Bible Story: Water, Manna, and Quail • Exodus 15:22-17:7
Teaching Focus: Trusting God with your needs.
Weekly Verse: *"... I trust in you, LORD; I say, 'You are my God.'"* • Psalm 31:14 NIV

1. **Opening & Prayer**

"Have you ever needed something important, but you did not know how you would get it? Today we'll see what happened when God's people needed food and water in the wilderness. As you watch, listen for the surprising ways God took care of them."

Let's pray.

"Dear God, thank You for knowing what we need and for taking care of us. Help us listen carefully today. Teach us to pray, obey You, and trust You even when we cannot see how things will work out. We love You. In Jesus' name, amen."

2. **Video Lesson on Jellyfin**

3. **Discussion**

"Let's talk about what we learned in today's Bible Story. God's people were traveling through the wilderness, where food and water were hard to find."

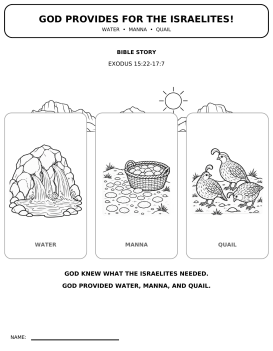
- "What did the Israelites need, and how did God take care of them?"
  (They needed food and water. God gave them water, manna, and quail, and He later brought water from a rock.)
- "Our Weekly Verse from Psalm 31:14 NIV says, '... I trust in you, LORD; I say, "You are my God."' What can we do when we need something and cannot see how it will work out? Are you in a wilderness of your own right now? And if so, what is it?"
  (We can talk to God, ask Him for help, remember that He cares for us, and trust Him to guide and provide for us. Some "wilderness" the children may be in right now could be: tough class at school, feeling afraid, sickness, feeling lonely, confusion at home. No matter how big or small it might seem, you can trust that God wants to give you what you need each and every day.)

"The Israelites could not make food or water appear in the wilderness, but God knew exactly what they needed. God provided for them in surprising ways. We may not always know how God will help us, but we can pray, obey Him, and trust Him. Remember our ***[Teaching Focus] Trusting God with your needs."***

4. **God Provides Storyboard**

What You Need:

- ☐ "God Provides Storyboard" printable (both pages), one set per child
- ☐ White cardstock
- ☐ Crayons or markers
- ☐ Child-safe scissors
- ☐ Glue sticks



What You Do:

Before the Activity:

• Print both craft pages on white cardstock, one set per child.

• Make one completed sample showing the water, manna, and quail cards glued inside the three matching placement frames.

• Pre-cut several sets of the three provision cards for children who need support with scissors or fine-motor tasks.

During the Activity:

• Give each child both craft pages. Have the children write their names on the first page.

• Invite the children to color the desert background and the three provision cards.

• Have the children cut out the water, manna, and quail cards along the dashed outlines. Keep the first page whole.

• Help the children match each card to the light-gray placement frame labeled Water, Manna, or Quail.

• Glue the three cards in place and set the finished storyboards aside briefly if the glue needs time to dry.

After the Activity:

• Point to the three pictures together and invite the children to name what God provided for His people.

• Connect the craft to the ***[Teaching Focus] Trusting God with your needs.***

What You Say:

Before the Activity:

> "God's people were traveling through the wilderness, and they needed food and water. They could not see how they would find what they needed, but God knew. He gave them water, manna, and quail. We're going to make a storyboard that helps us remember how God took care of His people."

During the Activity:

> "As you color each card, tell me what you see. (Pause.) Water helped the people when they were thirsty. Manna was special food God sent for them to gather. Quail were birds God sent for food. Match each card to the same word on your storyboard. God knew what His people needed, even before they knew how He would provide it."

After the Activity:

> "Hold up your finished storyboard. Our Weekly Verse says, '... I trust in you, LORD; I say, "You are my God."' The Israelites learned that God cared for them in the wilderness. When we need help, we can pray and trust God too. Remember our ***[Teaching Focus] Trusting God with your needs."***

EveryChild Pro-Tips

• Offer pre-cut provision cards to children who find cutting difficult.

• Let a child color and choose where each card belongs while a leader or buddy helps with cutting and gluing.

• Point to the printed labels and say the words aloud for children who need reading support.

• Invite early finishers to retell the story by pointing to the three pictures in order.

5. **Water, Manna, or Quail Action Challenge (Optional, if time allows)**

What You Need:

☐ No supplies needed

What You Do:

Before the Activity:

• Clear a safe area where children can stand and move without running into furniture or one another.

• Teach the four actions: Water, move both arms side to side like waves. Manna, crouch and pretend to gather food from the ground. Quail, flap both arms like wings. Trust God, stand still with both hands over your heart and say, 'I trust You, God!'

• Demonstrate each action once and let the children practice before beginning the first round.

• Explain that no one is eliminated. If someone does the wrong action, everyone pauses, practices the correct action, and keeps playing.

During the Activity:

• Round One: Call one word at a time in a mixed order. Give the children time to complete the matching action.

• Round Two: Call a sequence of two or three words, such as 'Water, quail, manna.' Have the children perform the actions in the same order.

• Round Three: Call the words a little faster, mixing in 'Trust God' between the provision words. Slow down whenever the group needs help.

• If time allows, invite one or two children to lead a short sequence while the rest of the group follows.

After the Activity:

• Ask, 'Which three things did God provide for His people in the wilderness?'

• Have everyone do the Trust God action and say together, 'I can trust God with my needs!'

What You Say:

> "You remembered the water, manna, and quail God provided for His people. They could not see where their food and water would come from, but God knew what they needed. When we have a need, we can talk to God and trust Him to care for us in the best way. Remember our ***[Teaching Focus] Trusting God with your needs."***

EveryChild Pro-Tips

• Let children perform every action while seated if standing or crouching is difficult.

• Use picture cues from the finished craft for children who benefit from a visual reminder.

• Keep the pace predictable and repeat each word when children need more processing time.

• Let a child point to the correct picture or say the word instead of performing the motion.