

## Manna, Quail, and Water

### Materials

- Paper
- Marker
- Scissors
- Parchment Paper
- Feathers

### Introduction

Write "What Do We Really Need?" at the top of a piece of paper.

Try to name things you and your family needs to live each day. Write their suggestions on the list. Your list may include basic necessities like food, water, shelter, and clothing. It may also include nonessentials like phones, computers, cars, and other things that may make life easier or more enjoyable.

Review the list. Pick the top three most important things people need to live each day. Now, sort from your list what is essential and what you could do without if necessary. Circle and number the three most important items.

God provides enough for everyone. Today, we'll hear a story about God providing enough food for everyone, in an environment where there wasn't much food.

Say a prayer thanking God for the three most important items you listed.

### Story

For today's Bible story we're still in the book of Exodus. The Israelites have left Egypt and are traveling across the Sinai Peninsula. Find the map of the Exodus and Sinai Wilderness Wanderings in your Spark Bibles on pages M4-M5. There were no stores to stop at to get food or water. The area was like a desert. It was called the wilderness.

In today's story you'll find that the Israelites are going to learn how much they really need for each day. Let's see how they feel about being out of Egypt and in the wilderness. Read Exodus 16:1-18 and Exodus 17:1-7.

Discuss:

- Imagine you were one of the people traveling through the wilderness (desert) with Moses. Based on what you heard in the Bible story, what was the mood of God's people?
- How many times does the story mention complaining? (eight)
- Why were the Israelites complaining?
- Do you think the Israelites had a reason to complain, considering the route they took to the Promised Land?
- The Israelites were hungry. They were probably thinking about foods that they wanted but ended up with food that they needed. (You might want to discuss that fact that an average person can last for over one month without food, but they can't survive more than a few days without water.)
- What did God give them?
- Why didn't He give them their favorite foods or a large variety of foods?
- Why do you think He waited to feed them and didn't just have the food waiting for them when they got there?
- What does this story mean to you?
- How was this time spent wandering in the dessert part of God's Big Rescue Plan?

## Time Capsule

Time capsule – Cut samples of manna from the parchment paper. Place manna and feathers in your time capsule.