

Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.



Bible Passage

Today we will be exploring together the story of God feeding his people Manna from heaven!

You can find it in your Bible in:
Exodus 16

Read the story together – choose a Bible translation or children’s story version which best suits your group.

The other passages we will be thinking about at church this week are:

Psalm 105:1-6, 37-45
Jonah 3:10-4:11 and Psalm 145:1-8
Philippians 1:21-30
Matthew 20:1-16

A prayer to say together

Dear God,
Thank you for the story of the parting of the Red Sea where you brought Moses and the Israelites safely through the water to the other side.

We thank you that just like the Israelites you go before us and protect us. Thank you that whatever challenges we face you are always with us and we can trust you to bring us through to the other side.

We pray for all those struggling at the moment that they would know your guidance and comfort.

Amen.

Discussion

A question for adults to ask children

Why do you think the Israelites complained so much and didn’t follow God’s instructions?

Imagine cooking somebody the most incredible meal, the best thing every made but the person you cook it for complains and grumbles about it! It must have been so frustrating for God who had done so much for his people that they could not even follow basic instructions and trust Him!

Perhaps it was because for so many years the Israelites had been slaves in Egypt, worrying about having enough to survive. Even though they had seen the amazing miracles God had done in bringing them out of Egypt they still worried about having everything they needed.

A question for children to ask adults

*What is the most delicious meal you have ever tasted?
Can you think of a time when God provided something you needed?*

Family Activity 1

Taste challenge

You will need: a range of different foods, blindfolds.

Give everybody a blind fold (a scarf will work) and pass them samples of the different foods to taste. Can they work out what they are eating?





A verse to remember

Psalm 145 v 8

**The Lord is kind and shows mercy.
He does not become angry quickly but is full of love.**

God was so patient with the Israelites, even though they moaned and grumbled He continued to provide for them and send food every day. How wonderful that our God is so loving and forgiving when we make mistakes too. Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

Family Activity 2

A bonus question to answer together: *If you could only eat one meal for the rest of your life, what would you choose?*

Why not prepare and cook a special meal together? You could design the menu based on your favourite foods. If you have limited resources or cannot get to the shops you could design and decorate a menu of your ideal meal!



Helping Fussy Eaters

If you have a child who is a fussy eater this story may feel very familiar to you. The food God provided to the Israelites must have seemed strange and new but nowadays we use the word "Manna" to describe the best tasting things!

Why not use this story as a starting point and encourage the fussy eaters in your family to try something new this week!

Active Prayer

Although the taste map of the tongue that you might have seen at school has been disproved by scientists what we do know is that we can taste many different things. Why not collect a food to represent each of these different tastes. As you taste it use it to inspire your prayers.



UMAMI

Umami is the savoury taste, it is linked to warm comforting things like broth.

Pray and ask God to give you the feeling of his wrap around love and comfort.



SWEET

Take it in turns to pray and say thank you to God for a good thing that has happened to you this week.



BITTER

Take it in turns to bring to God in prayer something that has been challenging or upsetting this week.

God showed mercy and was patient and forgiving with the grumbling Israelites.



SALTY

Pray and say sorry to God for anything you have done this week that is not pleasing to Him.

Pray and ask God to help you forgive anybody who has upset you this week.

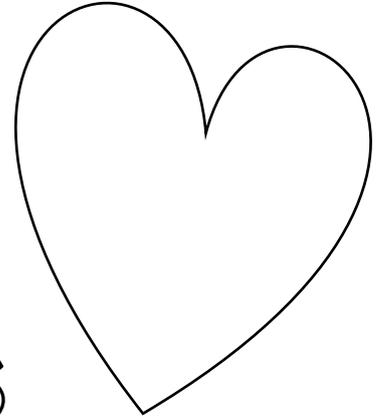


SOUR

A colouring page you could print and colour together

Psalm 145 v 8

The Lord is kind



and shows

mercy



He does not become angry quickly but is full of

love

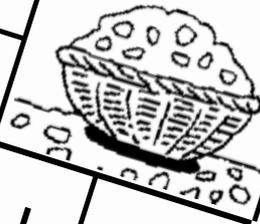
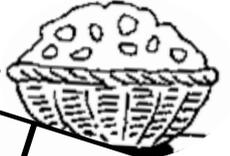


PUZZLE SHEET



Help the boy find his way through the maze to collect some Manna.

How many baskets of Manna can you find hidden on this page?



On the sixth day God provided enough food for two days.

Can you use the squares that are filled in to complete make two identical quail pictures?

