

Make sure your name and address are written here.

Age: _____

Name: _____

Address: _____

Class Leader: _____

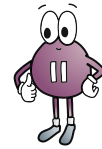
B.E.S.
& Friends



B.E.S.
A wise guide



Q
Bravely asks questions



Pause
Likes to stop and think



Beam
An encouraging friend

STORY 1: God gives food to the Israelites

Providing for the Israelites



READ:
Exodus 16: 1-32



KEY VERSE:
John 6: 35
Ask someone to help you find this verse.

God had been good to the Israelites! It's hard to believe that soon they were grumbling. They had eaten all the food they had brought with them, so they complained to Moses. They told him that they wouldn't have been hungry if they had stayed in Egypt. What a pity they didn't trust God to help them! He had a special plan to see that His people would always have food to eat.

How could the Israelites grumble against God, B.E.S? He had rescued them from slavery and brought them through the Red Sea!



They had sinful hearts, Q. They needed to remind themselves of God's goodness to them and say sorry!

Q: Put a tick (✓) or a (X) by each sentence to show if it is right or wrong.

The people trusted God to give them food.

☐

They would rather have been back in Egypt.

☐

They complained to Moses.

☐

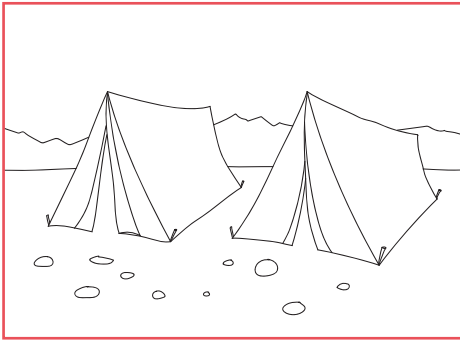
☐ /6

God explained to Moses how He would send bread from Heaven. The people were to gather it each morning.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
✓	✓	✓	✓	✓	✓✓	X

On the sixth day of the week they were to collect twice as much, to last them for the Sabbath day (Saturday - God's special day).

The next morning the people were puzzled by what they saw. Thin white flakes like frost lay on the ground. Moses explained that it was special bread from Heaven. Everyone was to gather what was needed for the people living in their tent and then cook it. No one was to keep any until the next day. Sadly some people did not do as God commanded. Those people who tried to keep it, found it had gone bad by the next day.

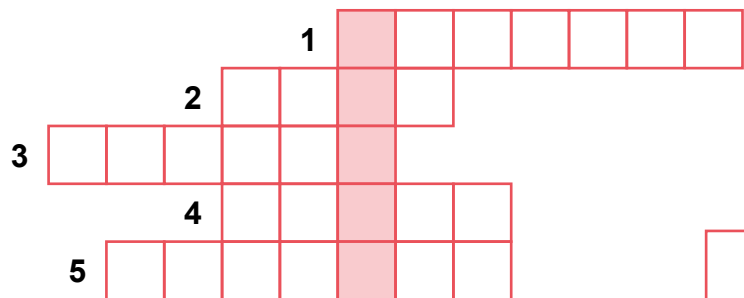


The people called the special bread “manna”. It must have been good to eat because the Bible says it tasted like honey! God sent the manna to the Israelites for as long as their journey lasted.

Each evening, God would also give them meat.
(See verse 13)

Q: Use the clues below to help you fill in the answers on the Word Grid.

1. The bread lay on the ground in the
2. God gave them in the evening.
3. The bread came from
4. It tasted like
5. There was no bread on the day.



/10

Q: Copy the letters in the shaded boxes to spell the name of the bread.

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/2

The manna which came down from Heaven, kept the Israelites alive when they were travelling through the desert. Years after this took place, Jesus explained that He is the Bread of Life who came down from Heaven. Christians believe that Jesus came to die for sins, so that those who believe in Him can have eternal life. If we have a relationship with Him, we can be sure that He will meet all our needs.

Q: Colour the Key Verse.

Jesus said,

“I am the
Bread of Life.”

