

Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.

## Age-Level Overview

	Open the Bible	Activate Faith
<p><b>Lower Elementary</b></p> <p><b>WORKSHOP FOCUS:</b> God helps us get along.</p> <p><b>TEN FOODS TO DIP:</b> Kids make some dips that help tell the Ten Commandments story.</p>	<p><b>SPARK RESOURCES:</b> Spark Story Bibles</p> <p><b>SUPPLIES:</b> None</p>	<p><b>SPARK RESOURCES:</b> Spark Story Bible</p> <p><b>SUPPLIES:</b> Plates, small cups for dip, napkins, microwaveable bowls, spoons, measuring cups, measuring spoons, can opener, serrated knife (adult use only), microwave, chocolate chips, butterscotch topping, sweetened condensed milk, apple Juice, shredded American cheese, cream cheese, strawberries, grapes, minimarshmallows, animal crackers, pound cake cubes, baby carrots, cherry tomatoes, broccoli florets, French bread cubes, pretzels</p>
<p><b>Upper Elementary</b></p> <p><b>WORKSHOP FOCUS:</b> Relationships are important to God.</p> <p><b>PIZZA LOVE:</b> Kids make heart-shaped pizzas to remind us to love each other.</p>	<p><b>SPARK RESOURCES:</b> Spark Bibles, Spark Bible Stickers</p> <p><b>SUPPLIES:</b> Pencils</p>	<p><b>SPARK RESOURCES:</b> Spark Bibles</p> <p><b>SUPPLIES:</b> Rolling pin, pizza cutter, aluminum foil, baking sheets, circle-shaped cutter or bowl, spoons, oven mitts, oven, refrigerated pizza crust dough in a tube, pizza sauce, shredded pizza cheese, pepperoni slices, cornmeal for dusting, cooking spray</p>
<p><b>All Kids</b></p> <p><b>WORKSHOP FOCUS:</b> Nothing is impossible for God.</p> <p><b>CAKE IN A CUP:</b> Kids make and bake cake in a surprising way.</p>	<p><b>SPARK RESOURCES:</b> Spark Story Bibles, Spark Bibles, Spark Bible Stickers</p> <p><b>SUPPLIES:</b> Pencils</p>	<p><b>SPARK RESOURCES:</b> Spark Bibles</p> <p><b>SUPPLIES:</b> Coffee mugs, measuring cups, measuring spoons, spoons, forks, bowl, microwaves, yellow cake mix, egg whites, vegetable oil, water, cooking spray, cinnamon, sugar</p>



Visit [www.sparksundayschool.org](http://www.sparksundayschool.org) for more Spark content. Watch a short Lesson Prep Video that will prepare you and give you confidence to explore this Bible story with the kids you are leading. You will also find a downloadable Family Page for this rotation's story filled with ideas for families to use to explore this story and live out their faith at home.



**Workshop Focus:** God helps us get along.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
- Be sure to visit [www.sparksondayschool.org](http://www.sparksondayschool.org) to download the Family Page for this story. Make copies of it and ask Shepherds to distribute it during the Wrap Up.

## Open the Bible (10 minutes)

### Wandering in the Wilderness Storytelling

**Welcome to Cooking! What are some of the rules in your home?** Allow kids to respond to this and the following question. **Why are rules important? Let's read a story about God's rules.**

Hand Spark Story Bibles out to each of the kids. Help kids find The Ten Commandments on pages 94-99. Encourage kids to follow along as you read.

**Use your fingers to show what happens in the story as we read. For example, if someone is walking, you can make your fingers walk.** Demonstrate talking with your hands. **Or if someone is talking, you can pretend your hand is a mouth talking.** Demonstrate talking with your hands. Read the story aloud.

**Let's talk about the story.** Point to the picture on page 94. **Where did Moses go?** (*up the mountain*) **Who did Moses talk to?** (*God*) **What did God give Moses?** (*the Ten Commandments, rules*) **Do you think the people followed God's rules?** Allow kids to respond. **God gave us rules so we know how to treat God and each other. God helps us get along!**

**Let's make something fun to help us review the story.**

Spark Resources  
Spark Story Bibles

Supplies  
None

# Activate Faith (25 minutes)

## Ten Foods to Dip

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*Before serving any food, check with caregivers for kids with food allergies. Provide an alternative, if necessary.*

**Ingredients** (serves 10-15 kids)

### Chocolate Dip

- Chocolate chips, 12 oz. (355 g)
- Butterscotch topping, 12.25 oz. (362 ml)
- Sweetened condensed milk, 6 Tbs. (89 ml)

### Cheese Dip

- Apple juice, ½ cup (118 ml)
- Shredded American cheese, 2 cups (473 ml)
- Cream cheese, 3 oz. (89 ml)

**Dipping Items** (one or two pieces of each per kid)

- Strawberries
- Grapes
- Minimarshmallows
- Animal crackers
- Pound cake cubes
- Baby carrots
- Cherry tomatoes
- Broccoli florets
- French bread cubes
- Pretzels

**Set Up:** Wash and dry produce. Cut bread and pound cake into bite-sized pieces. Place each of the 10 dipping items into separate bowls.

