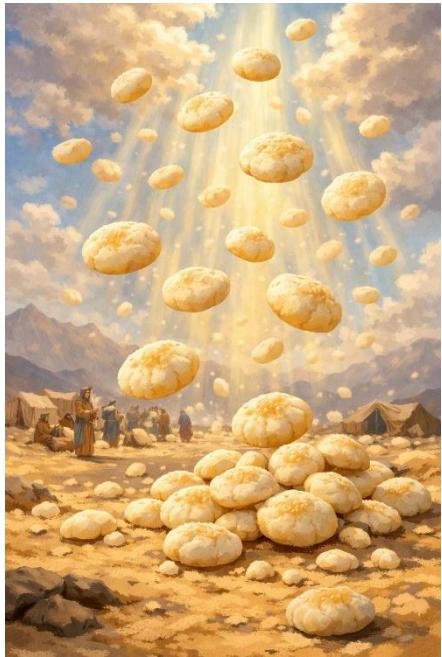


# God Provides, Even When We Complain

Exodus 15–16



After God brought the Israelites out of Egypt and turned the bitter water sweet, they kept traveling. But when they reached the desert of Sin, they started to complain again.

They said, “If only we had died in Egypt! At least we had lots of food there. But now you brought us out here to starve!”

Can you believe that? They forgot how badly they were treated in Egypt. They forgot how they cried out to God for help. Now they were blaming God, the same God who rescued them! But instead of getting angry or giving up on them, God showed love. He used that moment to show them who He really is—the true God who takes care of

His people. Even though they complained and said hurtful things, God still gave them food from heaven.

 God gave them manna—special bread that fell from the sky every morning.

## What Can We Learn?

It's easy to complain when things go wrong. Sometimes, we even think God doesn't care. That's exactly what Satan wants us to believe—that God is mean or unfair. But that's not true. Bad things happen because of sin. A long time ago, Adam and Eve chose to leave God's perfect way and follow sin instead. And ever since, the world has been broken. But here's the good news: You don't have to be ruled by sin anymore. There is a Savior who can rescue you from this dark kingdom. His name is Jesus. He can protect your heart and help you trust God, even when life is hard.

 “Manna from Heaven” Activity: Edible Manna + Devotional Lesson

 Activity Title: “What Is It?”

(That's what "manna" means!)

 What You'll Need (per child):

Mini frosted flakes OR mini puffed rice cereal OR round crackers (like oyster crackers or vanilla wafers)

Honey (or honey drizzle packets)

Small plates or napkins

Optional: powdered sugar or cinnamon for extra flavor

 Instructions:

1. Set the Scene

Begin by telling the story from Exodus 16, how the Israelites were in the desert complaining, and how God sent manna from heaven each morning to feed them.

2. Ask the Big Question:

"Do you know what manna means?" (Let them guess.) Then explain: "It means, What is it? Because they didn't know what it was when they first saw it."

3. Make "Edible Manna"

Give each child a handful of your "manna" snack (frosted flakes, puffed cereal, or crackers).

Drizzle a little honey over it to remind them that the Bible says manna tasted like "wafers made with honey" (Exodus 16:31).

Optional: Sprinkle with powdered sugar or cinnamon.

4. Eat & Reflect

As they eat, ask:

Why do you think God gave them just enough for each day?

- How is God still providing for us today?
- What would it be like to depend on God every day?

 Memory Verse (Optional Craft Add-On):

"Give us today our daily bread." – Matthew 6:11

- Let them write or decorate this verse on a small paper card to take home with their snack bag.

 **Bonus Idea: Manna Scavenger Hunt**

- Before the food, scatter pieces of the “manna” snack around the room or outside. Let the kids “gather” their portion just like the Israelites did each morning. Then talk about how they couldn’t hoard it—it was about trusting God daily.

 **Activity: “Then and Now” – Remembering God’s Help**

Supplies: Paper, pencil or crayons

1. Draw or list a time when you were upset or scared.
2. Under it, write or draw how God helped you—or how He might be helping even if you didn’t notice.
3. Around the page, write or draw things God gives you every day (like food, family, sleep, peace).
4. At the top, write:

“God takes care of me, even when I forget.” Encourage kids to share if they feel comfortable. Remind them: God didn’t stop loving the Israelites—and He won’t stop loving you, either.

## ■ The Desert at Rephidim

(Exodus 17)

You would think that after God turned bitter water into sweet water, and after He gave the people manna and quail when they were hungry, it would be easy for them to trust Him when they were thirsty again. But that's not what happened.

When the Israelites reached the desert of Rephidim, there was no water. They complained to Moses and accused him of trying to kill them. Moses went to God—complaining about the people complaining about him! God told Moses to take his staff and strike a rock. When Moses obeyed, water poured out for everyone to drink.

This story reminds us how important it is to remember what God has done for us in the past. When we remember, it helps us fight the lies Satan tries to put in our heads. We can also think about how the people felt. Walking in a hot desert and moving from place to place isn't easy—especially when your whole life depends on someone else. That frustration made them forget God's love and care. Instead of trusting Him, they blamed and accused.

### ❖ Activity: “Blessings in a Bottle”

- Give each child a small paper or plastic cup.
- Have them write or draw one thing God has done for them or their family (past answers to prayer, ways He's cared for them).
- Collect all the cups and “pour” them into a large clear container, explaining: “Just like God filled the rock with water, He's filled our lives with blessings. When we remember these, our hearts can be filled with trust instead of complaints.
- End with a short prayer thanking God for His past faithfulness. ●