BIG IDEA: God looks after me.

Week 5

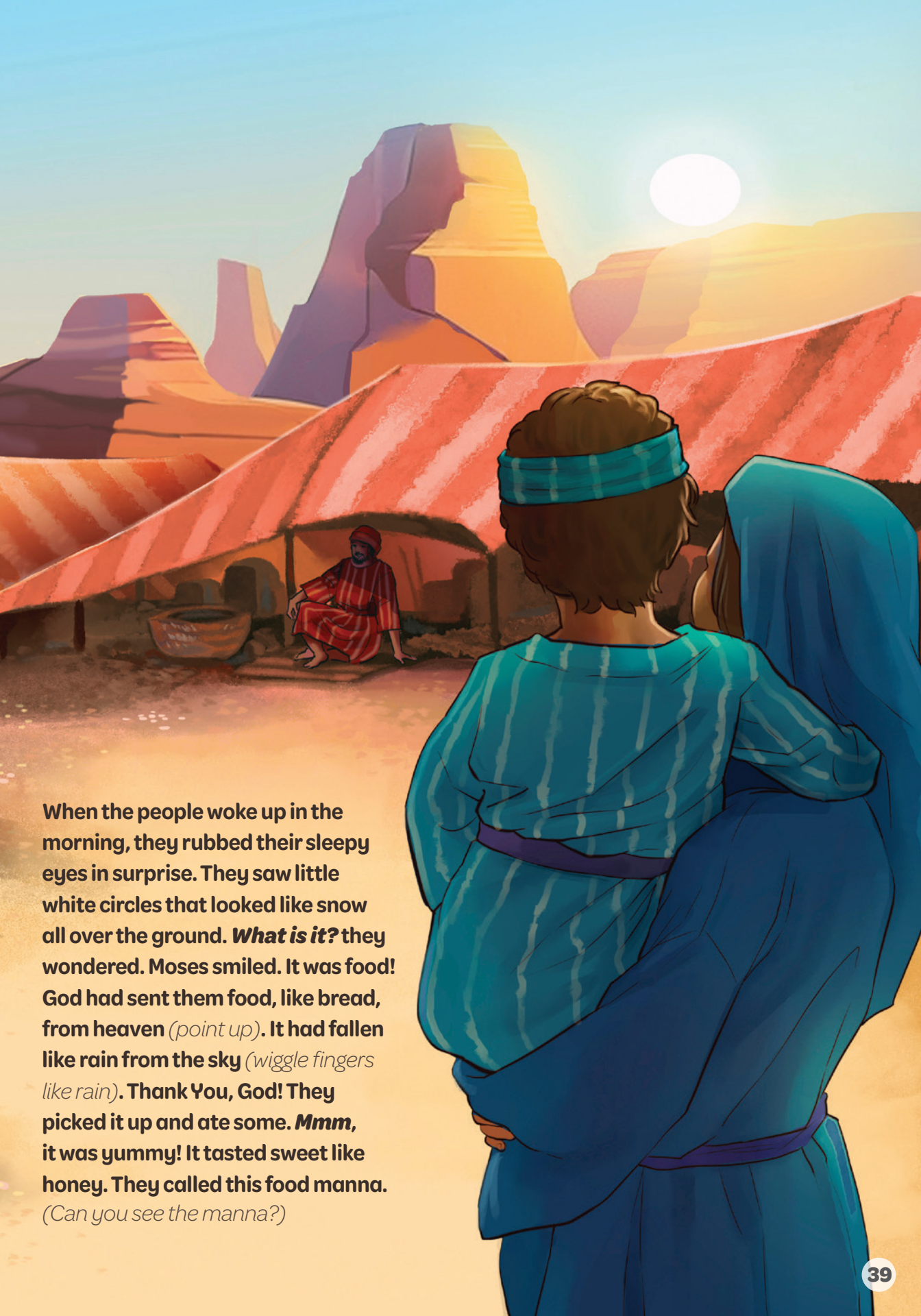
The Food and Water Surprise



