



Quiet Time

April 19-25, 2026

Exodus 15:26 ^(ESV)

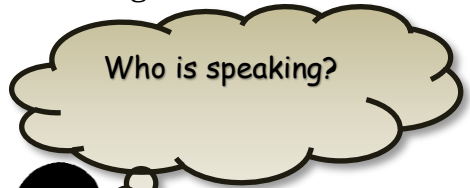
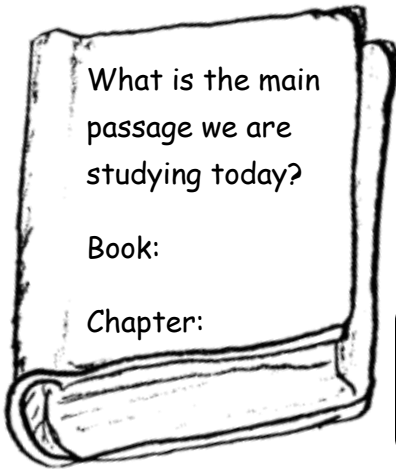
If you will diligently listen to the voice of the LORD your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer.

God
Preserves
Israel



Sermon notes

As you attend church service with your family, use these next two pages to help you listen and learn. We want you to worship with us by singing to God, praying, and listening to God's Word being read and taught.



Title of Sermon:

What is the Big Idea of the passage?



Which song from today's service is your favorite and why?



Words you heard but don't know...

What are we learning about God from this passage?

Write or draw something that you heard in the sermon today.

Fill in the blanks below during the service, and then talk to your parents about them on the way home.

I heard _____
but was confused or had a hard time believing it.

Hearing and believing this about God is... _____

_____ ...changes the way I...

God Preserves Israel – Monday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Exodus 15:22-26

The Israelites, led by Moses, went into the wilderness. After three days, they came to Marah.

Pray

Dear LORD God, You lead Your people, and You are leading me. When I face problems, teach me not to grumble and complain but to trust You.

What was wrong with the waters of Marah? _____

What word in verse 24 tells us the sound of the words that the people spoke against Moses?

Draw a picture of what the LORD showed Moses to make the waters sweet.

Application

The LORD showed His patience here. The people still were not trusting in Him even after all He had done for them.

Do you think God knows the problems we will face before they happen? _____

How do you think it feels to God when we complain about our problems? _____

Complete your Prayer Journal for today, and pray about it.

God Preserves Israel - Tuesday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Exodus 15:27-16:3

The LORD led them to Elim with 12 springs of water, but Israel could not stay there. This was not the Promised Land. So, Israel set out again.

Pray

Dear LORD God, You have commanded me to honor my parents and submit to my leaders. When I blame them or complain about them, I am sinning. Keep me from this wrong. Amen.

Application

The hearts of the Israelites were starting to show and it was not good. They were complainers and grumblers. They were not thankful to the LORD or respectful to the leaders He chose, Moses and Aaron.

No one knows what we really think and feel, but God. When we complain, we are showing that our hearts are not right. About what do you need to stop complaining? _____

When the people started to run out of food, what did they begin to do again (v 2)? _____

What were some of the angry things the people said to Moses & Aaron?

Complete your Prayer Journal for today, and pray about it.

God Preserves Israel – Wednesday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Exodus 16:4-12

The LORD gave to His people, even when they were not grateful and thankful because He is a merciful God.

God is good. He provided a special bread from heaven that the people called "manna." This miracle would never be forgotten by the people. How many days a week were the people to collect the manna? _____

On what day weren't they to collect manna?

1st 2nd 3rd 4th 5th 6th 7th

This day was set apart as a day of rest. God would provide twice as much bread on Fridays (6th), so the people could rest each Sabbath Day (7th).

What did God rain down from heaven for the people? _____



Pray

Dear LORD God, I praise You that You did not treat Israel the way they deserved to be treated. You fed them when they were hungry, even though they complained. Father, thank You for Your love and grace to me when I am like the Israelites, grumpy and complaining.

Complete your Prayer Journal for today, and pray about it.

God Preserves Israel – Thursday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Exodus 16:13-30

God provided for the people both bread and even quail (like a small turkey) to kill and eat. He also let them know He had heard their grumbling! The LORD was not happy!

Pray

Dear LORD God, You give us all that we have and provide for our needs even though we do not deserve it. Your goodness should make me want to obey You even more. Teach me to be grateful and to do what You say.

God gave the people manna and quail, so did they respond by obeying His commands? Yes No

What happened when people gathered too much manna (more than they could eat)? _____

What did they find on the ground on the Sabbath? _____

Application

Israel was not an obedient people. God was good to them. He delivered them from Egypt and saved them from their enemies. He led them and provided for their needs. Yet time and again, Israel would not obey His commands.

