Manna From Heaven: Exodus 16

To Remember: God will provide our needs as we serve him

Vocabulary

- **Manna**: a sweet food God provided each morning for the Israelites
- **Quail**: a little bird God provided as meat for the Israelites

Have you been for a socially distanced longish walk this lockdown? Sometimes you pack your lunch in a picnic and take it along. The Israelites were on a really long trip. Where were they going to get food? They couldn't carry enough to last them. They didn't stay any place long enough to grow any. There were no shops to stop at. And they numbered a million or more people. That's a lot to feed.

It wasn't too long before the people began to complain, "We wish the Lord had killed us in Egypt, where we had plenty to eat. You brought us out to the wilderness to die of hunger." The Israelites tended to concentrate on their current troubles rather than look to the past for encouragement. Instead of remembering the great things God had done to free them from slavery, they complained about their hunger. Do you think God went to all that trouble, just to watch them die for lack of food?

God told Moses he would "rain bread from heaven" for them. He provided Manna, a new food that appeared with the dew each morning as small, white, round pieces. The Israelites were to gather each day the amount of food they needed for that day. No more, no less. Each day God would give them that day's food. They were to trust him each day for the very food they ate. On the sixth day, he would provide two day's food, so no one would work to gather it on the Sabbath. If one of them was mistrustful, and tried to stock up, the food would melt or rot away. The Israelites baked, boiled and prepared the manna several ways. It tasted sweet, like wafers made with honey.

Discussion points:

1. What foods do you love to eat? What do think Manna tasted like?
2. I wonder how God felt when the people accused Him of trying to kill them, having saved them from slavery!?
3. Do you ever get fed-up and moan about things? When do you moan the most?
4. Why do think some Israelites tried to store up more Manna than they needed? What happened to it?
5. Have you got everything you need at the moment to keep going through this lockdown? Enough food? What are you missing?

If things aren’t going great, who could you talk to about this? It’s important to ask for help when we need it!

Activities/Crafts:

1. Make some manna out of paper and play a manna treasure hunt around the house and garden
2. Design an essential survival kit and pack a rucksack with these items (if you have them to hand) and go for a walk with parents/carers with your rucksack and survival kit, remembering to socially distance at all times.