or pointer finger to self.

### **Directions:**

1. Choose a child as the leader. The other children line up behind the leader.
2. As you begin the music, instruct the leader to lead the other children around the room.  
**I heard the voice of the Lord saying, "Whom shall I send? Who will go for us?"**  
**I heard the voice of the Lord saying, "Whom shall I send?"**
3. When you hear "Here am I, send me. Here am I, send me. Here am I, send me. Here am I, send me." lead the children in stopping and doing the motions.
4. The children begin marching again. Repeat steps 2 and 3.
5. This is a short song (1:10). Play it several times, allowing each child a turn as the leader.



## **STORY TIME**

Gather the children and read a favorite story. This can be a Bible Story, a chapter from *The Adventures of Delbert & Lello*, or a story about the way God sends us what we need.

### **PONDER, PRAY & PLAY**

Unit 9, Lesson 43: God Sends Manna

**PONDER!** Read Exodus 16:2-5, 11-16, 32 with your family. God told Moses to save some manna in a jar to keep forever so today we would know about that miracle. Talk about your favorite Bible miracles and the miracles God has done in the lives of your family.

**PRAY!** Pray this prayer each day this week: "Thank You, Lord, for sending Your people the bread they needed to live. Thank You for sending us what we need each day. Amen."

**PLAY!** Use a glass jar of any size to create a Miracle Manna Jar for your family. Cut out white flake-shaped pieces of paper as manna. Put a piece of manna in the jar for every miracle you remember from the Bible. Add a piece of manna for every miracle God has done in your family.

### **Unit 9 Bible Memory Verse: Isaiah 6:8**

"I heard the voice of the Lord saying, 'Whom shall I send? And who will go for Us?'  
And I said, 'Here am I. Send me!'"