Worship
We praise God for His love.

POWER TEXT
“So Moses and Aaron said to all the Israelites, ‘In the evening you will know that it was the Lord who brought you out of Egypt, and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?’” (Exodus 16:6, 7).

KEY REFERENCES
- Exodus 16
- Patriarchs and Prophets, chap. 26, pp. 291-302
- The Bible Story (1994), vol. 2, pp. 139-145 (“Food in the Desert”)
- Student story on page 72 of this guide.

OUR BELIEFS
- No. 7, The Nature of Man
- No. 22, Christian Behavior
- No. 14, Unity in the Body of Christ

OBJECTIVES
The students will:
- Know that they worship God when they obey Him.
- Feel grateful for God’s love expressed in His commands.
- Respond by following God’s loving instructions for their lives.

Who’s in Charge?

The Bible Lesson at a Glance
When the children of Israel launch out into the wilderness they know that whatever lies ahead has to be better than the slavery they have endured in Egypt. They place their faith in God and His servant Moses.

Soon, however, they begin to grumble against God and Moses. Instead of destroying them, God responds to their grumbling with loving correction. Little by little God patiently teaches them that His way is best.

This is a lesson about worship.
God uses obstacles to bring us closer to Him. When we turn to Him for help instead of murmuring and complaining He is able to do great things for us. Our trusting obedience to His instructions is one way of worshipping God and praising Him for all He has done.

Teacher Enrichment
“The varied experience of the Hebrews was a school of preparation for their promised home in Canaan. God would have His people in these days review with a humble heart and teachable spirit the trials through which ancient Israel passed, that they may be instructed in their preparation for the heavenly Canaan.

“Many look back to the Israelites, and marvel at their unbelief and murmuring, feeling that they themselves would not have been so ungrateful; but when their faith is tested, even by little trials, they manifest no more faith or patience than did ancient Israel. When brought into strait places, they murmur at the process by which God has chosen to purify them. Though their present needs are supplied, many are unwilling to trust God for the future, and they are in constant anxiety lest poverty shall come upon them, and their children shall be left to suffer. Some are always anticipating evil or magnifying difficulties that really exist, so that their eyes are blinded to the many blessings which demand gratitude” (Patriarchs and Prophets, p. 293).

What can I do to strengthen my faith and weaken my grumbling? How can I exhibit a humble heart and teachable spirit to my students?
### Welcome
Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly. You may de-brief students on the previous lesson to help them see the chronological continuity of the Bible stories from one week to another. Then ask students to share a few things they have learned from the current lesson prior to Sabbath School. Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful?** Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week.

Transition into the Readiness activity of your choice.

### Program notes

<table>
<thead>
<tr>
<th>LESSON SECTION</th>
<th>MINUTES</th>
<th>ACTIVITIES</th>
<th>MATERIALS NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>Ongoing</td>
<td>Greet students at door. Ask about their week.</td>
<td></td>
</tr>
<tr>
<td>Readiness</td>
<td>10-15</td>
<td>A. I Need Answers (see p. 66)</td>
<td>newsprint, tape, markers, index cards</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B. Get the Picture? (see p. 66)</td>
<td>35-millimeter slides, projector; or pictures cut into puzzle shapes</td>
</tr>
<tr>
<td>Prayer and Praise</td>
<td>15-20</td>
<td>(see p. 67)</td>
<td>songbooks, world map, pushpins, offering plate/basket</td>
</tr>
<tr>
<td>Bible Lesson</td>
<td>15-20</td>
<td>Introducing the Bible Story (see p. 68)</td>
<td>chalkboard and chalk or large sheet of paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Experiencing the Story (see p. 68)</td>
<td>Bibles, small cards</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exploring the Bible (see p. 69)</td>
<td>Bibles</td>
</tr>
<tr>
<td>Applying the Lesson</td>
<td>10-15</td>
<td>Scenario (see p. 69)</td>
<td></td>
</tr>
<tr>
<td>Sharing the Lesson</td>
<td>10-15</td>
<td>Chart It (see p. 70)</td>
<td>chalkboard or whiteboard</td>
</tr>
<tr>
<td>Closing</td>
<td></td>
<td>Prayer (see p. 70)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reminder to Parents (see p. 70)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Next Week's Lesson (see p. 70)</td>
<td></td>
</tr>
</tbody>
</table>
Select the activity or activities that are most appropriate for your situation.

