

God Provides Food and Water for His People

Exodus 15:22-17:7



Old Testament 3
Part 2: Moses

SUNDAY MORNING

Old Testament 3 [Class Attendance Sheet](#) provided in activity sheets (NOTE: The document is interactive, allowing the teacher to type in the Class, Teacher, and the children's names.)

SCRIPTURE REFERENCES:

Exodus 15:22-17:7; Psalm 105:26-45; Matthew 6:25-34; 1 Peter 5:7; Philippians 2:14; 1 Corinthians 10:10

MEMORY WORK:

YOUNGER CHILDREN: "But seek first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

OLDER CHILDREN: "Praise the Lord! Oh, give thanks to the Lord, for He is good! For His mercy endures forever" (Psalm 106:1).

SONGS AND FINGERPLAYS (SEE END OF LESSON FOR WORDS):

A [song book](#) and [audio recordings](#) of many of the curriculum songs are available on the curriculum Web site.

- ["The Books of the Old Testament"](#)
- ["The Israelites Complained"](#)
- ["Manna"](#)
- ["Murmuring"](#)
- ["Quail for Food"](#)
- ["Water from a Rock"](#)
- ["The Ten Plagues"](#)

LESSON VISUALS AND TEACHING AIDS (NOTE ANY DISCLAIMERS):

- See [AP's Pinterest page](#) for ideas on bulletin boards, visuals, crafts, etc. [DISCLAIMER: Pins may sometimes need to be adjusted to be scriptural.]
- [Joseph & Moses](#) Bible fact cards (provided under "O.T. 3 Bible Facts" on curriculum Web site)
- Apologetics Press' [Bible Timeline](#)
- "Summary of the Bible" from "[Kids Prep](#)" CD by Jeff Miller
- A Beka Flash-A-Card Series: Journey to Sinai (DISCLAIMER: use the cards, *not the lesson book*)
- [Map showing Israelites' journey from Egypt to Canaan](#) (provided in map section of curriculum Web site)
- Suitcase or travel bag filled with items as described in Lesson 10
- Pictures of quail



PERSONAL APPLICATION:

God takes care of me, and I should never complain or be ungrateful.

LESSON STARTS HERE

INTRODUCTION:

Last week, we learned how God helped the Israelites get out of Egypt and leave behind their lives as slaves. We also talked about how God made sure they crossed the Red Sea safely when the Egyptian army was chasing them. In today's lesson, we will learn how God took care of them as they traveled toward the Promised Land.

POINTS TO EMPHASIZE:

1. After crossing the Red Sea to escape the Egyptian army, the Israelites traveled for three days and could find no water. They came to a place where there was water, but the water was bitter and they could not drink it. [They called the place "Marah," which means "bitter."] The people complained, and Moses asked God what to do. God showed Moses a tree and told him to throw it into the water. The water instantly became clean and sweet. God miraculously provided water for His people to drink!
2. From Marah, the Israelites moved on to a place called Elim, where there was plenty of water. They traveled for about six more weeks until they came to the Wilderness of Sin (or Zin). There the whole multitude grumbled again against Moses and Aaron, complaining that they did not have enough to eat.
3. God decided to give the people food from heaven, but He would give it to them with certain instructions that they must follow. The next morning there was a layer of thin, flaky, sweet tasting bread on the ground. At first the people did not know what it was. Moses told them this was the bread God had promised to send. The people called it "**manna**" (Deuteronomy 8:3), which means "What is it?"



NOTE: Exodus 16:16 says they were to gather one *omer* of **manna** per person. One *omer* is equal to about two quarts.

