



Faith Adventures for Children Together



Free to use – please acknowledge when using beyond local church children's and youth work so others can find and use the resource themselves.

*Committed to URC Children Together:
enabling everyone to grow more like Jesus
together in the home, church and beyond.*

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link: www.bit.ly/FACT-how-to-sheet

Title: Exodus 16: 11–17

Theme: God provides... for our basic needs

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Introduction: What would be helpful to know in my planning? Please use this section as a reference and information guide for leaders only – we don't expect it to be read out to the children.

Exodus 16:11–17 tells the story of God providing quail and manna for the Israelites as they travelled through the wilderness. It speaks about God's care, trust, gratitude, and having enough. At the same time, it also touches on issues that need to be handled sensitively.

Many of the children we work with may have experienced food insecurity or know someone who has. Conversations about hunger, empty cupboards or not having enough can be powerful triggers for children living with food poverty. Be aware that while some children may see this as an exciting Bible story, others may connect it with difficult experiences at home. Focus on God's loving care and the importance of communities sharing and supporting one another.

The story takes place shortly after the Israelites have escaped from slavery in Egypt. Although they have seen God perform amazing miracles – including the crossing of the Red Sea – they are now in the harsh wilderness. Food is running out, people are anxious, and they begin to complain to Moses and his brother, Aaron. Their fear is understandable: they cannot see where tomorrow's meal will come from. Into that uncertainty, God promises to provide exactly what they need.

God sends quail, small game birds, that arrive in the camp each evening, providing meat for the people. Each morning, God also sends manna, a mysterious flaky substance that appears on the ground like frost. The Israelites have never seen anything like it before. In fact, the word *manna* comes from a question meaning, "What is it?" Manna became their daily bread throughout their years in the wilderness.

A key part of this passage is that God tells the people to gather only what they need. Everyone collects enough for their household – no more and no less. Those who try to store extra soon discover that God's provision is intended to be trusted one day at a time.

If you are using this passage around Harvest, it connects naturally with themes of thankfulness and sharing. This story reminds us that God's desire is for everyone to have what they need.

As you explore the passage with children, it can be helpful to ask: *What are our daily needs?* Children will probably mention food and drink but encourage them to think more broadly. We all need love, friendship, safety, somewhere to live, rest, hope, forgiveness, and people who care for us.

Together – prayer and games

How do I help my group to come together and get started with the theme?

Gathering prayer

Jesus, our friend,

(use alternate index fingers to point and tap the middle of opposite palms)

Be with us today

(two hands, palms up in front of you, move up and down twice)

As we share together,

(two hands, palms up in front of you, move one forward and one back and alternate twice)

Pray together,

(hands together, palm against palm, as though praying)

Play together,

(hands to each side, palms up, make two small circles outwards)

And get to know you better

(point up with one hand)

As children together in your family.

(one hand out, palm down in front of you, move it sideways and up in three 'steps' as though to indicate children of three different heights)

AMEN.

(two thumbs up, and bring fists slowly together to meet in front of you)

OR

**Thank you, God, for bringing us together today.
Help us to grow closer to you in all we do.
Help us to speak and to listen, to learn and to grow together,
Adventuring together with you wherever we may go.
Amen.**

Active Game – The Farm

This game plays with the idea of finding food on the ground, like the Israelites and manna. This is a good game to play outdoors (the bigger the space the better). It works well with larger groups but could be fun for as few as four people.

You will need a bag of coloured sweets, e.g. Starburst.

Scatter the sweets far and wide and randomly.

Next put the children into groups. Each group chooses which animal they will be and what colour sweet is their food. For example, a cow for the green sweets, a cockerel for the red, and so on.

One person in each group is the farmer, who needs to collect all their herd's sweets.

The animals run off to find their coloured food on the ground (sweets). When they find a sweet of their colour, they stand over it and make their animal noise loudly. This tells the farmer to come running to collect the sweets.

This continues until all the food is collected or the time runs out.

