## COD GIVES FOOD TO HIS PEOPLE

The Israelites kept forgetting that God would care for them and that they just needed to trust Him – and so they complained! It's easy to



complain when we're not happy about something, but this is not a thankful attitude! This week, try really hard not to complain! If you catch yourself complaining, think of something you are grateful for instead! "Rejoice always, pray without ceasing, in everything give thanks" 1 Thessalonians 5v16-18

## LESSON 23 ISRAEL AT MOUNT SINAI

In our lives, we need to firstly show that we love God and want to please Him, and by doing this we need to show love and care to those around us. This week, find something that you can DO to SHOW love and care to someone else. It might be making

a card for someone, or going out of your way to do some extra jobs to help someone.

## LESSON 24 THE GOLDEN CALF

Do you ever worship an idol? You might be quick to say "definitely not!"

– but an idol can be anything that takes our focus away from God and distracts us from following Him as we should. We must remember to acknowledge God in our lives every day and remember that He provides for us and wants us to worship Him only. Don't give your attention to following sports or movie stars, but look

to the example of Jesus and try to be like Him.