



MANNA

Preschool-K • #OT12 • August 24, 2025

Concept

God takes care of His people.

Goal

Children will learn that God took care of every need of His children while they were in the wilderness. They will learn that He sent Jesus to take care of their sin and that He wants to take care of them.

Passage

Exodus 14-18

Key Verse: "... in the morning you will be filled with bread. Then you will know that I am the Lord your God." Exodus 16:12

Planning Ahead

Lesson Supplies	Craft Supplies
<p>Activity Stations:</p> <ul style="list-style-type: none">• <i>Read Aloud Bible Stories Vol. 3, Ella K. Lindvall</i> <p>Lesson:</p> <ul style="list-style-type: none">• Empty pitcher• Foam packing "peanuts"• White bed sheet for the cloud• Picture of flames• A sandwich bag with a handful of coriander seed• Graham crackers, ½/child <p>Learning Activity #3:</p> <ul style="list-style-type: none">• Brown paper lunch bags, 1/child• Foam packing "peanuts"	<p>Learning Activity #2:</p> <ul style="list-style-type: none">• Picture of Israelites & printed key verse, 1/child• Coriander seed in plastic squirt bottles• Markers• Glue sticks

*TEACHERS PLEASE NOTE

For clarity, the italicized areas in the Planning Ahead section indicate supplies that are in—and should be returned to—your classroom SHARED SUPPLY bag.

Background Information/Teacher Helps

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"God led His People out of the most powerful kingdom on earth and into the wilderness on one of the longest and most unusual trips ever to occur. This trip resulted in God revealing to His People many truths about Himself and about His ways for their lives.

God's Provisions. God provided for His People in many special ways that show His recognition of both spiritual and physical needs. In one of these, God led the people through the wilderness with a pillar of cloud by day and a pillar of fire by night. The pillar was a cover to keep them cool by day and to give warmth and light during the cold desert nights (see Psalms 105:39). Even more important, this cloud, which was called the Shekinah glory, was visible evidence of God's Presence with them. The Shekinah glory was with the people, guiding them, protecting them, and progressively teaching them about God and His Holiness...

"God provided for every physical need of His People as well as their spiritual needs. He sent them bread from heaven in a daily supply called manna. The Lord reminded them that just as He supplied their physical need for bread, so He supplies the Bread of Life by giving us His Word, which we need to read and obey (see Deut. 8:3; Matthew 4:4; John 6).

"The wilderness wanderings picture in many ways our spiritual pilgrimage, from the world system and its enslavement, into God's Kingdom. We are brought out of our enslavement to sin by the Power of God. The pilgrimage to God's Rest (the Promised Land) may be long or short, depending on whether or not we follow the "cloud" of God's leading."^[1]

"In the three movements of the journey from Egypt to Sinai, to, through, and from the Red Sea, there are nine stages, and the events of this journey, which occupied about two months, should be noted, because they show, as does all Old Testament history, the weakness and sin of man, on the one hand; and the strength and grace of God, on the other hand.

"The shame of this part of the story is the incorrigible unbelief and discontent of the Israelites; and the glory of it is the faithfulness and patience of the Lord."^[2]

[1] Martha McCallum, Jane Hamblin, *God's Incredible Plan*, pp. 43, 44.

[2] W. Graham Scroggie, *The Unfolding Drama of Redemption*, © by W. Graham Scroggie, published 1994 by Kregel Publications, p. 158.

Set Up

- The week before class: For the Lesson – Practice telling the story.
- The day of class: For Learning Activity #2 – fold the cardstock strips in half with the verse on the outside. Fold up about ½" on either end, as shown, so the tent can be glued to the foam tray. Find a tunic, head covering and walking stick in the storage room for Moses.