John 6: 35

/2

TOTAL:

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STORY 2: God gives the victory

God provides help to those who trust in Him.



READ:
Exodus 17: 8-15



KEY VERSE:
Exodus 17: 15
*Ask someone to help
you find this verse.*



Soon the Israelites had another problem. An enemy army called the Amalekites started attacking them. The Israelites would have to fight back, so Moses told his helper Joshua to choose an army. Moses, Aaron and Hur went to the top of a hill overlooking the battlefield. Moses took the rod of God which he held up between his hands. This was a way of showing that the Israelites were trusting God to help them win.

Q: Draw the rod of God between Moses' hands. Colour the picture.

/6

As long as Moses did this, the Israelites were winning, but when his hands dropped the enemy started to win. Imagine holding your hands above your head for a long time! Your arms would soon feel tired!

Moses found this very difficult as well, but Aaron and Hur found a big stone for him to sit on. They helped to hold up his arms until sunset. By that time the Israelites had won!

Moses had the most important part in the battle - more important than Joshua or all the soldiers. The battle was won because he was lifting up his hands to God, depending on Him for help. God gave the Israelites victory because they trusted in Him.

Q: WHO?

Who chose the army?

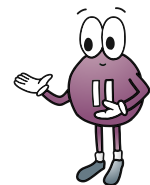
Who held up God's rod?

Who held up Moses' arms?

and

Who was the enemy?

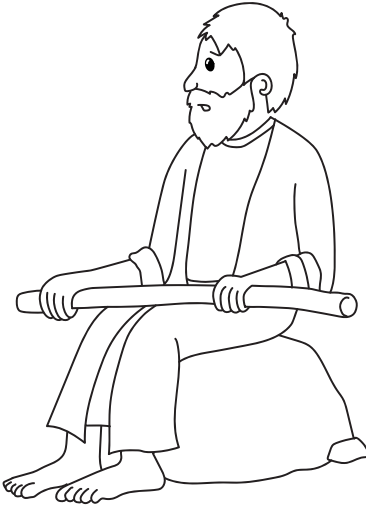
Who gave the Israelites victory?



/6

Q: Write each sentence under the correct picture.

The Israelites were winning.
The Israelites were losing.

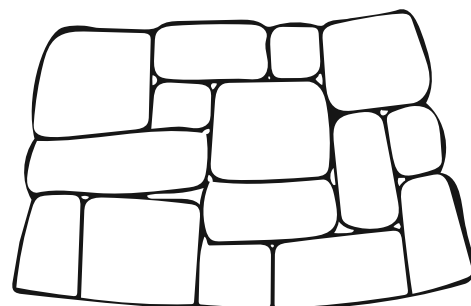
/4

Christians believe they have an enemy too - Satan. But the Bible teaches that Jesus is more powerful than Satan and that we can trust Him for victory. We can do this by praying to God and believing that He will help and protect us.

At the end of the story, Moses built a stone altar to thank God for the victory.

Q: What did Moses call the altar? Discover its name by leaving out the letters X and Z. Write out the name below the picture. (You can check your answer by looking at the Key Verse.)

ZXTHZEXXLXZORXDX
IZXSMXYZBZAXXNNZEXR



/4

TOTAL:

STORY 3: God gives commandments

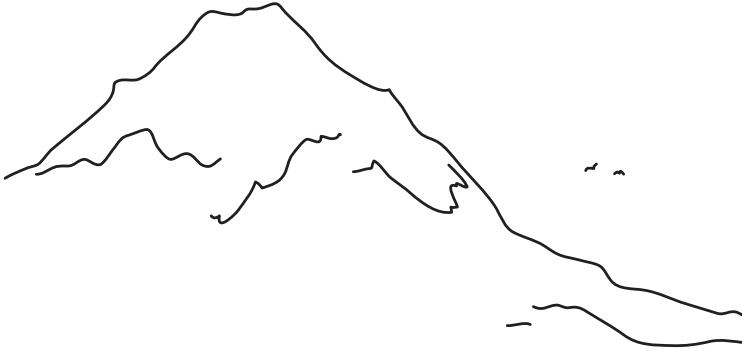
God's rules



READ:
Exodus
19 & 20



KEY VERSE:
Exodus 20: 1
Ask someone to help
you find this verse.



