



Faith Adventures Youth Resource



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

Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home 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/How-To-FAYR

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

Let's start our time with God and each other well

Use this opening prayer or encourage young people to open the session with a prayer of their own.

All mighty God,

Be with us as we learn more about you through stories and people in the Bible.

Help us to walk in your way and follow your path.

Be with us as we make decisions that affect our lives, and the lives of those around us.

Amen.

Alternatively, you may join with the widgeit prayer found in Faith Adventures: Children Together, or else the Lord's Prayer found at the end of this session.

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

This link takes you to Exodus 16: 11–17 in New Living Translation

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

You may wish to research different versions of this reading on www.biblegateway.com
Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV

¹¹ Then the Lord said to Moses, ¹² “I have heard the Israelites’ complaints. Now tell them, ‘In the evening you will have meat to eat, and in the morning you will have all the bread you want. Then you will know that I am the Lord your God.’”

¹³ That evening vast numbers of quail flew in and covered the camp. And the next morning the area around the camp was wet with dew. ¹⁴ When the dew evaporated, a flaky substance as fine as frost blanketed the ground. ¹⁵ The Israelites were puzzled when they saw it. “What is it?” they asked each other. They had no idea what it was.

And Moses told them, “It is the food the Lord has given you to eat. ¹⁶ These are the Lord’s instructions: Each household should gather as much as it needs. Pick up two quarts for each person in your tent.”

¹⁷ So the people of Israel did as they were told. Some gathered a lot, some only a little.

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Listen: Bread in the Wilderness, by Bible Wisdom Verses

<https://youtu.be/Yc4R0bPwzj8?si=kwk1AqI5HArQSSZU>

God will Provide (Jocelyn Soriano), by She Who Prays Twice

<https://youtu.be/ehqRuwQD4MA?si=02-ZU62VOKdtXD-y>

An opportunity for reflection

- Do we still trust God to provide for us today?

Explore – ways into the theme

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

A new way to explore the theme

This is a new way to explore the Bible passage and the theme for this week.

Alternatively, you may wish to use the Explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

Discuss what our responsibility is to ensure God's daily needs are shared? This link could help your group to understand that, This link could help your group to understand how although God provides, the world does not always respond by allocating provision wisely:

https://www.wfp.org/ending-hunger?_gl=1*knc3xr*_up*MQ..*_gs*MQ..&gclid=CjwKCAjwu53SBhAhEiwAJzSLNk-HfDJEABq8aTB7Pdeo_jr_sHI13gTBxrV1hPlj1eG958t-FaOU7URoCtwAQAvD_BwE&gclidsrc=aw.ds&gbraid=0AAAAACOf4HruRrBSobtZi8XbLvummV1q-

A couple of different exercises to help explore the idea of provision.

Research the United Nations' children's rights to see how they reflect our basic needs: [UN Convention on Rights of a Child \(UNCRC\) - UNICEF UK](#)

Or

Using several scrabble letters, ask those gathered to identify things that they need for their daily life and spell them out using the scrabble letters. As this is happening, the leader could type the words into a word cloud (use an internet search engine to find a free word cloud* generator) to illustrate the work of the whole group and identify the items which have been chosen by multiple people.

* A word cloud is a picture made up of words, in which the size of each word shows how frequently it appears in the dataset i.e. the bigger the word appears in the cloud, the more often that word is used. Word clouds help us identify the most common and important words in a text.

Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that will have been widely seen, or where a clip is available to use as a stimulus for discussion. You may also enjoy the picture book recommended for Faith Adventures: Children Together and explore the relevance of the story to the theme of the session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.

Food Requests by AreaEightyNine: <https://youtu.be/F4TvVr3CycY?si=oDJVlcXz5xiP2aOY>

The animated film *Cloudy with a Chance of Meatballs* (2009) features a man called Flint who creates a food-making machine. When each person gives their requests to Flint and he communicates them to the machine, the food falls from the sky.

- I wonder what food you would ask for?
- I wonder what you would ask for if the machine could provide anything for the world?

Group discussion

- What does "rest" actually really mean?
- How did God know how much to send? And what might have happened with the leftovers?

Personal reflection

- I wonder what was in the baskets before?
- If God provides all we need then why are some without what they need?

Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

Praying together

Prayers Respond to the theme by writing or saying a short prayer. Alternatively, use the creative prayer from Faith Adventures: Children Together for this session, or use the prayer activity below. Alternatively, light a candle and play some music while you listen and talk to God together.

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.

This link takes you to the Lord's Prayer using Makaton: <https://youtu.be/-INhwR-YEI4?si=bOyApxOGB1I-O5Y0>

Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. Choose whatever will work best for your group.

There are many charities which help create provision bags to help provide for those in their community. One such charity is Crisis. Take a look at the link and see what kind of help they provide, what sort of resources are needed, and how you as a group could help support this charity. Could you pack some bags? You could even make your own bags.

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

<https://www.crisis.org.uk/about-us/crisis-blog/care-packages-for-people-experiencing-homelessness/>

Challenge

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.

You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today. If not here are some suggestions:

- Use one of the “conversation starter” questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts and insights together. **How does God provide for your daily needs? Do**

you get them each day or do you get some things all at once and it's your job to make them last?

- Research something suggested by JPIT Resources (jpit.uk) or *Commitment for Life* (cforl.co.uk)
- Be aware of what you are using. Ask yourself each day whether there is any way you can save resources.

Thank you for exploring the **Exodus** passage with us.

Please let us know what you liked or what you would find useful by emailing sharon.lloyd@urc.org.uk or by sharing it on www.bit.ly/FACT_FB

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