It's loud and lots of fun, especially when some sweets all fall together in the same spot, meaning lots of animals are standing in one spot all making their noises.

Hungry Hippos

You will need:

- small balls (ball pit balls work well)
- skateboards (optional if you have them) – you will want cycle helmets as well to prevent injury
- baskets

What you do:

Split the group into teams. The teams race to collect as many balls as possible. This can be on foot, on skateboards, or even by doing wheelbarrow walking. (If you are using skateboards, you may want to have some cycle helmets for the children to protect against bumping heads.)

In the centre of the room place 50-100 balls. You could mark out a circle of where to place them. Ideally create four teams of three-five people but work with the numbers you have in your group. They should be an equal distance away from the centre. Give each team a bucket or a hula hoop as a collection bin.

On the signal, the person at the head of each line races to the centre, grabs a ball, and brings it back.

The next player in line goes once their teammate has returned, etc. until all the balls have been taken from middle. Count the balls to see who wins!

Here's a clip of the game being played by wheelbarrow walking

https://youtu.be/URDQDPeVK_Y?si=3Ca8BmTc-h6taryS

Here is the game played using skateboards

https://youtu.be/W-xPyqPC_NY?si=irnciTddMGm8KZCu

Quieter game – Every day I need...

A quiet game that can be played with small or larger groups is “Every Day I need...” This game is played like “I went to the shop and bought” but is adapted to fit today’s theme.

Every day I need...

One person starts by saying “Every day I need...” The next person continues by saying “Every day I need...”, repeating the item(s) in order that have already been said and adding something else to the list. Continue around the group, adding one more item to the end of the list each time.

You could make this harder by making the items follow the alphabet.

Experience – Bible story and songs

Hear, watch and sing the Bible story

For this story we recommend using the New Living Translation

<https://www.biblegateway.com/passage/?search=Exodus%2016%3A11-17&version=NLT>

Where can I find the story online?

Under-fives: God Provided Manna: Exodus 16-17, by GCFKIDS EUGENE

<https://youtu.be/2SQjZ831ado?si=N8g1u8VEjV7MgZBK>

Five-to-elevens: God’s Story: Wilderness, by Crossroads Kids’ Club

<https://youtu.be/VJQuOUwEesI?si=ydar8Ra8sJbsmSyT>

Songs to support the story

Under-fives: Manna Song – Animated Bible songs, by DG Bible Songs

<https://youtu.be/1ocoUKIStKo?si=8OMjgbNdj7xkD30R>

Five-to-elevens: Spirit Rise (Travis Cottrell), by Pink Star Rise

<https://youtu.be/Wi6bcf-x3tg?si=N4iROPH0y58pRDBk>

Explore – ways into the theme

Ideas and activities to explore this week’s Bible passage together

A new way to explore the theme

Below are some examples of how you can explore together how God provides for our daily needs, use whichever ones feel right with your group or substitute with your own ideas.

Interactive idea

Hide wrapped sweets (or similar) around the room so that if they were distributed fairly there would be enough for 2 each, ask those gathered to see what they can find, then gather everyone back together. How many has each person got? Has everyone got at least one? Discuss with your group how this activity reflects God's provision for all.



Discussion idea

In the Lord's prayer we pray, '*give us today our daily bread*' – discuss with your group what this might mean, what might this cover, what are our daily needs? This link could help your group to understand how, although God provides, the world does not respond by allocating the provision wisely: <https://www.wfp.org/ending-hunger>

Research idea

Is there a difference between a need and a right? Your group could explore the links below and then discuss the differences. The International Covenant on Economic, Social and Cultural Rights (ICESCR) adopted in 1966 Article 11.

<https://www.equalityhumanrights.com/guidance/human-rights-and-complaints-ombudsman-schemes/right-adequate-standard-living-ombudsman>

https://www.unicef.org.uk/wp-content/uploads/2012/11/UNICEFUK_2012CRCImplementationreport-FINAL-PDF-version.pdf

Reflective idea

You will need scrabble letters or individual letters printed on paper and cut out.