4. Moses told them that they should gather only as much of it as they could eat in a day. He told them not to be greedy and gather more than they needed, or it would spoil. Some of the people did not listen to Moses and gathered more than they needed. The next morning the manna had worms in it and was ruined.
5. On the sixth day of the week (Friday), Moses told the people to gather enough bread for that day and the next day, because God would not send the manna on the seventh day of the week (Saturday). Again, some of the people did not listen; they came out to gather bread on the seventh day and found none. So they had nothing to eat that day. This was the first time that the Israelites were told to do no work on the seventh day (which later became known to them as the Sabbath); the people were supposed to rest and worship God that day.
6. Except Saturdays, God sent the manna every single morning while the Israelites were moving from place to place in the wilderness. He also sent them a flock of quail the first evening evening so that they would have meat to eat. The Israelites did not yet believe that God had the

power to take care of everything they needed. They obeyed Him only as long as they had everything they wanted. When things did not go as they wanted, they complained.



NOTE: Numbers 11:31-35 tells us that God used the gift of quail a second time later to punish His people because of ingratitude. God told Moses He would send so much meat that the people would literally make themselves sick from eating too much of it. God sent a strong wind toward the Israelites' camp, blowing so many quail into the area that they were about three feet deep on the ground!

7. The people traveled slowly to another place called Rephidim, and they grumbled again that they had no water to drink. Moses again asked the Lord, "What should I do?" God told him to stand before a certain rock and hit it with his staff (or rod)—the same rod he had used before Pharaoh in Egypt. Moses struck the rock, just as God said, and water came out of a hard rock!
8. Moses believed in God so much and trusted Him so completely that he became more and more frustrated with the complaining of these ungrateful people. God was angry with the people because they complained so much and never told Him how thankful they were for all He had done for them. The Israelites asked, "Is the Lord among us?" Jehovah showed His great power through the plagues, divided the Red Sea for them, provided them food and water every day, and guided them every day and every night with the giant cloud. How could they ask such a question?
9. How do you think God feels when we complain today? When we complain about something we do not have (like a certain toy, food, or certain kinds of clothes), God is not happy with us either. We have so much to be thankful for because God has blessed us and continues to bless us every day. We should never complain, but always be grateful. Read Philippians 2:14; 4:4-7



NOTE: Check out these FACTS AND FIGURES:

Several years ago, the Quarter-Master General of the U.S. Army estimated that, on their way to the Promised Land, the Israelites (2-3 million of them) would have needed:

- 1,500 TONS of food every day—enough food to fill two freight trains, each a mile long
- 4,000 TONS of firewood every day
- A minimum of one million gallons of water every day for drinking and washing. It would have taken a train of tank cars 1,800 miles long to bring water into the desert. There were no lakes and only a few wells. How did they get that much water every day? Only by God's hand.

PRE-CLASS ACTIVITIES/LEARNING CENTERS (TO BE USED AS CHILDREN ARE ARRIVING—BEFORE CLASS, AND UP TO THE FIRST FIVE MINUTES OF CLASS; OR AS HOMEWORK):

- Click here for complete [Activity Book](#) and [Answer Key](#).

Ages 2-5:

- "[God Provides Food Coloring Sheet](#)" (provided in activity sheets)
- Write "[God Takes Care of Me](#)" at the top of a piece of paper and make a copy for each child. Ask the children to draw pictures of things God has given them and/or provide them with stickers of things that are blessings (provided in activity sheets).

- Make “manna” with the children, or make it ahead of time and bring it to class. Recipe for “manna”: Mix together 1/2 cup flour, 1/4 cup butter, 3 Tbsp sugar/sweetener, and enough water to hold the dough together. Roll out like piecrust dough, cut with a pill bottle lid or catsup bottle lid, and bake 5 minutes at 375 degrees.

