



In-Focus Verse: “Give us today our daily bread” (Matthew 6:11).

In the Lord's Prayer, Jesus taught the disciples to pray first for God's will and then for their own needs. Jesus teaches us how to put Matthew 6:33 into practice in our prayers as we "seek first his kingdom," then ask for the rest. The phrase, "daily bread" also reminded Jesus' listeners of the forty years in Israel's history when God daily provided manna. The people had grumbled and God responded graciously. Jesus instructs his followers not to approach God with a grumbling heart, but with humility.



TOUR
GUIDE
TIP

The activities in this book have been designed for multi-age groups. Select from the activities, or adapt them as needed for your class.

Have children say with you the portion of the Lord's Prayer that you've learned so far: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven."

Items to Pack: slice of bread

Let the children eat their bread.

Items to Pack: old pots
and pans or aluminum pie
tins



(10 minutes)

Got the Gripes?

Children will loudly complain about things that don't go their way.

Pass out the pots and pans.

Say: Let's find out what things turn us into complainers. I'm going to read a list of things that might make you want to complain. If what I read would make you complain a whole lot, bang your pot a lot. If you would complain a little bit, just make a little bit of noise. If you don't think you would complain at all, don't make any sounds with your pot.

Read the following list, and pause between each item so the children have a chance to bang on their pots.

- You find out you're having brussels sprouts for dinner.
 - Your sister ate the last piece of cake.
 - Your teacher gave you extra homework.
 - Your brother is sick and your dad asked you to do his chores on top of your regular chores.
 - Your mom signs you up for the football team.
 - Your dad grounds you from video games for a week.
 - A movie you really want to see is opening today. You stand in line for hours to get a ticket. The person in front of you gets the last ticket. You won't get to see the movie today.
 - Your mom signs you up for ballet classes.
- Collect all the pots and pans, and set them aside.
- Ask:
- How is complaining like the sound of the pots and pans?
 - How do you feel when you're around a complainer?
 - What should we do when things don't go our way or we need something that we don't have?

Say: Sometimes it's easy to complain when things aren't going our way. We can be upset when we can't have things that we want or need. In our Bible story today, we are going to meet some people who did a lot of complaining. But we're going to learn a better way. ● We can ask God to provide for our needs.

TOUR GUIDE TIP

Your room is sure to be noisy for this activity. Consider a fun signal to reel in the kids if they get carried away with their banging and clanging. Tell the kids when they see you place your pot on your head, it's time to listen for the next situation. Practice a couple of times before you begin the activity.

SCENIC ROUTE

Tape record the children pretending to complain about the situations. Play the tape back to them. Talk about what it's like to be around someone who complains a lot.

STORY EXCURSION

(20 minutes)

Meals to Go

Children will re-enact the story of the Israelites in the wilderness.

Preparation: Lay out a tablecloth on the floor.

Have the children sit on the floor around the tablecloth. Open your Bible to Numbers 11.

Say: Last week, we learned what Jesus meant when he said, "Your will be done on earth as it is in heaven." Can anyone tell me in their own words what this means? Allow time for children to respond.

This week we're learning the next part of the Lord's Prayer which says, "Give us today our daily bread." When Jesus' friends heard this, it reminded them of a special time in their nation's history. Let's look at that special time. Our Bible story comes from two books in the Bible, Numbers 11 and Exodus 16-17:6. God's people had been slaves in Egypt. Moses led them out of Egypt. Before they left, they baked some bread to eat on the way.

Give each child a saltine cracker. Ask children to wait until you tell them to eat it.

Say: God told them to leave in a hurry because the Egyptians would come after them. Let's pretend we're on the run. Lead the children in running around the room. If your room is small, have children run in place. Have the children take their crackers with them. Return to your original spot, and say: That was tiring! I'm hungry. Let's eat. Have the children eat their saltines. God's people had a long way to travel to get to the good place God wanted them to live. It's time to travel again. Let's go. Lead the children in walking around the room.

Say: It's been a long couple of days of traveling through the desert. Let's eat. Let the children point out that they're out of crackers. Tell them that they have a problem because they still have a long, long journey ahead.

Ask: • How do you think God's people felt when they realized that they were out of food?

• What would you do if you thought you might starve in the middle of a desert?

Say: The people began to grumble. Use your voices to tell me what you think the people's grumbling was like. Wait for children to respond. The people were so upset, they told Moses that they'd rather return to being slaves! They remembered all the food in Egypt and wished they still lived there, even if it meant they would be slaves again.

Items to Pack: Bible, saltine crackers, tablecloth, graham crackers

SCENIC ROUTE

Add to the fun by playing Follow the Leader each time you "travel" to a new location on this journey.

FUN FACT

Did you know the good food that God's people longed for was fish, cucumbers, melons, leeks, onions, and garlic? How would you like *that* for dinner?

