

## **At Home Lesson** **Manna in the Wilderness** **(Exodus 16:1-18)**

Gather your family together. Start off in prayer. Pray for each other, the church, the leaders around the world, and people who you know are in need. Ask God to teach your family something during this time together. Tell the Bible story and discuss. Stay open and make sure kids are invited to participate however, they are comfortable.

### **BIBLE STORY**

Today's lesson comes from Exodus 16:1-18. You can read the verses from the bible you have at home, watch the video on <https://jcbc.org/jcbc-kids-online/>, and/or read the text below from The Message:

“The book of Exodus is the second book of the Bible. Our story today comes from Exodus 16.

On the fifteenth day of the second month after they had left Egypt, the whole company of Israel moved on from Elim to the Wilderness of Sin which is between Elim and Sinai. The whole company of Israel complained against Moses and Aaron there in the wilderness. The Israelites said, “Why didn't God let us die in comfort in Egypt where we had lamb stew and all the bread we could eat? You've brought us out into this wilderness to starve us to death, the whole company of Israel!”

God said to Moses, “I'm going to rain bread down from the skies for you. The people will go out and gather each day's ration. I'm going to test them to see if they'll live according to my Teaching or not. On the sixth day, when they prepare what they have gathered, it will turn out to be twice as much as their daily ration.”

Moses and Aaron told the People of Israel, “This evening you will know that it is God who brought you out of Egypt; and in the morning you will see the Glory of God. Yes, he's listened to your complaints against him. You haven't been complaining against us, you know, but against God.”

Moses said, “Since it will be God who gives you meat for your meal in the evening and your fill of bread in the morning, it's God who will have listened to your complaints against him. Who are we in all this? You haven't been complaining to us—you've been complaining to God!” Moses instructed Aaron: “Tell the whole company of Israel: ‘Come near to God. He's heard your complaints.’”

When Aaron gave out the instructions to the whole company of Israel, they turned to face the wilderness. And there it was: the Glory of God visible in the Cloud.

God spoke to Moses, “I’ve listened to the complaints of the Israelites. Now tell them: ‘At dusk you will eat meat and at dawn you’ll eat your fill of bread; and you’ll realize that I am God, *your* God.’”

That evening quail flew in and covered the camp and in the morning there was a layer of dew all over the camp. When the layer of dew had lifted, there on the wilderness ground was a fine flaky something, fine as frost on the ground. The Israelites took one look and said to one another, *man-hu* (What is it?). They had no idea what it was.

So Moses told them, “It’s the bread God has given you to eat. And these are God’s instructions: ‘Gather enough for each person, about two quarts per person; gather enough for everyone in your tent.’”

The People of Israel went to work and started gathering, some more, some less, but when they measured out what they had gathered, those who gathered more had no extra and those who gathered less weren’t short—each person had gathered as much as was needed.

## **CONNECT AND DISCUSS**

Ask these questions and explain these things to your children. Break it down on their level and adapt to their age group. The older your kids are, the more they can explain and think outside the box. Instead of defining words, ask them what it means. For younger kids, make sure to explain in the simplest terms. No matter the age, let them answer before you do. Accept their answers and make sure they know you are proud of how hard they are thinking, even if they don’t get the “right” answer.

### Bible Story Questions

- What is the book of Exodus?
- Where were the Israelites before they were in the wilderness?
- Who was Moses?
- How did the Israelites get out of Egypt?
- What happened in today’s story?

### Connection Questions

- Did you know God gives you everything you need?
- God gave the Israelites food to eat when they were hungry. What are some things that God gives, or provides, for you?
- Have you ever felt like God wasn’t with you? What made you realize God was with you?

## **CLOSE IN PRAYER**

Pray and thank God for providing for your family. Ask God to give you what you need, physically, emotionally, and spiritually.

### **WORSHIP, CREATE, & PLAY TOGETHER**

- **Act** out the story!
- **Create** by doing the craft below!
- **Bake** by making Manna from the recipe below!

Sing and dance along to some of our kids' favorite songs!

[Knights of North Castle](#)

[Jesus Loves Me](#)

[Our God](#)

## Baking “Manna”



What you need:

- 2 cups flour (white, wheat or a mix – I used AP white)
  - 1 cup water
  - 1 tbs coriander seeds, crushed fine/Sesame seeds are also fine.
  - 1 tbs raw honey
  - pinch of salt
- Makes enough for 10.

What you do:

- Combine the flour, pinch of salt and coriander seeds in a bowl until well incorporated.
- Stir in the water and honey (microwave the honey for ease in pouring) and mix with a fork until fully combined and knead it a few times to form a ball.
- Divide the ball into 8 smaller sections.
- Roll out each little ball on a floured surface until really, really, really thin.
- Place the strips side by side (they can touch – they don’t spread) and bake at 475F for about 10-12 minutes until browned on top.
- While still warm, drizzle more honey on top and place back in the oven until bubbling. Remove, let cool completely, break apart and eat.

Think about the Israelites in the desert. For forty years, they had to survive on Manna, Quail, and whatever God provided for them. Just as God provided for the Israelites in the desert, God will provide for you in your time of need.

Quail Come Flying In  
Exodus 16  
By Angela Howard



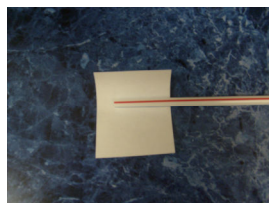
Supplies:

- Tape
- Paper Bird (Ellison has a Quail Die Cut)
- Straw
- Piece of light weight paper about 2 x 2 ½ inches

Instructions:

1. Lay the straw on the paper. Roll the paper very loosely around the straw and tape it.
2. Fold over the end about ¼ of an inch and tape it shut.
3. Tape the white paper shaft to the back of the bird. Place the straw so that it is on the tail feathers so the bird flies forwards.
4. Pull the straw so that it is only half way in the shaft.
5. Put the child's name on his/her bird and his/her straw.
6. Blow on the straw and the bird will fly!

This craft is intended for the story of Manna and Quail. Line up the children on one side of the storytelling area facing the same direction. When you give them the signal, have them all blow on their own straw. All the quail will fly or run in in the evening!



Step 1



Step 1



Step 2



Step 3



# Wilderness Menu

## Exodus 16

The Israelites needed food while they traveled to Canaan. God sent manna.

Look up the verses in your Bible to find some manna facts. Write the answers on the lines below.

1. How much manna was each person to gather?  
(v. 16)
2. How long did the Israelites eat manna? (v. 35)
3. What did God call the manna? (v. 4)
4. What did manna taste like? (v. 31)
5. What else did the Israelites get to eat every day?  
(v. 13)

1.   M  

2.                      A  

3.                      N  

4.   N  

5.   A  

