

LESSON 5

QUAIL AND MANNA FROM GOD

BEFORE YOU TEACH

Manna

Manna was a unique type of food God provided for the Israelites after they left Egypt and before they entered the promised land. The name “manna” means “What is it?” This name reflects the Israelites’ initial uncertainty about the nature of these sweet, white, seed-like particles that appeared like dew every morning. This occurred during the six days prior to the Sabbath each week. Manna was continually provided over the course of their journey through the wilderness, beginning one month after their departure from Egypt, and ending after they crossed the Jordan river and had access to other sources of food (Josh 5:12). This food was quite functional and could be prepared in a number of ways. The Israelites ground the manna in mills, beat it in mortars, boiled it in pots, and made cakes out of it.

Manna was only to be collected every morning. During the first five days of the week, the Israelites were only allowed to collect enough to be consumed during a single day. Any leftovers would spoil. On the sixth day, the people were instructed to gather twice the quantity of their daily consumption. Miraculously, the additional manna that was gathered on the sixth day would not spoil. This special characteristic of manna allowed the Israelites to set apart the Holy Sabbath as a day of rest.

Spiritual Meanings of Manna

Manna was a testimony to the continual presence of God among His people and His concern for their well-being. It also served as a reminder of man’s constant reliance on God’s providence and faithfulness.

Jesus compared Himself to the manna that God supplied (Jn 6:30-33, 40). Also, Jesus called Himself the bread of life (Jn 6:48). In the same way that the daily manna provided the necessary physical sustenance for the Israelite nation, Jesus Christ offers the essential spiritual nourishment for His chosen people today. The presence of manna, like the abidance of Jesus, is a testimony to God’s loving care and humanity’s lifelong need for God.

Quail

Quail are mid-sized, plump birds that belong to the pheasant family. Their feathers are generally brown, which serve as camouflage. They also possess a white eyestripe. Quail feed on seeds and insects. They are known for a distinctive repetitive song usually sung in the mornings. Quail are primarily found in parts of Europe, Asia, and Africa. In some parts of the world, they are bred as poultry for their meat and eggs.

BIBLE TEXT

Exodus 16

BIBLE TRUTHS

1. God always provides for our needs.
2. Manna is the word of God. Jesus called Himself the bread of life (Jn 6:48).

LESSON OBJECTIVES

1. To be content with what God gives us and to learn not to complain or worry.
2. To rely on and thank God for His daily miraculous provisions.

MEMORY VERSE

“Do all things without complaining and disputing.”

(Philippians 2:14)

PRAYER

In the name of the Lord Jesus Christ, we pray. We thank You, Lord, for providing all the wonderful things we need in our daily lives: food, clothing, a home, and a wonderful family to take care of us, love us, and teach us about Your truth. We know that You love us very much and will always take care of our needs. Lord, we ask You to teach us to be happy with everything You have given us so that we can always give thanks to You. Hallelujah! Amen.

Grumbling

Grumbling is one of the ways we deal with our problems. It gives us a sense of power. It makes us feel like we are doing something about our problems even though we're not. When faced with a problem, we have two basic choices: 1) we can try to resolve the problem, which may require talking to the person, asking God for wisdom and insight, and/or possibly receiving Christian counseling, or 2) we can grumble about it, which is an easier alternative that doesn't resolve the problem. Grumbling should not be our first reaction or choice.

Grumbling does not change anything. After all, what we look for is what we will find. The Bible says, "He who earnestly seeks good finds favor, but trouble will come to him who seeks evil" (Prov 11:27). If we give in to grumbling, we are giving in to evil. Grumbling is an open invitation for demonic intrusion into our lives.

The opposite of grumbling is asking God for wisdom.

Becoming angry, blaming, grumbling, rationalizing and defending ourselves do not lead us to a productive path. People may avoid us if we make a habit of grumbling. Grumbling shows that we lack faith, that we are ignorant of God's kindness, and that we are ungrateful for the grace that we have received so far. Instead of indulging our complaining tendencies, we can ask God to redirect our attention to His wisdom. Heavenly wisdom turns our focus away from superficial difficulties or inconveniences and opens our eyes to God's blessings, His will, and the direction or steps we should take to resolve the situation.

Wisdom is like a diamond. When we face trials, our first reaction should not be to grumble, but to cry out to God for wisdom. James 1:5 recommends that "if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."

