



Manna & Water in the Desert!

God provides for every need!

Story #17 | Ages 4–10 | Exodus 16–18

1 Tummies Rumbling!

Scripture: Exodus 16:1-12 | Theme: God hears and answers

🙄 Grumbling in the Wilderness



It had been one whole month since the big march from Egypt.
The people were **TIRED**.
The desert was **HOT**.
And everyone's tummy was making **LOUD** noises!
"If only we had died in Egypt," some groaned.
"At least then we sat by pots of **MEAT**!"
"We ate cucumbers, melons, leeks, onions, and garlic!"
They had **FORGOTTEN** the whips and chains.
All they remembered was their full bellies.
They cried to Moses and Aaron:

🗣️ THE PEOPLE SAY:

"You brought us out here to **KILL** us with **HUNGER**! We had it better in Egypt!"

But God **HEARD** every single grumble.
And He had a **SURPRISE** planned!

"Would that we had died by the hand of the Lord in the land of Egypt, when we sat by the meat pots and ate bread to the full..." — Exodus 16:3

🔄 Grumble Turnaround

When you start to complain, say **THREE** things you are thankful for.
It turns a grumpy heart into a grateful one!

🍖 Meat at Twilight!



God spoke to Moses.
"I have heard the grumbling of the people."
"Tell them: 'At **TWILIGHT** you shall eat **MEAT**.'"
"And in the **MORNING** you shall be filled with **BREAD**.'"
"Then you shall know that I **AM** the **LORD** your God."
That **EVENING**:
A great flock of **QUAIL** flew in!
They covered the **CAMP** like a feather blanket!
The people gathered them.
They roasted them over the fire.
For the first time in weeks, bellies were **FULL** of meat!
God had provided **TONIGHT'S** dinner.
And He was just getting started...

☀️ GOD SAYS:

"At twilight you shall eat meat, and in the morning you shall be filled with bread. And you shall know that I am the **LORD** your God."

"At twilight you shall eat meat, and in the morning you shall be filled with bread." — Exodus 16:12

💡 Tiny Truth

God hears your needs even when you grumble. He answers with **LOVE**, not anger!

🍲 Thankful Pot

Make a "Thankful Pot" out of a paper cup. Every day this week, write one gift God gave you and drop it inside!

2 What Is It?

Scripture: Exodus 16:13-31 | Theme: God gives daily bread

Morning Surprise



The next morning, everyone woke up **EARLY**.
Something **GLISTENED** on the ground.
It looked like tiny **WHITE FLAKES**.
Like **FROST** on grass... but it wasn't cold!
"Man hu?" the people asked.
(That means "What is it?")
Moses smiled. "This is the **BREAD** the **LORD** has given you!"
It was white like coriander seed, sweet and pure.
When they baked it, it tasted like **WAFERS** with **HONEY**!
God had sent **CEREAL** from the **SKY**!
Breakfast was **SERVED**!

THE PEOPLE SAY:

"Man hu? What is it?"

MOSES SAYS:

"It is bread from heaven! The **LORD** has given you food to eat!"

"The house of Israel called its name manna. It was like coriander seed, white, and the taste of it was like wafers made with honey." — Exodus 16:31

Manna Taste Test

Eat a honey graham cracker or vanilla wafer. As you chew, say
"Thank You God for my daily bread!"

Gathering Rules



God gave special instructions.
"Gather as much as you need — an omer per person."
Some people got **GREEDY**.
They tried to **HIDE** extra manna in their tents.
But the next morning? **WORMS! STINK! YUCK!**
It was ruined!
God wanted them to **TRUST** Him every single day.
On the **SIXTH** day, they gathered **DOUBLE**.
Why? Because the **NEXT** day was **SABBATH** — rest day!
And on Sabbath morning, the ground was **EMPTY**.
No manna fell from heaven on rest days!
For **FORTY YEARS**, God sent breakfast.
He **NEVER** missed a morning!

"Six days you shall gather it, but on the seventh day, the Sabbath, there will be none." — Exodus 16:26

Tiny Truth

God gives us enough for **TODAY**. Trust Him again **TOMORROW**!

Manna in a Jar

Put a sweet cracker in a jar tonight. Check tomorrow: it's stale!
But God's mercy is **NEW** every morning — no leftovers needed!



Thirsty and Afraid



The people moved on to a place called REPHIDIM.
But there was NO WATER.
Not a DROP to drink!
They were HOT. They were THIRSTY.
And they were REALLY MAD at Moses.
"Give us WATER!" they demanded.
"Why did you bring us out of Egypt?"
"Did you want us to DIE of thirst?"
Moses felt scared. "Why do you TEST the Lord?" he asked.
Then Moses cried out to God:

THE PEOPLE SAY:

"We are THIRSTY! Why did you bring us from Egypt to kill us and our children with thirst?!"

MOSES SAYS:

"What shall I do with this people? They are almost ready to STONE me!"

But God was ALREADY preparing a miracle.

