



Day 2

≡ STAYCATION BIBLE SCHOOL ≡ Our Daily Bread Café

DAY 2

God provides food from the sky

Scripture reference:

Exodus 16:1-30; Matthew 6:9-14

Sense:

Touch

Verse of the day:

Then the Lord said to Moses, "I'm going to make bread rain down from the sky for you. The people will go out each day and gather just enough for that day. In this way, I'll test them to see whether or not they follow my instruction." (*Exodus 16:4*)

Catch phrase:

Taste and see what God PROVIDED!

Theme of the day:

Touch/feel and know that the Lord is good!



Basic ingredient list

- ❑ A candle
- ❑ Our Daily Bread Café placemat for each child
- ❑ A children's story Bible or Bible
- ❑ Any visuals/pictures you want to use for the Bible story
- ❑ A Gratitude Café Journal (1 for each child)
- ❑ Daily craft/game/cooking supplies
- ❑ Simple snack (if you have snack time)
- ❑ Ability to stream the Spotify playlist
- ❑ Access to YouTube (or watch ahead of time and teach the YouTube Dances)
- ❑ Favorite drink/sweet treat for the Gratitude Cafe



SETTING THE TABLE

Each day you will need your worship cloth and candle. In this opening time, you will listen to a song for the day, and center your hearts and minds to prepare for SBS.

1. Lay out your worship cloth and place the candle on top.
2. Light the candle to represent the light of Christ present with you.
3. Share one thing you:
 - * Hope to learn today,
 - * Are joyful for today,
 - * Are wondering,
 - * You want to share, or
 - * Are excited about.



Praise God with a song!

Choose a song from the **Plate-it-up Playlist** (pres-outlook.org/SBSplaylist) or use today's daily suggestion!

Today's song: "He's Got the Whole World in His Hands"



above: Spotify code to scan for playlist



Open with prayer

Daily opening call-and-response prayer

Host: Taste and see...

Guests: The Lord is good!

All: Praise God.

Guests: Taste and see...

Host: What God created!

All: Praise God.

Host: We give God thanks for our day!

All: Good morning, God, we say.

Guests: Taste and see...

Host: God is good!

Guests: All the time!

Host: All the time...

Guests: God is good! Praise God!

All: Amen.



TODAY'S STARTER

Intro game: What is it?

To prepare for this game, find 5-10 small items around your house that your kids are familiar with (examples: an orange, hair brush, toy car, dice, puzzle piece, etc.).

Option 1:

Put each item in a brown paper bag (a lunch bag is great) and fold it or close it in such a way the kids can't see inside. Have them put their hands inside the bag and try to guess the item based on just touching the item.

Option 2:

Put each item in a sock and fold or tie the top of the sock. Instead of putting your hand inside the sock, you must feel the item through the sock and guess what it is.

Play a second time. But this time have your children take turns finding items and get you guessing.



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Explore Psalm 34:8

EXPLORE TOGETHER:

1. Get the play dough that you made on Day 1.
2. Listen to the song "Taste and See the Lord is Good" by Yancy and Little Praise Party. As you listen, play with the play dough, feel it in your hands and try to mold or create something you hear in the song.
3. Share together what you created.

A note for the host: Today you are going to explore with your guests how you "touch" or "feel" God. Wow, this one could be really hard! The first thing that comes to my mind is when I put my hands in water. It doesn't matter if it's the water that comes from my sink, the hose outside or the stream my kids like to play in, when I feel water running through my fingers, I just know that God is near. In a world where we have not been allowed to touch or hug others, I know God is near when I hug my kids. I even knew God was around when I elbow-bumped my best friend this year. It's as if God was saying, "I know this is hard, but I am with you." What are some ways you "touch and know that God is good"? Be ready with some of your ideas as you help your guests brainstorm.



Create together

- Get out your theme verse poster. Today you will update it with "touch." Brainstorm ideas to write or add to your collage.
- Attach "touch" to your Bible verse poster.



THE MAIN MEAL: Taste and see how God provides



Lesson goals

Your family will discover:

- A time when God's people complained and wondered where they would find food.
- That God provided exactly what they needed — no more and no less.
- That manna means “what is it?” — because the people asked “what is it?” when they saw the bread on the ground.
- Ways that God provides for our needs.
- What it means to pray “Give us this day our daily bread.”

A note for the host: Do you ever hear your children or grandchildren complain, “We are hungry!”? My children are always hungry and always needing a snack! Every time my children ask for a snack, I think about the Israelites complaining in the desert. And I wonder if God was as frustrated with them as I get with my kids. My children don't ever seem to remember that I almost always have a snack at the ready, but they do remember when I forget a snack. This story is a wonderful example of how God listens to the complaints of those that God cares for and how God responds. Think about ways that God might be providing for you and your family in the 21st century. There might not be manna on the ground, but there has probably been a time when you have been surprised by abundance.

