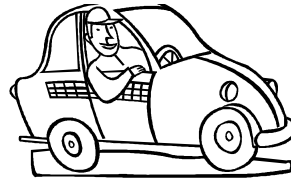
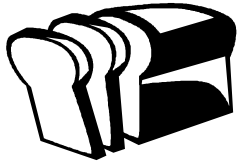


Some of the things God provides are shown here. Draw or write some more.



And my God will meet all your needs according to his glorious riches in Christ Jesus. **Philippians 4:19^{NIV}**

Food and Water

Sabbath

Have you ever done something that was hard but fun at the same time? Perhaps a hike or a campout?

What was hard or bad?

What was good or fun?

As a Pathfinder, I took part in the North NSW Expedition every year. A long weekend filled with walking, climbing and for the older groups, carrying everything needed on your back. Sleeping on a thin mat on the ground, wearing the same clothes all weekend, no bathroom facilities and total exhausted by the end of the weekend. Then having to go to school the next day; hobbling around with sore legs and feet. It doesn't sound good does it? – But by the time a year had passed, I would be keen to do it all over again. After a year, I could laugh at the hard things and the things I really remembered was the challenge of using the map to figure out where to go, the beauty of the country, snaking on dried fruit and nuts and sitting around the camp fire. Time changes how we remember things.



Sunday

Moses led the people of Israel away from the Red Sea and into the desert; they travelled for three days without finding any water until they came to the oasis of Marah. But the water was too bitter to drink so the people complained to Moses.



They had forgotten how God had sent the plagues and then led them through the red sea, surely God who could do those things could provide good water for them.

Moses prayed to God, and God showed him a piece of wood; when Moses threw the wood into the water, the water became good to drink.

God promised the people that if they did what He said, He would protect them from the many diseases that happened in Egypt.

They continued on their journey, but a few weeks later they started complaining again; this time they complained about the food. They said, "We should have stayed in Egypt; we were slaves, but at least we had meat and bread to eat."

They had forgotten how hard they had to work as slaves; they had forgotten that Pharaoh had ordered the baby boys be thrown in the Nile River.

Time had changed their memory and now they remember the good things about their stay in Egypt rather than the bad. On the other hand, they were also forgetting how God had led them out of Egypt, the plagues, the Red Sea, and how God had already performed a miracle to make the water good for them. They just had to ask.

Friday

When you are an adult, you will have to choose what to watch, play and listen to, but until then your parents will make most of these decisions. Have you ever wished that they would let you watch some TV show, or play a certain game, or listen to a particular song?

Make a list of anything you can think of that your parents won't let you do.

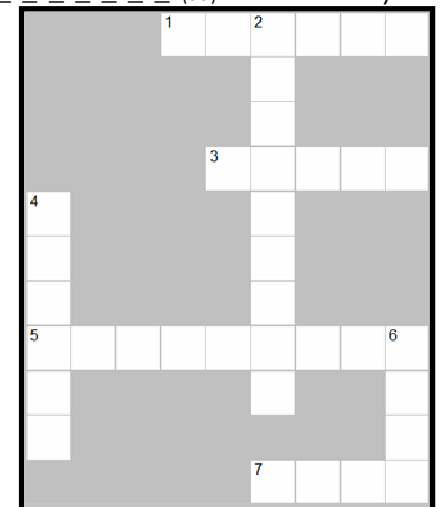
Fill in the missing words from Philippians 4:8^{NLT} and use them to solve the crosswords.

"And now, dear brothers and sisters, on final thing. Fix your thoughts on what is _ _ _ _ (6d), and honourable, and _ _ _ _ (3a), and _ _ _ _ (7a), and _ _ _ _ _ (4d), and _ _ _ _ _ _ _ _ (2d). Think about things that are _ _ _ _ _ _ _ _ (5a) and worthy of _ _ _ _ _ (1a)."

Think about the things on your list. Put a tick or cross next to each one to show if it meets all the words in the crossword.

Even when you don't understand why your parents make certain decisions, you should remember the words of Ephesians 6:1, 2.

Look them up now.