**A**

**I Need Answers**

Form groups of three. Say: *Today we’re focusing on hard questions that never seem to get answered, such as “Why is Sally smarter than I am?” “Why do cheaters win?” Give each group a sheet of newsprint, tape, a marker, and several index cards. Say: *On your newsprint draw a big question mark. On each index card, write one tough question you’d like answered. Begin your questions with “I wonder why…” Put a piece of rolled tape on the back of each card, and tape the cards to the question mark.*

**Debriefing**

Have groups tape their question mark sheets to a wall. Then say: *Today we’re going to learn about a God who can answer all our problems. He doesn’t always give us the answers we would like. But He always takes care of us. We can always trust Him. Let’s say together our power text:*

> “So Moses and Aaron said to all the Israelites, ‘In the evening you will know that it was the Lord who brought you out of Egypt, and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?’” (Exodus 16:6, 7).

**We worship God by following His loving instructions for our lives.**

(Adapted from *No-Miss Lessons for Pre-Teen Kids* [Loveland, Colo.: Group Publishing, 1997], p. 23. Used by permission.)

**B**

**Get the Picture?**

Find some 35-millimeter slides of various objects and well-known locations, or people with whom the students are familiar. Begin by showing them completely out-of-focus. Slowly bring them into focus and see who can identify them first.

*(Option)* Find some pictures in magazines and cut them into puzzle shapes. Piece by piece, stick them on the wall in the position they will hold when the puzzle is completed. See how fast the students can guess what is being shown. Hint: As much as possible choose pictures that tend to be obscure when you begin. Use cartoons and pictures from magazine ads. These could be enlarged on a photocopier.

**Debriefing**

Ask: *How did it feel when you could not see the picture clearly? Did it make more sense once you could see what it was? Were you confused at the start? Are there times in your life when things don’t make sense?*

Say: *God can see the end from the beginning; He knows what the final picture will look like. We need to follow His instructions and thank Him for being the giver of a full life. Let’s say together our power text:*

> “So Moses and Aaron said to all the Israelites, ‘In the evening you will know that it was the Lord who brought you out of Egypt, and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?’” (Exodus 16:6, 7).

**We worship God by following His loving instructions for our lives.**
**Fellowship**
Allow students to report things that they are pleased or troubled about. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors. Get contact information from the adult who brought them to church. Early in the following week, send a postcard or e-mail letting the visitors know how much you enjoyed having them in your class and that you would like to see them again.

**Suggested Songs**
- “Cares Chorus” (*He Is Our Song*, no. 141)
- “He’s Able” (*He Is Our Song*, no. 100)
- “In His Time” (*He Is Our Song*, no. 93)

**Mission**
Use *Adventist Mission for Youth and Adults* (go to www.juniorpowerpoints.org and click on MISSION) another mission report available to you. For the mission story, have a map of the world where the students can identify the location of the mission story and compare it to where they are. You could use pushpins to mark where the mission story takes place.

**Offering**
Share with the students the main reason we bring an offering to church: We love God, and we want others to learn about Him and love Him too.

**Prayer**
Give each student a card or slip of paper and ask them to write a sentence or two about a time when they doubted whether God was still with them. Maybe when someone wronged them, or they failed a test they knew they had studied for. Say: **Now focus on how God helped you deal with that situation.** Ask a volunteer to read Matthew 11:28, 29. Say: **God says that He cares and has a plan for each of us. Following His plan helps us get rid of doubts.**

Have a trash can where everyone can throw away their paper and say a prayer of thanks to God for being there in every situation. Be inclusive of those who may not have come so far in their relationship that they are willing to accept that God is there, or who may feel that God has not helped them with their doubts. Close with a prayer for the students’ prayer requests, for the birthday and other special event celebrants, as well as for the visitors.
LESSON 6

BIBLE LESSON

Introducing the Bible Story
Write two headings on the board: “What God Had Done for the Israelites” and “What the Egyptians Had Done for the Israelites.” Brainstorm with the students. Then put up two more headings: “Desert Living” and “Egyptian Living.” Again brainstorm with the students the pros and cons of living in both places. Take a vote. How many would go into the desert with God versus how many would prefer to stay in Egypt? Say: The Israelites decided to follow God into the desert, but very soon they lost sight of why they were there and started complaining.

Experiencing the Story
Have volunteers take turns reading Exodus 16. Divide your class into groups of four or five. Write the situations listed below on small cards and give each group one. They are to role-play and have the rest of the class try to guess what part of the Israelite journey they are portraying.

Situation 1: Mothers and fathers trying to comfort their children.
Situation 2: Hungry Israelites wishing they had food to eat.
Situation 3: Tired Israelites (hurting feet, aching backs, etc.).
Situation 4: Israelites who did not like the food they were given.
Situation 5: Israelites disobeying God by gathering more food than they needed for that day.

