

Upper Elementary

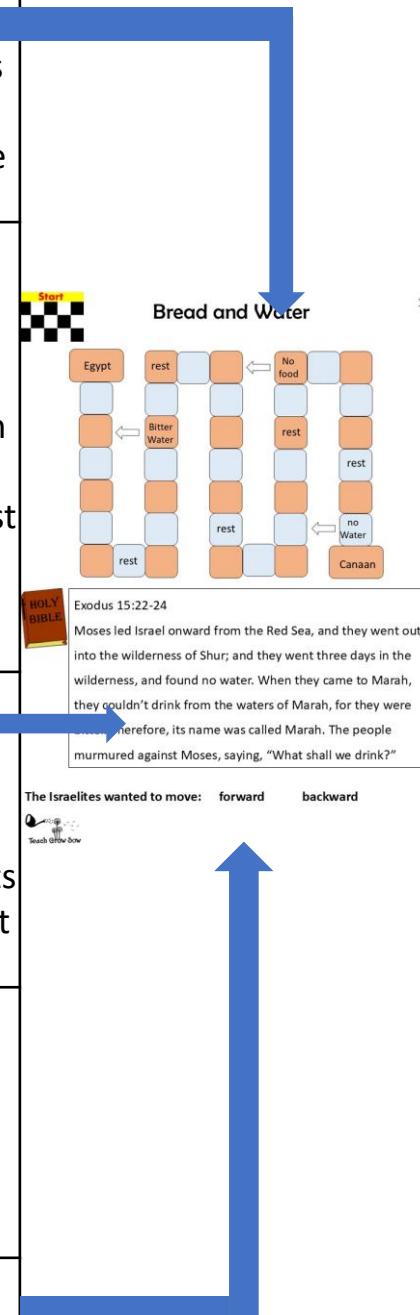
Bread and Water

All scripture quotations are taken from the World English Bible, 2020.

Checklist

- 2 bowls
- spoons
- dry pinto beans
- coriander seed
- cotton balls
- cups

Topic:	Bread and Water
Intro:	<p>Look at the board game. Some squares tell you to move forward. Others tell you to move backward. Which are the squares you want to land on? (the ones that tell you to move forward) Why is it bad to move backward? (you'll never get to your goal) The Israelites had trouble understanding this. They were afraid to move forward, even though God promised to take care of them and had already proved His power.</p>
map	<p>When you look at the earth from far away, you see some land is green and some land is tan. The green land has trees, grass, bushes and other plants. The tan land is desert. Deserts can be hot or cold, but they are always incredibly dry. They get almost no rain. Living in the desert is practically impossible. People would wander through the desert, but staying too long almost certainly meant death, either from not having enough water or from too much sun. Traveling through the desert is dangerous, even today.</p>
Exodus 15:22-24	<p>Moses led Israel onward from the Red Sea, and they went out into the wilderness of Shur; and they went three days in the wilderness, and found no water. When they came to Marah, they couldn't drink from the waters of Marah, for they were bitter. Therefore, its name was called Marah. The people murmured against Moses, saying, "What shall we drink?"</p>
	<p>Have you ever accidentally swallowed some seawater while swimming in the ocean? How did it taste? Were you thirstier? Did you know if you only drank salt water, you would actually die of thirst? That's because the salt dehydrates you more than the water hydrates you. The bitter water at Marah was no good to drink.</p>
Board Game	Did the Israelites want to move forward or backward?



Exodus 15:25	<p>Then he cried to Yahweh. Yahweh showed him a tree, and he threw it into the waters, and the waters were made sweet. There he made a statute and an ordinance for them, and there he tested them.</p>
	<p>Why do you think God told Moses to throw the wood into the water? (maybe that type of wood had a chemical reaction with the water, maybe it was symbolic, maybe it was just to get the Israelites' attention, etc.) What did it say God was doing to the Israelites here? (testing them) How did they do on their test? (poorly, they did not have joyful attitudes)</p>
Board Game	<p>Did God want the Israelites to move forward or backward?</p>
Exodus 16:2-3	<p>The whole congregation of the children of Israel murmured against Moses and against Aaron in the wilderness; and the children of Israel said to them, "We wish that we had died by Yahweh's hand in the land of Egypt, when we sat by the meat pots, when we ate our fill of bread, for you have brought us out into this wilderness to kill this whole assembly with hunger."</p>
	<p>What was life like for the Israelites back in Egypt? (hard, they were slaves) Do you think they were really remembering it as it was? (no) Sometimes when we think back to another time in our lives, we imagine it was better than it was. It is easy to forget hard things and remember only the good. This is called nostalgia. For example, you might remember Kindergarten as being easy because you were not doing the new hard things you have to do now, but you might be forgetting other things that were just as difficult for you then.</p>
Board Game	<p>Did the Israelites want to move forward or backward?</p>

 Deserts are very dry places, with little food or water. People travel through them, but do not usually live in them.