UNDERSTANDING YOUR STUDENTS

"Why can't I get one? Everyone else has one!" "This is so boring. Can't we do something fun?" "I wish I had my own room! I hate sharing a room with my sister/brother!" Students at this age have often acquired a habit of complaining about anything that doesn't in some way benefit, entertain, or please them. When things go wrong or when they don't go the way the students want them to, the students are quick to let others know how dissatisfied they are. Students don't realize that complaining is a sin and that it is displeasing and even offensive to God. Complaints affirm that God doesn't know how to take care of His children and meet their needs. They are also criticisms of what God has given us. Students need to learn that they can please God when they feel and demonstrate contentment in their lives and when they truly enjoy the

happiness provided by what God has already given them. When students are tempted to complain, they should be encouraged to think of all the ways God cares for them and to replace their complaints with a prayer of thanksgiving. They can ask Him to help them be content. They should try to remember that the Lord has promised to meet every one of their needs. The author of Hebrews encourages us to "be content with such things as you have. For He Himself has said, 'I will never leave you nor forsake you'" (Heb 13:5). Students can be reminded that when they quietly accept God's care and provision for them instead of giving into complaints, others will notice and be attracted to the Christian faith. Moreover, God will notice and will be pleased and glorified with the testimony of their lives.

VOCABULARY

manna: the special food God sent from heaven for the Israelites to eat in the desert; its name means "What is it?"

quail: small brown birds that can be eaten the seventh day of the week

Holy Sabbath: a special day set aside by God for our rest (Saturday)

complain: to say something is wrong; to criticize something or someone

maggot: worm-like insect that grows into a fly

REVIEW

Last week, we learned how the Israelites left Egypt. After they left, what did Pharaoh and his officials do? (They changed their minds and chased after the Israelites.) The Israelites had camped near the Red Sea, and when they saw Pharaoh and his army coming closer, they cried out to the Lord for help. What did the Lord do? (He parted the waters of the Red Sea and the Israelites walked over on dry land.) What happened to the Egyptian soldiers? (They followed the Israelites across, but the Lord made the water go back and they all drowned.) After this, the Israelites put their faith in God and in His servant Moses. What did we learn from this story? (God will never let us down. We can always rely on God when we have problems or difficulties.)

BIBLE STORY

The Israelites Complain

After the Israelites crossed the Red Sea, they traveled across the wilderness until they reached the Desert of Sin. Then the Israelites began complaining to Moses and Aaron by saying, "We wish the Lord had killed us in Egypt! When we lived there, we could at least sit down and eat all the bread and meat we wanted. But you have brought us out here in the desert, where we are going to starve to death!" Does this remind you of anything you have said to your parents or to your siblings this week? Sometimes, when we are sad, tired, or frustrated, we might complain. Do you think complaining is fun to hear? No! Raise your hand if you think God doesn't enjoy hearing our complaints either. So what did God say when the Israelites complained?

God said to Moses, "I will send bread down from heaven like rain for you. Each day the people can go out and gather only enough for that day. In this way I will see if they obey me. But on the sixth day of each week, they must gather twice as much bread and get it ready to eat." Moses and Aaron told the Israelites that God would give them meat to eat in the evening and bread to eat in the morning. Even though the Israelites complained, God was very loving and caring. He provided yummy bread from heaven and some meat so they wouldn't be hungry while they traveled in the desert.

Manna and Quail from God

When the Israelites were gathered together and Aaron was speaking to them, they looked out in the desert and saw the bright glory of God in a cloud! The Lord said to Moses, "I have heard my people complain. Now tell them that each evening they will have meat and each morning they will have more than enough bread. They will know that I am the Lord their God."

That evening, birds called quail came and landed everywhere in the camp. Quail are brown, round birds whose little eggs and meat are good to eat. The next morning dew covered the ground. Small drops of water that appear in the morning are called dew. After the dew had dried up, there were thin flakes that looked like frost on the ground. Does anyone know what frost looks like? Frost looks like shaved ice or piles of little white seeds. Can

you imagine shaved ice or white seeds lying on the desert ground? Can you guess how manna tasted? Salty, sweet, or sour? The Bible tells us that manna tasted like wafers made with honey.

Because the people had never seen anything like this, they started asking one another, "What is it?" This is the reason the Israelites called the bread "manna," which means "What is it?"

When the Israelites asked about the special food they had found, Moses answered, "This is the bread which the Lord has given you to eat. The Lord has told us to take as much as we need. Take enough for each person in your tent."

