

MANNA AND QUAIL

Exodus 16:1-18

KIDS
3RD-6TH

NL

Key Verse:

“I have heard the complaining of the Israelites... I am the LORD your God.” Exodus 16:12

The Point:

God sends blessings even when people complain and grumble.

Making Connections:

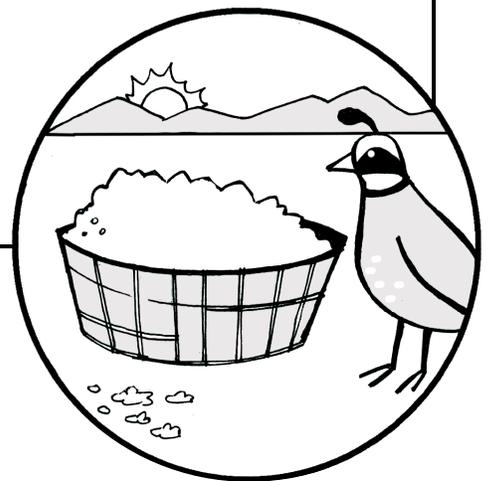
God Provides Blessings

Bible Nuts & Bolts:

The Torah

Spiritual Practice:

Worship



BACKGROUND

Making Connections

Today you will hear another story of God's provision: the story of manna, or bread from heaven. This story follows shortly after God has delivered the people of Israel out of Egyptian slavery and through the Red Sea. Now, the people have run out of food and begun complaining loudly about their leader, Moses. They moan that it would have been better if they had died in Egypt rather than die of hunger in the desert. Despite their lack of trust in God, God lovingly provides for them the miraculous manna, bread from heaven.

Story Summary:

Manna and Quail

The people of Israel experienced the miracles of the ten plagues, the institution of the Passover, and the parting of the Red Sea all in about one month. However, despite what seems to us as incredible evidence of God's direct care and provision for the people, they still did not trust God or Moses. In their distrust, the people began to worry that they were going to die of hunger in the desert. Their worry led to complaints against Moses, but in doing so they indirectly complained against God.

God was not happy about the people's complaints. God did not respond with judgment, but with love and compassion by providing the people with quail and manna to eat. God's loving gifts provide the focus for this lesson.

The Point

God sends blessings even when people complain and grumble. It never seems to be enough. We often hear people grumble about wanting more than what they have. This was even happening in the time of the Old Testament. The Israelites had been freed from slavery, had experienced miracles, and had a leader in Moses—yet they complained. In the midst of these complaints, God proves God's love by providing them with food and water.

Bible Nuts & Bolts:

The Torah

Torah is the Hebrew word that is often translated "Law" in the Bible. However, the word Torah does not just signify a list of rules to follow, but instead means "teaching, instruction, or guidance." God gave the Torah to Moses on Mount Sinai not to keep the people in line, but to teach them the best way to live, the way of justice, truth, and love. Jesus summarized the whole Torah by combining the call to love God completely and to love our neighbors as ourselves. Though not covered in this lesson, the word "Torah" can also be used for the first five books of the Bible: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