 Exodus 15:25
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God wanted the Israelites to move: forward backward

 Exodus 16:2-3
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The Israelites wanted to move: forward backward

 Nostalgia (noun)
1. A longing for the past.
2. Remembering the past as better than it was

Exodus 16:13-15	<p>In the evening, quail came up and covered the camp; and in the morning the dew lay around the camp. When the dew that lay had gone, behold, on the surface of the wilderness was a small round thing, small as the frost on the ground. When the children of Israel saw it, they said to one another, "What is it?" For they didn't know what it was. Moses said to them, "It is the bread which Yahweh has given you to eat."</p>	<p>Exodus 16:13-15</p> <p>In the evening, quail came up and covered the camp; and in the morning the dew lay around the camp. When the dew that lay had gone, behold, on the surface of the wilderness was a small round thing, small as the frost on the ground. When the children of Israel saw it, they said to one another, "What is it?" For they didn't know what it was. Moses said to them, "It is the bread which Yahweh has given you to eat."</p>
	<p>The people had complained that in Egypt they had meat and bread whenever they wanted. Now, God had given them exactly that, quail to catch and a strange thing that could be cooked into bread. They called it Manna, because that means, "What is it?" What do you think the manna was like? The closest thing they could describe it to is coriander seed. Offer children coriander seed to taste if they want.</p>	<p>The Israelites had never had anything like what God sent down from the sky called it Manna, which means, "What is it?"</p> <p>Manna written in Hebrew</p>
	<p>Centuries later, it would be the Israelites of Jesus' time who looked back nostalgically at Moses and treated him like the real hero of this adventure.</p>	<p>John 6:30-33</p> <p>They said therefore to Him, "What then do you do for a sign, that we may see and believe You? What work do You do? Our fathers ate the manna in the wilderness. As it is written, 'He gave them bread out of heaven to eat.'" Jesus therefore said to them, "Most certainly, I tell you, it wasn't Moses who gave you the bread out of heaven, but My Father gives you the true bread out of heaven. For the bread of God is that which comes down out of heaven and gives life to the world."</p>
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Why do you think Jesus compared Himself to the manna? What did He mean when He called Himself the Bread of Life? How is receiving salvation from Jesus like a person in the desert receiving bread from the sky?

Who gave the Israelites bread (manna) in the desert?
_____ the _____

Who gave people the Bread of Life?

 Exodus 16:19-23

Moses said to them, "Let no one leave of it until the morning." Notwithstanding they didn't listen to Moses, but some of them left of it until the morning, so it bred worms and became foul; and Moses was angry with them. They gathered it morning by morning, everyone according to his eating. When the sun grew hot, it melted. On the sixth day, they gathered twice as much bread, two omers for each one; and all the rulers of the congregation came and told Moses. He said to them, "This is that which Yahweh has spoken, 'Tomorrow is a solemn rest, a holy Sabbath to Yahweh. Bake that which you want to bake, and boil that which you want to boil; and all that remains over lay up for yourselves to be kept until the morning.'"



Exodus
16:19-23

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Board Game	<p>Move piece across six squares, taking a flake each time. Point to the seventh square and note that it says to rest. Take up two flakes and hop over to the next square. God wanted His people to have one day a week to rest and worship Him. He told them they could gather twice as much as they would need for this day and it would stay fresh. Move piece onto the next square and take two flakes again. But if the people tried to take more than they needed on any other day, it wouldn't stay fresh overnight. In the morning it would stink and have worms.</p>
Exodus 17:1-3	<p>All the congregation of the children of Israel traveled from the wilderness of Sin, starting according to Yahweh's commandment, and encamped in Rephidim; but there was no water for the people to drink. Therefore, the people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test Yahweh?" The people were thirsty for water there; so the people murmured against Moses, and said, "Why have you brought us up out of Egypt, to kill us, our children, and our livestock with thirst?"</p>
	<p>First the Israelites complained that they did not have food. Now they were complaining they did not have water. Of course, people need food and water to live. Not having them must have been very scary. But how did God want them to react to these needs? (trusting in Him, praying for food and water, praising Him for all He had given them so far)</p>
Board Game	<p>Did the Israelites want to move forward or backward?</p>

Manna Rules

1. Only take what you need each day.
2. Take two days' worth on the sixth day.
3. Don't collect any on the seventh day.

(The Israelites broke all three rules.)