Raise your hand and tell me one reason why manna is important. Manna represents Jesus. First, they are both gifts from God that came down from heaven (Jas 1:17). Manna was a miraculous bread that appeared when the dew disappeared. Jesus was a miraculous boy who was born from a virgin through the Holy Spirit.

Second, they both satisfy our needs. Manna fed hungry stomachs. Jesus feeds our hungry hearts and souls. There is no sadness, loneliness, or disappointment that Jesus can't fix.

Third, they were both needed daily. The Israelites had to go out and gather manna every morning. Today, we should set aside time every day to spend with Jesus. We can spend time talking to Him in prayer or listening to Him when we read the Bible.

Manna shows that God knows what we need and He wants to provide it for us because of His deep love. This is just like our moms and dads who want to give us a good home and good food because they love us, too. God is the greatest Father who knows what we need before we can even think of it.

Maggots in the Bread

The Israelites did as they were told. Some gathered more, some gathered less, but everyone had just enough. Moses reminded them, "Don't keep any of it until the next morning."

Some people didn't listen to Moses, and they kept some of the manna until the next morning. The bread

began to smell and maggots grew all over it. Maggots are little worms that grow on food that is spoiled or rotten. Moses was angry with the Israelites because they didn't obey.

The Holy Sabbath—A Day of Rest

Each morning everyone gathered as much as they needed. When the day became hotter and hotter, the manna melted away. On the sixth day, the people gathered twice as much as they needed. Moses said to the Israelites, "This is what the Lord says: 'Tomorrow is a day of rest, a holy Sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'" Because God wanted to teach the Israelites to keep the Sabbath holy, He allowed them to gather twice as much manna on the day before Sabbath, so they could rest on the next day.

The people saved it until morning as Moses had said, and the manna did not stink or get maggots in it. Moses said to them, "Eat it today, because today is a Sabbath to the Lord. You will not find any of it on the ground today. You are to get the bread every morning for six days, but on the Sabbath, there won't be any."

But some people didn't listen to Moses, and they went

out anyway to get the bread. Raise your hand if you think they found some manna on the Sabbath. No, they didn't, because they hadn't listened to God's instructions. Then the Lord told Moses to tell the Israelites, "How long will you disobey my commands? Remember that the Lord has given you the Sabbath; that is why on the sixth day He gives you enough bread for two days. Everyone should rest on the seventh day; no one should go out."

After that, the people rested on Sabbath, which is the seventh day.

Manna in the Jar

The Lord wanted to make a reminder for the Israelites, their children, and their children's children. He told Moses, "Take an omer of manna and keep it for the generations to come, so they can see the bread I gave you to eat in the desert when I brought you out of Egypt." Moses told Aaron to put some manna in a jar. Aaron put the manna in front of the Testimony.

Do you know how long the Israelite ate the manna for? Raise your hand if you can guess how long? Five, ten, twenty, thirty, forty years? Yes, they ate it for forty years! God gave them this bread from heaven until they reached the border of the promised land of Canaan.

CHECK FOR UNDERSTANDING

- 1. After the Israelites crossed the Red Sea, they traveled across the wilderness until they reached the Desert of Sin. Then the Israelites began complaining to Moses and Aaron. What did they complain about?** They wished the Lord had killed them in Egypt! They wished they could eat all the bread and meat they wanted. They complained about why Moses and Aaron had to bring them out there in the desert, where they were going to starve to death.
- 2. God was caring to the Israelites, what did He send so that the Israelites had meat to eat?** Quail.
- 3. God was so caring that He sent Manna for them, too. What does Manna mean?** Manna means "What is it?".
- 4. What happened to those Israelites who kept some of the manna until the next morning?** The manna began to smell and maggots were in it.
- 5. In order to keep the Sabbath holy, how much Manna did the Israelites collect on the sixth day?** Twice as much.
- 6. How long did the Israelites eat the Manna?** They ate it for forty years.

MEMORY VERSE PRACTICE

Please reinforce the memory verse every week.
You can practice the memory verse with your students anytime during class.

"Do all things without complaining and disputing." (Philippians 2:14)

 SPIRITUAL TEACHING & LIFE APPLICATION

1. We should not complain, but thank God daily for His provision.

God provides us with what we need. He knows we need food, water, a home, a family, and many other things. We should not complain and instead trust that He will take care of us. We can:

1. Give thanks.
2. Say a silent prayer to God.
3. Think about what we have already received, and how much more we have than others.