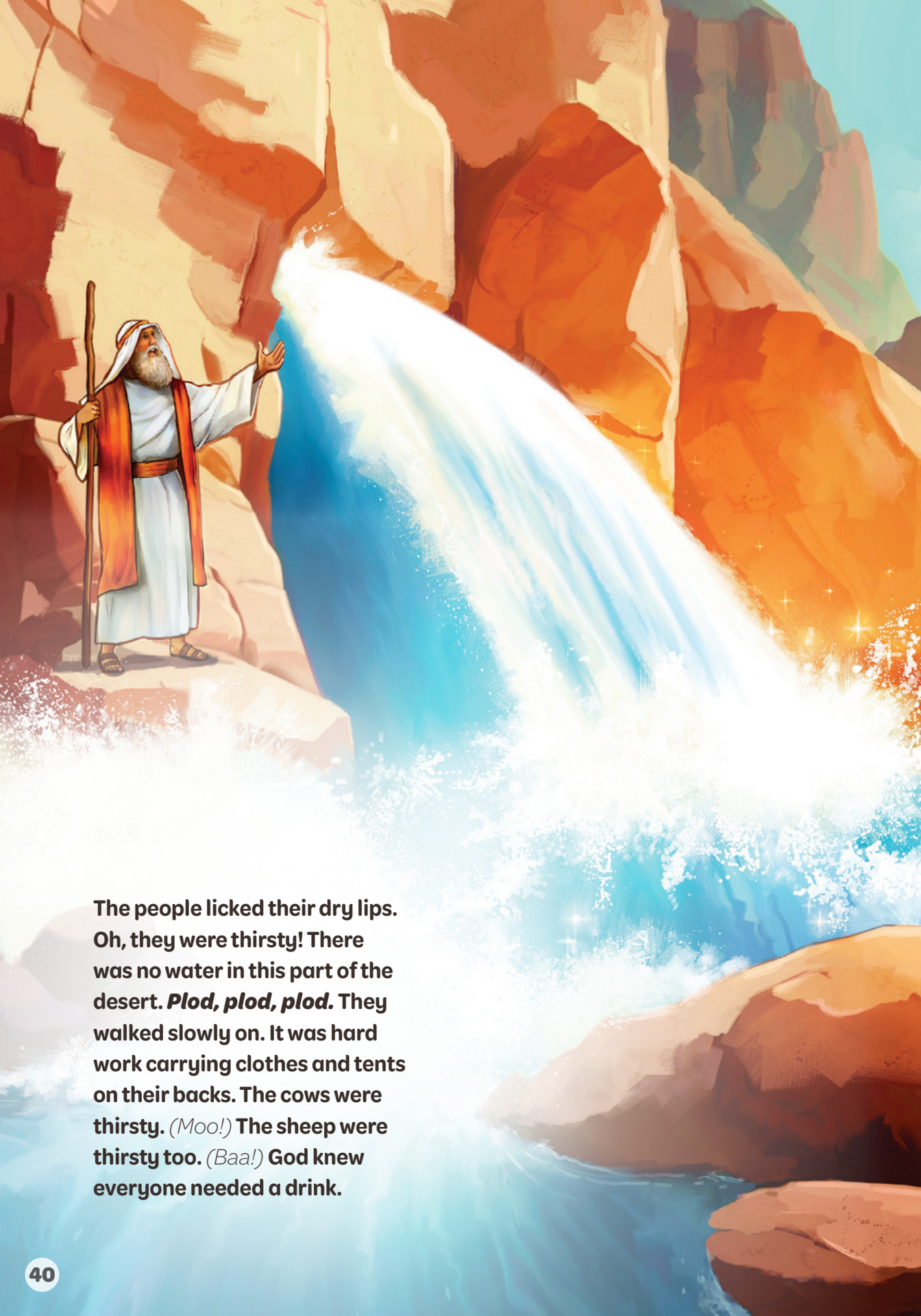
This lesson is based on Exodus 16 and 17 and *Patriarchs and Prophets*, pp. 291-302.

