



THE GOSPEL PROJECT SR. UNIT 4.6 The Wilderness/Bread from Heaven

Date: Sunday September 13, 2025 **Teachers:** Michael S (lead), Dana H (observe/ assist)

Bible Passage: Exodus 15:22–17:7 **Key Passage:** John 6:35

Props: from home: **small items in a bag/ **at centre:** activity sheet, role of toilet paper

Review Rules:

One Mouth speaking at a time (Teacher points to mouths/kids point to their mouths)

Two Hands kept to myself (kids wiggle hands and keep them to themselves)

Two Feet kept to myself (kids cross legs)

SPEAK KIND WORDS LIKE OUR GOD THREE IN ONE

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INTRO: What is it? (bring in some small items from home ie. (croutons, lego, marbles/ other small objects.) Mike

Here is where we are in the Story of the Bible. The unified Story that points to Jesus. After spending our summer talking about Stories of Jesus, we are going back to the Old Testament, back to the original story of Redemption.

The story of God rescuing His people Israel from their slavery and bondage to the Egyptians. God rescued them and brought them across the Sea and into the wilderness on their way to the promised land.

Pick a volunteer to close their eyes/or blindfold and show the class the object, while the volunteer guesses what it is. Today, we will hear about a time God miraculously provided something for them to eat: bread from heaven and when the Israelites saw it; they called it manna: which means what is it?

BIBLE STORY: Bread from Heaven

DISCUSSION VIDEO:

Isaiah

The gang sure let each other down, didn't they? God will never let us down because He is faithful and true! God wanted to see if Israel trusted Him to care for their daily needs. The Bible says that God let them be hungry so they would know that man doesn't just live on bread and water, but on every word that comes from the Lord. [See Deut. 8:3.] God provided for their needs, and ultimately provided through Jesus the true Bread from Heaven. He is what we most need: **LIFE FROM DEATH!**

DISMISS JR. KIDS - GR. 1

SR. KIDS WORK ON ACTIVITY PAGE AT TABLES

KEY PASSAGE VERSE:

Mike

"Jesus said, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty'". John 6:35 (write out verse asking the kids to circle the words that point to Jesus)

The Israelites couldn't go long without God providing for their physical needs like food and water, they were human just like us, and the human body can only go a few days without water and about 40 days without food, but they weren't trusting that the God who delivered them from captivity in Egypt could also provide them food to eat! 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 gives people life for a little while, but Jesus gives people life forever. He fills the true hunger we have, His life is what we are made for.

BIBLE STORY REVIEW

Mike

Review the story by asking the following questions:

What happens when you get really hungry? Does your stomach growl? Does your stomach sometimes ache? What do you do when you get really hungry? [Invite kids to answer.] Most of the time, when we get hungry, we can go to the kitchen or the grocery store to get something to eat. The Israelites were in the wilderness, or desert. They didn't have food and water, things that all people need to live. Do you think God forgot to give them food or water? No! God made our bodies and He knows exactly what we need. More than that, God is good and He gives us what we need, too. God was testing the Israelites to see if they would trust Him to take care of them and be their God. Even though they saw God show his power and love and declared to Pharaoh that all life belongs to God, they still didn't trust God to provide for them. They complained. Even though they complained, God provided for the physical needs of His people. God provided manna from heaven for His people's physical hunger, pointing to the ultimate bread from heaven : **JESUS the BREAD OF LIFE!**

Challenge kids to determine if the statement is true or false. (hold up Hands to make a T for True and X for false)

- 1. The Israelites were hungry, but they did not complain to Moses. (False, the Israelites complained to Moses; Ex. 16:2-3)**
- 2. Moses brought the Israelites into the wilderness to die. God did not know what He was doing. (False, God wanted to see if they would trust Him; Ex. 16:4)**
- 3. God provided food so the Israelites would know He is Yahweh. (true, Ex. 16:12)**
- 4. The Israelites called the bread manna, which means "What is it?" (true, Exodus 16:15)**
- 5. God told the Israelites to collect twice as much food on the sixth day, because the seventh day was the Sabbath, a day to rest. (true, Exodus 16:22-23)**
- 6. The Israelites always followed God's instructions. (False, sometimes they collected too much manna and sometimes they tried to collect manna on the Sabbath; Ex. 16:20,27)**
- 7. Israel ate manna for 40 years. (true, Ex. 16:35)**
- 8. God gave the people water from a rock. It was a sign that the Lord was with them. (true, Ex. 17:5-6)**

ACTIVITY: "Tissue game" materials: (toilet paper roll, kleenex)

Mike

Pass around a stack of napkins or a roll of paper towels. Instruct kids to take just enough to use during one messy meal. After all kids collect their napkins, explain that for each napkin they have, kids will share one thing God has provided for them (family, a home, clothes, and so on).

SHOW VIDEO: "No longer alone"

In that video we heard about a man who heard about the rescuing and redeeming message of Jesus and how Christ gives life everlasting. This man also received his physical needs met in an apartment, because God cares for us and provides for us, before he was living on a train, but God provided for him to live in a home.

ACTIVITY: "Train swap" materials: (chairs)

Mike

Line up chairs in sets of two. Use two fewer chairs than kids in your group. Help kids pair off. Select one pair to be It. Invite the rest of the pairs to sit next to one another in chairs. Those seated must lock their arms together. The pair that is It will call out a statement describing kids in the room, such as "people wearing red shoes," or "people who are eight years old." When a statement describes a player, she must stand and move to another set of empty chairs. She will take her partner with her, even if the statement does not apply to him. The kids playing as It will try to find seats. The two kids left standing become IT in the next round. Play several rounds as time allows.