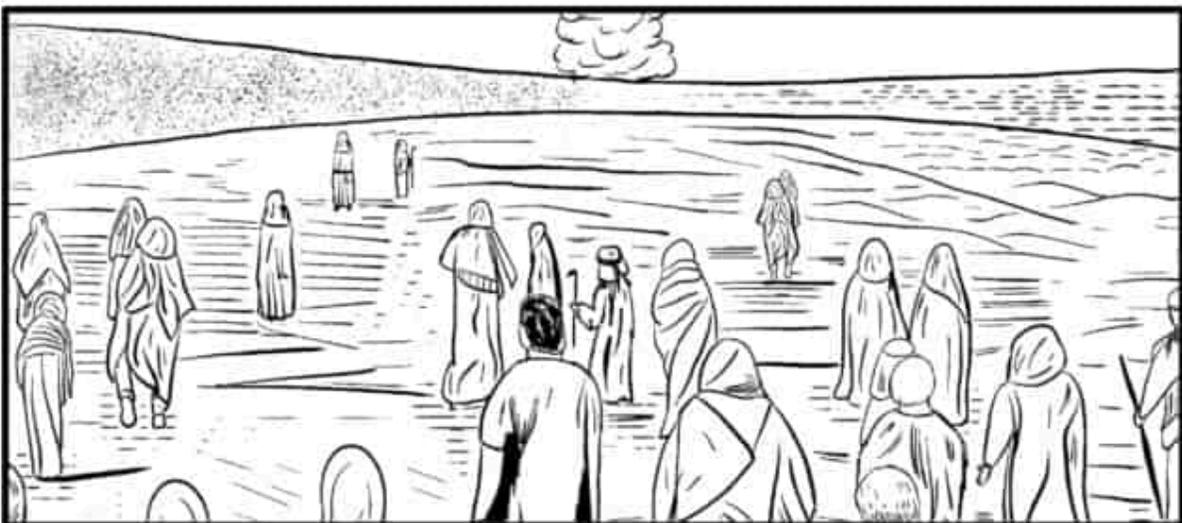
Spiritual Practice: Worship

Thankfulness is an important component of worship, and there are many ways to show our thanks to God. In today's lesson, we consider things that God has provided for us, and practice a way to thank God for those things.

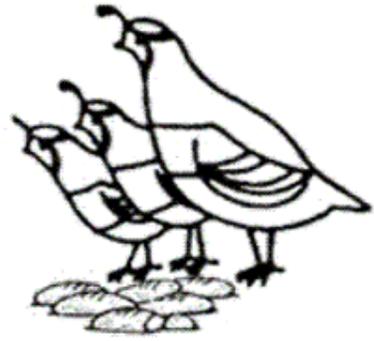
KEY EVENT FOR THE 40 YEARS

Look up the Bible references and give a short summary of the event that took place.

BIBLE REFERENCE	EVENT DESCRIPTION
Numbers 14:1-45	
Exodus 16:1-36	
Exodus 17:1-7	
Exodus 17:8-16	
Exodus 19:1-25	
Numbers 21:4-9	



Dinner on the Ground



"I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.' "

Exodus 16:12 (NIV)

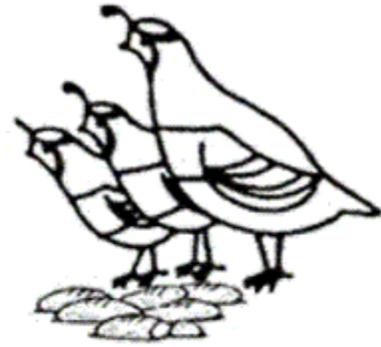
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- | | | | | |
|----------|------------|--------|---------|----------|
| desert | Israelites | starve | gather | twilight |
| grumbled | Egypt | death | enough | quail |
| Moses | meat | LORD | bread | camp |
| Aaron | food | heaven | morning | eat |

FIND 10 DIFFERENCES

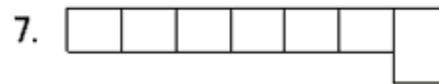
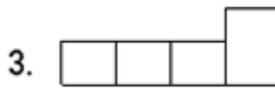
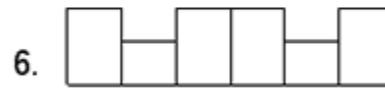
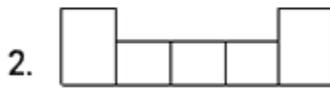
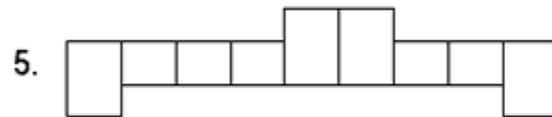
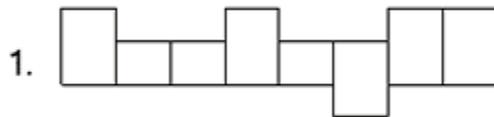


