



Supplies

- Bible
- index cards
- marker
- yarn or masking tape

I Wonder...

Beforehand, write names of food items on the index cards (one per person). Create a Venn diagram on the floor using yarn or masking tape. Label one circle "like manna" and the other "not like manna."

Remember this part of the Bible story?



Read aloud Exodus 16:14-15.

God sent manna to the Israelites. The manna was just what the people needed each day, but they couldn't save it.

- ?** **Sometimes I wonder...what was manna? Is there any other food like manna?** Tell about a time in your life you ate something that was just what your body needed—for example, a banana for potassium, spinach for iron, or broth when you were sick. **Has that ever happened to you? If so, when?** Invite kids to talk about the question in pairs.

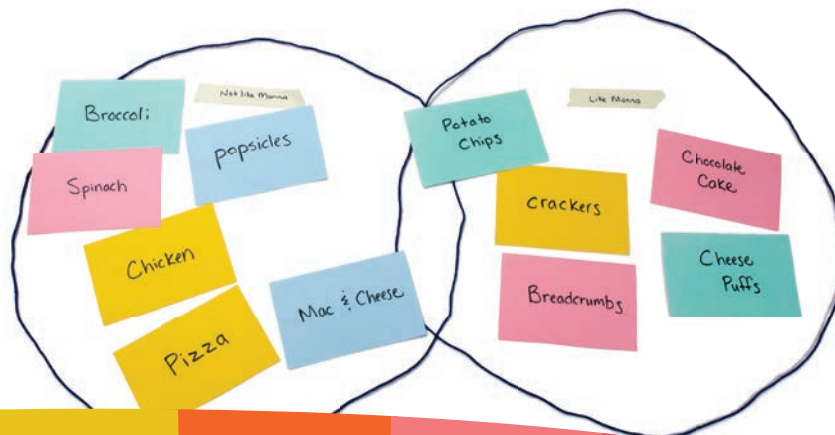
God has given us food that has vitamins and nutrients that our bodies need. Sometimes we may not like certain vegetables or foods, but they are important to keep us healthy. Just like God gave the Israelites manna, he gives us exactly what we need. Let's see how our food compares to how the Bible describes manna.

Direct everyone to the Venn diagram. Give each person an index card with the name of a food on it. Take turns reading the cards and deciding if the food is like manna or not like manna. If the food is like manna but has differences, put it in the middle of the Venn diagram. Guide the discussions and guesses about each food.

- ?** **How many of our foods are exactly like manna?**

There is no other food that is exactly like manna! Some of our food is similar, but none of it is how the Bible describes manna.

Manna was what the Israelites needed in the wilderness. We can trust that God will give us what we need because **God guides us. (Follow God!)**





Supplies

- no supplies

Make It Real

Today we're discovering that **God guides us...and gives us what we need.**
(Follow God!)

The Israelites were hungry, and God provided food for them. There are certain things we need in life to survive, like food and water. Sometimes there are things we think we need, but they're really just stuff we want. God guides us to see the difference between needs and wants. Let's make that truth a little more real.

Have everyone stand in the center of the room. Assign one wall of the room for needs and the opposite wall for wants. Name different needs and wants and give directions for how to move to either side of the room. Use these examples or come up with your own:

- Hop to a side to show whether water is a need or a want.
- Stomp to a side to show whether soda is a need or a want.
- Tiptoe to a side to show whether video games are a need or a want.
- Take giant steps to a side to show whether vegetables are a need or a want.
- Take baby steps to a side to show whether pizza is a need or a want.
- March to a side to show whether shoes are a need or a want.
- Shuffle to a side to show whether [name a popular sneaker] are a need or a want.

❓ How did you determine if something was a need or a want?

Sometimes what we want isn't what we need. And sometimes what we need isn't what we want. God guides us to see the difference between needs and wants.

God guides us...and gives us what we need.
(Follow God!)





THIS IS A SAMPLE

The number of pages is limited.

Purchase the item for the complete version.