After some more travelling the Israelites came to a large mountain called Sinai, where they set up camp. This was the place where God would meet with Moses to give him commandments or rules, for all the Israelites to keep.

Q: Complete the name of the mountain.

M _ _ _ t S _ _ _ i

/2

God explained that He would come down in a thick cloud to the top of the mountain. Moses was to place marker stones around the bottom of the mountain so that none of the people would start to climb it. Even though the people had washed and prepared themselves, no one could come close to God as He is holy and sinless.

Q: Draw a large cloud across the top of the mountain.

/2

Three days later the people stood at the foot of the mountain. It was a very frightening sight as the mountain shook and smoke poured from it. God was showing the people just how powerful He is. Then God called for Moses to come up.

Q: Draw some stones around the bottom of the mountain.

/2

Again, God told Moses to make sure that no one else tried to come up the mountain. The people were kept at a distance from God because of their sin. The Bible teaches that our sin also keeps us away from God.

Q: Draw a line from each box to the correct words and phrases.

God

sinful

at the bottom of the mountain

The People

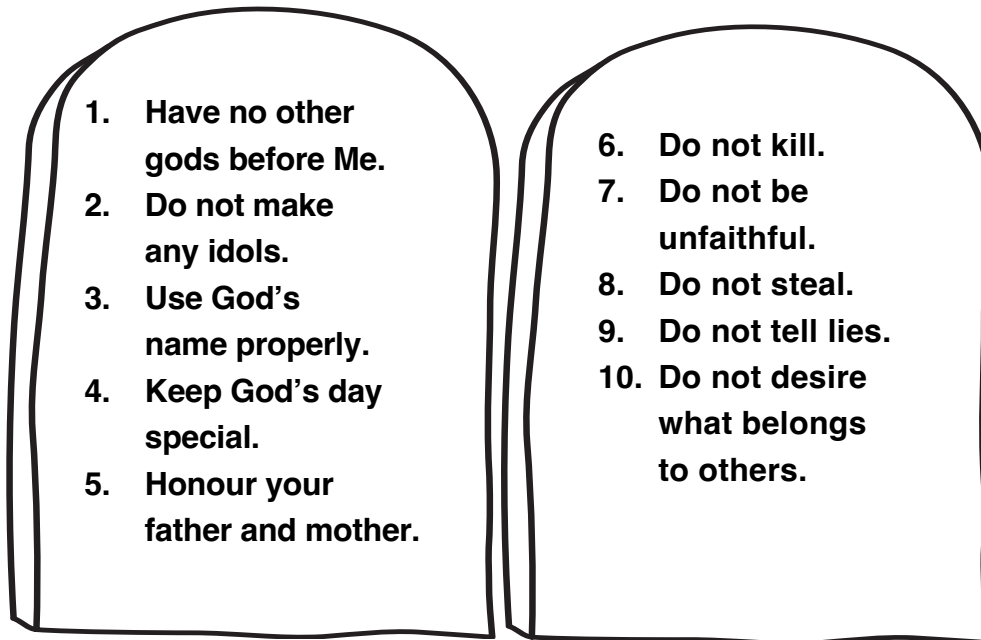
holy

at the top of the mountain

/8

Later on, Moses went up the mountain to receive God's commandments. These taught the people how they were to serve God and how they were to act towards each other.

The Ten Commandments



Q: How many commandments were there?

Which one teaches us not to steal?

Number

Which one teaches us how to treat our parents?

Number

/3

The people were unable to keep God's commandments. The Bible teaches that we are all sinners and have broken God's commandments. No matter how hard we try, we still sin and cannot please God. Jesus is the only person who lived a perfect life on earth. This is why He is able to be our Saviour. He died to take the punishment for sins, so that God can forgive us.



