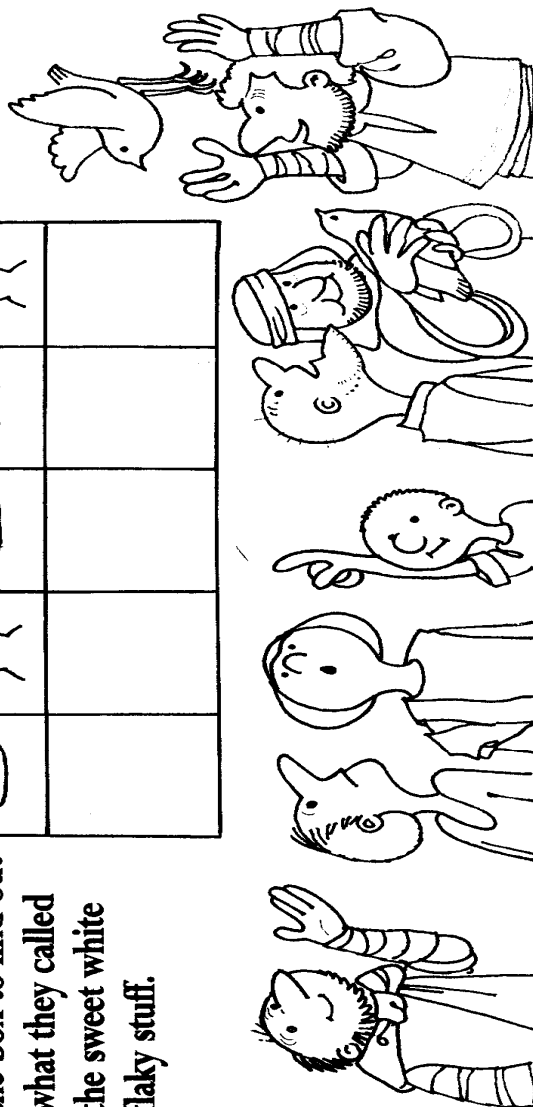


What is it?

Exodus 16:15

Put the first letter of each picture in the box to find out what they called the sweet white flaky stuff.



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Anglican Church of Australia

Diocese of Riverina

Children's Sunday
Workbook



The Seventeenth Sunday after Pentecost 20 September, 2026

Exodus, Chapter 16:13,35

Moses told them, "It's the bread GOD has given you to eat. The Israelites ate the manna for forty years until they arrived at the land where they would settle down. They ate manna until they reached the border into Canaan.

Father, you always provide the things that we need. Help me to be happy with what you provide, and willing to share all that I have with others. **Amen.**

BREAD FROM HEAVEN

(EXODUS 16:4-35)



"And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan."

Manna from Heaven

Complete the sentences by filling in the blanks with the correct words from the word bank at the bottom of the page.



In the desert the whole community _____ against Moses and Aaron. The Israelites said to them, "If only we had died by the LORD's hand in _____! There we sat around pots of meat and ate all the _____ we wanted, but you have brought us out into this desert to _____ this entire assembly to death."

Then the LORD said to Moses, "I will rain down _____ from heaven for you. The people are to go out each day and _____ enough for that day. In this way I will test them and see whether they will follow my instructions. On the _____ day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days."

When the dew was gone, thin _____ like frost on the _____ appeared on the desert floor. When the Israelites saw it, they said to each other, "What is it?" For they did not _____ what it was. Moses said to them, "It is the bread the LORD has given you to eat."

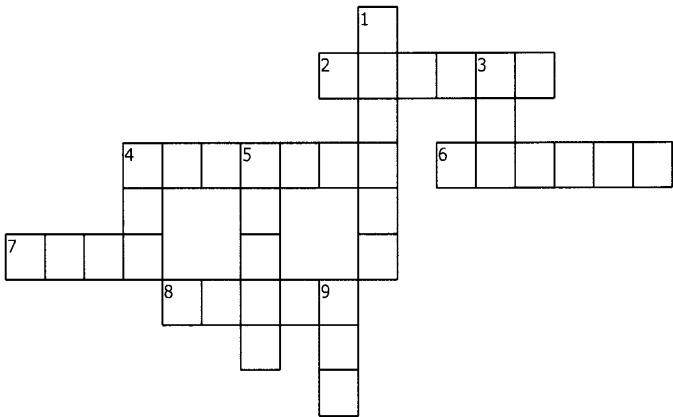
Exodus 16:1-2, 14-15 (NIV)

flakes	know	grumbled	Egypt	food
gather	starve	ground	sixth	bread

Manna from Heaven

When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was. Exodus 16:15a (NIV)

Based on Exodus 16:2-15 (NIV)



ACROSS

- 2. The place where God and the angels live
- 4. To complain; express dissatisfaction
- 6. To suffer or die because there is not enough food to eat
- 7. Things we eat to keep us alive and help us to grow
- 8. A food made from four and water, shaped into loaves, and baked

DOWN

- 1. A large, dry area where there is very little rain
- 3. To take food into the body through the mouth
- 4. The creator of heaven and earth
- 5. The Hebrew prophet who led the Israelites from Egypt
- 9. The 24-hour period during which the earth completes one rotation.

DAY	GRUMBLE	BREAD	STARVE	HEAVEN
EAT	DESERT	MOSES	GOD	FOOD





**Draw in here your
favourite food.**



Manna from Heaven

When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was. Exodus 16:15a (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
F	I	G	B	D	X	U	T	M	L	P	W	V	A	E	Y	C	O	S	Z	R	J	H	K	Q	N

- 19-8-14-21-13-15 _____
- 3-21-7-9-4-10-15 _____
- 23-15-14-13-15-26 _____
- 5-15-19-15-21-8 _____
- 5-15-14-8-23 _____
- 3-14-8-23-15-21 _____
- 3-21-18-7-26-5 _____
- 4-21-15-14-5 _____

BREAD
GRUMBLE

HEAVEN
GATHER

GROUND
DESERT

STARVE
DEATH