

# The BIBLE Story

## Bread from Heaven

*Exodus 15–17*

Moses led the people away from the Red Sea, and they came to the wilderness. When they could not find good water to drink, they complained to Moses. God told the people, “If you obey Me and do what is right, I will not punish you like I punished the Egyptians.” Then the Israelites came to a place called Elim (EE lim) where there was plenty of water, and they camped there.

The Israelites left Elim and went out into the wilderness. **When they got hungry, they complained to Moses.**

“We are starving!” they said. “You brought us out here to die!” But Moses had not brought them out there to die. God knew what He was doing.

God said to Moses, “I heard the Israelites complaining. Tell them that they will eat meat for dinner, and in the morning they will eat bread until they are full. Then they will know that I am their God.”

That evening, quail came into the camp and the people ate meat for dinner. In the morning, fine flakes like frost were on the ground.

“What is it?” the Israelites asked.

“It is bread,” said Moses. “The Lord has given you bread to eat.”



**The Israelites called the bread manna, which means “what is it?”**

God gave the people instructions for eating the bread. He told them to gather only what they needed to eat that day. If they gathered too much, the leftovers went bad. On the sixth day, they gathered twice as much so they could rest on the seventh day. The seventh day was the Sabbath day, a day to rest.

The Israelites did not always do what God said to do. Sometimes they gathered too much manna, and sometimes they tried to gather manna on the Sabbath day. Moses was upset that the Israelites did not trust God and obey Him.

**For many years, the Israelites traveled in the wilderness, going wherever God told them to go. One day, they stopped to camp but they had no water.**

**“Moses, give us something to drink,” they said. But Moses did not have any water.**

**“Lord, what should I do?” Moses prayed. God showed Moses a rock and told him to hit the rock with his staff. When he did, water came out of the rock and the people drank the water. God was with His people.**

*Christ Connection: When God’s people were hungry and thirsty, God gave them food and water. Later, God sent His Son, Jesus. Jesus said, “I am the bread of life” (John 6:35). Bread and water give people life for a little while, but Jesus gives people life forever!*

## **Bible Storytelling Tips**

- **Use props:** Place a feather, piece of bread, and a bottle of water in a gift bag. Pull them out as you tell the parts of the story about God providing meat, bread, and water.
- **Thumbs up or down:** Show children how to “thumbs up” for something good and “thumbs down” for something not good. Name a few items and prompt the children to signal whether it is good or not good. Encourage children to signal “thumbs up” or “thumbs down” to different parts of the Bible story.