Q: Answer Yes or No to the following questions.

Were the Israelites able to keep the commandments?

Are we always able to keep God's commandments?

Did Jesus keep all of God's commandments?

/3

TOTAL:

STORY 4: God gives salvation

God saves the people from death



READ:
Numbers 21: 4-9



KEY VERSE:
John 3: 14
Ask someone to help you find this verse.

The Israelites had been travelling through the desert for a long time. Sadly, they kept on grumbling.



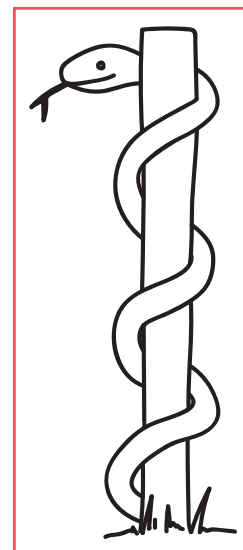
God was still giving them manna. How ungrateful they had become! God was angry at the things they were saying so He decided to punish them.

Soon the camp was invaded by poisonous snakes which bit the people causing many to die. The people knew it was their fault so they came to Moses. "We sinned when we spoke against the Lord and against you," they said. "Pray that the Lord will take the snakes away from us."

Moses prayed to God. God told Moses to do a strange thing. He had to make a snake from bronze (a kind of metal) and put it up on a pole in the camp.

Q: Put the sentences from the story in order by numbering them 1 - 5.
Number 1 is done for you.

- ☐ Many people died.
- ☒ 1 The Israelites grumbled about food and water.
- ☐ God told Moses to take a pole and put a bronze snake on it.
- ☐ They were ungrateful so God sent snakes to bite them.
- ☐ The people asked Moses to pray to God.



☐ /8

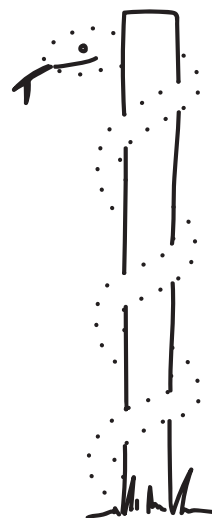
God promised that those who had been bitten would not die if they looked at the snake on the pole. Everyone who believed this and did as God said, lived. What an easy way to escape death!

Q: Join the dots to make the snake and complete the sentence.

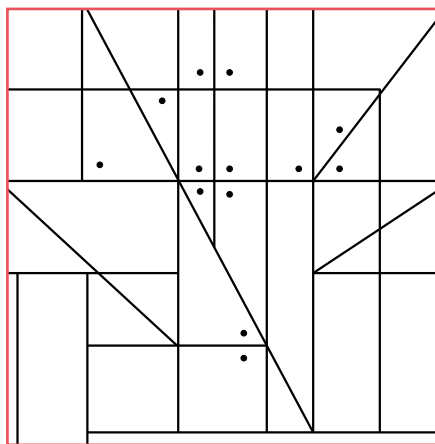
To escape death, the Israelites only had to

 /4

Years later, Jesus explained how this story teaches everyone an important lesson. The Bible tells us that like the Israelites, everybody has sinned against God. However, God has provided a way for us to escape the punishment for sins. Jesus was “lifted up” on a cross to die for sins. The Bible says that when we believe this for ourselves, God gives us eternal life and we are saved!



Q: Use one colour to shade all the shapes with a dot, to find out where Jesus was lifted up.


 /2

Q: Write these missing words into the Key Verse (Jesus often called Himself the Son of Man).

snake (or serpent) lifted desert (or wilderness)

“Just as Moses lifted up the

,

so the Son of Man must be

up.”

 /6

John 3: 14

TOTAL:

Marks (to be entered by leader)

Leader's comments:

Return your lessons to:

STORY 1: _____

STORY 2: _____

STORY 3: _____

STORY 4: _____

Total

Grand Total