Exodus 17:1-3

All the congregation of the children of Israel traveled from the wilderness of Sin, starting according to Yahweh's commandment, and encamped in Rephidim; but there was no water for the people to drink. Therefore the people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test Yahweh?" The people were thirsty for water there; so the people murmured against Moses, and said, "Why have you brought us up out of Egypt, to kill us, our children, and our livestock with thirst?"

The Israelites wanted to move: forward backward



Exodus 17:4-6	<p>Moses cried to Yahweh, saying, "What shall I do with these people? They are almost ready to stone me." Yahweh said to Moses, "Walk on before the people, and take the elders of Israel with you, and take the rod in your hand with which you struck the Nile, and go. Behold, I will stand before you there on the rock in Horeb. You shall strike the rock, and water will come out of it, that the people may drink." Moses did so in the sight of the elders of Israel.</p>
	<p>Anyone would have reason to fear dying of thirst in the desert. Anyone would prefer to be a slave with food, water and a roof than be exposed to the burning sun of the desert. But the Israelites weren't just anyone. They were God's people. Why should they not have been afraid? (God had already performed many miracles with the plagues and parting the Red Sea) After all that, shouldn't it have been obvious that God was going to take care of them? (yes)</p>
	<p>Are there any needs we have that God can't help us with? What can we do if there is something we need but don't have? (pray) How should we act when we are waiting for God to provide our needs, complaining, or a joyful attitude?</p>
Closing:	<p>Put a bowl of pinto beans on one side of the room and an empty bowl on the other. Give a spoon to each child to put in their mouths. Tell the children to line up and run a relay where each person must carry the pinto bean in the spoon and drop it in the other bowl. When they return, they tag the next person in line. Time how long it takes to gather all the "manna."</p>



Exodus 17:4-6

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When I:

am hungry

I should:

complain be joyful

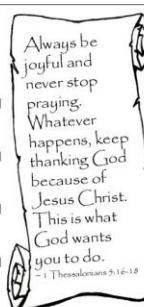
am tired

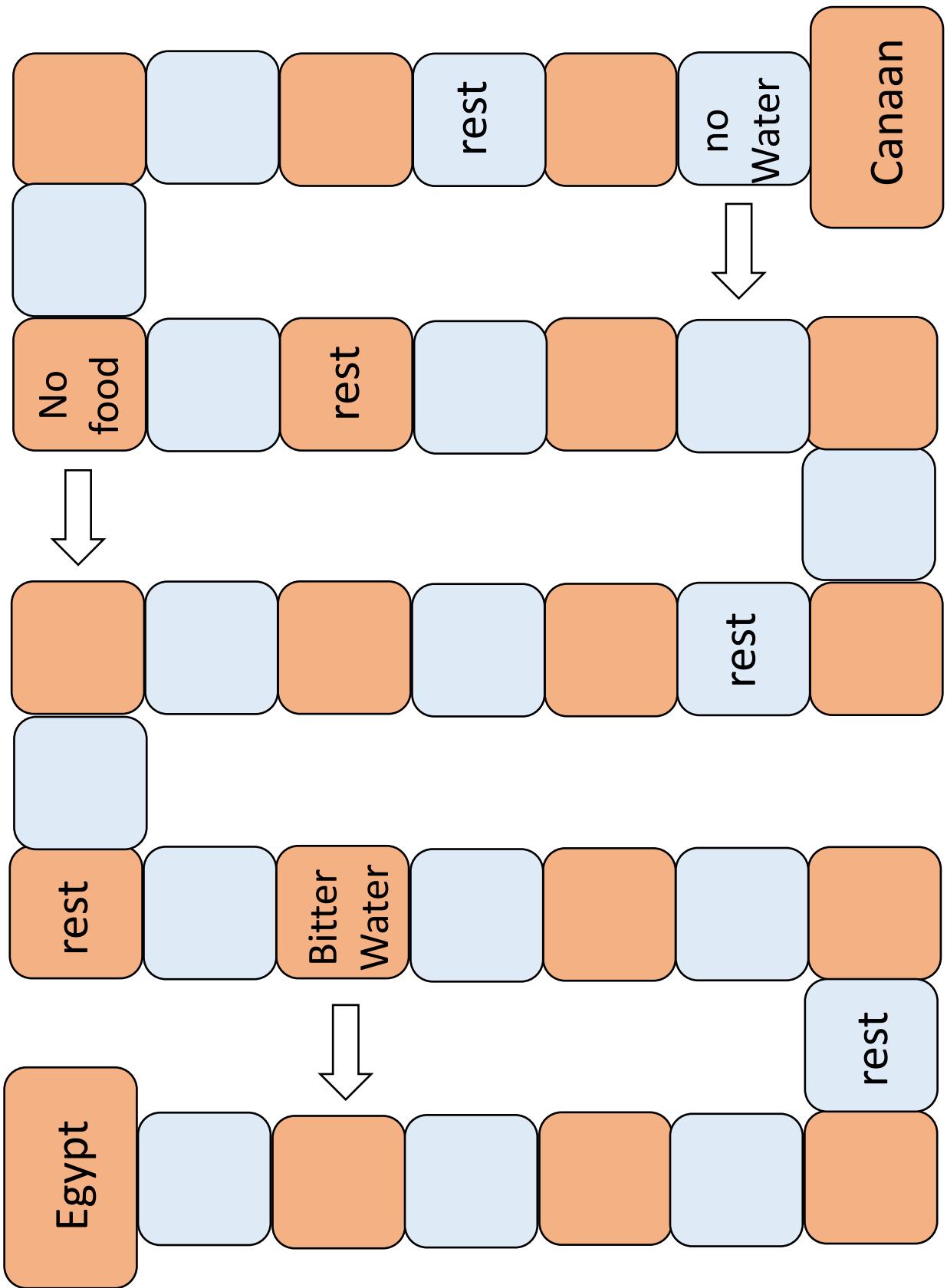
complain be joyful

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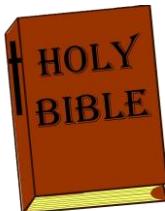
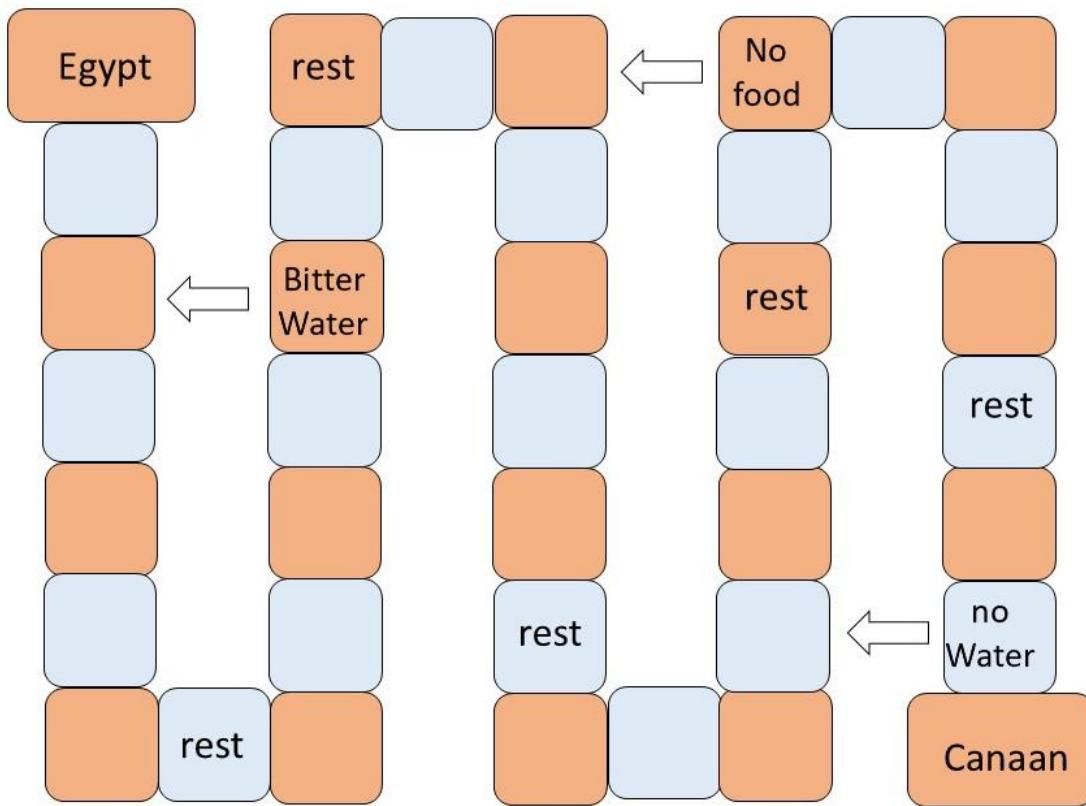
am worried