Thursday

What you see, do and think affects what you feel and think both immediately and in the future. What you learn as a child will affect you for the rest of your life.

Wise King Solomon wrote, "Start children off on the way they should go, and even when they are old they will not turn from it." Proverbs 22:6^{NIV}

Moses wrote, "And you must love the Lord your God with all your heart, all your soul, and all your strength. And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up." Deuteronomy 5:4-7^{NLT}

Paul wrote, "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." Philippians 4:6-8^{NLT}

Find the underlined words in the grid. If you want an extra challenge, find the other words from these verses too. Each word is only in the grid once.

F	R	O	M		A	B	O	U	T	A	A	W		A	T		O	G	O	I	N	G	O	D			
W		C	H	I	L	D	R	E	N	O	T	N	L	A	C	M	B		R	F	I	N	A	L	O	V	E
I	W	H	O	L	E	H	E	A	R	T	E	D	L	Y	O	U	R	S	E	L	V	E	S	T	A	R	T
T	O	E	N	O	X	O	V	D	S	H	O	U	L	D	M	S	O	T	P	O	I	T	O	H	G	I	H
H	R	A	O	V	C	M	E	M	C	O	M	M	I	T	M	T	T	R	E	R	N	O	U	E	A	G	E
R	T	R	U	E	E	E	N	I	P	U	R	E	S	U	A	H	H	E	A	D	G	O	L	Y	I	H	S
O	H	T	R	L	L	W	A	R	E	G			R	N	A	E	N	T	H	I	N	G	S	N	T	E	
A	Y	O	A	Y	L	H	T	A	W	H	E	N		N	D	T	R	G	E	T	T	I	N	G	T	H	E
D	O	D	B	D	E	A	R	B	I	T	P	R	A	I	S	E	S	T	H	I	N	G	O	F	F	I	X
U	A	L		N	T	U	L	L	S	I	S	T	E	R	S	T	H	E	M	O	O	L	D	O	N	T	
R	Y	E		T		E	E	L	Y	O	U	P	B	E	D	O	N	E		W	N	T	A	L	K		

Monday

God heard them and the next evening God sent vast numbers of quail which flew in and covered the camp, so there was plenty of meat to eat. He also promised to send bread.



The very next morning, the ground around the camp was wet with dew and when the dew evaporated, something like frost remained on the ground. Moses said, "It is the food from God! Each family should gather what they need for today."

But some people didn't obey and gathered extra to keep for tomorrow. The next morning they found it had a terrible smell!

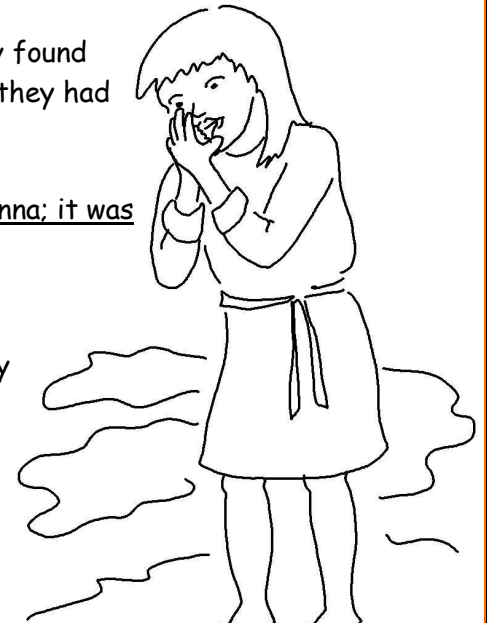
So early, every morning, the people collected the food and when the sun became hot any that remained melted and disappeared.

On Friday, Moses told them to collect twice as much; he said "The seventh day is the Sabbath; there will be no food to collect then."

When Sabbath morning came they found none on the ground, but the food they had saved on Friday was still good!

The Israelites called the food manna; it was white and tasted like honey.

From that time on, the people of Israel had manna to eat, until they came to the border of the Promised Land.



Tuesday

Did God let the Israelites starve? Find the underlined words from Sunday and Monday.

