

Juliet Rasi
Challah Bread
Old Testament

Lesson Plan-

Children of the Exodus

Target Age:

Adults

Text:

Exodus 16- (NRSV)

16:1 The whole congregation of the Israelites set out from Elim; and Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. 16:2 The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. 16:3 The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger." 16:4 Then the LORD said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. 16:5 On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days." 16:6 So Moses and Aaron said to all the Israelites, "In the evening you shall know that it was the LORD who brought you out of the land of Egypt, 16:7 and in the morning you shall see the glory of the LORD, because he has heard your complaining against the LORD. For what are we, that you complain against us?" 16:8 And Moses said, "When the LORD gives you meat to eat in the evening and your fill of bread in the morning, because the LORD has heard the complaining that you utter against him--what are we? Your complaining is not against us but against the LORD." 16:9 Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" 16:10 And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. 16:11 The LORD spoke to Moses and said, 16:12 "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I

am the LORD your God.'" 16:13 In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. 16:14 When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. 16:15 When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat. 16:16 This is what the LORD has commanded: 'Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents.'" 16:17 The Israelites did so, some gathering more, some less. 16:18 But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed. 16:19 And Moses said to them, "Let no one leave any of it over until morning." 16:20 But they did not listen to Moses; some left part of it until morning, and it bred worms and became foul. And Moses was angry with them. 16:21 Morning by morning they gathered it, as much as each needed; but when the sun grew hot, it melted. 16:22 On the sixth day they gathered twice as much food, two omers apiece. When all the leaders of the congregation came and told Moses, 16:23 he said to them, "This is what the LORD has commanded: 'Tomorrow is a day of solemn rest, a holy sabbath to the LORD; bake what you want to bake and boil what you want to boil, and all that is left over put aside to be kept until morning.'" 16:24 So they put it aside until morning, as Moses commanded them; and it did not become foul, and there were no worms in it. 16:25 Moses said, "Eat it today, for today is a sabbath to the LORD; today you will not find it in the field. 16:26 Six days you shall gather it; but on the seventh day, which is a sabbath, there will be none." 16:27 On the seventh day some of the people went out to gather, and they found none. 16:28 The LORD said to Moses, "How long will you refuse to keep my commandments and instructions? 16:29 See! The LORD has given you the sabbath, therefore on the sixth day he gives you food for two days; each of you stay where you are; do not leave your place on the seventh day." 16:30 So the people rested on the seventh day. 16:31 The house of Israel called it manna; it was like coriander seed, white, and the taste of it was like wafers made with honey. 16:32 Moses said, "This is what the LORD has commanded: 'Let an omer of it be kept throughout your generations, in order that they may see the food with which I fed you in the wilderness,

when I brought you out of the land of Egypt." 16:33 And Moses said to Aaron, "Take a jar, and put an omer of manna in it, and place it before the LORD, to be kept throughout your generations." 16:34 As the LORD commanded Moses, so Aaron placed it before the covenant, for safekeeping. 16:35 The Israelites ate manna forty years, until they came to a habitable land; they ate manna, until they came to the border of the land of Canaan. 16:36 An omer is a tenth of an ephah.

Other Active resources:

none

Background Basics:

Hopefully this will be a part of a Bible study of the Old Testament. So that for this lesson for the most part the people will have a general idea of Genesis and the beginning of the Exodus.

Goals:

That the individuals who are working on this passage tonight will have a better understanding of the text.

Objectives:

By reading and discussing this text the group will search the text for any questions they have.

Vocabulary:

Fleshpots- a place of entertainment

Omers- an ancient Hebrew type of measurement, usually referring to a dry good.

solemn rest- this could mean, sacred, formal or even sincerity, what do you think it means in relation to the text?

Sabbath- The Jewish Holy day celebrated on Saturday

Manna- bread food provided by God while the Israelites were in exodus.

Tools:

Bread machine

Stove

Flour (Whole wheat and white)

Yeast

Sugar (white or brown)

Oil/butter

Mixing spoons

A pastry brush

Enough area for each family to have space to roll out their bread

Lesson Prep:

-copies of the Challah handout

- the dough for the bread can be made up before the lesson depending on the time restraints. The easiest method for making the dough is with a bread machine.

