



Activity: Choose Praise

Teaching Goal: It is impossible to praise God when we grumble and complain

Scriptures Exodus 15:22 Grumble about not having water. Exodus 16:1-3 Grumble about not having food. Exodus 19:1-2 People arrive at Mount Sinai. Exodus 32:22-24 People build a golden calf idol. Numbers 14:27 God is tired of the complaining. Leviticus 26:11-13 Despite the grumbling, God promises to bless them if they will worship and follow him. Psalm 34:1 "I will extol the Lord at all times; his praise will always be on my lips." Philippians 2:14 "Do everything without complaining or arguing."

Materials: 1 Cracker per person

Lesson and Discussion: Words written in bold are when the leader is speaking. Feel free to use your own words.

A. DISCUSSION: Moses led God's people, the Israelites, out of slavery in Egypt and divided the Red Sea so they could escape and be free. Were the freed slaves happy? Invite a volunteer to read Exodus 15:22. Just three days later they were grumbling about not having water. God showed Moses how to purify the water so the people could drink it. Were the freed, hydrated people happy? Invite a volunteer to read Exodus 16:1-3. Just 2 ½ months after leaving Egypt the people started to grumble about not having food. So God provided bread and meat from heaven (Exodus 16:11). Were the freed, hydrated, well-fed people happy? Invite a volunteer to read Exodus 19:1-2 and Exodus 32:22-24. Just 3 months after leaving Egypt they arrive at Mount Sinai. Moses goes up on the mountain for 40 days to talk with God. When he comes down, the people were complaining again and built a golden calf idol to replace God. Invite a volunteer to read Number 14:27. God is tired of hearing the people grumble and complain! Invite a volunteer to read Leviticus 26:11-13. Over and over, even after all the grumbling, God promises to bless his people if they will worship him and follow his rules.

Continued....

FAMILY FUN TIME ACTIVITY

....Continued Lesson and discussion:

Today, we are God's people. He has promised to meet all our needs. How much do we complain? What kind of things do you complain about? Listen to answers. Food. Money. Government. Arguing. Chores. Employers. Are we really complaining about others, experiences, situations or are we complaining about God? Are we saying, "God, I don't like this person, situation you put in my life." Or, "God I'm not thankful for the amount of money and food I have."

Invite a volunteer to read Psalm 34:1 and Philippians 2:14. What does God want us to do instead of complaining and grumbling? Listen to answers. God wants us to praise Him. Praising God shows that we love Him and that we are grateful for all he has done for us.

C. ACTIVITY: We are going to do an activity to help us learn why we need to stop complaining. Let me hear you whistle. If younger children can not whistle then they can watch older children or a parent do the activity. If you are good whistlers, then whistle a song like "Jesus Loves Me." The whistling represents praising God. Just like in Psalm 34:1, "His praise will always be on my lips." One at a time, give each family member a cracker. I want you to chew this whole cracker. After they take two bites stop them. Stop chewing! Their mouth will be full of unchewed cracker. Now let me hear you whistle. The person will not be able to whistle as well as before. In fact, some cracker may fall out of their mouth. The cracker represents complaining and grumbling. The whistling represents praise. This is why complaining is bad. When we are complaining, it is impossible to praise God. In the same way it is hard to whistle when our mouth is full of cracker, it is impossible to praise God when we are grumbling and complaining. Plus, in the same way pieces of unchewed cracker come out of our mouth when we try to whistle, bad words can come out of our mouth when we are grumbling and complaining.

Close in Prayer-

Pass It On: Make an extra copy of this lesson and pass it on to another family