How about you and me? Does it matter to God if Christians, the people He saved with the blood of His own Son, obey His commands? Yes No Why or why not? _____

Complete your Prayer Journal for today, and pray about it.

God Preserves Israel – Friday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Exodus 16:31-36

The LORD commands Moses to help Israel to always remember His faithfulness.

Pray

Dear LORD God, when I think of Who You are and all You do for me, I am filled with love for You. I bless Your holy name, for You are good and worthy of praise, honor, and glory, now and forevermore!

Color the jar of manna that God wanted Moses to place inside the Tabernacle.



Application

God knows what you need, and He cares about you. He wants you to trust Him. One way we can grow in our trust of Him is to think about what He has done. Remembering the times when He has cared for us helps us to trust Him in the future. Name a time when you knew God was with you, or that He helped you or your family. _____

Complete your Prayer Journal for today, and pray about it.

God Preserves Israel – Saturday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Exodus 17:1-7

The LORD moved the people again and again through the wilderness. At a place called, the Wilderness of Sin, the people again needed water.

Pray

Dear LORD God, You gave Israel water from a rock to drink because You are God. You can do anything. Nothing is impossible for you. Teach me to remember this no matter what problem I face.

Did the people trust the LORD this time when they came to a place without water? Yes No

Does their reaction surprise you? Yes No

How do you think the people should have reacted? _____

Application

We learned:

- *We should confess grumbling and complaining attitudes as the sins that they are.*
- *We must also confess our need for the mercy of God that comes through Jesus Christ. Without God's help, we will surely sin by whining.*
- *We must trust God who is faithful to His Word. We learn to trust Him by reminding ourselves daily of what He's done.*

Complete your Prayer Journal for today, and pray about it.

Prayer Journal

Honor God with your praises and respect

Examine your life for sin and confess it to God

Ask God to supply for your personal needs

Request God's help for the needs of others

Thank God for blessing you every day

Monday

H _____

E _____

A _____

R _____

T _____

Tuesday

H _____

E _____

A _____

R _____

T _____

Prayer Journal *...continued*

Wednesday

H _____

E _____

A _____

R _____

T _____

Thursday

H _____

E _____

A _____

R _____

T _____

Prayer Journal *...continued*

Friday

H _____

E _____

A _____

R _____

T _____

Saturday

H _____

E _____

A _____

R _____

T _____

Gray Road Baptist Church, Children's Ministries

This quiet time lesson was written to coincide with the Generations of Grace Sunday School curriculum. The daily lessons represented are in conjunction with the teacher's manual to provide a fluid, consistent message to your children both in Sunday school and in their private devotions. MacArthur, John. *The MacArthur Study Bible; & Early Elementary, Generations of Grace.* ©

www.generationsofgrace.com

THE PRAISE FACTORY

Come join us on Wednesday nights in the gym!

7:00-8:30 p.m.

UNIT #8: The God Who Loves

Unit #8: What is God's love for His people like?

Unit #8 Answer: More than they could ever deserve.

Unit #8 Verse: 1 Chronicles 16:34

Big Idea #35: God blesses all people with many good gifts.

Big Idea #35 Verse: Psalm 145:17

Big Idea #36: God loved His people before they loved Him.

Big Idea #36 Verse: Ephesians 1:4

Big Idea #37: God showed the depths of His love by giving His own, beloved Son to save His people.

Big Idea #37 Verse: 1 John 4:10

Big Idea #38: God loves His people by caring for their needs.

Big Idea #38 Verse: Psalm 23:1-2

Big Idea #39: God uses everything in His people's lives for their good and His glory.

Big Idea #39 Verse: Romans 8:28

Big Idea #40: God will never stop loving His people.

Big Idea #40 Verse: Romans 8:38-39

UNIT #11: The God Who Saves

Unit #11: How can we be saved?

Unit #11 Answer: It is God's free gift.

Unit #11 Verse: Ephesians 2:8-9

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

Big Idea #57: God saves sinners who confess their sins.

Big Idea #57 Verse: 1 John 1:8-9

Big Idea #58: Jesus is the only way to be saved.

Big Idea #58 Verse: John 14:5-6

Big Idea #59: We must trust Jesus as our Savior.

Big Idea #59 Verse: Romans 10:9-10

Big Idea #60: The Holy Spirit changes our hearts so we can be saved.

Big Idea #60 Verse: Titus 3:5-7

God saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Savior, so that being justified by his grace we might become heirs according to the hope of eternal life.