In addition to this story from Exodus, you are encouraged to read from Matthew today. These verses from Matthew are the Lord's Prayer. You will want to focus on these words: “Give us this day our daily bread.” These two Scripture passages are an Old and New Testament link to understanding and discovering that God gives us what we need, perhaps not what we want.



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Read the story together

1. Invite your guests to gather at the table around the worship cloth. It's time to hear today's story!
2. Show them your Bible, and share with them that you are going to read stories from the Old Testament and the New Testament. Discover what they know about the two different Testaments. Share with them what makes them different and what makes them the same.
3. Today's first story is from the book of Exodus. It's the second book of the Bible. It's the story of God's people, the Israelites. They were once enslaved in Egypt, but Moses (with God's help) helped the people escape Egypt. Now they are wandering in the desert and they are very, very cranky, hungry and upset.
4. Read the story (choose a story Bible, or read from the CEB translation).
5. When you finish reading the Exodus story, show your guests where the next story is. Now, we are going to read from the New Testament. This story comes from a time when Jesus was teaching others. Today, he is teaching them how to pray (read Matthew 6:9-14).



Wonder together

1. I wonder, is the reading from Matthew familiar? Where have you heard it before?
2. What do you think it means to pray, "give us this day our daily bread"? What is daily bread for your family?
3. What is the difference between a need and a want? Does God give us what we want? Does God provide us with what we need?
4. What do you need each day to be healthy and grow?
5. I wonder: Have you ever felt like the Israelites — hungry, tired and complaining? How did you feel?
6. When God told Moses that bread would rain from heaven, how much did God tell the people to gather?
7. Why do you think God told the people to only gather enough for one day?
8. God provided just what they needed, no more and no less. Why do you think God did that?



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9. The only difference is on the 6th day. God told the people to gather enough for two days. Do you know why? (God gave them enough so they could rest on the Sabbath.)
10. Why do you think God chose to provide this food to the Israelites, even though they were complaining? (God loved them, God cared for them, and God wanted them to know that God was the one providing for them.)
11. How does God provide us with what we need today?
12. Play together. Have some fun with the story. Find some small items (pom poms, beads, torn white pieces of paper, etc.). Invite your guests to pretend to sleep, then spread the small items on the floor. As they wake up, have them ask, "What is it?" Respond that it's manna, daily bread from God! And have them run around and collect the manna.

Daily Placemat and Table Talk

After you read the story and have some discussion time together, get out today's Daily Placemat. Take some time to answer the "I wonder" question and color your placemat. You can read the Table Talk questions now, or you can save them for snack time.



Break Time: Daily Dance Party and the Plate-it-up Playlist

Everyone needs a break! In our family we do dance parties in the kitchen. There are so many ways to start a dance party! We usually ask our smart speaker to play a song and then we dance! Find ways throughout your day to create a "dance party." Pick a song to play, or use the SBS Plate-it-up Playlist of music and movement videos that can be found on YouTube: pres-outlook.org/SBSenergizers.

You don't have to play the videos. If your kids are done with screen time, use the videos for inspiration. If you would like to lead some kind of brain break/energizer, these are great examples that you can watch and then teach your family.

Check out the SBS Plate-it-up Playlist on Spotify with song suggestions that go with this year's theme (pres-outlook.org/SBSplaylist).



above: Spotify code to scan for playlist



SIDE SURPRISES!



SIDE 1: CAFÉ CREATIONS (ARTS AND CRAFTS)

Today's craft choices explore the topic of giving thanks for daily bread, and will have you mixing basic ingredients to create items to use with your own works of creation! All day, you will be asking "What is it?"

Craft 1: Table Grace Jar

You can keep this jar on your kitchen table and use it as a resource to learn different table graces.



MATERIALS:

- A large jar/container/box (some ideas: an old vase, an oatmeal container, a bucket)
- Smaller pieces of paper (any kind: construction, card stock, white paper)
- Things to decorate your jar

DIRECTIONS:

- Find the jar or container you are going to use.
- Decorate it with appropriate materials (you can glue stuff to it or draw on it).
- Find different table graces (search the internet or ask people you know). There are 5 included in this SBS material. (Maybe parents or grandparents have a favorite one from their childhood.) Check out the book "**Peanut Butter and Jelly Prayers**" by Julie B. Sevig for some really fun ideas.
- Write down the table graces onto smaller paper.
- Fill your Table Grace Jar with table graces.

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Church connection point>>> Have families share pictures of their jars and share some of their table graces. Make an all-church table grace book to share with your community. This is another fun video or PowerPoint option.

