

Follow the QR code for this week's video and lesson webpage.



# God Provides Food

Bible Story

Reflection Questions

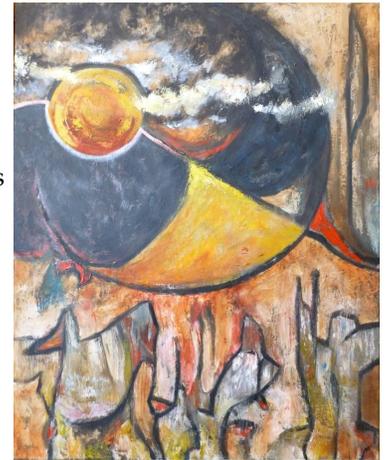
Unit Map

Recipe

Prayer

## Food in the Desert

God's people are free! Moses has led the former slaves out of Egypt and into the wilderness. But life is hard in the desert. As they wander in the wilderness, God's people begin to forget the hardship of their former life. They remember only what they missed — especially the food! And they start to complain!



"Manna," by Scott Spencer

## Community Service

This week's community service connection invites children and families to connect the Israelites' hunger to hunger in our community today.

Visit [standrews.org/volunteer-sign-up](http://standrews.org/volunteer-sign-up) or follow the link on our children's page to learn about how to participate in St. Andrew's support of St. Stephen's B-LOVE food distribution. Families can sign up to bring a bag of groceries and a \$50 Visa gift card to Heidi Harper's house (more details on the website). Supplies are brought to hungry families in inner-city Boston.

Talk to your kids about what community service means to you and your faith!

## Preparing for the story

Remember last week's story ends with celebration! What were the people celebrating?

This story takes place more than a month after the crossing of the Red Sea. What might have made the people forget to be grateful? How does joy and gratitude wear off?

### Key Lessons

- Unit theme: God provides us what we need
- God provides food for God's people in the desert
- God listens to the people's complaining

## Children's Bible Story, #57



All the excitement of escaping from Egypt was over. The Israelites had seen the last of their slave-drivers. Now they had to get used to a different way of life. Slowly they began to make their way to Canaan, the land that God had promised them.

But it was not long before they began to hate the hardship of the desert journey. They soon forgot the toil and the beatings they had suffered in Egypt and came grumbling to Moses. 'Why did you bring us here?' they complained. 'In Egypt we had all the food we wanted. Now we're starving! It's all *your* fault!'

Moses did not know how to answer them, but God said to him, I will give the people food, and he told Moses how it would happen. Moses and Aaron went back to the people with God's message. When you grumbled at me, Moses said, 'you were really grumbling at God. He is the one who brought you out of Egypt and he is the one who will give you food. Tonight and tomorrow morning you will find out how he is going to do it.'

That very night huge flocks of quails flew low over the black goatskin tents. Some, tired out by their long flight, rested on the ground, where they were quickly caught and turned into a tasty supper. Next morning something even more amazing happened. The Israelites looked out of their tents and saw, as the dew melted, something white and flaky left all over the ground. They tasted it and it was sweet, like honey biscuits. They did not know what it was, so they called it manna, which means 'what-is-it?'

Every day, except on the Sabbath. it was there waiting for them to collect. They could eat it raw or use it cooked. God told them to collect just enough for each day's meals, except on the sixth day, when they were to collect enough to last for two days. This meant that no one need work on God's special day, the Sabbath.



A quail

### Reflection Questions

#### Lower Elementary:

What are you like when you are hungry?

How do people in your life respond when you grumble? How do you feel when other people grumble?

What does God do when we grumble?

#### Upper Elementary:

Who is hungry in our world today?

When have you forgotten to be grateful for something incredible in your life? What gets in the way of gratitude?

What does having "just enough" of something mean? What do you do when you have too little or too much?

## Activity: Unit Map

Keep working on your unit map! Use drawings, words, or printed pictures to add to each part:

<p><b>Egypt:</b> Add pictures and words for what is scary, hard, or traps you in your life. Ex: COVID-19</p>	<p><b>Red Sea:</b> Add pictures and words for what makes you free and helps you feel brave. Ex: my dog</p>	<p><b>Wilderness:</b> Add pictures and words for what nourishes you in your life. Ex. Time by myself</p>	<p><b>Desert:</b> Lesson 3! We'll add to this in Lesson 3!</p>
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## Making Manna

From: <https://familymealblog.com/2013/03/30/manna/>

“The house of Israel called it manna; it was like coriander seed, white, and the taste of it was like wafers made with honey” - Exodus 16:31

- 2 cups flour (white, wheat or a mix)
- 1 cup water
- 1 tbs coriander seeds, crushed fine
- 1 tbs honey
- pinch of salt



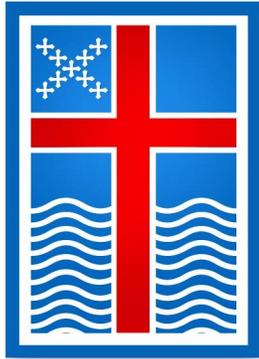
Crush the coriander seeds with a mortar and pestle. Combine the flour, pinch of salt and coriander seeds in a bowl until well incorporated. Stir in the water and honey and mix with a fork until fully combined and knead it a few times to form a ball. Divide the ball into 8 smaller sections. Roll out each little ball on a floured surface until really really really thin. Place the strips side by side (they can touch – they don’t spread) and bake at 475F for about 10-12 minutes until browned on top. While still warm, drizzle more honey on top and place back in the oven until bubbling. Remove, let cool completely, break apart and eat.

## Prayer

This week’s popsicle stick prayer:

5. May this food give us strength and courage to...

God who sustains us, you are working even now to bring nourishment to people who are hungry. Open our eyes to see the abundance in our lives. Help us to notice who is going without healthy nutrition and teach us to feed one another. Grant us grateful hearts, O Lord. Amen.



# ST. ANDREW'S EPISCOPAL CHURCH

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Find videos and more on our children's page: [standrewswellesley.org/Christian-learning/children](http://standrewswellesley.org/Christian-learning/children)

Discover what other kids are learning: [@standrewswellesleyyouth](https://www.instagram.com/standrewswellesleyyouth) on Instagram

Online worship, Sundays at 10am: [standrewswellesley.org/live](http://standrewswellesley.org/live)

## September 2020

SUN	Unit 1: God provides what we need
13	12-2pm Blessing of the Backpacks-To-Go Unit 1, Lesson 1—God provides freedom
20	Unit 1, Lesson 2—God provides sustenance in the wilderness
27	Unit 1, Lesson 3—God provides water in the desert
Oct 4	Blessing of the Animals Unit 2, Lesson 1—Rejected cornerstone