### Activity Instructions

**God helps us get along. God gave Moses the Ten Commandments to show us how to get along with each other. We're going to dip 10 items into two delicious dips and taste how well they get along with each other!** Remind kids to wash their hands before starting the activity.

### Spark Resources

Spark Story Bible

### Supplies

Plates, 1 per kid  
Small cups for dip, 3 oz. (89 ml), 2 per kid  
Napkins  
Microwaveable bowls  
Spoons, 3  
Measuring cups  
Measuring spoons  
Can opener  
Serrated knife (adult use only)  
Microwave

1. Place a medium-sized microwaveable bowl in front of the kids. **The Israelites were on their way to the new land God was giving them. They walked over hot, dry land.** Have kids put the shredded American cheese in the bowl.
  - a. **Every day God gave them food to eat. . . .** Add the cream cheese . . . **and water to drink.** Add the apple juice.
  - b. **The Israelites walked and walked.** Have volunteers take turns mixing the cheese dip.
  - c. Ask a Shepherd to microwave the cheese dip for 4-5 minutes. Stir every minute.
2. Place another microwavable bowl in front of the kids. **The Israelites were camping at the base of a mountain.** Invite a volunteer to pour the chocolate chips into the bowl.
  - a. **Suddenly clouds began to cover the mountain.** Pour condensed milk over the chips.
  - b. **Thunder rumbled and lightning flashed.** Add the butterscotch topping.
  - c. **The voice of God called Moses. What did God want Moses to do? (come up the mountain) Moses climbed and climbed and climbed.** Have volunteers take turns mixing the chocolate mixture.
  - d. Ask a Shepherd to microwave the chocolate dip for 30-40 second intervals, stirring after each interval, until chips are melted.
3. Give each kid a plate, a napkin, and two cups for dip. Give each kid some cheese dip and some chocolate dip in their cups. **What did God give Moses on the mountain? (the Ten Commandments, rules)**
4. **Why did God give Moses the Ten Commandments? (to show us how to get along) Let's see how many of God's rules we can remember. Every time we say one of God's rules, we'll dip a piece of food into one of our dips to see how they taste (get along) together.**
5. Open a Spark Story Bible to pages 96-97. Give kids one kind of dipping item to taste for each of the Ten Commandments. Start with the ones the kids remember, and then read the rest.
6. **Moses went back down the mountain and gave the people God's rules. God gave us the Ten Commandments because God loves us. God helps us get along.** Remind the kids to wash their hands before Wrap Up.

# Send (5 minutes)

## Wrap Up

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Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thanks for coming to Cooking! We read how God called Moses to the top of the mountain. God gave Moses the Ten Commandments to show us how to get along with God and others. We tasted 10 foods with dip to see how they got along together. God helps us get along. Who are some people God can help you get along with?** Allow kids to respond.

### Spark Resources

Family Pages



### Supplies

None

## Prayer Time

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**Touch your fingers as we count during our closing prayer.**

**Dear God,**

**Thank you for the one, two, three, four, five, six, seven, eight, nine, Ten Commandments. Thank you for helping us to get along with you and others! Amen.**

**Workshop Focus:** Relationships are important to God.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
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## Open the Bible (10 minutes)

### Wandering in the Wilderness Storytelling

**Welcome to Cooking! You and I have a relationship. I'm your workshop leader, and you are my workshop kids. Who else do you have relationships with?** Allow kids to respond. **Let's read what God has to say about relationships.**

Pass out Spark Bibles, and direct kids to find Exodus 20:1-17 on pages 81-82. Encourage kids to mark the passage with a Reminds Me Of, Makes Me Want To, or Spark Spot sticker, using a pencil to write their responses in the margin. Have volunteers read the following passages.