God's people walked slowly through the hot, dusty desert. *Plod, plod, plod.* They weren't very happy *(frown)*. **They were hot! They were hungry! There were no gardens that grew food in the desert. There were no markets to buy food either. They stomped their feet. "We need food! We need water!"** (Exodus 16:3, ICB). **They grumbled to Moses** *(grumble, grumble)*. **Then they grumbled some more** *(grumble, grumble)*. **But the people didn't need to grumble—God would take care of them.**





When the people woke up in the morning, they rubbed their sleepy eyes in surprise. They saw little white circles that looked like snow all over the ground. *What is it?* they wondered. Moses smiled. It was food! God had sent them food, like bread, from heaven *(point up)*. **It had fallen like rain from the sky** *(wiggle fingers like rain)*. **Thank You, God! They picked it up and ate some. *Mmm*, it was yummy! It tasted sweet like honey. They called this food manna.** *(Can you see the manna?)*



The people licked their dry lips. Oh, they were thirsty! There was no water in this part of the desert. ***Plod, plod, plod.*** They walked slowly on. It was hard work carrying clothes and tents on their backs. The cows were thirsty. *(Moo!)* The sheep were thirsty too. *(Baa!)* God knew everyone needed a drink.

When the people stopped at some rocks, God told Moses to hit the rock with his walking stick. Suddenly a fresh, cool stream of water poured out of the rock like a waterfall. ***Splish, splash, splosh!*** The people cheered! Now they didn't have to be thirsty anymore. God was so kind to give them water.



God loved His people like a new daddy or mommy loves their precious baby *(pretend to hold a baby in your arms)***. He wanted to care for them and give them what they needed. He sent them food and water. God knows what you need, and He loves to look after you.**

(Say together) **Thank You, God, for looking after me!**



play throughout the day

Create

Choose to create a scene of either miracle manna falling or water coming from the rock and use it to talk about how God loves to give His children what they need.

For manna, you may like to set up a desert camp scene using blocks, toys, or stuffed animals on a clean surface. Choose a common white food for manna, such as rice, rice puffs, or crackers. Sprinkle everywhere, then have fun collecting (and perhaps eating) it.

For water from a rock, you may like to set up a scene in a sandbox or the dirt outside. Use natural objects to re-create the Israelites walking through the desert. Make little tents for the people using sticks and leaves. Find a rock that Moses could hit once with his stick for the water to come out. Use a cup or watering can to pour water over the rock. Talk about the amazing miracle God did.

Explore

Go outside and do lots of running, jumping, and sprinting together. When your child is hot and ready for a drink of water, give them a cup of cool water. Talk about how the Israelites would have been so hot and thirsty—just as your child is right now! God gave them a drink because He loved them and looked after them. God looks after you too!

Connect

One day this week, prepare a snack of honey on bread or crackers that are cut into small pieces. Talk about what manna might have tasted like. Talk about how the Israelites would have reacted to seeing it for the first time.

Pray

Write a list together of all the ways God looks after us (e.g., food, water, shelter, loving family). Draw a picture beside each item. Display the list on the fridge and remember to thank God for these things in your family prayers this week.



Extension weekly memory verse: "And my God shall supply all your [needs]" (Philippians 4:19).

THE HEART OF THE MATTER

For You, Parents

How easy it is to look back in disbelief on the Israelites' journey and wonder at how they could be so quick to forget God's leading. They could see Him in fire and cloud, and in the morning miracle of manna. But still they complained and doubted that He would provide.

Surely we would not be like that! And yet we too forget just who God is: love. We forget that the God who loved us yesterday will provide for us today, tomorrow, and always. We forget to fill our hearts with gratitude and praise, and let God turn that into trust.

When we forget to look to God, our focus falls instead on our problems, our to-do list, want list, pressures, and pain. And yes, we too complain! On this troubled soil doubt and distrust grow. "Why should we be ungrateful and distrustful? Jesus is our friend; all heaven is interested in our welfare; and our anxiety and fear grieve the Holy Spirit of God" (Ellen G. White, *Patriarchs and Prophets*, p. 294).

God is an ever-present Father, always faithful and kind. He does not forget us, and He provides the things we need. He forgives our complaining hearts, and lovingly guides us as we journey to the Promised Land. He says, "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light" (Matthew 11:28-30).