

# God Provides for his People

Exodus 16-17

Pray: Father God, thank you for the creation you have given us to enjoy. We pray that as we read through the story of the Israelites in the desert, we will understand more about how we can trust you with all areas of our lives. We pray that we will be people who look to Jesus to guide us and provide for us.



Start up!

## Bear Gryll's: You V's Wild!

Watch the trailer: <https://www.youtube.com/watch?v=pwcr3cc0LZM>

Can you help Bear Grylls to survive?

Should he walk or crawl across the ice lake? Scroll to the next page to see if you made the correct choice!



Hopefully, you picked crawl!  
It spreads your weight more evenly to prevent you falling through the ice.

When Bear Gryll's set off walking, he ended up falling through into the freezing water below!



Now we have started thinking about survival, we are going to think about the difficulties the Israelites faced in living in the desert, and the way God provided for them.



## Bible Focus!

A couple of sessions ago we heard about the Israelites' amazing escape from Egypt.

What was so amazing about the Escape from Egypt? (*Remember the lessons the Israelites and the Egyptians learned about the power of God.*)

When we left Moses and his people, they were safely away from the Egyptians but were no in the desert on their way to the land God had promised them.

The problem was that they were going to be in the desert for a very long time and they needed a way to survive.

- What are the best ways God has provided for you?

Today's session involves looking at the way God provided for the people of Israel while they were in the desert.

As you read the bible story on the following page, there is space for you to draw pictures to illustrate what is happening on the right hand side.

Once they were in the desert, the Israelites seemed to forget about the great things God had done for them. They started to complain and said they wished the Lord had killed them back in Egypt. They were not very happy to be in the desert without food or water.

But God promised that He would look after them. He said that he would send down bread from heaven that would be like rain.

Read what the bible says in Exodus 16 v 11-12:

<sup>11</sup> The LORD said to Moses, <sup>12</sup> "I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.'"

In the evening, a lot of birds called quails landed in the camp and the people were able to eat as many as they wanted.

The next morning, the ground was covered in strange white wafers that tasted like biscuits with honey. The people didn't know what it was, so they called the wafers 'manna' which means "what is it?"

God told the Israelites to trust Him. God said the manna would come each day and that they were not to store it up. But some of the people didn't trust God and tried to save some manna for later. When they woke up in the morning, the manna was stinking and full of worms!

Each day the manna arrived as God had promised. But the Israelites still complained. They said they needed water. They were really thirsty. Moses was afraid they would kill him for bringing them into the desert.

God told Moses to strike a rock near Mount Sinai and water flowed out of the rock – enough for the people to drink.

The next test the Israelites faced was being attacked by the Amalekites, who lived in the area the Israelites were travelling in. Here they had to rely on God to protect them.

God told Moses to stand on a hill above the place of the battle. He was to hold up his walking stick above the fighting. Once the battle started, whenever Moses held up his arms the Israelites would be winning. If he got tired and dropped his arms, the Amalekites would be winning.

Eventually Aaron and Hur found a rock for Moses to sit on and they helped to hold up his hands so that he wouldn't get too tired.

By doing this, the Israelites won. They defeated the Amalekites.



## Bringing it together

In today's true story from the Bible there were three things that God gave the Israelites.

**What were the three things that God gave the Israelites?** (Accept responses. God gave them food, water and protection from their enemies.)

**What did Moses and the Israelites learn about their relationship with God in today's story?** (Accept responses. They had to rely on God to give them what they needed.)

**What similar things does today's session tell us about our relationship with God?** (Accept responses. We also need to rely on God and to trust Him to provide for our needs.)

**In the book of John, which is all about Jesus, Jesus said, 'I am the bread that gives life'.**

**What do you think Jesus meant by this?** (Accept responses. Try to help the children see that Jesus was using picture language—just like bread gives us life, Jesus gives us eternal life. He can provide what we need for life and to become God's friends.)

**God provided manna, water and protection for the Israelites. Today He gives His people Jesus and the Holy Spirit.**

**God wants us to trust in Jesus. Because of Jesus we can become God's people and be sure that He will be with us, look after us and protect us—just as He did for the Israelites in the desert.**

Pray: Thank You God for all the good things You provide us with. Thank You for giving us life, as well as food to enjoy and clean water to drink. Thank You that we can trust Your promises. Please give us the strength to trust and obey You. Amen.

## Activities!

**Craft**

### Jars of Manna

**Gear**

- ▶ A glass jar for each child
- ▶ Blank labels and pens or pencils
- ▶ Wafers and honey

Read **Exodus 16 v 31–36** about the jar of manna kept by the Israelites. Ask the children to write 'Manna' on a label and decorate it. Each child sticks their label on a jar, then fills the jar with wafers and honey (or honey biscuits or 'Wotsits').