In the bread machine add the wet ingredients first:

1 egg + enough water to fill one cup

3tbl oil

2 tbl honey

Then place the dry ingredients on top:

1 ½ tsp salt

2 cups white flour

1 cup whole wheat flour

Then make a small hole in the top of the bread (like a volcano) and put in the hole:

1 ½ tsp of yeast

Most bread machines have a dough setting that lasts about an hour to an hour and a half.

After this setting the bread dough has been completely kneaded and is ready to form and bake.

Anticipatory set:

With the children the adults will roll out and make family Challah bread. Each family should decided on something to make their bread unique from the other breads (the braid, the shape, nuts, sugar, ect)

Many times the Challah bread is shaped in different patterns to remind the Jewish people of different parts of the Old Testament.

Sometimes keys are placed in bread of it to ask God to open the gates of heaven for our prayers. This key symbolically unlocks the gates of sustenance for the Jewish people.

Other times, the bread is braided to look like a ladder as reminder of the spiritual ascension to Mount Sinai.

The number 12 is very important in the Jewish heritage, in remembrance of the 12 tribes Israel. Is common when making Challah, to placed 12 small balls of dough underneath the bread to represent the 12 tribes. It is also common when braiding the bread to use 12 strands.

Children can be asked to put their favorite toppings on the bread; this is done as a reminder of the manna that God sent his people gifts from heaven.

Things to think about when you design your Challah.

What makes your family special?

What do you like to do as a family?

If you lived in a tribe in Egypt, what do you think your family tribe would be named?

What do you think your family tribe would be known for?

What do you want to thank God for?

What are you as a family most thankful for?

Usually when Challah bread is made the baker will separate out 12 small balls and place them on the bottom of the pan, to represent the 12 tribes of Israel. Is there anything you can think of that you can do to your family bread?

What is a journey that God has brought you through as a family?

Before you start to shape your family bread, tear off a piece of the dough and give it to the designated area for the community bread. In historical times this part of the bread was given to the priests at the church and used as a gift from the people to God. This part of your family bread will be added to all of the other family portions and then cooked. Once it is ready we will use it for the communion bread on Sunday.

Cook the bread at 375 degrees for 30-40 mins or until brown. While cooking if the family wants to they can choose one person to “paint the bread” with sugar or finely ground nuts every 10 mins while the bread is cooking.

Lesson:

The adults will work through the passage talking about their ideas of it, by using the worksheet included.

Questions to talk about:

1) 16:3 “died at the hand of the Lord”

Why would the people assume that it would have been better to die in Israel?

2) “Fleshpots” Were the people living in sin? If they were would they have also died in sin?

3) Why was God testing the people?

4) Why would God give meat in the evening and bread in the morning? What did people have to do to the manna?

5) What is the significance of God appearing in a cloud? Where else does he do this?

6) Have you ever gone against the will of God? When? How?

7) 16:23 “Solemn rest” Does this mean without joy? Or does this mean reverend?

Review:

How can we make this passage easier to understand?

Critique:

Other Resources Used:

Berlin, A and Zvi Brettler, M. (ed all.) The Jewish Study Bible. Oxford University Press, 2004.

Glezer, M. A Blessing of Bread. Artisan, New York, 2004.

Nathan, J. The Jewish Holiday Baker. Schocken Books, New York, 1997.

Wise, M. Toastmaster Corner Bakery Cookbook. Toastmaster Inc. Missouri.

Adult Study of Exodus 16

Tonight the goal of reading the text is to answer any questions that we as a group have by using the text. Each one of us will bring something different to the group; some are parents, teachers, farmers, doctors. What questions would you have about this passage?

While you are reading feel free to write any questions you have at the bottom of this paper.

Directions

1) Please read through Exodus 16 silently.

2) Then the second time we will read the passage aloud as a group and underline anything you think is odd or that you don't know.