Debriefing
After each group has completed their role play ask the students to examine Exodus 16 again. Ask: For what did the Israelites thank God? What could they have thanked God for? It is comforting to know that

We worship God by following His loving instructions for our lives.
Exploring the Bible

The Israelites disobeyed God’s commands several times during the wilderness journey. Referring to Exodus 16 again, ask students the following questions:

1. **What was the first Israelite complaint against God?**
   (You brought us into the wilderness to starve us to death [Exodus 16:3].) **What was God’s response?**
   (God tells Moses His plan to provide food for the Israelites [Exodus 16:4, 5].)

2. **What instructions did Moses give the Israelites concerning how they should gather their food?**
   (Have students read Exodus 16:6-8.) **How did Israel respond?**
   (Exodus 16:15-21.) **What happened?**
   (The manna spoiled.)

3. **Moses told them to gather one omer per person. What happened to those who collected more or less?**
   (Exodus 16:17, 18.) **What was God trying to teach the Israelites?**
   (2 Corinthians 8:13-15.)

4. **Why were the Israelites to gather twice as much on Friday?**
   (Exodus 16:22-26.) **What was God trying to teach them?**
   (The importance and value of the Sabbath, to trust completely in Him.)

5. **Why did God wait until the Israelites were complaining of hunger before He provided food for them?**
   (God wanted the Israelites to seek spiritual, not just physical, things.)

**We worship God by following His loving instructions for our lives.**

Accommodations for students with special needs

Make available a handout with the list of Bible references and questions from this activity in case there are students with visual impairments in your Sabbath School class.

---

**Scenario**

Read your students the following scenario: **Maxie has gone to visit some friends. She had promised to be home by 9:00 p.m. She knows that her parents are also out and will not be home until later. She is having a good time and wants to stay longer. Her friends urge her to stay.**

**Ask:** What would you do? Why? How is doing what your parents say like following what God says? When might be a time when it is OK to disobey an authority figure? (Only when what they want you to do conflicts with what God says.)

**We worship God by following His loving instructions for our lives.**
Chart It
Allow students to tell the class if they had the opportunity during the past week to share with someone an amazing experience they had when God miraculously helped them in a crisis situation.

Create a large chart with three columns. Head the columns (1) The Problem, (2) God’s Action, (3) Requested Human Action.

List problems the Israelites faced, what God did for them, and what He asked them to do. For example: (1) The people were hungry; (2) God provided food; (3) He asked them not to be lazy or greedy, to rest and think of Him one day, and to accept His provision for their need.

Say: Notice that God provides the resources and the power. We get to choose how to respond to His power.

We worship God by following His loving instructions for our lives.

Following God’s instruction shows Him that we trust His love and care for us. We believe that He will meet all our needs.

Debriefing
Ask: How do you feel, knowing God has provided for your needs and given you instructions to be able to accept His provision? With whom would you like to share this truth? How will you go about doing that? (Encourage serious sharing.)

Prayer and closing comments:
Use Psalm 1:1-3 as a benediction.

Reminder to parents:
Say: Check out the student Bible study guide to find Parents’ Pages for your use in family worship, or however you wish to use them to spiritually guide your children. You may listen to the podcast of the lesson online at www.juniорpowerpoints.org/podcast.php?channel=1.

Coming up next week:
Say: The Israelites face a longer day. We give thanks to God for the victories in our lives.
LESSON 6

Who’s in Charge?

Have you ever been on a campout or on a journey where there were no shops? How would you feel if you started running out of food and water? Would you panic, or trust God to provide for you?

Moses looked out over the entire Israelite community camped on the edge of the Desert of Sin. Just days ago they had been enjoying a beautiful oasis with springs, palm trees, and all the water everyone could drink. They had been thirsty; God had provided water. The water had been bitter; God had showed Moses how to make it sweet. But now they were facing the unknown again.

Moses could hear their grumbling. “Who are we? You are not grumbling against us, but against the Lord,” Moses said. “Come before the Lord, for he has heard your grumbling” (Exodus 16:8, 9).

Then Moses repeated to the Israelites the words of the Lord, “At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God” (verse 12).

At twilight, just as God had told Moses, a large migrating flock of quail covered the camp, and the Israelites, once again temporarily happy, stuffed themselves and forgot their fretting and frustrations.

In the morning, one by one, heads popped out of tent openings to observe a white, seedlike frost covering the ground outside. “What is it? What is it?” each person questioned another. Soon Moses answered their questions.