**SCENIC
ROUTE**

Have the children make paper airplanes to represent the quail. Have them throw them into the center of the circle. Talk about what it would be like to watch a flock of birds appear to be your food and what it would take to prepare them as a meal.

**SCENIC
ROUTE**

Pass around a bowl with chunks of cooked chicken in it to let the kids have an idea of what the quail tasted like.

**TOUR
GUIDE
TIP**

Be aware that some children in your class may be from families with true financial needs. God can provide for our needs, but there are Christians who are hungry or who suffer from lack of provisions. Challenge students to consider how God might use them to meet the needs of others in your church, community, or in the world. Children might pray for the needs of others, or take tangible action such as having a canned food drive, collecting coats or shoes in the winter, or bringing donations toward other needs.

God heard the people grumble. God was not happy about their complaining, but he loved them and knew that they needed food. God had Moses tell the people to go to sleep and when they woke up they would see that God could provide for their needs.

Have the children pretend to sleep on the floor. While their eyes are closed, place broken pieces of graham crackers all over the tablecloth. Have the children “wake up.”

Say: When the people woke up, the ground was covered with a special type of bread. The Israelites called the bread “manna.” Manna means “what is it?”

Let children pick up the graham cracker pieces and eat them.

Say: The people were happy with their new food for a while. Then they began to be tired of eating the same food week in and week out. They began grumbling again. Let me hear what they probably sounded like. Pause for children to complain.

Moses was upset. The people were complaining again. And Moses didn’t have any food to give them. There were thousands and thousands of Israelites. How could he give them the meat that they wanted to eat?

Ask: • If you were Moses, how would you feel?

• If you were Moses, what would you do?

Say: Moses prayed to God. He told God about the people’s complaining. Moses asked God to provide for their needs. God sent a flock of quail to the camp. The people caught the quail, cooked them, and ate them.

Ask: • How do you think the people felt when they realized that God had provided for their needs?

• How does God provide for your needs?

• Why is it important to ask God to provide for the things we need?

Say: You would have thought that the people would have learned that they could ask God to provide for their needs. After all, God provided them with manna and quail. However, they didn’t remember this lesson very long. Moses led them to a different part of the desert.

“Travel” around the room again.

Say: In this part of the desert, there wasn’t any water. When the water that they brought with them ran out, they began to grumble. The people were so upset that Moses thought they might *kill* him. Have the children loudly complain again.

Moses prayed to God to provide for their need for water. God told Moses to strike a large rock with his staff. What a strange thing for God to say! You

can't get water out of a rock! However, Moses trusted God to provide for his needs. So Moses did what God asked, and water poured out. Moses knew to ask God to provide for all of their needs! And God provided.

Ask: • How do you think God felt when the people grumbled for water even after he had provided them with manna and quail?

• How do you think God feels when you complain about things you don't have?

• Why should we ask God to provide for our needs?

Say: God loves to take care of our needs. God loves his people. The Israelites didn't need to complain. God wasn't about to let them starve. We don't need to be worried or complain to have our needs met. God promises to provide for our needs. All we have to do is ask! Jesus taught us to pray, "Give us today our daily bread."



(15 minutes)
Picture This

Children will evaluate what things they want and what things they need.

Set the magazines, catalogs, and scissors where children can reach them.

Say: Let's look through these magazines and catalogs to find pictures of things we can ask God for. If you find a picture of something, go ahead and cut it out.

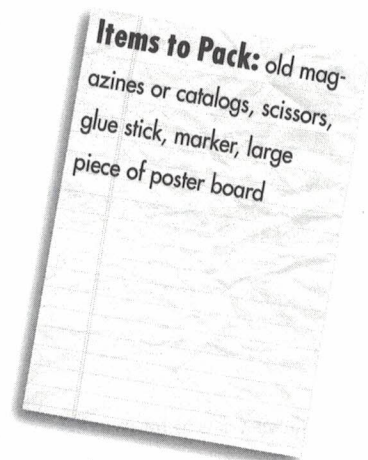
Give the children five minutes to find their pictures, then collect the pictures. Have the children sit in a circle around you. Set the poster board in the middle of the circle. Use the marker to divide the poster board into two columns. Write the word "Wants" at the top of one column and the word "Needs" on the other.

Say: Bread is one of the most basic foods that we need. When Jesus taught us to pray "Give us today our daily bread," he was telling us to ask for the things that we need. God doesn't promise to give us everything that we want, but he will give us what we need. Let's go through our pictures and decide together whether these are things that we want or things that we need.

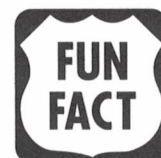
Hold up each picture and let the children decide if it is a picture of a want or a picture of a need. Let a volunteer apply glue to the back of the picture and place it on the correct side of the poster board. Repeat the process with every picture.



