Bread from Heaven

Exodus 15 to 17 · For ages 3 to 10 · Video: 5 min 44



The story in brief

In the desert, the people are hungry and they grumble. God answers, “I am going to rain down bread from heaven for you.” In the evening, quail cover the camp; in the morning, the ground is covered with tiny white flakes: it is manna. At Rephidim, when there is no water, Moses strikes the rock, and water gushes out.

> **Note for parents.** God is never shown, only the pillar of cloud, which fills with light, and a glow on the rock. The battle with Amalek (Exodus 17:8-16) is not told in this episode.

Let’s talk about it

1. At Marah, why can the people not drink the water? What does Moses do?
2. What do the people of Israel say when they see the tiny white flakes on the ground?
3. How much manna does each person gather? What happens when some is kept for the next day?
4. What happens on the sixth day? And on the seventh?
5. At Rephidim, where does the water come from?
6. Kofi thinks yesterday was better, and Nia hides flatbreads for later. What about you: do you sometimes grumble, or want to keep everything? What helps you trust for tomorrow?

> **Notes for the grown-up.** The water of Marah is bitter. Moses cries out to the Lord, who shows him a piece of wood; Moses throws it into the water, and the water becomes sweet. They say: “Man hu?” which means “What is it?” It is manna, the bread God gives. Each one gathers as much as they need to eat, just enough for the day; what is kept for the next day fills with worms. On the sixth day, they gather twice as much, and this time it stays good; on the seventh day, the Sabbath, the people rest. At Rephidim, Moses strikes the rock with his staff, and water gushes out of the rock.

To remember

Every morning, bread from heaven is there. Just enough for today: God shows me his care.

The song: Every morning, bread from heaven is there

Every morning, bread from heaven is there!
Just enough for today: God shows me his care!

To do

Tomorrow morning, before you eat, say thank you for what is in your bowl or on your plate. Then choose something you were keeping for yourself (a cookie, a toy, a pencil) and share it today with someone.

Watch the episode and hear the song: labiblesouslebaobab.com/en/episodes/bread-from-heaven/
From the book of Exodus, chapters 15 to 17. Free for home, Sunday school and children’s ministry.