At Lunch

Jackie: What did you bring for lunch?

Sally: Ugh, my mom gave me a peanut butter and jelly sandwich again. I'm getting sick of eating this all the time, and I can't believe she even put a smiley face on it!

At the Store

Kent: I want that new video game, Mom. All my friends have it and they say it's a lot of fun!

Mom: Dear, we are on a budget. I don't think we can afford all the groceries we need for this week if we buy your video game.

Kent: You never let me have what I want!

In these two situations, Sally and Kent complained. What is one thing they should have said or done instead of grumbling? [For older students, hand out a blank piece of paper for them to write on. For younger students, have them verbally share with you.]

2. Jesus is the manna to save people.

God provided His people food by sending manna from heaven. 1500 years later, God sent bread from heaven to save people. Read John 6:32-33. Then Jesus said to them, "Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. For the bread of God is He who comes down from heaven and gives life to the world."

Who is the true bread from heaven that gave life to the world by dying on the cross for our sins? (Jesus.) Jesus is the manna from heaven! Why?

1. The manna was a free gift from God. "And Moses said to them, 'This is the bread which the Lord has given you to eat'" (Ex 16:15). No charge was made for this manna. God gave His people manna freely as God's grace and love. It was without money and without price. Just like Jesus, we just need to believe in Him, repent of our sins, get baptized, and receive the Holy Spirit so we can go to heaven! "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish, but have everlasting life" (Jn 3:16). Manna was a gift, as Jesus was a gift, from God!
2. The manna came down from heaven. Jesus compared Himself to the manna from heaven. "Then Jesus said to them, 'Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. For the bread of God is He who comes down from heaven and gives life to the world.' Then they said to Him, 'Lord, give us this bread always.' And Jesus said to them, 'I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst'" (Jn 6:32-35). Manna was not a product of this earth. It grew neither in the wilderness nor in Egypt. It descended from God. It was a gift from heaven come down to earth. Our Lord Jesus Christ is true bread from heaven. Jesus emphasized that just as the manna was supplied straight from God in heaven, so He was God's provision from heaven, for mankind. This is what was declared in Exodus 16:4—"Then the Lord said to Moses, 'Behold, I will rain bread from heaven for you.'"

3. How should I live, knowing that Jesus is the bread of life?

Jesus says that He is the ultimate bread. The Israelites ate of the manna in the wilderness and eventually they died. Jesus is the bread of life! All who partake of Him will live forever. His guarantee is that they will never die! His guarantee is eternal life to all who come to Him (Jn 10:28; Jn 4:14).

We need to come to Jesus Christ by faith, repent of our sins and accept Jesus as Savior. He grants us salvation and gives us satisfaction. Whoever comes to Him will be eternally satisfied. We must individually receive Jesus Christ as Savior and Lord; then we can know and experience God's love and plan for our lives.

- Admit your need (I am a sinner).
- Be willing to turn from your sins (repent).
- Believe that Jesus Christ died for you on the cross and rose from the grave.
- BE BORN OF WATER AND THE SPIRIT (JN 3:5; water baptism and the baptism of the Holy Spirit)
- Fear God and keep His commandments.
- STRIVE FOR HOLINESS (HEB 12:14). Without holiness, no one can see the Lord. Therefore, by our Lord's grace, we must keep our spirit, soul and body sound and blameless after we have received the baptism of water and the Holy Spirit (1 Thess 5:23).

HOMEWORK ANSWER KEY

1. C
2. B
3. False; God was loving and gave them food to eat.
4. False; quail are brown birds.
5. frost; honey
6. spoil
7. twice; Sabbath
8. The picture should match the description of manna found in Exodus 16.
9. "What is it?"
10. Answers may vary.

ACTIVITIES

1

Thank You, God, For...

Objective: To make a thank-you card for God.

Materials

- White 8 1/2" X 11" construction paper
- Assorted magazines and newspapers
- Crayons, markers
- Glue