Have the children make their own manna to take home. Have the children spread honey on bread. Place the bread in a toaster oven until crisp. Use a sharp knife to cut the bread into croutons for the children. Have the children take their "manna" croutons home in plastic sandwich bags.



Be sure to go through the magazines beforehand to check for any pictures or articles that would be inappropriate for young eyes.

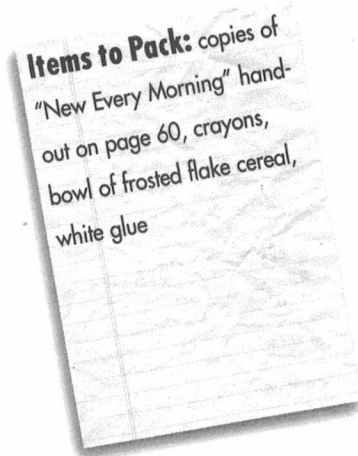


Did you know that God took care of Israel's clothing needs too? It took Israel forty years to make it into the Promised Land. God miraculously kept their clothing and sandals from wearing out. See Deuteronomy 29:5 to check it out!



**TOUR
GUIDE
TIP**

This activity may spark interesting discussion. For example, we don't need shoes to survive, but most people need them for daily life. Encourage kids to share their thoughts about wants and needs without judging their opinions.



Items to Pack: copies of "New Every Morning" hand-out on page 60, crayons, bowl of frosted flake cereal, white glue



**TOUR
GUIDE
TIP**

Remind kids to return to the first page of their Travel Journals to add prayers or praises and to note how God is answering prayers from previous weeks.

Ask: • What are other things you might put in the "need" column that we didn't have pictures of? in the "want" column?

- Why doesn't God always give us what we want?
- What's the best part of knowing that we can ask God for what we need?

Say: There's nothing wrong with asking God for things we want. But God knows what things would be good for us to have and what things we'd be better off without. God takes care of what we need. ● We can ask God to provide for our needs.



SOUVENIRS

(10 minutes)

Breakfast Flakes

Give each child a copy of the "New Every Morning" page. Set the glue and crayons on the table. Pass the bowl around the circle and let the children taste a piece of cereal. Say: Manna might have looked a little bit like this cereal. The Bible says that manna looked like little scales or flakes. Manna tasted sweet like honey. Every morning, when we get up, we can get our daily bread by going to the cupboard and pouring ourselves a bowl of cereal. The Israelites got up early while the dew was still on the ground and picked up their daily bread—manna—off the ground.

Ask: • What would it be like to wake up to manna on the ground every day?

- How does God meet your need for "daily bread"?
- Why does God want us to ask him to provide for all of our needs?

Say: ● We can ask God to provide for our needs. We don't need to get worried or grumble. We have a great, loving God who wants to take care of us. Let's decorate these pictures to remind us that we can ask God to provide for all of our needs.

Have the children color their pictures. Show them how to glue the frosted flakes to the ground areas of the picture to remind them of manna. Have kids fill in the blanks with a need and what they will say to God about that need. As they work, share about a time when things were tough and God provided for your needs. Kids need powerful examples of adults who know how to pray.

When children have finished their pages, have them place them in their Travel Journals.

**HOME
AGAIN
PRAYER**

(up to 5 minutes)
Pray-Dough

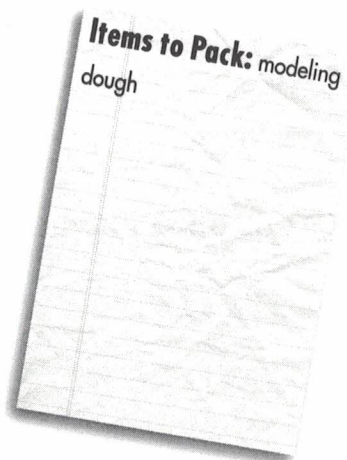
Have the children sit in a circle. Give each child a piece of modeling dough.

Say: **Mold your dough into something that you need God to provide. We'll ask God to provide us with our daily bread, which represents our greatest needs.**

Give the children two minutes to shape their dough. Explain that you'll pray aloud, and when you pause, children may silently pray for what is represented by their dough object.

Pray: **Dear God, we have many things that we need you to provide for us. Thanks so much for loving us and *wanting* to provide for our needs. We will ask you for everything that we need. Right now we ask you to provide (pause for a minute for children to pray silently). Give us today our daily bread. Amen.**

Allow the children to take their molded dough home as a reminder to ask God to provide for their needs.



NEW EVERY MORNING

Here is one thing I need:

Here is what I will say to
God about this need:



**"Our Father in heaven, hallowed be your name, your kingdom come,
your will be done on earth as it is in heaven. Give us today our
daily bread" (MATTHEW 6:9B-11).**