"So Moses cried to the Lord, 'What shall I do with this people? They are almost ready to stone me.'" — Exodus 17:4

Thirst Experiment

Don't drink water for 20 minutes. When you finally take a sip, remember: JESUS gives us LIVING WATER so our souls never thirst!



Horeb's Miracle



God said to Moses:
"Take the staff and walk ahead of the people."
"Strike the ROCK at Horeb."
Moses walked to the great stone with the elders watching.
He lifted his staff...
And CRACKED it against the rock!
Drip. Drip. WHOOSH!
WATER came POURING out!
A RIVER in the middle of the DESERT!
Enough for MILLIONS of people and ANIMALS!
Cool, clear, living WATER!
They named the place MASSAH and MERIBAH.
Because they had tested whether the Lord was among them.
And He MOST CERTAINLY WAS!

GOD SAYS:

"Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink."

*"...and water shall come out of it, and the people will drink."
— Exodus 17:6*

Tiny Truth

God can bring WATER from a ROCK! He can do the IMPOSSIBLE for you too!



Rock Reminder

Find a smooth rock. Paint blue water drops on it and write "God Provides." Put it by your sink as a daily reminder!

4 Every Day, He Is With Us!

Scripture: Exodus 16:35; John 6:35 | Theme: Jesus is our daily bread and living water



Forty Years of Faithfulness



Do you know how LONG the manna lasted?

FORTY YEARS!

A whole GENERATION ate breakfast from heaven!

Mothers told their children: "God gave us this!"

Grandpas explained: "It teaches us to trust Him DAILY."

When they finally reached the Promised Land, the manna STOPPED.

They ate bread of the land instead!

But the LESSON stayed forever:

God PROVIDES.

Not just FOOD. But courage. Hope. Love. Strength.

Fresh. Every. Single. Morning.

"The people of Israel ate the manna forty years... until they came to the border of the land of Canaan." — Exodus 16:35

Daily Bread Chain

Make a paper chain with 7 links. On each link, write one thing you need from God this week. Tear one off each morning and thank Him!



Bread of Life & Living Water



Many years later, Jesus stood up and said:

"I am the BREAD of LIFE."

"Whoever comes to me will NEVER hunger." — John 6:35

And He also promised:

"Whoever drinks the water I give will NEVER thirst." — John 4:14

The manna? It was just a PICTURE.

The rock-water? Just a SHADOW.

The REAL food and drink is JESUS!

He fills our hearts so full,

We never have to be empty again!

Every morning, we can "feast" on Him

by praying, reading His Word, and trusting His love.

God provides for EVERY need!

"Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger.'" — John 6:35



Tiny Truth

God gives food for our BODIES and our SOULS. Feast on Jesus every day!



Morning Mantra!

Each morning, plant your feet wide and shout: "GOD PROVIDES FOR EVERY NEED!" Then trust Him with your troubles!

Manna Jar

1. Find a small jar, cup, or plastic container.
2. Fill it with crackers, cereal, or sweet honey wafers.
3. Label the jar: "God Provides" or "My Daily Bread."
4. Read Exodus 16:31 together as a family.
5. Each morning, take one piece and thank God before breakfast.
6. When it's empty, refill it — God's love NEVER runs out!

Rock Waterfall

1. Find a smooth rock outside (or make one from crumpled paper/cardboard).
2. Paint or color it gray like stone.
3. Tape blue ribbon, streamers, or tissue paper streaming down like water!
4. Write on the rock: "He brought water from the rock!" (Psalm 78:20)
5. Place it by your sink or on the kitchen table.
6. Every time you see it, shout: "God makes a WAY!"

Sing to the Tune of "Row, Row, Row Your Boat":

*"Eat, eat, eat your bread,
Fresh from heaven high!
Sweet as honey, pure as gold,
God supplies, oh my!"*

*Drink, drink, drink your drink,
Water from the stone!
God makes a way in desert days,
We are not alone!"*

Family Discussion Time

1. The Israelites grumbled when they were hungry. What's a better way to ask God for help when you need something?
2. God gave manna every morning. Why do you think He wanted them to gather it fresh each day?
3. Some Israelites tried to hoard manna, but it spoiled. What does this teach us about trusting God "one day at a time"?
4. Moses struck a rock and water came out. What "impossible" thing can God do in YOUR life today?
5. Jesus called Himself the Bread of Life and Living Water. How can we "feast" on Jesus every day?
6. How can our family celebrate that "God provides for every need" this week?

Story #17 of the Biblical Adventure Series. Faith-building visual storytelling for family discipleship.

Next Story Preview: At the Mountain of God! — God speaks and makes us His family! (Exodus 19–20)

God Provides for Every Need!

The sun was hot, the road was long,
Our tummy rumbled for a song.
But Heaven opened, soft and sweet,
With honey bread at Moses' feet!
And when our throats were dry as dust,
God split the rock because He must
Show love to every boy and girl:
HE IS the HOPE of all the world!
No stomach empty, no soul dry,
Just look to Him — He WILL supply! 🍪💧✨

📖 Next in this Series:

At the Mountain of God!

God speaks and makes us His family!

Story #18 Coming Soon

Scripture quotations from the ESV® Bible.
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