



**Family  
Ministries**  
Having faith in the family



# JUMP In!

Leaping into Faith with Little Ones

## HOW DO YOU FEEL TODAY?

Session Four: I Feel Hungry

Taken from an eight-week series outline  
exploring our feelings using stories from the  
Old Testament.

For use with pre-school children.

### SUGGESTED RESOURCES

- *The Play-Along Bible, Bob Hartman*
- *The Lion Easy-read Bible, Christina Goodings and Jamie Smith*
- *The Very Hungry Caterpillar, Eric Carle*
- Percussion instruments
- Instrument songs

# How Do You Feel Today?



## SESSION FOUR: I FEEL HUNGRY

### BIBLE STORY

Exodus 16

#### Story – ‘God’s People are Hungry’

The people of God were living in the desert and there was no food.

*(Shake head and look sad)*

‘We are hungry,’ the people grumbled to Moses.

*(Rub your tummy)*

‘We need food!’ they shouted.

*(Shout – ‘We need food!’ – wag your finger)*

Moses asked God for food

*(put your hands together to pray)*

and God told him that he would give the people the food they needed.

Every morning God sent bread, called manna, for the people to gather.

*(Pretend to eat and say, ‘Yum, Yum!’)*

Every evening God sent meat, called quail.

*(Pretend to eat and say, ‘Yum, Yum, Yum!’)*

God provided enough food for everyone.

*(Shout, ‘Hooray!’)*

*The Lion Easy-read Bible, Christina Goodings and Jamie Smith: ‘In the Wilderness’, p80-81*

*The Very Hungry Caterpillar, Eric Carle*

*Talk about when we feel hungry.*

*What is your favourite food?*

*At Harvest time we thank God for the food he provides for us and think about what we can do to make sure everyone has enough food to eat.*

*(Families can be asked to bring non-perishable food items to donate to The Salvation Army or a local food bank).*



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# How Do You Feel Today?



## SESSION FOUR: I FEEL HUNGRY

### CRAFT IDEAS

- Make an [‘I feel’ mask](#) using paper plates to show feeling hungry.
- Make a [healthy snack](#) and thank God for the food he provides for us.
- Bible story activity – the Bible says that manna tasted like wafers and honey. You could do a taste test to let the families try this by offering matzos with honey.
- For other ideas see our [Bible story craft and activity Pinterest board](#).

### PRAYER

Responsive Prayer  
*Get everyone to join in the response  
‘Thank you, God.’*

For seeds planted in a field that grow to give us food,  
We say, *‘Thank you, God.’*  
For farmers who work hard all year and harvest the crops,  
We say, *‘Thank you, God.’*  
For people who work in shops and factories so we can buy food,  
We say, *‘Thank you, God.’*  
For everyone who makes and cooks our meals,  
We say, *‘Thank you, God.’*  
For all that you provide for us, every day,  
We say, *‘Thank you, God.’*  
Amen.

### SONG SUGGESTIONS

1. Theme Song (*Tune: ‘The wheels on the bus’*)

I smile and sing when I feel happy,  
I feel happy, I feel happy,  
I smile and sing when I feel happy,  
smile with me!

I eat nice food when I feel hungry,  
I feel hungry, I feel hungry,  
I eat nice food when I feel hungry, eat with me!

I laugh and clap when I feel happy,  
I feel happy, I feel happy,  
I laugh and clap when I feel happy, clap with me!

2. ‘How do you feel today?’  
<https://youtu.be/be2CVrzdRbg>

3. ‘Harvest Samba’  
<https://youtu.be/Cwri-YWb8hU>



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