Incorporation Lg. Group

Activity Stations:

- **Dramatic Play – Follow Moses**
 - **Instructions:** Have children take turns being God's chosen leader, Moses. Lead the children through the wilderness. Hold the white sheet for the lesson over the children to be the cloud that protected them during the day. Some children may be afraid to get under it. Allow them to watch.
- **Read Aloud – "God Gives His People Bread to Eat"**
 - **Instructions:** Read pp. 69-95 of Read Aloud Bible Stories Vol. 3.

Introduction Lg. Group

Do you remember Moses and Pharaoh? Who can tell me about Pharaoh? He was a mean king who wouldn't let God's people leave Egypt. God sent Moses to tell Pharaoh to let His people go. But Pharaoh wouldn't let God's people go. God sent plagues to Egypt to show everyone that He is more powerful than Pharaoh. Can anyone remember some of the plagues? (Name a few plagues.)

When Pharaoh finally said, "Go!" God led the people out of Egypt and into the desert. Who knows what it is like in the desert? It is very, very hot during the day and very, very cold at night!

Transition

Let's pretend we're the Israelites. Let's all get up and follow Moses as God leads us in the desert.

Lesson Lg. Group

Drama – Re-enact Desert Wanderings

Instructions: A teacher or student assistant will pretend to be Moses. Walk the children around the room as if they are wandering in the wilderness. Follow the instructions in parenthesis as you go.

God is here with us in the desert in a giant cloud to protect us from the sun during the day. (Hold the cloud [sheet] over their heads.) And He is in a column of fire to keep us warm at night. (Hold up the picture of fire.) Not only is the desert very hot during the day and very cold at night, but there also isn't any food or water. So we're very, very hungry and very, very thirsty! But something even worse happened (sound suspenseful)—we've forgotten that God takes care of His people. Even though God took care of us in Egypt and sent all those plagues, we have forgotten about God's power. Oh no! (Be dramatic by gasping and putting your hands over your mouth.)

Lesson Continued

We are whining and complaining. What does it sound like to whine? (Pretend to whine and complain.) “We don’t have any food or water.” “We don’t like this creepy desert!”

Let’s try a rhyme together to help us remember that the Israelites forgot that God takes care of His people.

Instructions: Have the children repeat after you with the accompanying hand motions. Repeat several times so they can get into it.

Don't Worry [1]

Where's my food and where's my drink? (Look around)

I'm so worried I can't think! (Put hands on head)

Where's my coat and where's my shirt? (Look around again)

I need protection from the dirt! (Brush "dirt" off arms, legs)

Don't worry! (Shake head back and forth)

Don't worry! (Shake head back and forth)

God clothes the flowers and feeds the birds. (Tap one finger on other palm)

He sends the rain, He speaks the words. (Wiggle one finger, then hands together)

How much more will He care for me! (Point to self)

Don't worry! (Shake head back and forth)

Don't worry! (Shake head back and forth)

[1] Children's Church for 4's & 5's, ©1991 David C. Cook Publishing Co., "Don't Worry," p. 174.

I think God heard us. That's right, God takes care of His people, so he gave us water. (Show the pitcher. Pretend it is heavy with water. Act like you are throwing water on them.)

Transition

We need to rest from our long journey. Everyone sit down in our small groups to talk about what else God gave them.

Learning Activity#1 Sm. Groups

God isn't finished. What do we still need? Food! So we are whining again. (Pretend to whine.) “We’re hungry!” “We want food!” Wait, I think God heard us! That's right, God heard us. Look God has provided amazing food for us. (Scatter packing peanuts on the floor.) This food will fall from the sky every night while we're asleep. This amazing food is called manna. Can you say manna? Every morning when we wake up we should fill our baskets with the manna. It looks like white seeds (show the coriander seeds), and it tastes like crackers and honey—yum, yum. (Give each child half of a graham cracker.) This food is so good for us that we will never get sick as long as we eat it while we're out here in the desert.

The Bible says that the Israelites made different things with the manna. What kinds of foods do you think they made? (Use your imagination—manna pizza, manna spaghetti, etc.)

