BOTTOM LINE:
Trust God to provide for your needs.

OBJECTIVE:
Kids will learn to trust in God to provide what they need.

KEY PASSAGE:
Exodus 16:1-23. God Provides Manna

MEMORY VERSE:
“When I am afraid, I put my trust in you.” - Psalm 56:3 (NIV)

Give all the kids a Bible. Let the kids race to see who can find the verse first. Let that child read to the group.

SUMMARY:
You might be scared of not having enough; whether it’s food or money or stuff. But you can always trust God to provide for all of your needs.

SIMPLE PRAYER:
Dear God,

Please teach us to have faith in you and provide us with what we need each day.

In Jesus’ name,
Amen
MEMORY VERSE

“When I am afraid, I put my trust in you.” - Psalm 56:3 (NIV)

“When I’m afraid, I put my trust in you.” - Psalm 56:3 (NIrV)

LARGE GROUP:
Divide the room in half. Pick one side to start and have them all shout the first word, then the other side shouts the second word, and so on until they finish the verse.

SMALL GROUP:
Give all the kids a Bible. Let the kids race to see who can find the verse first. Let that kid read to the group.
EASY AT HOME OBJECT LESSON

ITEMS NEEDED:
A lunch box, a sandwich, a cup of applesauce, a bag of carrot sticks, a Little Debbie, a bag of chips, a Capri-Sun

To begin the lesson, ask each child, in turn, to pack the lunch he/she would want to take to school. Unpack the lunch box each time so each child gets a turn.

We all have different things we like in our lunches, don’t we? Some kids like chips. Some like veggies. Some like sweets. But if I asked what all of you want to find in your lunch box, I bet you’d all agree on one thing: you want enough to get you through the day without being hungry.

God doesn’t want us to worry about things like “having enough.” He wants us to trust him to provide for our needs. When we put our faith in God, he will give us what we need each day.

God doesn’t want us to have much more than we need because he wants us to keep trusting him. If we trust him day by day, he will provide for us day by day, just as he did with the manna he fed the Israelites.

Don’t worry about having enough. Put your trust in God, and you’ll never be without what you need.
FAMILY GAME TIME

STUFF IT

ITEMS NEEDED:
Two bags of large marshmallows
Two bowls

INSTRUCTIONS:
Set the two bowls on a table. Set the bags of marshmallows on another table ten feet away.

Pick 2 players at a time for this game. Players will race to see who can transport all of their marshmallows from the bags to the bowls first. They can take as many as they can carry in one hand on a trip, but if they drop any they have to pick them up and go back to the starting table before they get them to the bowl.

VARIATION:
You can make this game longer and more challenging by having the players carry the marshmallows one at a time balanced on a spoon.

WHAT’S THE POINT?
You may not be able to carry all the marshmallows you want in this game, but in real life, God will always give you all that you need.
BOTTOM LINE:
Trust God to provide for your needs.

OBJECTIVE:
Kids will learn to trust in God to provide what they need.

KEY PASSAGE:
Exodus 16:1-23. God Provides Manna

INTRO
Have you ever been to a fancy restaurant? I mean a really, really fancy restaurant? The kind of place with white linen tablecloths, nice silverware, and nice glasses? It can be fun to visit a fancy restaurant from time to time, but it can also be disappointing. Fancy restaurants can be very expensive. They have fancy foods with fancy names that cost a fortune, and when you place your order… they bring you a giant plate with a teeny, tiny bit of food on it.

Imagine how disappointing that would be. You’re expecting a big steak with a heaping scoop of mashed potatoes and a side of carrots. Instead, you get a single bite of steak, a dollop of mashed potatoes, and a teeny, tiny carrot.

No one likes to get shorted, especially at dinner time. It’s just one more thing that scares us. We’re afraid of not having enough.

The fear of not having enough doesn’t just strike us when we’re hungry. Some people are afraid of not having enough money. Some are afraid of not having enough possessions. How many of you pack extra underwear when you go on vacation because you’re afraid of not having enough for your trip?

God doesn’t want us to be afraid of not having enough. He wants us to trust him, to have faith that he will provide for us. God promises in his word that if we trust him, he will provide, just as he did for the children of Israel.

READ EXODUS 16:1-23

MAIN POINT
God led the Israelites out of Egypt so he could take them to their homeland.
There were thousands of them, and they all needed to eat. You can understand why they became so scared about having something to eat!

God provided a food for the Israelites called manna. The Israelites could use the manna like bread and create meals for their families. He sent just enough for each day, and he sent it every day that the Israelites were in the wilderness.

God didn’t want the people to hoard the manna. Anyone who gathered too much saw the left over manna rot away. God wanted the Israelites to trust him to provide what they needed each day.

The same God who loved the Israelites sent Jesus to give us another thing we needed: forgiveness of our sins. If we place our trust in God, he will provide for all our needs, every day.

DRIVE IT HOME
God didn’t let his people starve. He cared for them as a father loves his child. Jesus told a parable that reminds us that God will provide for us.

READ MATTHEW 7:9-12

So why do we worry about having enough? If we’re honest with ourselves, most of us worry because we are spoiled. We don’t know what real hunger is, or what real poverty is. We worry that we won’t have enough in our lunch when there are kids in other parts of the world who don’t have anything for lunch. We worry about not getting dessert when there are other people who worry about clean water.

God promises to provide what we need. If we place our trust in Him, we will not be hungry. We may not have everything we want, but God will never deny us what we need.

God doesn’t just provide material needs like food. When we need comfort, he gives us comfort. When we need love, he gives love. When we need forgiveness, he forgives us for our sins.

God loves us, like any good father loves his child. He will not leave us hanging. He will always give us what we need.

Don’t be afraid of having enough. Trust God, and he will give you all you need.

CLOSE WITH A SIMPLE PRAYER
Dear God,
Please teach us to have faith in you and provide us with what we need each day.
In Jesus’ name, Amen
**Icebreaker**
What’s your favorite all-you-can-eat restaurant?

**Discussion Questions**
*Read Exodus 16:1-23*

Why were the Israelites complaining?

What were the Israelites afraid of?

What food did God provide for the Israelites?

How much food were they allowed to gather each day?

Why did God want them to only take food for one day?

How does God provide for our needs?

What needs does God promise to meet for us?

**Simple Prayer**
*Dear God,*

*Forgive us for the times when we worry about having enough. Give us what we need each day, and help us to trust in you.*

*In Jesus’ name,*

*Amen*
1. The Israelites were afraid because
   A. they didn't know where they were going.
   B. they were worried about having food.*
   C. they didn't like new things.

2. God sent the people
   A. fruit.
   B. fish.
   C. manna.*

3. The people were told to gather enough manna to last
   A. a week.
   B. the whole journey.
   C. one day.*

4. God provided manna
   A. every day.*
   B. only when the people obeyed him.
   C. once a week.

5. If we trust God, he will give us
   A. everything we want.
   B. everything we need.*
   C. only our material needs.
CRAFT ACTIVITY

Have kids draw a picture of the Israelites gathering manna.

You may want to serve a snack of Nilla wafers while the kids are drawing as well.