3) Skim the passage a third time, but this time read the passage as one of the people in the story. (God, Moses, Aaron, the Israelites)

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Other Active Resources:

Kropf, L, It's Challah Time! Kar- Ben Publishing, Minnesota, 2002.

A group of preschool children make the Challah bread for the Shabbat. The non-fiction book uses pictures of the children making the bread for illustrations. Included in the book are the customs and prayers that are written in a means appropriate for children to understand.

Background Basics:

The children should know that Moses is the leader of the people of Israel and that Moses has a vocal connection with God.

Goals:

Children will understand that God's laws and rules need to be listened to and followed.

Objectives:

By acting out a play the children will become familiar with and then talk about the different roles of people in the story of Exodus 16.

Vocabulary:

Challah- bread that the Jewish people use to celebrate the Shabbat

Shabbat- The Jewish Holy day celebrated on Saturday

Torah- The scrolls that contain the teachings of the Jewish Faith

Cantor- someone who sings or leads signing

Todah rabah- Thank you

Yeast-an ingredient used for baking that makes the bread rise or grow

Whole wheat flour- Flour that is made from whole wheat (the other main type of flour used for cooking is white flour.)

Lesson Prep:

The children are going to act out a play of this story and then talk about it. It would be fun to have some “biker” clothes, for the people of Israel. It could also be fun to have an Elvis costume for God, and some other fun outfits for Moses and Aaron. For the narrator, it would be nice to have some sunglasses or other “cool” items.

Anticipatory set:

With the adults the children will roll out and make family Challah bread. Each family should decide on something to make their bread unique from the other breads (the braid, the shape, nuts, sugar, ect)

Things to think about when you design your Challah.

What makes your family special?

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Before you start to shape your family bread, tear off a piece of the dough and give it to the designated area for the community bread. In historical times this part of the bread

was given to the priests at the church and used as a gift from the people to God. This part of your family bread will be added to all of the other family portions and then cooked. Once it is ready we will use it for the communion bread on Sunday.

Lesson:

Play:

The children are going to act out a play of parts of Exodus 16. Just to the story only follows up to verse 22. At the end of the play there are some discussion questions for the group to talk about, with each other.

Review:

Who thinks that they can re tell the whole play?

Have the children retell the play with the same actors, but have the children tell the actors what to do and have the actors be silent.

Critique:

Why do you think we did this play?

What does it say about God?

What does it say about how we should act towards God?

If the children finish before the adults they are welcome to read the book “It’s Challah Time” or to act out the play again.

Closure:

Regroup with the adults, and try out the Challah bread! Have each family say a blessing over the bread of thanksgiving before they try it!

Also bring together the community bread that was made from pieces of the family bread. Put it aside for the next church service.

Other Resources Used:

Berlin, A and Zvi Brettler, M. (ed all.) The Jewish Study Bible. Oxford University Press, 2004.

Glezer, M. A Blessing of Bread. Artisan, New York, 2004.

Nathan, J. The Jewish Holiday Baker. Schocken Books, New York, 1997.

Wise, M. Toastmaster Corner Bakery Cookbook. Toastmaster Inc. Missouri.

Exodus 16:

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God:

Narrator:

Moses:

Aaron:

Israelite 1:

Israelite 2:

Israelite 3:

Other Israelites:

The Israelites wander around the room following Moses while God watches from a chair.

Narrator: God lead his people really far out into the wilderness.

Isrialite1: This sucks, I’m tired.

Israelite 2: Are we there yet?

Israelite 3: I want a Big Mac and fries!

Israelite 2: Are we there yet?

Israelite 1: Dude, remember when we lived Old School, and could just go to Mc Donald’s and Taco Bell anytime?

Israelite 3: Yeah, that was so good. I loved those bean burritos; the beans always gave me gas though...

Israelite 1: Yeah, you smelled all the time, but how good did that food taste? Why can't God give that to us now?

Israelite 2: Are we there yet?

Aaron: Hey, you three, what are you talking about?

Israelite 1: Um, how much we love to walk in circles?

Israelite 2: Are we there yet?

Israelite 3: No we weren't we were talking about Mc Donald's, and how much we want to go there. God's food is like the food at elementary school, rubbery!

