

Help for the journey

The people of Israel having escaped from the Egyptians, then had to spend forty years in the desert before they were ready to enter the promised land.

During that time God looked after them giving them all they needed, so that they learnt to trust in him as never before. As well as feeding them and giving them fresh water each day God gave them rules to live by so that they would be happy and be able to live together without arguing or having fights. These rules were called the Ten Commandments, and still form the basis of many of our present day laws.

Story: [Moses in the wilderness](#) - Saddleback Kids

Craft: Colour in the picture - it shows people collecting up one of the special foods called manna that God sent each morning. Do you remember what other special food God sent for them to eat? Now take a look at the second sheet and see if you can find which two drawings are exactly alike. You may like to colour this in as well.

Song time: [Step by Step](#) - Cedarhurst Kids

Prayer time:

Loving God we thank you that you look after us
and can feed and guide us day by day.

Just as the people of Israel had to wait until the time was right
help us to be patient and to trust in you.

As we journey on help us not to become to 'set in our ways',
but to learn new skills that will help us build a better world

In the name of Jesus we pray. Amen.

Song time: [Moses, I know you're the man](#)

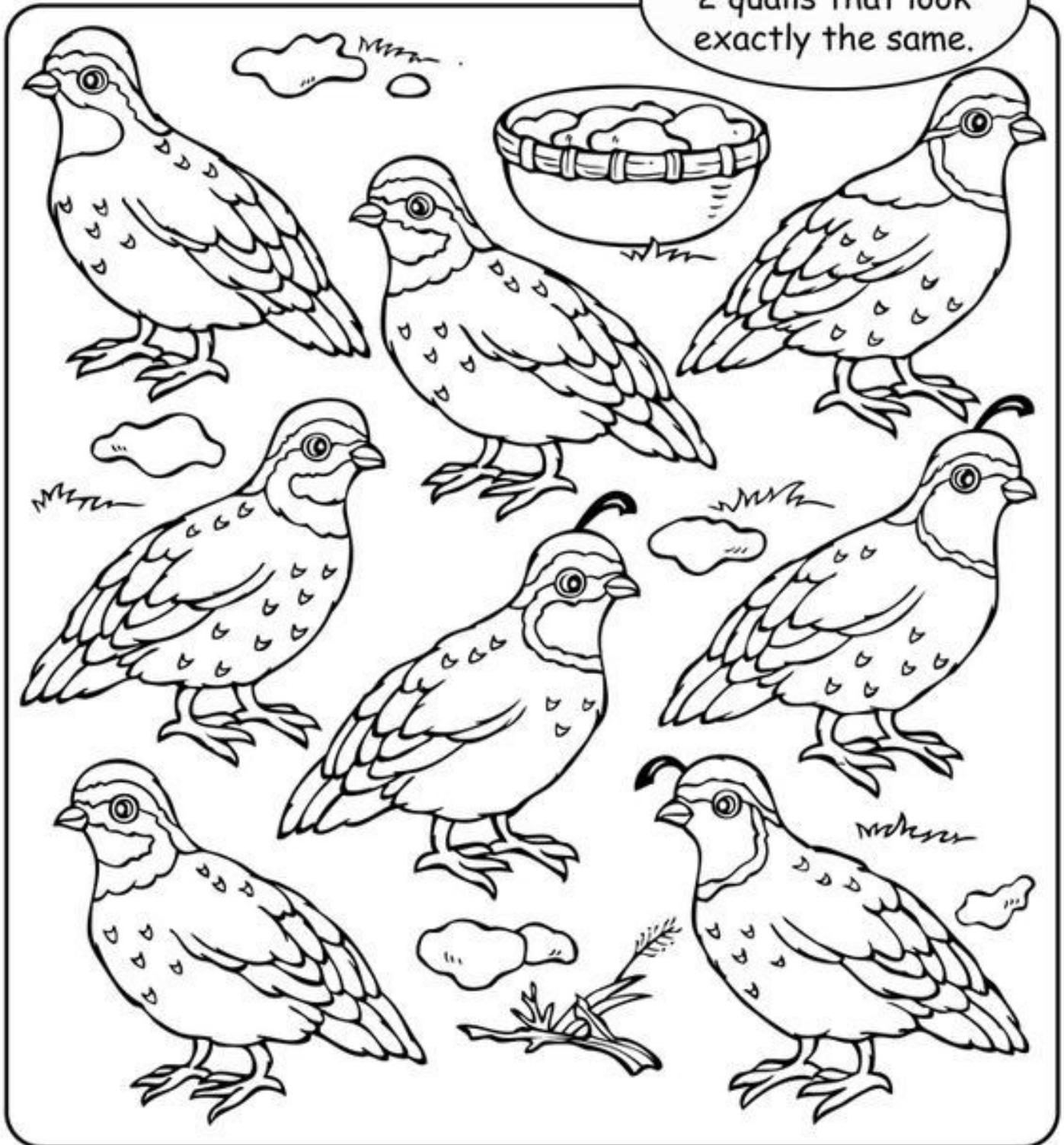
Activity: Ten commandments treasure hunt. See attached sheet.





SPECIAL FOOD: MANNA & QUAIL

Find and circle
2 quails that look
exactly the same.



After the Israelites left Egypt, God sent quails for meat and gave them manna for bread to eat in the wilderness. The Israelites ate manna for forty years. God took care of them. (Exodus 16)

Ten Commandments Treasure Hunt

Parents, Cut out the commandments on this sheet and hide them around the room.

Children, Now see if you can find all ten.

Together: Check out [Exodus Chapter 20 vs. 1-17](#). and place the commandments in the right order on the sheet.



The Ten Commandments

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