Electronic device with the ability to create a word cloud

Ask your group to reflect on fairness, ask - does God still provide? What does that look like? How do we respond? Using the scrabble letters ask those gathered to create words in response to these questions. The leader could then type the words as they are created into a word cloud app; the words that are used most will be those that appear larger and bolder in the cloud. An image of the word cloud could be shared with the wider church as a newsletter article to reflect the discussions held within the group.

Modern parables

Jesus used stories to help people understand the things of God, even though they weren't necessarily overtly Christian stories. Lots of children's books can be used in a similar way as a conversation starter on the week's theme. Examples are shared here but you may think of others too. If you are to use the modern parable, consider buying a copy or borrowing it from the library so children see the actual book and can explore the illustrations more (and support the author).



Baby Goes to Market by Atinuke and Angela Brooksbank
(2017: Walker Books Ltd)

When Baby and Mama go to market, baby is so adorable that the banana seller gives him six bananas. Baby eats one but puts the other five into the basket. Just like the Banana seller provided for Baby, so God provides for us.

- I wonder what you'd give to someone else if you could
- I wonder what you'd hope to be given

Talking together: How might we talk about the Bible story together?

- Does God always provide?
- What does the phrase "daily needs" mean for you?
- How can we, as a resource of God, ensure everyone gets their daily needs?

Wondering: ways to reflect on the theme

- In the Bible story, I wonder if God sent the same amount for everyone
- Is there a difference between needing something and wanting something
- I wonder what would happen if you didn't like meat and bread or couldn't eat meat or bread
- How does God provide for you daily?

What's in the box (for under-fives)

Use the special box or bag and sing, "What's in the box/bag? What's in the box/bag? Let's see, let's see, what's in the box/bag" (to the tune of The Farmer's in the Dell). Pull out the things one by one and then let the children play with them, talking about the theme or the story in simple terms.

This week's box could include:

- Play food – talk to the children about the basic food we have – milk, bread etc. – and how God gives us what we need.
- House – God gives us other things too. This may be a house to live in. I wonder what your house is like.
- A teddy – God also give us things which comfort us, like a big hug. What comforts you?
- Heart – God loves us and we are loved by God.
- A tactile cross of wood or fabric (a cross shape reminds us of Jesus. Jesus/God loves us and it's always in the box because Jesus/God always loves us!)
- A set of play people to act out the story or random shapes/bits you can move around to make pictures from the story as you tell it (e.g. stones, felt, twigs etc.)

Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

Prayerful activity – Bread and honey

You will need fresh bread and honey. Everybody needs to wash their hands.

Lord, thank you for all you have done for us. Thank you for the good things in our lives.

(Everyone takes a chunk of bread: dip your bread in the honey and eat it as you thank God for the sweetness in your life. Encourage the group to speak out loud the things they are thankful for)

As we share bread with each other, help us to see the needs of others and show us how to help them

(Everyone picks up a small piece of bread and passes it to the person on their left)

Lord, help us to always be thankful

Amen



Spoken prayer This is a simple prayer thanking God for the basics in our lives and reminding us to provide for others.

Lord help us to be thankful for all that we have.

Give us today our daily needs and help us provide others with what they need.

(raise both hands up..... bring hands down and forward with palms up)

Thank you for the air we breathe.

Give us today our daily needs and help us provide others with what they need.

(raise both hands up..... bring hands down and forward with palms up)

Thank you for the food we eat.

Give us today our daily needs and help us provide others with what they need.

(raise both hands up..... bring hands down and forward with palms up)

Thank you for our homes and safe places.

Give us today our daily needs and help us provide others with what they need.

(raise both hands up..... bring hands down and forward with palms up)

Thank you for our family and friends.

Give us today our daily needs and help us provide others with what they need.

(raise both hands up..... bring hands down and forward with palms up)

Lord help us to be thankful for all that we have.

Give us today our daily needs and help us provide others with what they need.