Make a flying quail:



Draw and cut out a bird shape or print one from online. Wrap a small piece of white paper loosely around the straw and tape the cylinder you just made. (This is the most crucial part. You want it to be loose enough that the straw will slide easily out of the paper but tight enough to keep some air in it.) Fold over one end of the white paper and tape it shut.

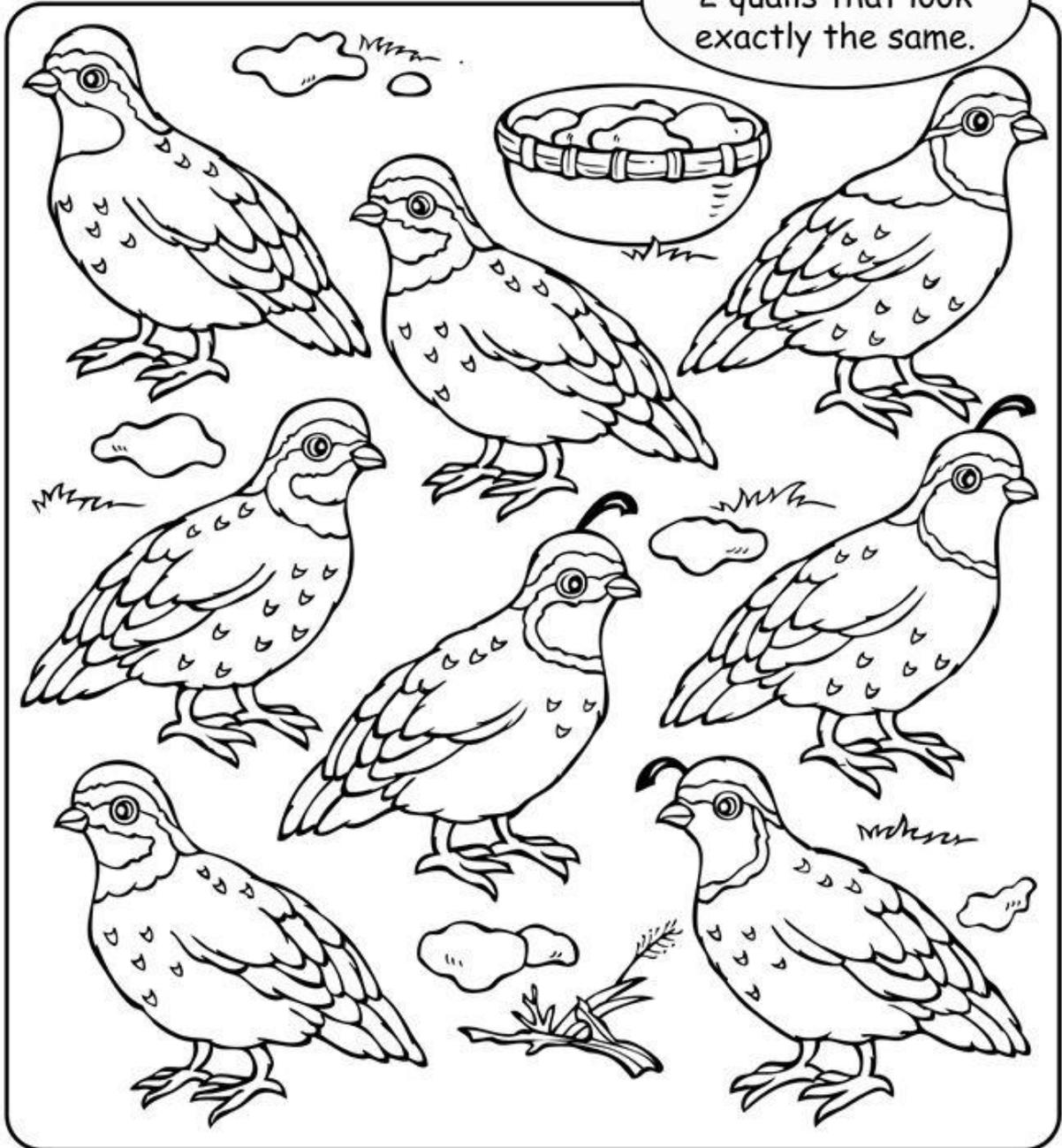
Tape the white piece of paper to the back of the straw with the closed end of the white piece of paper at the front of the quail (otherwise your quail will fly backward!).

Insert the straw about 1/2 to 3/4 of the way into the white paper holder. (If you push it too far, the quail will not fly.)

Blow! Watch the quail fly across the room!

## SPECIAL FOOD: MANNA & QUAIL

Find and circle  
2 quails that look  
exactly the same.



After the Israelites left Egypt, God sent quails for meat and gave them manna for bread to eat in the wildness. The Israelites ate manna for forty years. God took care of them. (Exodus 16)