Learning Activity#1 Continued

God took care of His people. God He gave them water and food.

How does God take care of you? (He gives us water, food, families, pets, friends.)

God wants to take care of us in a very, very special way. You and I make bad choices. (The teacher should share an appropriate bad choice.) We can't be friends with God because of our bad choices. God sent Jesus so that we can be His friend and go to heaven someday to live with God.

What did Jesus do? (Give the children a chance to respond.) Jesus died on the cross to take the punishment we deserve for all our bad choices. The Bible says that we will be God's friends if we tell Him we are sorry and ask Jesus to forgive us for our bad choices.

Let's pray together now. Let's say thank you to God that He takes care of His people.

Let's make a craft to help us remember that God sent manna for His people to eat in the desert.

Transition

Learning Activity#2 Lg. Group

Craft – Manna

- **Instructions:** Put out the plastic bottles of coriander seed. Give each child a printed picture of the Israelites and the key verse. Color the picture and rub some glue on it and help children to sprinkle some coriander seed out of the plastic bottles on the glue. As the children work, read the key verse to them and talk about God giving them manna each day.

Let's all pretend we are Israelites and pick up our manna.

Transition

Learning Activity#3 Lg. Group

Dramatic Play – Manna from God

- **Instructions:** Have the children pretend to be the Israelites. Have the children lie down to pretend they're sleeping. Throw foam "peanuts" around. Make a rooster sound to announce morning. Have the children pick up the "manna" and put it in their bags. As they pick up the "manna," ask them to repeat the concept, "God takes care of His people." Repeat several times.

Bible Guy Skit

God Provides for His People --- Manna

[Bible Guy is wearily tramping through the desert]

Bible Guy: Oh, hi there! I am following Moses up there through the desert (gestures in front of him). Have you ever been in a desert? Do you know what it's like ? (wait for the kids to answer) I am so hot and thirsty. (wipes brow)What was that? Did you hear it? It was my stomach growling. I'm really hungry

[sit down and stare at the sky as if thinking]

Boy, I remember the good old days back in Egypt. We'd sit around big pots of meat and eat all the food we wanted. What was I thinking to follow Moses out here to the desert?

[thinks some more]

....Of course we were slaves in Egypt and were terribly mistreated by Pharaoh, I guess...but at least we had FOOD!

I'm going to get some of my friends to go tell Moses that we are not happy about how things are going for us out here in the desert.

[He stomps away---EXIT]

[Bible Guy ENTERS, carrying a bed roll]

Bible Guy: Well, we told Moses all right. He said that God had already heard me and my friends complaining and that God wants to show us that he always provides for his people. Do you think that God cares that I am hungry and thirsty? What do you think he'll do? Moses said to go to sleep and when we wake up, there will be food for us. So I'm going to sleep now...if my stomach doesn't keep me awake!

[Lies down, grumbling about not being able to sleep, tossing and turning...
finally snoring]

[He sits up and rubs his eyes]

Hey! This is the desert! There isn't supposed to be frost in the desert, but it looks like frost on the ground. I'm going to have to scrape my windows this morning.

[He looks more closely at the ground, sticks a finger out to touch it, then sticks it in his mouth]

Mmm-m-m. Tastes like crackers and honey! What is it?
I guess God does provide for his people. I'm going to gather this stuff up .

[begins scooping up "manna", periodically sticking some in his mouth and saying "Mmm"]

You know...God has provided for you, too. Do you know how? He gave you the Bible so you can learn about him and he sent his son, Jesus, to die for your sins so that you can be forgiven and live with him forever. But you know what? If I want to eat, I need to make a choice to pick up this Manna and eat it. You need to make a choice, too. If you want to be forgiven, you need to choose to ask Jesus into your heart. I hope you do! Then you will see how God has provided for you just like he has for me.

[EXIT, gathering manna] Mmmmm....