1st-2nd Graders:

- Make “manna” with the children, or make it ahead of time and bring it to class. [See recipe above.]
- [“God Provides Food True or False Activity”](#) (provided in activity sheets)
- [Poverty Pictures](#): Show pictures of children who are suffering because of lack of water, food, proper housing, etc. (example pictures provided in activity sheets)
- Have the children read *The Berenstain Bears Count Their Blessings*, by Stan and Jan Berenstain, First Time Books

3rd-4th Graders:

- Make “manna” with the children, or make ahead of time and bring to class. [See recipe above.]
- [Poverty Pictures](#): Show pictures of children who are suffering because of lack of water, food, proper housing, etc. (example pictures provided in activity sheets)
- Ask the children to think of things they complain about at school and at home. Ask them to write those things on one half of a sheet of paper, and write the things they are thankful for on the other half.
- [“God Provides Food True or False Activity”](#) (provided in activity sheets)
- Have the children read the following:
 - *Discovery Magazine*: “Grumbling and Complaining” ([February, 2008](#))
 - Exodus chapters 16-17, as well as chapter 15 if they did not do so last week.
 - *Moses and the Long Walk*, Arch books, Bader

SONGS:

“THE BOOKS OF THE OLD TESTAMENT”

Author: Jeff Miller

(Tune: See [“Kids Prep”](#) CD)

“THE ISRAELITES COMPLAINED” ([Click to Hear](#))

Author: Lora Laycook

(Tune: “Blessed Be the Name”)

The Israelites were sore oppressed,
 God listened to their pleas;
 He sent Moses to lead them forth,
 Across the great Red Sea.

CHORUS:

O how they complained!
 O how they complained!
 Back to that land they longed to go;

O how they complained! O how they complained!
Back to that land they longed to go.

Jehovah sent bread from above,
And quail came down that day,
That they might know that God was near,
That He would point the way.

Christians today should not complain,
But very happy be;
For God's dear Son came down to bring,
Salvation full and free.

2nd CHORUS:

We should not complain. We should not complain.
We should very, very happy be!
We should not complain. We should not complain.
We should very, very happy be!

“MANNA”

Author: Jewel Kendrick

(Tune: “Wonderful, Wonderful”)

(Words: See *Sing a Story: Volume I*, by Jewel Kendrick)

“MURMURING”

Author: Jewel Kendrick

(Tune: “The Farmer in the Dell”)

(Words: See *Sing a Story: Volume I*, by Jewel Kendrick)

“QUAIL FOR FOOD”

Author: Jewel Kendrick

(Tune: “Wonderful, Wonderful”)

(Words: See *Sing a Story: Volume I*, by Jewel Kendrick)

“WATER FROM A ROCK”

Author: Jewel Kendrick

(Tune: “There's Not a Friend Like the Lowly Jesus”)

(Words: See *Sing a Story: Volume I*, by Jewel Kendrick)

“THE TEN PLAGUES”

Author: Jeff Miller

(Tune: See “[Kids Prep](#)” CD)

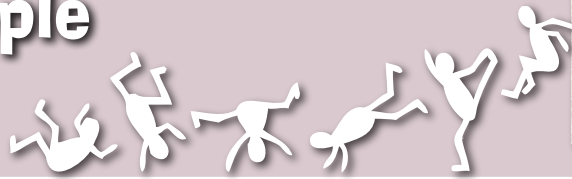
Water to blood, frogs, lice, flies;
Death of livestock, boils, and hail;
Locusts and darkness three days;
Death of all Egypt’s firstborn.

***** IF YOU HAVE SUGGESTIONS PERTAINING TO THIS LESSON, PLEASE CLICK THE
“SUGGESTION” BUTTON BESIDE THE BUTTON FOR THIS LESSON ON THE
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WEDNESDAY EVENING

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PERSONAL APPLICATION:

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INTRODUCTION:

Review [O.T. 3 Bible Facts Flashcards](#) (provided under “O.T. 3 Bible Facts” on curriculum Web site)

Review the [Ten Plagues](#)

POINTS TO EMPHASIZE:

1. Review Sunday’s lesson. (see [O.T. 3 Review Questions](#) for example questions)

PRE-CLASS ACTIVITIES/LEARNING CENTERS (TO BE USED AS CHILDREN ARE ARRIVING—**BEFORE** CLASS, AND UP TO THE FIRST FIVE MINUTES OF CLASS; OR AS HOMEWORK):

- See Sunday morning’s lesson

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