



# Lesson 16

## Water From the Rock

### Intermediate Small Group Lesson

#### **Bible Story**

God Provides for His People

*Exodus 16 & 17*

#### **Bible Verse**

"The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing."

*Psalm 145:15-16, New Living Translation*

#### **Key Teaching Point**

Receive God's provision.

#### **Materials**

- Name tags
- Snacks
- How Are You Feeling? emoji chart
- A sponge



## Small Group Session 1

(15 Minutes)

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while students eat their snack:

### Icebreaker Options (Choose one.):

- Ask students to share their highs and lows (the best and worst things that happened to them either today or from the past week).
- Let students take turns sharing how they're feeling today using the "How Are You Feeling?" emoji chart (from the CKC Games Bag).
- As the students are eating their snacks, ask, "**What sorts of things do human beings need to live?**"

### Pray Together

[Collect prayer requests from the children](#). The leader or a student can pray for the entire group or a leader can pair up students and invite them to pray for one another.

### Small Group Game: Run for Your Supper

#### **No materials needed.**

Have students stand in a circle and hold hands. Choose one student to be "it" and have them walk slowly around the circle. The player who is "it" may choose any place in the circle and separate two hands. The player who is "it" yells "Run for your Supper!" and takes one of the player's spots in the circle. The two players whose hands were separated must run in opposite directions around the circle and race to claim the remaining empty spot. Whoever loses the spot is "it." Play continues until the leader stops the game.

## Small Group Session 2

(35 Minutes)

### Life Application Activity

Invite students to try to answer the questions about water. To make the questions interactive, use the Crossroads Games Bag:

- 1) Can a person live longer without food or without water? (*We could live about one month without food; but only 3 days without water.*)
- 2) How much water is in a tomato (percentage)? (*90% water*)
- 3) How much water is in a potato? (*80% water*)
- 4) How much water do you think is in an ear of corn? (*70% water*)
- 5) How much of an elephant is water? (*70% water*)
- 6) How much of a human is water? (*65% water*)
- 7) How much water can a camel drink in ten minutes? (*143 liters*)
- 8) Can a person live on sea water? (*No; too much salt for humans*)



**It is interesting to learn these facts about water. Did you know you were made of so much water? It does not look like it from the outside. Water is one of the things people need to have on a regular basis. Does God care about helping us get the things we need? Yes! He not only cares about our physical needs, but our spiritual needs also.**

Hold up a sponge.

**Can anyone tell me what this is?**

**It's a sponge. Is this sponge in very good shape?**

**No. How would you describe it? Dry, scratchy, not useful. What does it need?**

**Water. We might say it is thirsty.**

Teach students that the sponge is like a person who needs Jesus: dry, empty, not filled. We are all like this in one way. We might say our hearts were created thirsty for God. We might feel like something is missing, but we are not sure what it is. The Bible says that God “satisfies the thirsty and fills the hungry with good things.” This is a lot like this sponge. (*Dip it in the water until it is well saturated and pull it out.*) *What does this sponge look like now?* Wet, clean, ready to use. It is full! This is how God wants to supply the biggest need of our hearts: the need for more of him. He wants to fill our hearts with good things like joy, peace, love, and forgiveness. These things are like water to our souls.

### **Receive the Gift!**

**Confession:** Admitting when we haven't believed God or honored the gift he has given us in Jesus.

**In today's story, the Israelites grumbled and complained. They didn't trust that God could provide what they needed. Instead, the Israelites wanted to go back to the land of Egypt (where they couldn't worship God freely), because then they believed they could get what they needed. But they didn't see the whole picture. God cares for both our physical needs AND our spiritual ones. God knew they needed more than just food and water; they also needed his presence! If they would have followed their own way and returned to Egypt, they would have missed out on God's provision!**

***What do you NEED for your body?***

Take student responses. (food, water, clothes, etc.)

***What does your heart NEED?***



Take student responses. (love, forgiveness, friends, family, Jesus, etc.)

***What do you need in your life? It might be a practical need or a spiritual one.***

Pray for the requests children might have. Invite them to hold open their hands to express their trust to the Lord as you pray.

### **Bible Verse Game**

Review the Bible verse with a [Bible verse game](#).

"The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing."

*Psalm 145:15-16, New Living Translation*

### **Reflection**

Give each child their reflection journal. Invite them to reflect on the following questions and to record their answers in their journal. They may also draw their responses if they wish:

1. What gift can I receive from God?
2. How can this gift impact my life?

