

God Sends Manna and Quail From Heaven

(Exodus 16)

“Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”

(Proverbs 3:5-6)

God guides us...and gives us what we need.

What do you need? New tennis shoes? The lunchbox you forgot at home? Help with your homework?

While on their way to the Promised Land, Moses and the Israelites needed stuff, too. And God guided and provided for them. When they were hungry, manna appeared every morning and quail flew into camp. And when they weren't sure where to go or what to do, God guided them.

God still takes care of people today. Just think how God provides for *you*.

When you're feeling lonely, a friendly face shows up. When you're sad, someone notices and gives you a hug. And when we all needed a friend who'll never leave, God gave his only Son, Jesus.

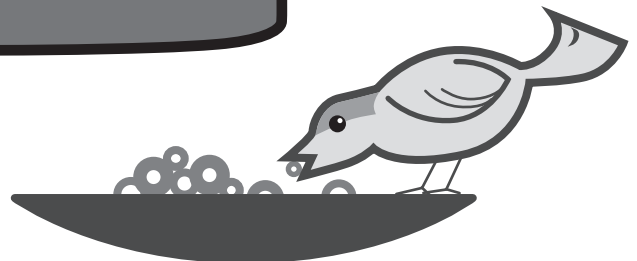
That's God guiding you—and giving you what you need. Why? Because he loves you—and all people—that much.

Talk-Starters

Tell about a time God provided for you or your family. What happened? How did you feel?

Try This @ Home

This week ask a grown-up for some bread slices or crackers and place them outside on a plate where birds can see them. To your feathered friends, it's like manna from heaven!



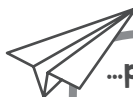
Explore More @ Home

God gives us what we need—and provides generously!
See James 1:17 and Matthew 6:33.



Make this page fly home!

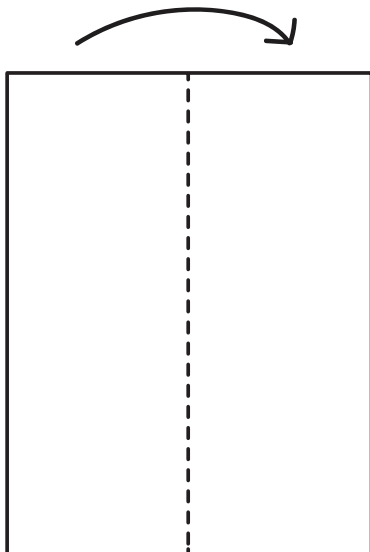
Fold a paper football. When you get home



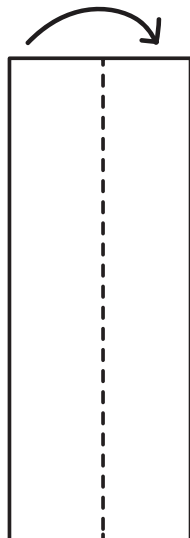
...place a chair about 6 feet from a tabletop. Ask someone to take turns with you and see who can flick the football off the tabletop and make it land in the chair. Tell that person about quail flying into the Israelite camp.

Here's how:

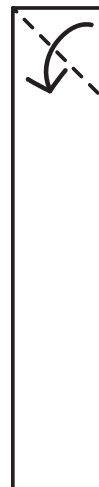
- 1 Fold the paper in half lengthwise as shown.



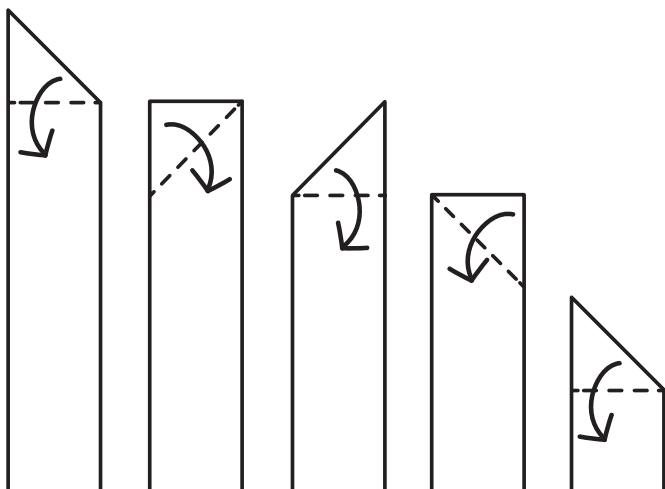
- 2 Fold the still-folded paper in half again as shown.



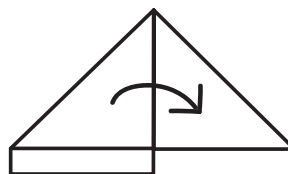
- 3 Start at the top corner and fold into the center to make a triangle.



- 4 Keep folding the triangle down the length of the paper.



- 5 Tuck the last bit of paper into the folds of the triangle.



- 6 Hold the "football" on a corner, and give it a flick!