Craft 2: Make your own puffy paint

This recipe makes a small amount. Repeat this recipe for each color you would like to make.

MATERIALS:



- Shaving cream
- Glue
- Food coloring
- Popsicle sticks, paintbrushes or squeeze bottles
- Card stock
- **Option:** acrylic paints

DIRECTIONS:

1. Mix 1/4 cup shaving cream, 1/4 cup glue and 2 drops of food coloring in a bowl.
2. Repeat making as many colors as you would like.
3. You can paint on cardstock using paintbrushes. Another option is to add the paint to squeeze bottles and paint using that technique.

Craft 3: Oobleck

Oobleck is non-Newtonian fluid — and many ask: Is it a solid or a liquid? (What is it?) It's actually both, depending on what kind of pressure you put on it. If you press it together in your hands, it is more like a solid, but if you let it run through your fingers, it's more like a liquid.

MATERIALS:

- 2 cups cornstarch
- 1 cup water
- Food coloring

DIRECTIONS:

1. Put the cornstarch in a bowl.
2. Add the water and food coloring, and mix everything together.





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3. **Option:** Make different color ooblecks. It is suggested that you don't try to mix two types of food coloring in one bowl to make a new color. Instead, make a bowl of red oobleck and a bowl of blue oobleck, and then mix/play together to see if it creates a new color.
4. You can paint a picture with the oobleck.
5. Create an "oobleck kitchen" (like a mud kitchen). Give your guests several colors of oobleck, strainers, strawberry baskets, bowls, spoons, etc. — and have fun creating.



SIDE 2: KITCHEN FIXINS BOOKS AND TREATS

Books of the day:

- **"It Looked Like Spilt Milk"** by Charles Shaw
- **"Blueberries for Sal"** by Robert McCloskey

(Remember, if you want to watch a video of the story, visit our YouTube playlist: pres-outlook.org/SBSbooks)

There are two stories suggested for today. You can read them both and talk about the different themes as they relate to the story, or you can choose one. The "treat" works with both.

"It Looked Like Spilt Milk" reminds us of the question the Israelites asked when they saw the manna: What is it? All through the story we hear "it looks like..." until the very end when we learn what "it really is." (Spoiler alert: it's a cloud.) After you read the story, ask your guests: Have you ever gone out to look at the clouds? Go outside, lie down on the grass and look up! What do you see? Do you see spilled milk? Or do you see a great big fish? Where have you been surprised by something that looks like something else?

"Blueberries for Sal" is a classic book. In this story, the mother and her child are off to pick blueberries and the plan is to "can" the blueberries so they have food for the winter. Many children probably don't know a lot about the canning process. You can explore the idea in this video: youtu.be/jjj77eJL9UA. We also meet a bear cub and her mother, eating their way through the blueberries and storing



their food in their bodies for when they hibernate. This story reminds us of how God provides for all of creation. Through blueberries, grown on the side of a mountain, the people and the bears collect what they need to prepare for later. While many of us don't can anymore, think about some ways your family takes food provided today and saves it for later.

The treat today is loosely based on both stories. The "fluff" dip reminds us of the clouds and the question "what is it?" The fruit dippers remind us of the ways God uses fruit grown in the ground and on trees to provide for our needs.



Treat of the Day

Fluffy fruit dip

INGREDIENTS:

- 1 jar marshmallow fluff
- 8 oz. cream cheese (softened)
- 8 oz. Cool Whip
- Fruit for dipping (blueberries, apple slices, etc.)

DIRECTIONS:

- Cream together marshmallow cream and cream cheese with a mixer for about 1-2 minutes — until totally smooth.
- Carefully fold Cool Whip into the mixture.
- Serve with your favorite fruit.
- Cover and store in an airtight container in the fridge for up to 4 days.



MIX-IT KIT: Pretzel mix

We can have fun with today's mix and ask the question: What is it? Instead of making traditional pretzel shapes, make fun shapes and keep your family asking, "what is it?"

DRY INGREDIENTS:

- 1 package yeast
- 2 cups flour
- 1/2 tsp. salt
- 1 tablespoon sugar

WET INGREDIENTS:

- 3/4 cup warm water
- 1 egg



DIRECTIONS:

- Put the flour and salt into 1 bag. Include the package of yeast (or put 2 1/4 tsp. of yeast in a separate bag and make sure it's labeled).

