#### Lesson 12:

#### God Provides Food and Water

SCRIPTURE REFERENCE:

Exodus 15:22-17:7

MEMORY WORK:

Insert your own

PERSONAL APPLICATION:

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

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| --- |
| **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:

Note: Sunday Morning and Wednesday night teachers should coordinate how to divide the lesson. The lesson plan is written as separate lessons. However, if several students typically do not come on Wednesdays it is recommended that all material should be covered on Sunday but focus the activities for Sunday on God providing food and Wednesday on getting water from the rock.

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.

1. 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?”
2. 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.

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

equal to about two quarts.

1. 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.
2. 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 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!

**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.

RECOMMENDED ADDITIONAL VISUALS (note disclaimers):

##### Betty Lukens’ felt pieces

* ABeka Flash-a-Card Series (DISCLAIMER: use the cards, not the lesson book;)
* Free Bible Images – Saved on flash drive. Can be presented on classroom tv. Script included in lesson file. These visuals are labeled “12” in the Visuals file.
* Pictures of Children in true poverty – in lesson file
* SONGS AND FINGERPLAYS:

**“**

**“MANNA**

Author: Unknown\*

(Tune: “Wonderful, Wonderful”)

What is it? What is it? Ly-ing on the ground? What is it? What is it? Everywhere it’s found. Ga-ther it, Ga-ther it, Each one as you should.

God has given bread from heaven,

He is good!

**)**

### SUNDAY

LEARNING CENTERS AND ACTIVITIES:

* Act out story.After telling the students the lesson let them act out gathering manna. Have small baskets and something for them to gather. Manna
* Make Jars of Manna – Moses was instructed to save a jar of manna in a golden pot and place it in the ark of the covenant. Use white Crayola Air Dry Clay (available at Walmart) to make small wafers of manna. Provide golden baby food jars that have been painted gold or the students could make coil pottery pots with yellow air dry clay. Keep these pots to place the ark of the covenant (Quarter 3, Lesson 2 – The Tabernacle)

### WEDNESDAY NIGHT

INTRODUCTION:

Review Sunday’s lesson. briefly (See [Review Questions](http://www.apcurriculum.com/dcirfol/4-24-32RQ.pdf) for example questions.)

POINTS TO EMPHASIZE:

Note: Coordinate with the Sunday morning teacher on where to start the lesson. It is very likely there was not enough time to cover the entire lesson on Sunday. The following points cover the Israelites getting water from a rock.

1. 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!
2. 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?
3. 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

LEARNING CENTERS AND ACTIVITIES:

##### Write “[God Takes Care of Me](http://www.apcurriculum.com/dcirfol/2-9-11-68God%20takes%20care%20of%20Me.pdf)” 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 or magazine pictures of things that are blessings (examples provided in activity sheets).

##### Moses Strikes a Rock Mini Book – in Lesson File

##### Finish jars of manna – If a student was absent Sunday or if students did not finish, complete the jar of manna craft that was started on Sunday.

### Review Questions

1. After crossing the Red Sea and traveling for three days, what were the Israelites unable to find?
   1. Water
2. They finally came to a place called Marah that had water, but what was wrong with the water?
   1. It was bitter.
3. What did God tell Moses to do about the water?
   1. To throw a tree into the water
4. What did that do to the water?
   1. It made the water clean and sweet tasting.
5. What was the next thing the Israelites complained about?
   1. There wasn’t enough food to eat.
6. What did God do?
   1. He gave them food from heaven.
7. Could they eat it any way they wanted?
   1. No. There were restrictions on the food.
8. What were the restrictions?
   1. They were to gather only enough food for them to eat that day. They were not to be greedy, or the food would spoil.
9. Did everyone follow the rules?
   1. No. Some did not, and the next morning their food had worms in it and was ruined.
10. What were they to do on the sixth day?
    1. They were to gather enough for that day and the next, because God wasn’t going to send any the next day.
11. Why was He not going to send any on the seventh day?
    1. That day would be a day of rest. They were not to work. They were to worship God on that day.
12. What meat did God send for them to eat?
    1. Quail

Additional Notes / Activities Performed & Curriculum Feed Back

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