(raise both hands up..... bring hands down and forward with palms up)

Amen.

Responding together

Here are some suggested crafts and activities, and there is a colouring sheet at the end of this resource. You could also use small play toys and/or have a basket of resources available so children can choose their own way to respond.

With an online group, plan whether to deliver any resources in advance or how you will encourage the children to use what they've got to hand in their response.

However you do it, it is good for the adults to engage in the response too, and all chat together.

Basic provisions bag

You will need:

- a paper or cloth bag
- either fabric pens or felt tips
- some items to decorate with

What you do:

Take time to decorate your bag, maybe with some words which you thought about during our Explore section, or with some images of our daily provisions.

These bags will be used to place our daily provisions in, which we bring next week so that they can be given to people who need them. (You may have planned this ahead of time and already have the items ready for the bags.)

Remember that we want these bags to be strong enough to hold all the things; and that if you use a cloth bag or T-shirt bags, that they can be used for other things.

Here are some of the items we can put into them:

- toothpaste, toothbrush, hairbrush/comb, female hygiene products, travel-sized liquid soap, nail clippers, deodorant, water, non-perishable food, gloves, socks etc.

Alternatively, you could make a T-shirt bag using an old T-shirt turned into a reusable eco-friendly tote.



T-Shirt bag

You will need:

- an old T-shirt (larger shirts make bigger bags)
- scissors

What you do:

Lay the T-shirt flat and cut off both sleeves along the seams; these will become the handles.

Cut a U-shaped neckline to create the bag opening; adjust width as desired.

At the bottom of the shirt, cut vertical slits about 1 inch wide and 2–3 inches long through both front and back layers.

Tie the corresponding front and back fringe pieces together in double knots to close the bottom securely.

<https://www.instructables.com/No-Sew-10-Minute-T-Shirt-Tote/>



Everyday with Jesus – Walking the Way

What could we do this week to carry on what we've learned? Maybe members of the group could come up with a suggestion. If not, get them to choose from these two challenges:

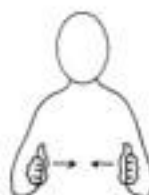
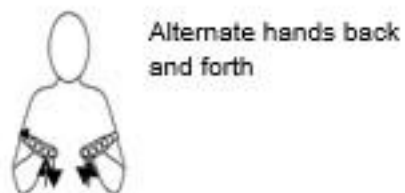
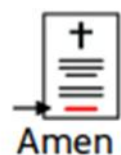
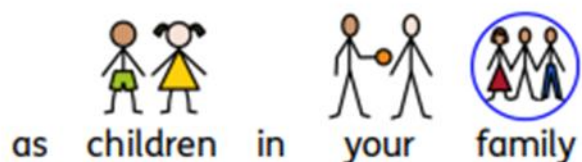
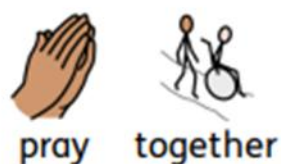
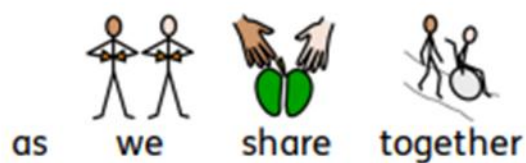
- Talk to someone older or younger than you and ask them to tell you how God provides for their daily needs.
- Be aware of what you are using. Ask yourself each day whether there is any way you can save resources.

We hope you enjoyed exploring the story of **God's provision** with us.

Please let us know what you liked or what you would find useful by emailing **sharon.lloyd@urc.org.uk**

Please join the Faith Adventures Facebook Group **bit.ly/FACT_FB**

Why not have a look at next week's resource on **God provides healing**



The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done

on earth as it is in heaven.

Give us this day our daily bread

and forgive us our sins As we forgive those who sin against us

Lead us not into temptation but deliver us from evil

For thine is the kingdom, the power and the glory

For ever and ever . Amen



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