- Exodus 20: 1-3
- Exodus 20: 4
- Exodus 20:7-8
- Exodus 20:12-15
- Exodus 20:16-17

**Let's review. Who spoke all of these words? (God) What do we call these verses? (the Ten Commandments) Who do the first four commandments talk about? (God) Who do the last six talk about? (others) Why do you think God gave us the commandments?** Allow kids to respond. **God wants us to treat God and others with love. Relationships are important to God.**

**Let's show some love with a snack!**

Spark Resources  
Spark Bibles  
Spark Bible Stickers

Supplies  
Pencils

# Activate Faith (25 minutes)

## Pizza Love

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Before serving any food, check with caregivers for kids with food allergies. Provide an alternative, if necessary.

### Ingredients (makes 6 mini pizzas)

- Refrigerated pizza crust dough, two 11 oz. (311 g) tubes
- Pizza sauce, 1 cup (237 ml)
- Shredded pizza cheese, 12 oz. (355 ml)
- Pepperoni, 30 slices
- Cornmeal for dusting
- Cooking spray

**Set Up:** Preheat oven to 400°F (204°C). Dust work surfaces with cornmeal.

### Activity Instructions

**God gave Moses the Ten Commandments to help the Israelites know how to get along with God and each other. The commandments can be summed up with two rules—love God and love others. Relationships are important to God. We're going to make heart-shaped pizzas to remind us to love each other!** Remind kids to wash their hands before starting the activity.

1. Give each kid a piece of aluminum foil to work on. Have kids spray their foil with cooking spray.
2. Place the dough for each of the pizza crusts onto a work surface dusted with cornmeal. Invite volunteers to roll each crust into a 10 x 15" (26 x 38 cm) rectangle.
3. Use a pizza cutter to cut one crust into six 5" (13 cm) squares. **God called Moses to the top of Mount Sinai.** Give each kid a square of crust. **Place the crust on your foil as if it were a diamond.**
4. Cut six 5" (13 cm) circles from the second rolled dough. **God gave Moses the Ten Commandments written on two stone tablets.** Cut the circles in half with a pizza cutter. Give each kid two halves of a circle of dough.
5. **Why did God give Moses the Ten Commandments?** (to help the people know how to treat God and others) **Place each circle half on one of the topsides of your diamond piece to make a heart.** Direct kids to pinch the pieces of dough together along the seams.
6. Place the foil on the baking sheets, and bake for 3-4 minutes.
7. While the crusts are baking, invite kids to find Mount Sinai on the map on page M5 in their Spark Bibles. **How much longer do you think the Israelites will have to live together in the desert?** Allow kids to respond.

### Spark Resources

Spark Bibles

### Supplies

Rolling pin  
Pizza cutter  
Aluminum foil  
Baking sheets  
Circle-shaped cutter or bowl,  
5" (13 cm) diameter  
Spoons  
Oven mitts  
Oven

8. Remove the crusts from the oven. **How did God want the Israelites to treat God and others?** (*with love*) Have kids spread pizza sauce on their crusts. **Do the same rules apply to us?** (*yes*)
9. **What do the first four commandments talk about?** (*our relationship with God*) Invite kids to put pepperoni slices on their pizzas.
10. **What do the last six commandments talk about?** (*our relationship with others*) Invite kids to top their pizzas with cheese.
11. Bake the pizzas for 5-6 minutes. Ask the kids to help clean up as the pizzas are baking and cooling.
12. **God wanted the Israelites to know how to treat God and each other on their long journey. God wants us to know how to treat God and others, as well. That's why God gave us the Ten Commandments. Relationships are important to God.** Enjoy the snack! Remind kids to wash their hands before Wrap Up.

## Send (5 minutes)

### Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thank you for coming to Cooking! Today we read about the Ten Commandments. We learned that the commandments talk about our relationships with God and others. We made heart-shaped pizzas to remind us to love. Relationships are important to God. What is one way you can improve a relationship you have with someone else?** Allow kids to respond.

Spark Resources  
Family Pages



Supplies  
None

### Prayer Time

Invite kids to sit in a circle for prayer. **During our prayer, I'll pause, and you can thank God for someone in your life.**

**Dear God,**

**Thank you for showing us how to live with love. Thank you for caring about relationships. Thank you for [Pause.]. Help me to show more love.**

**Amen.**



**Workshop Focus:** Nothing is impossible for God.

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## Open the Bible (10 minutes)

### Wandering in the Wilderness Storytelling

**Welcome to Cooking! What is something that is impossible to do?** Allow kids to respond to this and the following question. **Can God do impossible things? Let's read a story about God.**

Hand Spark Story Bibles and Spark Bibles out to the kids. Help kids find Manna, Quail, and Water on pages 90-93 of the Spark Story Bible. Have the older kids find Exodus 16:1-18 and 17:1-17 on pages 77-79 in their Spark Bibles. Encourage the kids to follow along as you read. Invite the kids to act like the Israelites during the story.

