



Big Idea:

God provides for me, even when I don't recognize his help.



Food from the Sky

Bible Verse:

Give thanks to the Lord; for he satisfies the thirsty and fills the hungry with good things. Psalm 107:8-9

Fun Fact:
There are
31, 102
verses in
the Bible.

Read the Bible:



The Israelites had been out in the desert for about a month since leaving Egypt and most of their food was running out. Can you guess what they did? They started to **COMPLAIN!** They told Moses, "We should have stayed in Egypt as slaves – at least we had food!" God heard the people complaining and told Moses that he had a plan to provide everyone with food. Moses called all the people together and told them what God had said.

You can read about what Moses told them in **Exodus 16:6-7**

God wanted the people to know that he is good and that he provides good things for his people.

SO.... the very next morning, the people spotted little flakes of something tasty and sweet all over the ground. It had fallen from the sky while they were sleeping! The people asked, "What is it?" and Moses told them "This is the bread God has given you". They called the bread "manna" and God continued to provide just enough for everyone to have all that they needed each day.

BUT..... THEN.... the people realized that they were running out of water! Can you guess what they did? They **COMPLAINED!** Moses prayed and talked to God who told him that he had an amazing plan to provide water for his people. He led Moses to a large rock and told him to use his staff to hit the rock hard. Guess what? Water came pouring out of the rock! God had given his people just what they needed again!

Let's Talk:

1. What might you need if you were cold? ...if you were hungry? ...tired? ...lonely?
2. Are you ever a "complain-ator"? When do you feel like complaining?
3. Read the Bible verse out loud. Remember how God gave the Israelites all that they needed and he is ready to give YOU what you need.

Make a Reminder:

Go outside and find an interesting rock. Wash it and let it dry. Decorate it with markers, stickers, colored tape or other decorations you have permission to use. Now when you see your rock you will be reminded of when God provided water from a rock. He took care of the Israelites and you can trust God to always watch over you. You don't need to be a "complain-ator"!

