

GLENVIEW NEW CHURCH SUNDAY MORNING PROGRAM
Primary Lessons: Phase 3 - Lesson 15
Manna (Exodus 16)

Adapted from:
Lesson on Pillar of Fire and Cloud; Crossing the Red Sea; Manna (Exodus 13, 14, 16)

I. Underlying Ideas for the Teacher

- A. The pillar of fire and cloud is the Word in its letter with the Lord Himself within it. This leads us in our spiritual days (states of confidence and trust) and our spiritual nights (states of doubt and discouragement).
- B. All of us need manna and quail daily; that is, we need to gather wisdom and strength from the Word by reading and praying daily so that we can handle each day's problems and temptations.
- C. Basic correspondences:
 - 1. Fire = Truth as it is in the Lord, coming from the Divine Love
 - 2. Cloud = The letter of the Word
 - 3. Quails = natural satisfaction from "being good"
 - 4. Manna = spiritual good; genuine happiness in being good

II. Story Circle

- A. Introduction
 - 1. Do you remember what the name of the book of the Word is that we have been studying? (Exodus) "Exodus" means "going out," and in the book of Exodus, the children of Israel go out of Egypt.
 - 2. Who led the Israelites out of Egypt? (Moses [and Aaron])
 - 3. Today we're going to find out what happened right after they had left Egypt.
- B. Tell/Read the Story
 - 1. Exodus 16:1-5, 13-15, 19-21, 35.
- C. Ideas to Discuss
 - 1. When the Israelites were leaving Egypt, the Lord helped them cross the Red Sea and escape from the Egyptians. Now they were in the wilderness, and they were hungry.
 - 2. How did the Lord satisfy the Israelites' hunger for meat? (He sent quails.)
 - 3. What did He give them for bread? (Manna) How often did they find the manna? (Daily)

Primary Sunday School Lessons: Phase 3 - Lesson 15

4. How much was each person supposed to gather? (Enough for that day and twice as much on the sixth day)
5. What happened when they tried to keep the manna overnight? (It bred worms and stank.)

D. Further Ideas

1. If we trust in the Lord and obey His commandments, His power will always protect us just as the Israelites were protected.
2. The Israelites gathered manna daily. We also need to gather daily food for our souls. This means to read a little from the Word each day, think about the Lord, and pray for His help in any problems we might face that day. This is what we mean when we say, "Give us this day our dally bread."

III. Enrichment Activities

A. Music

1. "Crossing the Red Sea," LORI'S SONGS I, Side 1, second song

B. Activities

1. Near the end of Story Circle time, when discussing manna, pass out homemade "manna" wafers for the children to eat.

Recipe for Manna

3 eggs
1 c. flour
½ tsp. coriander powder
1 c. honey
1/8 tsp. salt
½ tsp. vanilla

Preheat oven to 350°. (Grind coriander seeds to powder if they come whole.) Beat eggs and honey; add vanilla. Sift together flour, salt, and coriander powder. Mix all together. Spread thinly on cookie pan. Bake 10-15 minutes. Cut into squares.

C. Project: Coloring Pages

1. Let students color the picture of quail or the one showing the children of Israel gathering the manna that the Lord gave them.
2. Or let each child draw his own picture of the people gathering manna.

Primary Sunday School Lessons: Phase 3 - Lesson 15

IV. Teaching Aids

- A. Map to show the route from Egypt to the Holy Land via the Red Sea. (See Sower Notes, Volume I, p. 234.)
- B. Picture of collecting manna—to color after the play, or to take home to color.

V. Further Reading for the Teacher

- A. Dole's Bible Study Notes, Vol. 2, "Crossing the Red Sea," pp. 62-76 and "Quails and Manna," pp. 94-109.
- B. Sower Notes, Vol. I, "Crossing the Red Sea," pp. 234-241 and "Quails and Manna," pp. 241-249.