(Tag instructions) Preheat the oven to 400. Sprinkle the yeast packet into 3/4 cup warm water. Add 1 tablespoon of sugar. Stir. Let this mixture stand until it foams. Put the dry ingredient mixture into a bowl. Add the yeast mixture and stir. Sprinkle flour on the counter and knead the dough until it's smooth. Roll pieces of dough into ropes and make fun or traditional pretzel shapes. If you choose to make creative shapes, have fun asking your family and friends, "what is it?" Lay pretzels on a cooking sheet. Beat 1 egg. Lightly brush egg mixture over your pretzels. Sprinkle salt or cinnamon sugar on top. Bake your pretzel for 15 minutes or until they are golden brown.



SIDE 3: PULL UP A CHAIR (SNACK TIME)



Daily table grace: God is great

God is great, and God is good. Let us thank God for our food. By God's hands we all are fed, thank you Lord for daily bread. Amen.



Simple Snack

Touch and see what God provided. The Israelites woke up and manna had fallen to the ground. They asked, "What is it?"

Option 1:

Popcorn (*When it falls to the ground, it looks like manna.*)

Option 2:

Rice crispy treats (*What is it — cereal or a treat?*)

Option 3:

Frozen dipped berries

(*What is it — a sweet treat or something healthy?*)



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INGREDIENTS:

- 1 1/2 cup Greek yogurt
- 2 tablespoon honey
- 2 dozen fresh strawberries
- 1 cup fresh blueberries

YOU'LL NEED:

- Baking sheet
- Waxed paper (or parchment paper)
- 1 skewer

DIRECTIONS:

1. Mix yogurt and honey together in a small bowl.
2. Line baking sheet with waxed paper.
3. Stick the skewer into the berry, dip and swirl in yogurt.
4. Place the coated berry on the baking sheet and remove skewer.
5. Continue until all the berries are coated.
6. Freeze for at least one hour before eating.
7. Berries can be frozen longer; if so, leave on the counter to soften slightly before eating.



Books of the day:

- **"It Looked Like Spilt Milk"** by Charles Shaw
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SIDE 4:

ALL-YOU-CAN-PLAY BUFFET

Choose a game or two from the All-you-can-play Buffet list.



SIDE 5: SERVICE WITH A SMILE: A DAILY MISSION FOCUS



Sharing all we have

In today's story we read about how God would provide food each day for God's people to eat. In the story God told them to collect what they needed for that day, and not to save it for another day. When they did try to save it, the manna would rot overnight. God provides for our food needs, and if we don't use it or share it, it will rot and go bad. Today you are going to explore "gleaning," which is a method of collecting leftover food and sharing it with those who need it.

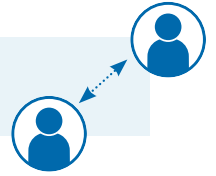


Explore:

1. Watch this video about the Society of St. Andrew: youtu.be/iQHWLmP02S8. Listen carefully for the word "gleaning."
2. Wonder together: What is gleaning? Can you describe gleaning in your own words?
3. In the video, the director said that gleaning helps many people. Name some ways that gleaning helps:
 - The hungry
 - Feeding agencies
 - Farmers
 - Volunteers
 - The planet
4. Are there opportunities to glean in your community? Visit the Society of St. Andrew website (endhunger.org) to see what is happening in your community.
5. Share a **simple meal** for your lunch or dinner today. Simple suppers remind us of the basic foods many food insecure people have and help us be more aware of the need in our community. Suggestions for a simple meal include: rice and beans; a baked potato with butter; or a bowl of soup with a slice of bread.



Check in with your Cooking Companion



DELIGHTFUL DESSERTS AT THE GRATITUDE CAFÉ

End your day with a time of celebration and thankfulness. Isn't it wonderful to start our day and end our day sitting around the table with family and friends?

Prepare your table:

1. Set out the worship cloth and candle.
2. Bring whatever drink or food you would like to eat as you share together.



Give thanks:

Let's think about what we should give thanks for today!

1. Play some quiet meditation music while you write in your journal. (Suggestion: "Come Ye Children of the Lord" by Paul Cardell on the [SBS Spotify playlist](#).)
2. After a time of silent writing, say, "Let's share the things we are thankful for with one another." Take turns sharing.
3. Once everyone has shared, end your time of gratitude by saying, "God, we are thankful for all of these blessings, Amen."
4. Give thanks with song. Play "Lord I Thank You" by Yancy and Little Praise Party on the Plate-it-up Playlist. Grab a kitchen instrument (pots, pans, and spoons) and sing, dance, and give thanks.

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End your day with prayer.

Closing call-and-response prayer

Host: Taste and see...

Guests: The Lord is good!

All: Praise God.

Guests: Taste and see...

Host: What God created!

All: Praise God.

Host: We give God thanks for...

(name what you listed in your gratitude journal).

All: Praise God.

Guests: Taste and see...

Host: God is good!

Guests: All the time!

Host: All the time...

Guests: God is good! Praise God!

All: Amen.