



FOOD FROM HEAVEN



Exodus 16

The Israelites traveled for many days. They were tired and hungry. They complained to Moses, “There is nothing to eat in the desert. At least we had food in Egypt! Now we are starving!”

God heard them. That evening, God sent birds called quail for the Israelites to eat. The next morning, God sent bread from heaven. It was called manna and tasted like honey. The Israelites found the manna on the ground. But they complained again: “We are thirsty!”

Moses asked God what to do. God said, “Hit the rock with your staff.” When Moses hit it, cool, fresh water gushed out for everyone to drink. While they were in the desert, the Israelites would not go hungry or thirsty again.



PRESCHOOL



WELCOME

Prepare tables with the opening activities. Greet kids by name as kids arrive. Be sure to welcome any new families.

TABLE #1 - Coloring sheet

TABLE #2 - Father's Day Craft

Floor - cars, trains, tracks and roads



INTRODUCE THE BIBLE STORY

Have preschoolers tidy of the room and then gather in the story area. Prior to the session, hide one set of the toy food items around the room in plain sight. Keep the other set for demonstration. Hold up one of the food items and have preschoolers find and bring the matching item to you. Celebrate with preschoolers as they find all the matches. **What food items did you find together today?** [allow for responses] **Today we are going to learn when the Israelites had a problem when they were in the desert. They were hungry! Listen carefully to find out how God helped His hungry people.**



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Options: 1) Read the story from The Beginner's Bible page 116; or 2) Play the story video on the TV

God is good and always right.



SONG

Lead preschoolers in singing one or more songs found in the June 2026 file.



PRACTICE THE KEY PASSAGE

Assist preschoolers with learning the key passage.

Psalm 145:17

**Everything the Lord does is right.
With love he takes care of all he has made.**



ACTIVITIES

COLLECT MANNA

- Spread cotton balls on the floor to represent manna. Distribute paper bags to each preschooler. Encourage preschoolers to work together to collect the manna. Remind preschoolers how God provided manna each morning and quail in the evening for the Israelites to collect and eat. If time allows, repeat activity several times.
- **The Israelites were unhappy because they did not have food to eat, but God took care of His people. In the mornings, bread covered the ground. The Israelites were told to collect only what they needed for the day. He gave them food to eat while they were in the desert. God is good and always right.**

God is good and always right.

Psalm 145:17

Everything the Lord does is right.

With love he takes care of all he has made.

FATHER'S DAY CRAFT

- For interested preschoolers, allow them to color and decorate a card for dad. When they are finished, attach a lollipop to the inside of the card.
- Be mindful of preschoolers who may not have a father. Be sure to remind they can share their gift with someone who is like a father to them.
- **This little gift for your dad is a fun way to let him know you love him and are thankful for the things he does for you. What are some ways your dad takes care of you? Do you go on fun adventures together?**



Match parent pick-up numbers, with child name tag numbers.

Build relationships with parents, encourage them to take a picture of the parent recap page to go over on the ride home.