Aaron: Oh my!

Israelite 2: Are we there yet?

Israelite 3: Dude you're in with the Big Guy, just walk up to him and tell him what's up!

Israelite 2: Are we there yet?

Aaron: Well, I think we should just be happy.

Israelite 1: Yeah but couldn't you go for a Big Mac?

Aaron: That would sure be good. But God knows what we need...

Israelite 1/3: (singing) Mickey D*O*N*A*L*D*S, the Good time, great taste of...

Israelite 2: Are we there yet?

Aaron: OK I'LL ASK MOSES

(Aaron walks toward Moses)

Aaron: Moses, wouldn't it be great if God would give us some food from McDonalds.

Moses: You know that my list for questions to God is already full. Why do they need food from McDonalds? Doesn't God give them enough?

(Walking away muttering to himself, Moses walks away to talk to God)

Narrator: Oh man, this is going to be good...let's watch...

Moses: God?

God: Yes Moses? How are you?

Moses: Well God, everyone wants to go to McDonald's.

God: Moses...

Moses: No, um, we still have enough food, but the people just wanted something a little different.

God: Moses...

Moses: I know, God, you give us everything...they just want more...

God: Moses...

Moses: Please God! For the people.

God: Fine, but tell them I will give them enough every day, they don't have to put any in the fridge, because every morning they will wake up and there will be fresh food. If they keep the food overnight it will go bad.

Moses: Sweet! Thanks, God!

Moses: (walks back towards people...he walks towards Aaron and whispers in Aaron's ear)

Aaron turns toward the people and says to the people: Moses talked to God and he said that starting tomorrow we will have McDonald's everyday, but we must only eat as much as we need for that day. We can't put any in the fridge. He will give us more every morning.

Israelite 2: Are we there yet?

Narrator: So in the morning there was McDonald's hotcakes, as many as the people could eat. And that night there were Big Mac's for everyone.

Israelite 1: Sweet.

Israelite 2: Are we there yet?

Israelite 3: (Whispers to 1) Yeah, but look at all these people. There is no way God can have enough for all of us...we better take some extra and we can hide them in the back of the fridge, no one will see and then we'll have some for tomorrow. What do you think?

Israelite 2: Are we there yet?

Israelite 1: Yeah you are right, we should make sure we get some for tomorrow, Moses is such a dork, God probably didn't say that, he probably made that up because he has such a huge family and wants to keep all the burgers!

Narrator: Even though they knew it was wrong they took the burgers and hid them in their fridge...I can't wait to see what they find tomorrow.

Israelite 1: I dreamt about those Big Mac's in the fridge all night.

Israelite 3: Me too, I don't want hotcakes for breakfast, I want a Big Mac, let's go grab them.

Israelite 2: Are we there yet?

Narrator: So the two walk over to the fridge, and open it up!

Israelite 1/3: GROSS!!! EWWWW!!!

Israelite 1: Where are our burgers? All that's in there is worms, how did they get in there?

Israelite 3: Probably, that one guy who fishes, put them in there, and they ate our burgers...WHERE IS THAT GUY WHO FISHES? Let's go tell Moses what he did to our burgers!

Narrator: (TO Israelites)

Um Guys, didn't God tell you not to keep those?

Israelite 3: Yeah, but we didn't think he really said that!

Israelite 1: Aw, man...

Israelite 2: Are we there yet?

All the characters start to walk away...

Israelite 3: Man, I told you we should have listened.

Israelite 1: No way dude I told you we should have listened, now all we have is a fridge with worms and it's all your fault!

Israelite 2: Are we there yet?

All: NO!

Israelite 2: Oh!

Questions:

1) For the actors:

How did you feel playing those roles?

What do you think God thought of you?

Have you ever felt like any of the people in the play?

2) For the audience:

Who do you think that you are most like?

3) Why do you think we did this play?

4) What does this passage say about how God acts towards us?

5) What about how we act towards God?

6) When was the last time you did something that you think God may not have liked?

7) What can you do next time you think that you are going to do something that God may not like?