



# FAITH AT HOME

Aldersgate Church ~ St. Louis Park, MN

## Week of October 10, 2021: Exodus 16:1-18

### Memory Verse

#### Exodus 16:4

*"Then the Lord said, 'I am going to rain bread from heaven for you.'"*

### Family Prayers

**Morning Prayer:** Good morning God. May your sunshine brighten my heart today. May your light guide my path. Help me to love my friends and family today. Amen.

#### Meal Time Prayer:

God, thank you for this meal. Help us all to take only our fair share, so that all of your children may be fed. Thank you for our daily bread. Amen.

#### Bedtime Blessing\*:

A healthy life we ask of you  
The fire of love in us renew,  
And when the dawn new light will bring  
Your praise and glory we shall sing.

\*Evangelical Lutheran Worship #567  
(verse 3)

### The Story: Enough for Today

Once upon a long time ago, a big crowd of people was on a long journey across a desert. God loved every one of them. God had rescued them from a king who had been cruel to them. Now they were walking for miles and miles to a new country far away from the cruel king.

There was one big problem about being in the desert. There was hardly anything to eat there. Oh dear. All the people became very hungry. But God loved them and cared about them.



So God sent them food from heaven! God's special food was like bread, and there was enough for all the people to fill their tummy for one day. God promised to send more food the next day.

Let's imagine two friends in that big crowd: Abi and Eli. Imagine what they thought when they saw the bread after being so hungry.

Abi thought: "Did God really say there would be food tomorrow? What if there isn't? Maybe I should take more than enough for now, so that I'll not go hungry tomorrow." So Abi took not just one little loaf of bread, but three! Then she met

## Craft Corner:

### What Emotions? (Age 3-5)

*You will need: emojis sheet, either as is or the black & white. If using the black & white, have kids color it first.* Then retell the story, encouraging the children to find the emoji that describes how the subjects in the story was feeling – happy, sad, hungry, angry, and so on. Once you have completed this tell the children about a day you have had and ask them to select the emoji that shows how you were feeling. Or ask the children what they are feeling. Talk about what makes them sad and happy. The sheets could also be reproduced, laminated (clear contact paper) and used in other ways for teaching emotions, etc.

### Important Dates ( age6-12):

*You will need: paper, pencils or pens* The passage gives an exact date for when this event took place which shows how important the event was to the writer. What dates are important to us and why? Discuss dates important to your family, school, and other areas of society. This could lead to a discussion of dates that may no longer be important for social justice reasons, i.e. Columbus Day, etc.

Eli.

Eli had only picked up one loaf, just enough to eat for one day. Abi held out one of her extra loaves. “Eli, take this extra food. Then we’ll each have one for tomorrow!”

But Eli said, “No, Abi, don’t you remember God said we should just take enough for today. If we take more than we need, someone else will still be hungry!”

“But how can we be sure there will be more tomorrow?” said Abi, hiding her extra loaf under her coat. “I don’t want to be hungry!”

“We’ll be alright, Abi,” said Eli. “God will look after us. We can trust that there will be enough food every day, just the right amount for everyone, so long as nobody starts worrying and taking more than they need!”

Abi felt the extra loaf as she clutched it tightly. Maybe Eli was right. But oh dear, it was hard to believe that if everyone got just enough to eat today, God would definitely send more tomorrow. But then, what if somebody was hungry right now because of the extra bread that Abi had taken?

- What do you think Abi decided to do?
- What would you have done if you had been there long ago in the desert?

## Game: Follow the Leader (any age)

Moses was a leader and the people were following him. Go to the backyard or a park, walking, skipping, running, jumping asking the children to follow you. Is anybody complaining? Why? Exaggeration or a higher level of difficulty may be needed to solicit complaining. Then process that in relation to the passage



# How Do You Feel?



Happy



Sad



Excited



Confused



Surprised



Angry



Bored



Hungry

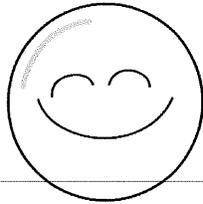


Cool

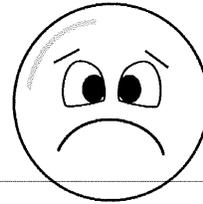


Embarrassed

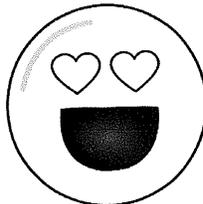
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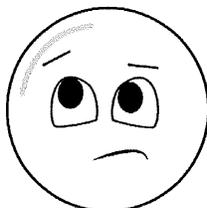
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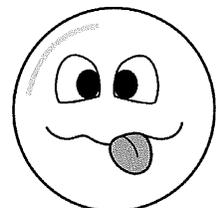
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