**Use your best complaining voices and grumpy faces during the story!**

Encourage kids to mark the passage with a Spark Bible Sticker of their choice, using a pencil to write their responses in the margin. Direct the older kids to read the definition of manna from the margin of page 78 when it is mentioned in the story.

**Let's review. What were the Israelites complaining about?** (*They were hungry and thirsty.*) Point to the pictures on pages 92-93. **What did God do?** (*gave them manna, quail, and water*) **Do you think the Israelites were surprised?** Allow the kids to respond. **The Israelites had forgotten how powerful God is. God provided them with food in the middle of the desert and water from a rock. God took care of the Israelites. Nothing is impossible for God.**

**Spark Resources**  
Spark Story Bibles  
Spark Bibles  
Spark Bible Stickers

**Supplies**  
Pencils

# Activate Faith (25 minutes)

## Cake in a Cup

Before serving any food, check with caregivers for kids with food allergies. Provide an alternative, if necessary.

**Ingredients:** (makes one cake per kid)

- Yellow cake mix, 1/3 cup (75 g) per kid
- Egg whites, 1 per kid
- Vegetable oil, 2 tsp. (10 ml) per kid
- Water, 1 Tbs. (15 ml) per kid
- Cooking spray
- Cinnamon (to taste)
- Sugar (to taste)

**Set Up:** Coat the inside of the mugs with cooking spray, mix the cinnamon and sugar to taste.

### Activity Instructions

**The Israelites were complaining. They had forgotten that God had promised to take care of them. God heard their complaints and sent food from the sky and water from a rock. Nothing is impossible for God! We're going to make a cake that seems unusual, but it's not impossible!** Remind kids to wash their hands before starting the activity.

1. Give each kid a coffee mug. **The Israelites were following Moses to the new land God was giving them. It was a long and hot trip. The Israelites were tired. Look inside your mug. How did the Israelites' stomachs feel?** (*empty*)
2. **God heard their complaining. In the morning, after the dew dried up, there was something left in the grass. What was it?** (*manna*) **God provided bread in the form of manna for the people.** Have kids put the cake mix into their mugs.
3. **The people grumbled some more. They remembered what it was like back in Egypt. The Israelites wanted meat to eat. What did God give them?** (*quail*) **Where did the quail come from?** (*the sky*) Help kids add an egg white to their mug.
4. **Now the Israelites had meat and bread to eat, but they were still complaining! What did the Israelites complain about next?** (*thirst*) **What did God give them?** (*water*) Have kids add the water and oil to their mugs.
5. **How did God give the Israelites water?** (*Moses struck a rock with his staff.*) Direct the kids to mix their batter well, being sure to scrape all of the dry mix off the bottom of the mug.

### Spark Resources

Spark Bibles

### Supplies

Coffee mugs, 1 per kid  
Measuring cups  
Measuring spoons  
Spoons  
Forks  
Bowl  
Microwaves (1 for every 5 or 6 kids)

6. **The Israelites had plenty to eat and drink every day of their journey. God took great care of them!** Invite kids to sprinkle the tops of their cakes with cinnamon and sugar.
7. Have a Shepherd bake each cake in a microwave for 3 minutes. Invite the kids to help clean up while their cakes are baking and cooling.
8. Have the older kids find the map of the Wilderness Wanderings on pages M4-M5 of their Spark Bibles. Ask the older kids to help the younger kids trace the Israelites' route with their fingers. **Does it look like there are any grocery stores on this map?** (*no*)
9. **Where did the people find the manna?** (*on the ground*) **Where did the quail come from?** (*sky*) **Where did the water come from?** (*a rock*) **God fed the people through miracles. Nothing is impossible for God.** Enjoy the cakes. Remind kids to wash their hands before Wrap Up.

## Send (5 minutes)

### Wrap Up

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Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thanks for coming to Cooking! We read a story about the Israelites, who were complaining. God gave them manna, quail, and water. We learned nothing is impossible for God. We made cakes in a cup that cooked in an unlikely way. What are some things you think God will do for you in your life?** Allow kids to respond.

Spark Resources  
Family Pages



Supplies  
None

### Prayer Time

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Invite the kids to stand for the closing prayer. **Let's pray in a different way today. Hold your hands up to God as we pray.**

**Dear God,**  
**Thank you for taking care of the Israelites. Thank you for food and water. Thank you for taking care of me. Nothing is impossible for you!**  
**Amen.**