“It is the bread the Lord has given you to eat” (verse 15). God would provide this bread one day at a time, and the Israelites were to show their gratitude by carefully following God’s simple instructions: “Everyone is to gather as much as they need. Take an omer [about two quarts or two liters] for each person you have in your tent” (verse 16). The people obeyed the first part of the instructions.

Then Moses proclaimed the next step of the instructions, “No one is to keep any of it until morning” (verse 19). God wanted to give them what they needed every day. He wanted them to trust that He would provide for tomorrow. They only had to do each day what He had asked them to do.

Again the people returned to their dwellings. In each tent they were busy boiling or grinding and baking their “What Is It?” bread. It tasted good, like honey. In spite of God’s instructions through Moses, some of the people were worried that there would not be any tomorrow, and they put some aside.

In the morning the “What Is It?” bread that had been saved from the night before stank and was full of bugs, just as Moses had said. And just as God had promised, there was plenty more on the ground for that day’s needs. The people had to get out of bed and gather it before the sun got too hot and melted it.

This splendid arrangement went on day after day until it was the morning of the sixth day. Moses called the people together again. God had another step in His instructions. The Israelites were to gather twice as much “What Is It?” bread as they had on other days. This time it wouldn’t spoil. God wanted them to be resting and spending time with Him on the Sabbath day.

“Tomorrow,” Moses began, “is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning” (verse 23).

Again the people went out to gather their day’s food. As usual, some people followed the instructions God sent through Moses, and others did not. When Sabbath morning dawned, some people had food, and others went out to gather it. But, of course, there was none—just as God had said.

Moses looked at the disappointed people walking back to their tents. When would they learn that they were to quiet their hearts in prayer when they had needs and problems? They were to obey God’s simple instructions and praise Him for His miraculous provisions.
**KEY REFERENCES**
- Exodus 16
- *Patriarchs and Prophets*, chap. 26, pp. 291-302
- *The Bible Story* (1994), vol. 2, pp. 139-145 ("Food in the Desert")
- Our Beliefs nos. 7, 22, 14

**POWER TEXT**

“So Moses and Aaron said to all the Israelites, ‘In the evening you will know that it was the Lord who brought you out of Egypt, and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?’ (Exodus 16:6, 7).

**POWER POINT**

We worship God by following His loving instructions for our lives.

---

**Sabbath**
- **DO** Do the activity on page 47.
- **LEARN** Begin learning the power text.

**Sunday**
- **READ** Read Exodus 16:14-16 and "Who's in Charge?"
- **WRITE** Think of a time you doubted God's ability to provide for your needs. Write about it in your Bible study journal. Write about God's solution.
- **REVIEW** Review the power text.
- **PRAY** Thank God for supplying your needs.

**Monday**
- **READ** Read Exodus 16:17-21.
- **THINK** What happened to the Israelites when they did not follow God's instructions? What did they learn about God?
- **SHARE** Share with someone an experience during which God miraculously helped you in a crisis situation.
- **REVIEW** Review the power text.
- **PRAY** Praise God for giving simple instructions for a good life.

**Tuesday**
- **READ** Read Exodus 16:1-3.
- **RESEARCH** In your school library or on the computer, find out what a desert is like. How hot might it have been during the day? How cold might it have been at night? What did God provide to help with the problems of extreme temperature?
- **REVIEW** Review the power text.
- **PRAY** Thank God for something specific He provides to take care of you.

---

**Wednesday**
- **READ** Read Exodus 16:10.
- **THINK** What are things that you complain about to God? Write about them in your Bible study journal.
- **REVIEW** Review the power text.
- **PRAY** Ask God to help you obey His instructions for your life as an act of worshipping Him.

**Thursday**
- **READ** Read Exodus 16:27.
- **THINK** Do you think the Israelites would have been happier if they had obeyed God? In what ways?
- **SHARE** Talk with someone about how God meets your needs.
- **REVIEW** Review the power text.
- **PRAY** Ask God to impress you about other ways you can share Him with others.

**Friday**
- **READ** Read Exodus 16 again.
- **IMAGINE** Imagine that you are Moses. You have to organize thousands of people for a 300-mile journey through the desert. What are the first five things you would do?
- **REFLECT** How important was it for Moses and the Israelites to trust God? God heard their prayers and answered their cries because He loved them.
- **FINISH** Finish this statement: Because God loves me and wants me to trust Him, I plan to _____
- **SHARE** Share the power text with your family.
- **PRAY** Ask God to help you to always trust Him with the daily cares of your life.