Dinner on the Ground

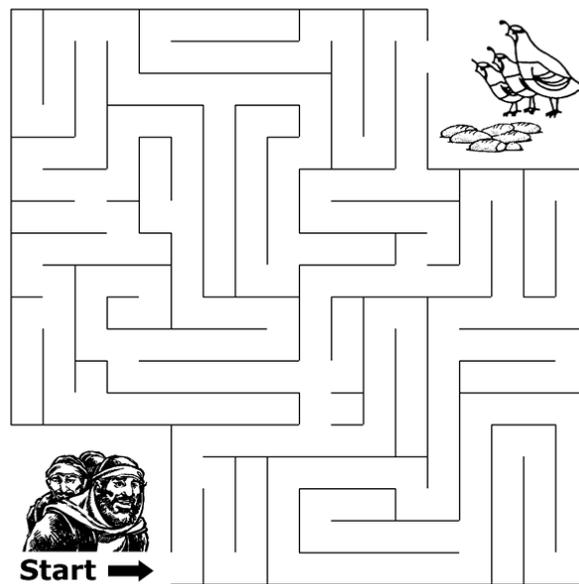


"I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.'" Exodus 6:12 (NIV)

Enter the correct words in the boxes based on the shape of the letters.



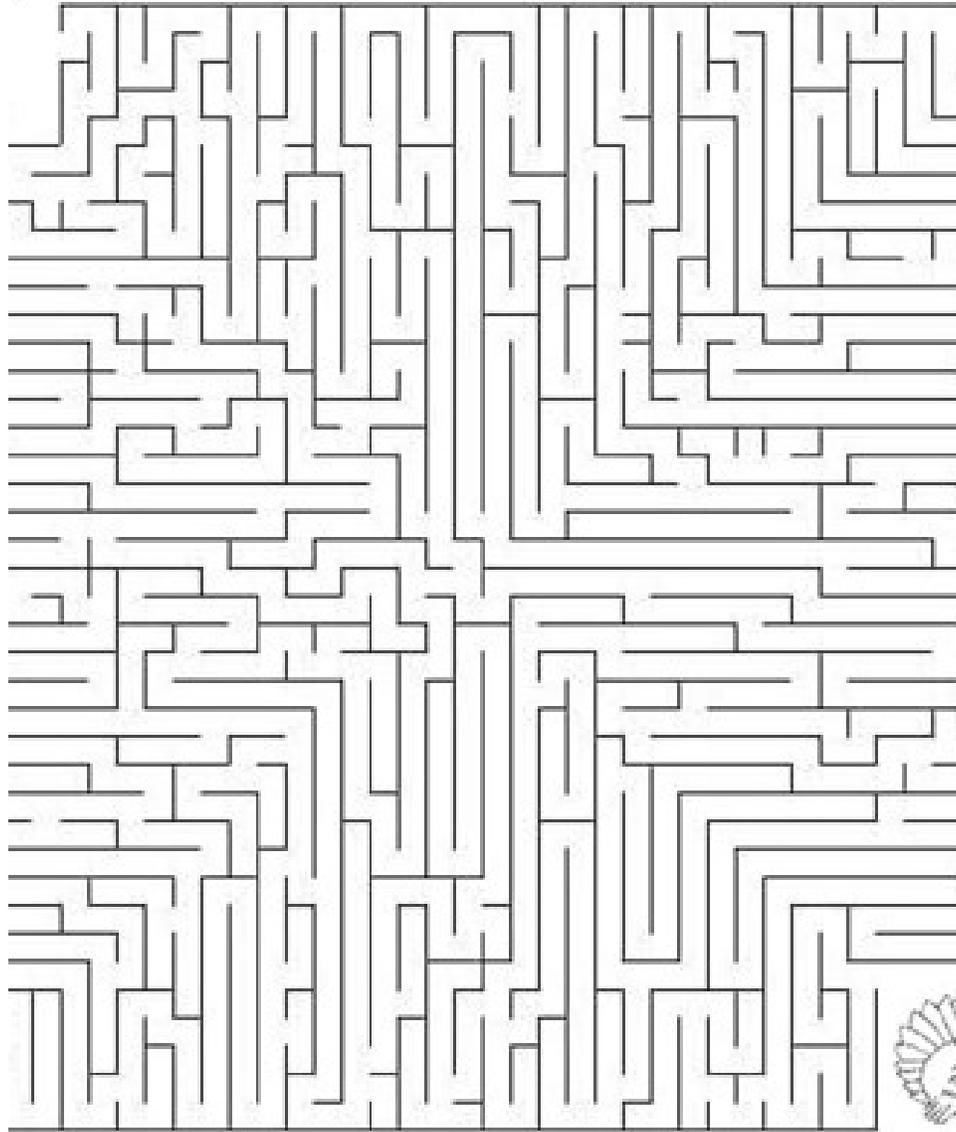
twilight	bread	filled	know
meat	heard	morning	grumbling