Imagine you lived with the Israelites. How many different ways can you think of to eat manna? Make up some more recipes.

- Mixed in water and boiled to make a soup.
- Served cold or hot with dried fruit or nuts like a rice pudding.

F E W D F R O M H E A V E
N F A E C D F R O M H E N
A I S R A E L I T E S V U
E N F E L D F R A O E M M
H E M A L V E N S F M E B
D W A F E R S F T R T H E
O M N H D E A V E E N F R
E D N F R O G O D M H E S
A V A S T V E N F E D F R
O M H E H A Q U A I L V E
W H I T E N F E D F I R I
O O M H E A V E N F K E T
A N D D F O O D F R E O M
H E E A V F E N F E D F R
O Y M H E A V E N F E D F

Wednesday

How would you describe the people of Israel? Cross out the other words to leave your answers.

Patient or impatient? Trusting or doubting?

Peaceful or worrying? Polite or complaining?

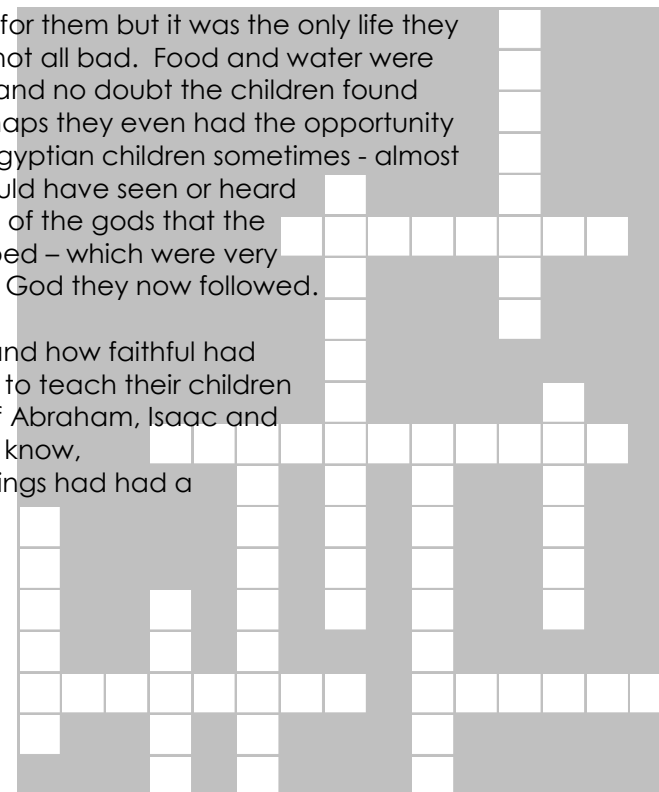
Optimistic (expecting good) or pessimistic (expecting bad)?

You must remember that the Israelites had grown up in Egypt, in a land of slavery and idols; they worked long hard hours, and often lived with fear. In Exodus 3:7, 8^{NIV}, God said to Moses, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering."

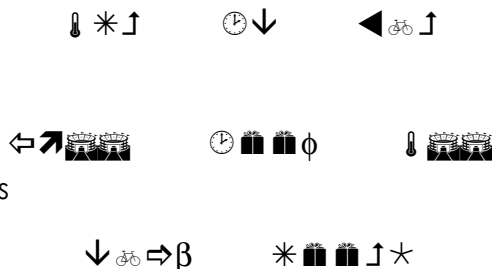
Life was not easy for them but it was the only life they knew and it was not all bad. Food and water were plentiful in Egypt and no doubt the children found time to play; perhaps they even had the opportunity to play with the Egyptian children sometimes - almost certainly they would have seen or heard about the statues of the gods that the Egyptians worshiped - which were very different from the God they now followed.

How much time and how faithful had the parents been to teach their children about the God of Abraham, Isaac and Jacob? We don't know, but all of these things had had a negative effect on the Israelites and now they needed to learn to trust and rely on God.

Fit the underlined words in the grid.



A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z



Here is an important message that the Israelites kept forgetting in Philippians 4:19^{NIV}