

FAMILY TABLE TALK

WEEK OF NOVEMBER 29TH



Once your family is seated at the table & eating, go through each section below together.

HIGH LOW BUFFALO

Take turns around the table to share your **HIGH** from the day (the best thing that happened), your **LOW** from the day (something that made you upset), and **SOMETHING RANDOM** from your day that you'd like to share.

This week, have the **FUNNIEST** person at the table go first.

LESSON RECAP

After the Israelites were set free from Pharaoh, they began their journey to the land God had promised them. But to get there, they had to walk. And walk.. and walk some more. After a while, they started to get tired. They wanted good food. They thought God was being unfair to them. They forgot all the ways God helped them before! Moses didn't know what to do, so he prayed to God. Turns out, that was the best thing to do! When the people said they were hungry, God told Moses to tell them God was going to give them food – bread, called manna, and quail – which were going to fall from the sky! And guess what? They would never run out! When the people said they were thirsty, God told Moses to strike a rock with his staff, and water came out of it! God gave Moses everything he needed to help the people of Israel. That's because God often helps us through other people. And we can help others with God's help, too!

THE BIG IDEA: God helps us help others.

THE BIBLE: God Provides Food and Water (Exodus 15:22-25, 16:1-16, 17:1-7)

ASK THIS

- What were the Israelites complaining about?
- What did Moses do when he heard the complaints?
- How did God help Moses help the Israelites?
- Can you think of a time when you might find it hard to help others?
- What can you do to help them anyway?
- What are some other ways you can help others at school? At church? Or in your neighborhood?

NOW WHAT?

Read Philippians 2:3-4. Discuss what does it mean to "not look at your own interests, but to the interests of others? Around the table, share ways that each person in your family can look after the interest of others this next week. Then pray together, asking God to grow your hearts for one another.