



LESSON 12

REFERENCES: EXODUS 16:1-5, 14-26; PATRIARCHS AND PROPHETS, PP. 294-297.

God Gives Manna

Where do you get your food? From a store or market place? From an orchard or field? God gave the Israelites some unusual food.



fter the Israelites had been traveling in the desert for several weeks, the food they had brought with them from Egypt ran out. They started to worry about food. Nothing grew in the desert. Instead of trusting God, they started complaining and grumbling again.

God knew they needed food. God knew they were hungry. He knew they needed healthy food. So God told Moses He would send them bread from heaven.

Memory Verse

“You will have plenty to eat . . . and you will praise the name of the LORD.”

JOEL 2:26, NIV.

The Message

We thank God for giving us good food.



During the night, something wonderful happened. In the morning, thin white flakes lay on the ground all around the camp.

The Israelites had never seen anything like it. “What is it?” they said to one another. All over the camp people could be heard asking, “What is it?”

“It’s the food the Lord has given you to eat,” said Moses. This

special food tasted like honey wafers! The people called it *manna*, which means “What is it?”

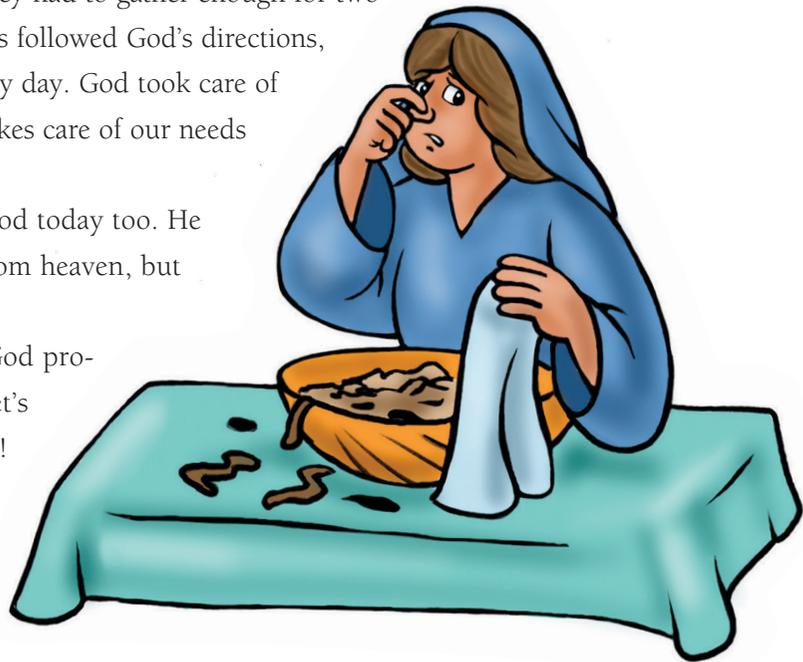
Then Moses said, “Each morning you will find manna on the ground. Get up early and gather enough for the day. Do not keep any overnight.”

But some people didn’t listen to Moses. They tried to save some manna for the next day. The next morning their manna was spoiled and smelled bad. Some people were lazy and didn’t gather enough for the whole day. But the hot sun melted the manna, and those people went hungry until the next day.

On Friday Moses told the people to gather enough manna for two days, because God would not send manna on Sabbath. But some people didn’t listen to Moses. On other nights the manna had spoiled. They thought it would spoil on Friday night, too. But it didn’t, and on Sabbath no new manna appeared on the ground.

By the end of the first week, everyone knew that they had to follow God’s directions. As long as they gathered enough manna for the whole day every morning, they had enough to eat. And every Friday they had to gather enough for two days. When the Israelites followed God’s directions, they had fresh food every day. God took care of their needs. And God takes care of our needs too.

God gives us our food today too. He may not send manna from heaven, but however you get food, it is because God provides for your needs. Let’s praise God for our food!



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

- You** Point to others.
- will have** Hold out hands as if offering something.
- plenty to eat** . . . Hands to mouth as if eating.
- and you will** . . . Arms outstretched
- praise the name** . . . above head.
- of the LORD** . . . Point upward.
- Joel 2:26** Palms together, then open.

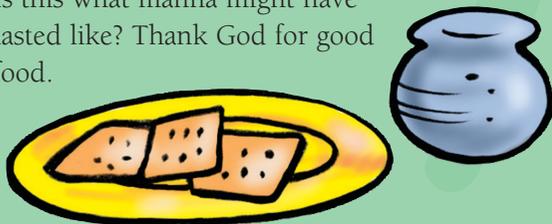
SUNDAY

Help your child share the favorite food drawing they made in Sabbath School with someone and tell them how God supplied manna to the Israelites in the desert.

MONDAY

Read together Exodus 16:1-5, 14-26. Ask: Why did the Israelites complain and grumble? How did God help them? How does God help supply your food?

Serve honey on crackers for lunch. Ask: Is this what manna might have tasted like? Thank God for good food.



TUESDAY



Roll a small ball back and forth with your child as you both name different foods. Thank God for food choices.

Have your child feel things that are white and fluffy, such as cotton balls. Say: When the Israelites first saw manna, they asked, “What is it?” and that’s what the word “manna” means.

WEDNESDAY

Help your child make bread or visit a bakery and ask someone how it is done. Whether you make or buy some bread, share it with someone.

THURSDAY

Have your child close their eyes and smell some foods (strawberry, onion, garlic, lemon, etc.), and guess what they smell. Tell them that smelling food is part of enjoying how it tastes.

Sing a thank-You song, then thank God for good food.

FRIDAY

Act out the story for worship. Name the days of the week and have your child pretend to pick up “manna” for each day. Remember that on Friday the Israelites gathered a double portion, and on Sabbath they gathered none.

Have each person name their favorite food. Thank God for good food.