



## God Cares for Me (Part 2) Manna (Part 2)

October 17–18

Bible Passage: Exodus 16; Numbers 11

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# The Big God Story

## God Cares for Me: Manna

In *The Big God Story*, God's people were going on a long trip. They didn't have a car or a plane, so they had to walk. And they carried all of their things with them. What do you think they brought?

God's people got very hungry and thirsty. Can you rub your tummy and say "I'm hungry"? *Rub your stomach along with the children and say "I'm hungry."* Good job!

There were no grocery stores or restaurants. There were so many hungry people on this trip. They weren't very happy. The people told Moses how unhappy they were. They said, "We don't like this, not one little bit. Why did you bring us here? We're so hungry. We want to go back to Egypt!" The people had forgotten all about God and how He was caring for them.

But the Lord God heard the people and all their unhappy words. The Lord is the one true God and He would take care of them.

Do you remember Moses? He was God's special helper. God told Moses that He would make food rain down from heaven. Let's all close our eyes and pretend we're sleeping. No peeking. What do you think this is on the ground? Is it snow?

The people asked "What is it?" It was manna. Can you say "manna" with me? God sent manna for the people to eat. It was like a little seed that was sweet like honey. They could pound it and then bake it like a cake. When the manna was ready, the people baked it into bread. They ate manna bread and manna cakes every day on their trip.

How did God take care of His people when they got hungry? He gave them food. God took care of His people. God takes care of us too! Let's think of some ways that God cares for us.

God is so good. He loves us and cares for us.

# Blessing

*Have children assume a receiving posture; holding their hands out, palms up to receive their blessing. A blessing can be a prayer of commission, a portion of Scripture, or words to encourage and guide.*

**God loves you and takes care of you.**

## Activities

### God Gives Us Snacks

*God gives us food, including snacks. Make this fun snack together. Substitute any ingredients you would like. In a large bowl, mix Chex Cereal, pretzels, peanuts or cashews, chocolate chips, pumpkin seeds and sunflower seeds.*

**When God gave the Israelites food in the desert, He sent manna. Let's make a cool snack together to tell God how thankful we are for our food.**

### Raining Down

*God sent manna down from Heaven every day. Roll up tissue paper (bathroom tissue or Kleenex works, too). Toss all the pieces into the middle of a parachute or a bed sheet and toss the small pieces of paper into the air so it can rain down like manna.*

**Let's use this paper to make little balls for our manna game. Put them in the middle and let's toss them into the air so they can rain down like manna.**

### Desert Rock

*Gather some smooth rocks, get paint (the dollar stores usually have small kits available). Paint the rocks one special color and let it dry. Using toothpicks as paint brushes, paint a design – like a smiley face, polka dots, stripes, or clouds.*

**The Israelites spent 40 years in the desert with sand and rocks. Let's paint some special rocks to remember today's story.**

### The Desert is Hot

*The Israelites traveled long and far in the hot desert. Use the next page to identify things that are hot or cold.*

**Moses and the Israelites in our story traveled a long, long time in the hot, hot desert. Let's play a game where we will say "hot" if something is hot and "cold" if it is cold.**



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