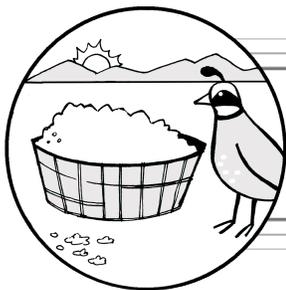






Help the Pilgrim Find the Turkey





THE STORY @ HOME

**KIDS
3RD-6TH**

NL

Living the Word: Teaching Kids God's Story

Narrative Lectionary, Year 4 (2025-2026)

Lesson #4-5

Exodus 16:1-18

LAST WEEK

God heard the cries of the Israelites enslaved in Egypt and sent Moses to lead them to freedom (Exodus 2:23-25; 3:1-15; 4:10-14).

THIS WEEK

After being freed from the Egyptians, the Israelites complain about the lack of food. God provides manna and quail for them to eat (Exodus 16:1-18).

STORY SUMMARY

Manna and Quail

Even after experiencing the miracles of the ten plagues, the institution of the Passover, and the parting of the Red Sea, the Israelites still did not trust God or Moses. In their distrust, the people began to worry that they were going to die of hunger in the desert. Now, the people have run out of food and complained loudly about their leader, Moses. They wished they had died in Egypt rather than die of hunger in the desert. Despite their lack of trust in God, God lovingly provides for them the miraculous manna, bread from heaven.

PRACTICE WORSHIP

Thankfulness is an important component of worship, and there are many ways to show our thanks to God. Make a list of things for which you are thankful. Choose one a day and say a prayer of thanks to God.

THE POINT

God sends blessings even when people complain and grumble.

BIBLE NUTS & BOLTS

The Torah

Torah is the Hebrew word that is often translated "Law" in the Bible. However, the word Torah does not just signify a list of rules to follow, but instead means "teaching, instruction, or guidance." God gave the Torah to Moses on Mount Sinai not to keep the people in line, but to teach them the best way to live, the way of justice, truth, and love. Jesus summarized the whole Torah by combining the call to love God completely and to love our neighbors as ourselves. The word "Torah" can also be used for the first five books of the Bible: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

NEXT WEEK

In the middle of the night, a boy named Samuel hears a voice calling his name. It is God calling Samuel to be a great leader for Israel (1 Samuel 3:1-21).

Family Discussions

Use the questions below—or any you have—to discuss this lesson’s Scripture reading with your family.

- † Did you find anything in this reading that was surprising?
- † What does this Scripture have to do with our lives today?
- † What part of this Scripture is the most interesting to you? Why?

Family Devotions

As you hear and study these stories each week, consider what God has to say to you and your family. What is God’s message to us? How should we respond?

Sunday—Read Exodus 16:1-18

God sends manna to the Israelites in the desert. Go to your kitchen and look at the food that God has provided. Say a prayer of thanks for the farmers, truck drivers, grocers, and caregivers who provide meals.

Monday—Read Numbers 21:4-9

The people complain about the manna and God sends venomous serpents into the camp. But anyone who looked at a bronze serpent on a pole would survive. Each day this week, find one thing to be thankful for.

Tuesday—Read Deuteronomy 5:1-22; 6:1-9

God gives Moses the Ten Commandments as guidelines for living together. What are some of your family rules? How do they help you live better with each other?

Wednesday—Read Joshua 1:1-9

God kept God’s promises and the people entered the Promised Land led by Joshua. Who is a leader that you admire? Why do you admire them? What can you do to be like them?

Thursday—Read Joshua 24:2-25

Joshua urges the Israelites to give up false gods and worship the one true God. Find your most important possession. Could this become something so important to you that you worship it?

Friday—Read Judges 5:1-31

Deborah sings a song telling the story of the Israelites. Write a song or poem about your faith.

Saturday—Read 1 Samuel 1:20–2:11

Hannah sings a song of praise for God’s answer to her prayer. Hannah prayed to God for something she really wanted. Silently or aloud, tell God something you really want, and why you want it.