complain be joyful





Bread and Water



Exodus 15:22-24

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The Israelites wanted to move: forward backward



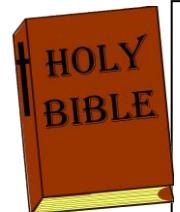
Deserts are very dry places, with little food or water. People travel through them, but do not usually live in them.



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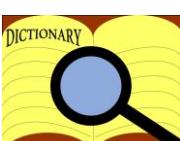
God wanted the Israelites to move: forward backward



Exodus 16:2-3

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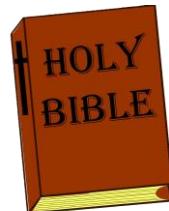
The Israelites wanted to move: forward backward



Nostalgia (noun)

1. A longing for the past
2. Remembering the past as better than it was





Exodus 16:13-15

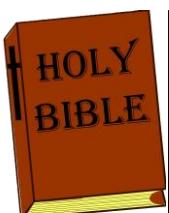
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Manna
written in
Hebrew



John 6:30-33

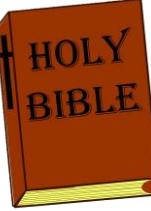
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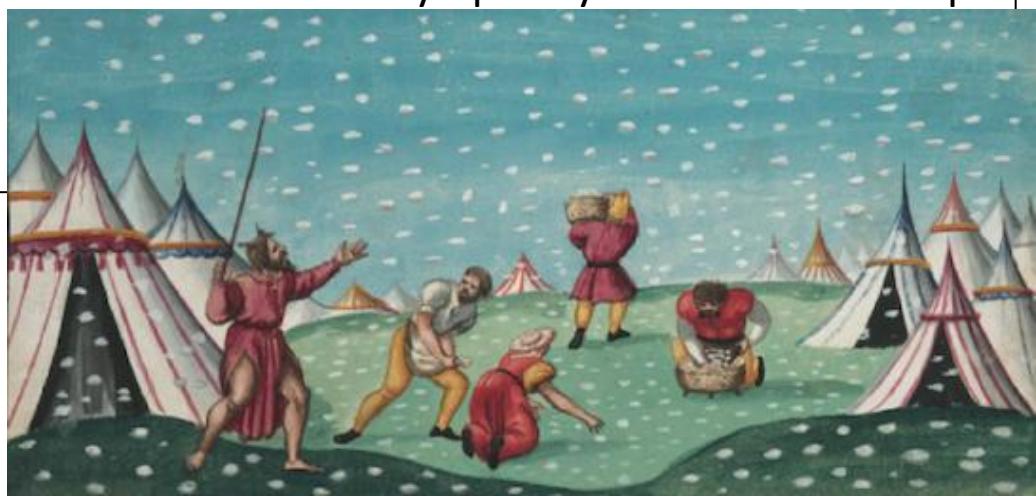
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Who gave people the Bread of Life?

the

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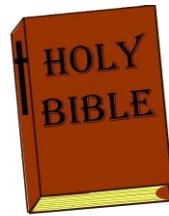
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When I:

I should:

am hungry

complain

be joyful

Always be joyful and never stop praying. Whatever happens, keep thanking God because of Jesus Christ. This is what God wants you to do.

~ 1 Thessalonians 5:16-18

am thirsty

complain

be joyful

am tired

complain

be joyful

am worried

complain

be joyful

Bread and Water



Name: _____

Moses, Manna, Marah, Rock, Desert, Egypt, Promised, Land

krco _____

etsedr _____

pegyt _____

emoss _____

danl _____

nanam _____

permdois _____

hmaar _____