

Three easy steps for an at-home experience!



BIG IDEA: God Cares for Us

What an amazing story of how God took care of the Israelites! First, he led them out of Egypt through a series of incredible miracles. Then he provided them with a cloud to lead them by day and a pillar of fire to lead them by night! When they needed food, he delivered quail in the evening and manna in the morning! Talk about room service! God took care of the Israelites' every need. And we will see how he continues today to take care of our needs.



STEP ONE: READ THE BIBLE STORY

Exodus 16 from the NIV
Pages 128-130 in the Read With Me Bible.



STEP TWO: WATCH THE TEACHING VIDEO

Available at youtube.com/eastviewkids
Mustachi Ristorante- Week 1



STEP THREE: CHOOSE AN ACTIVITY

FOR ALL KIDS: Lava Lamp

Materials: Vegetable oil, food coloring, water, empty clean water bottle, Alka Seltzer tablet

- Fill the bottle up about 1/4 with water.
- Pour the vegetable oil in the bottle until it is almost full. You may have to wait a couple of minutes for the oil and water to separate.
- Add a few drops of food coloring. You will see the drops sink through the oil.
- Break your Alka Seltzer tablet in half and drop part of it into the bottle. The colored blobs will rise and fall.

The oil is less dense or lighter than water so it floats to the top. The food coloring has the same density of the water, so it sinks through the oil to the bottom. The gas is lighter than both the water and the oil, so it rises to the top with some of the colored water to create the Lava.

Let this lava lamp remind you of the manna and the quail that continued to come from heaven without fail. And let the rising bubbles remind us to return our thanks to heaven for what God has done for us.

FOR ALL KIDS: Toss It Around

Materials: Mini-marshmallows, plastic spoons

Play a fun and tasty game to lead into a teaching about God's provision for the Israelites.

Give each family member 10 marshmallows. Pair up and have the pairs sit across from each other with about 5 feet in between. Use the spoon to shoot marshmallows into their partner's mouth! See which pair can catch the most!

It would be pretty easy to eat if someone was aiming food at your mouth—maybe a bit messy though! Well, God came about as close when He fed the Israelites in the desert. He sent manna every morning and quail in the evening. He made it as easy as possible!

eastview kids family worship

Does God take care of our need for physical food? How? Does God take care of our need for spiritual food? What is spiritual food? Prayer and reading the Bible are two of the most necessary forms of spiritual food God gives us. All we need is to be hungry for what God has to teach us! If we are willing to open our Bibles and close our eyes to focus in prayer, God is there to guide us and hear our requests! He will meet our every need!

