



MANNA

Young Preschool • #OT12 • August 24, 2025

Concept

God takes care of His people.

Goal

Children will learn that God took care of every need of His people while they were in the wilderness. They will learn that He sent Jesus 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">• <i>Empty pitcher</i>• Foam packing "peanuts"• A sandwich bag with a handful of coriander seed <p>Learning Activity #2:</p> <ul style="list-style-type: none">• Brown paper lunch bags, 1/child• Foam packing "peanuts"	<p>Learning Activity #1:</p> <ul style="list-style-type: none">• Picture of Israelites & printed key verse, 1/child• Foam packing "peanuts," several/child• Glue sticks• Crayons/markers

*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

Incorporation Lg. Group

Introduction Lg. Group

Lesson Lg Group

The week before class – Practice telling the story.

Activity Stations:

- **Dramatic Play – Follow Moses**
 - **Instructions:** Have children take turns being God's chosen leader, Moses. Lead the children through the wilderness.
- **Read Aloud – "God Gives His People Bread to Eat"**
 - **Instructions:** Read pp. 69-95 of Read Aloud Bible Stories Vol. 3.

Do you remember Moses and Pharaoh? The pharaoh was a mean king who wouldn't let God's people leave Egypt. God sent Moses to tell Pharaoh, "LET MY PEOPLE GO!" God sent some bad things to Egypt to show everyone that He is more powerful than Pharaoh. Can anyone remember some of the bad things? Do you remember the flies and the frogs and the hail? (Name a few plagues.) When Pharaoh finally said, "GO!" God led his people out of Egypt. They were finally free and they knew that God takes care of His people.

Now God's people were living in the desert. The desert is very hot during the day and very cold at night! They had no houses and there is no food or water in the desert. The Israelites were very, very hungry and very, very thirsty and they forgot that God takes care of His people. Oh no! (Be dramatic by gasping and putting your hands over your mouth.) So they began to whine and complain. What does it sound like when we whine? Let's see if we can sound like the Israelites. (Pretend to whine and complain.) "We don't have any food or water." "We are scared in this awful 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

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)

Well, who do you think heard those people who were whining and complaining? That's right, God heard them. And God takes care of His people, so He gave them water. (Show the pitcher. Pretend it is heavy with water. Act like you are throwing water on them.)

Lesson Continued

What else did the Israelites need? Food! The Israelites began to whine again. (Pretend to whine.) “We’re hungry!” “We want food!” (Say the rhyme again.) Who heard the people whine? That’s right, God heard them whine. And God gave the people amazing food that fell right out of the sky every night while the people were sleeping. This amazing food was called manna. Can you say manna? The people would wake up and fill their baskets with the manna every day. It looked like white seeds (show the coriander seeds), and it tasted like crackers and honey—yum, yum. This food was so good for them that the people never got sick.

God took care of His people. He gave them water and food. How does God take care of you? (He gives us water, food, clothes, 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.

Transition

Let’s make a craft to help us remember that God sent manna for His people to eat in the desert because God takes care of His people.

Learning Activity#1

Craft – Manna

Instructions: Give each child a printed picture of the Israelites and the key verse. Color the picture and use a glue stick to glue foam “manna” to the picture.

Transition

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

Learning Activity#2

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. 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....