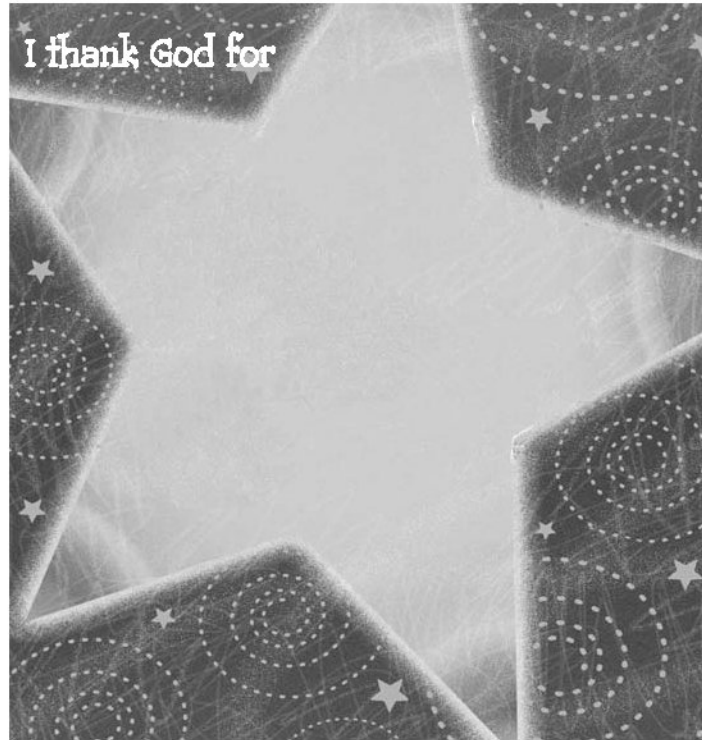
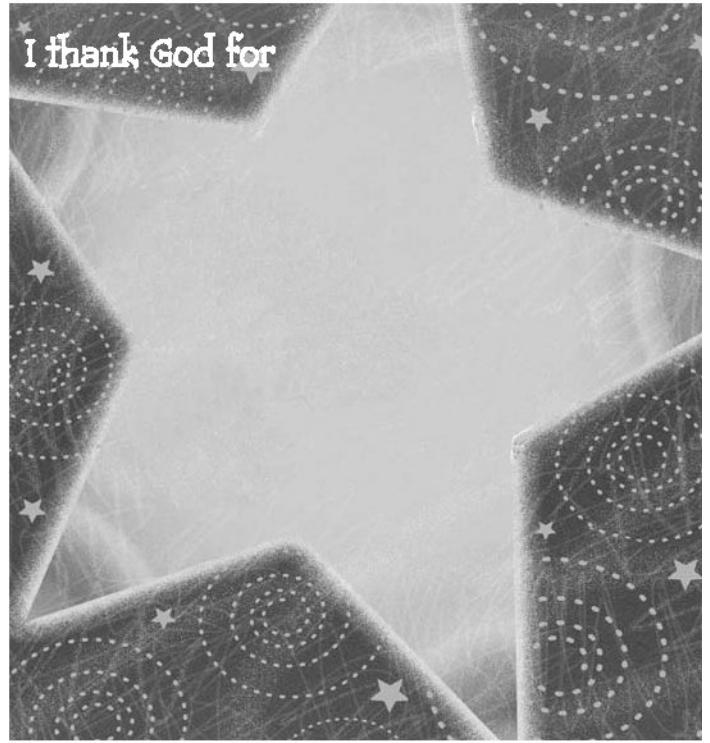
Instructions

1. Pass out construction paper. Have students fold it in half.
2. On the front of the card, ask the students to write "Thank You, God, for..."
3. Have students look through the magazines for things they are thankful for: a home, family, church, friends, food, clothing, etc. Cut the pictures from the magazine pages. Glue these pictures inside the card. If they are unable to find pictures in the magazine, students may draw them inside the card.
4. Once the cards are completed, remind students to keep these cards in a visible place at home, so they can remember to thank God in their prayers for these things over the course of the next week.

2

Dear God, Thank You!

Complete each prayer by drawing pictures of your home, favorite foods, favorite clothes, and favorite person. As you draw the pictures, talk about how God provides us with a home, food, and clothing. Discuss ways that God uses others to help us meet our needs.



E1 Year 1 Book 3 Lesson 5—Quail and Manna from God

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Bible Truths: 1. God always provides for our needs.
 2. Manna is the word of God. Jesus called Himself the bread of life (Jn 6:48).

Lesson Objectives: 1. To be content with what God gives us and to learn not to complain or worry.
 2. To rely on and thank God for His daily miraculous provisions.

Bible Reading: Please put a checkmark in the space when you complete the reading each day.

Prayer: Please put a checkmark in the space on the days you prayed to God.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bible Reading							
Prayer							

Memory Verse

Please write down this week's memory verse.

(Philippians 2:14)

What I Learned from the Bible This Week

1. _____
2. _____
3. _____

