

Video:  
[https://youtu.be/27kyn8FgmMI?si=TSDPI1ZNaP\\_fzbWYp](https://youtu.be/27kyn8FgmMI?si=TSDPI1ZNaP_fzbWYp)  
Land of Milk and Honey  
Movie Watch (53:46-1:01:50) for this lesson



### Lesson #7: ISRAELITES' JOURNEY: WATER, MANNA & QUAIL (Exodus 15:22-17:7)

The Bible says that the cloud led the Hebrews toward their Promised Land. They traveled in the desert for three days without finding any fresh water to drink.



Then, when they came to some water, it was bitter and undrinkable. They named the place Marah, a Hebrew word for bitter. The thirsty crowd grumbled, "What are we going to drink?"



Moses cried out to God for help. The Lord showed him a piece of a tree and Moses threw it into the water. Immediately the water became good to drink. Then the people traveled on through the desert to Elim where they found plenty of water to drink. Here they camped by the water and rested. Moses told the people, "If you will listen to God and obey Him, He will take care of you." God keeps His promises!



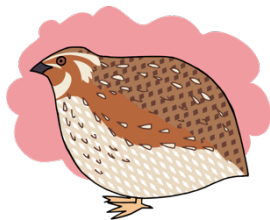
As the Israelites traveled on, they became very hungry. They grumbled to Moses and Aaron. "In Egypt we had plenty of food. You have brought us out here to starve to death!"

The Lord told Moses, "I am going to rain down bread from heaven for 6 days each week. On the 6<sup>th</sup> day people should gather twice as much. On the 7<sup>th</sup> day there will be no bread. It is a special day to rest." Moses told the people, "God has heard your grumbling and is sending bread. Then you will know that **He is the Lord who provides.**" You should not complain against God!



The next morning there was dew on the ground. When it dried, it became like thin wafers made with honey. "What is it?" they asked Moses. The Hebrew word for "what is it?" is "manna." "This is the bread from heaven that God promised," Moses explained.

"Gather as much as you need. Don't collect extra and keep it overnight." If they tried to save it, the manna spoiled. But on the 6<sup>th</sup> day they were to collect extra. It was still good on the 7<sup>th</sup> day. God didn't want them to work on the 7<sup>th</sup> day. That was Sabbath, the day of rest.



God gave them meat too. In the evenings quail flew into the camp. The Israelites cooked them and ate the delicious meat. God had promised to take care of His people. He gave them what they needed. They never even got sick. The cloud moved and the Israelites traveled on.

When they camped at Rephidim there was no water to drink. They complained again and got very angry with Moses. "Give us water to drink!" Moses asked, "Why do you quarrel with me? Why do you test God?" Moses cried out to God for help. "What am I to do with these people? They are ready to stone me." God told Moses, "Strike the rock with your staff."



When Moses struck the rock, water burst out, just as God had promised. Everyone had water to drink!



Even though the Israelites kept complaining and grumbling, God kept His promise! God gave them food and water.  
**He is the God who provides!**

PRIMARY GRADES ACTIVITIES



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M a n n a

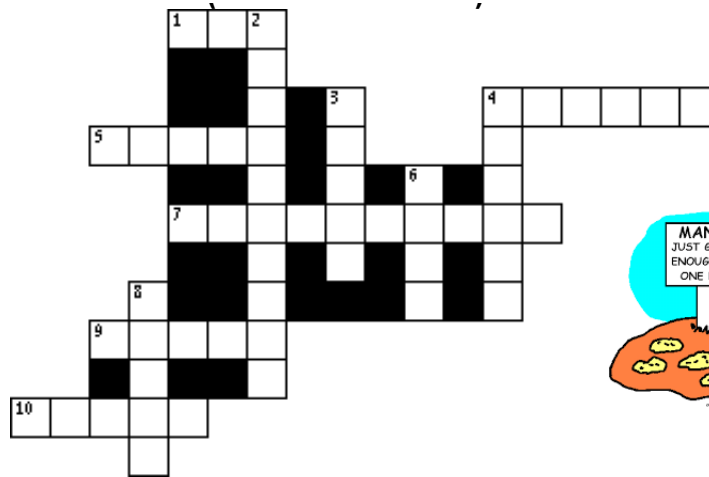
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Q u a i l



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W a t e r

UPPER GRADES ACTIVITIES

**MANNA – BREAD FROM HEAVEN CROSSWORD PUZZLE**



- 6 DOWN **"For the bread of God is He who comes down from heaven and gives \_\_\_\_\_ to the world."**  
**JOHN 6:33**
- 2 DOWN "Then the whole congregation of the children of Israel murmured against Moses and Aaron in the \_\_\_\_\_."  
**EXODUS 16:2**
- 4 DOWN "And the children of Israel said to them, 'Oh, that we had died by the hand of the LORD in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full! For you have brought us out into this wilderness to kill this whole assembly with \_\_\_\_\_.'" **EXODUS 16:3**
- 4 ACROSS "Then the LORD said to Moses, 'Behold, I will rain bread from \_\_\_\_\_ for you. And the people shall go out and gather a certain quota every day.'" **EXODUS 16:4**
- 10 ACROSS "And it shall be on the \_\_\_\_\_ day that they shall prepare what they bring in, and it shall be twice as much as they gather daily." **EXODUS 16:5**
- 3 DOWN "Now it came to pass, as Aaron spoke to the whole congregation of the children of Israel, that they looked toward the wilderness, and behold, the glory of the LORD appeared in the \_\_\_\_\_." **EXODUS 16:10**
- 7 ACROSS "And the LORD spoke to Moses, saying, 'I have heard the \_\_\_\_\_ of the children of Israel. Speak to them, saying, "At twilight you shall eat meat, and in the morning you shall be fill with bread. And you shall know that I am the LORD your God.'" " **EXODUS 16:11-12**
- 1 ACROSS "So it was that quails came up at evening and covered the camp, and in the morning the \_\_\_\_\_ lay all around the camp." **EXODUS 16:13**
- 5 ACROSS "And when the layer of dew lifted, there, on the surface of the wilderness, was a small round substance, as fine as frost on the ground. So when the children of Israel saw it, they said to one another, 'What is it?' For they did not know what it was. And Moses said to them, 'This is the \_\_\_\_\_ which the LORD has given you to eat.'" **EXODUS 16:14-15**
- 9 ACROSS "Some of them left part of it until morning, and it bred \_\_\_\_\_ and stank." **EXODUS 16:20**
- 8 DOWN "And the children of Israel ate manna \_\_\_\_\_ years, until they came to an inhabited land; they ate manna until they came to the border of Canaan." **EXODUS 16:35**



**Many years later, Jesus came down from heaven to give US spiritual bread!**