

## MANNA LESSONS



**Exodus 16:4-8, 13-18, 21, ESV** – <sup>4</sup> Then the LORD said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day’s portion every day, that I may test them, whether they will walk in my law or not. <sup>5</sup> On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” <sup>6</sup> So Moses and Aaron said to all the people of Israel, “At evening you shall know that it was the LORD who brought you out of the land of Egypt, <sup>7</sup> and in the morning you shall see the glory of the LORD, because he has heard your grumbling against the LORD. For what are we, that you grumble against us?” <sup>8</sup> And Moses said, “When the LORD gives you in the evening meat to eat and in the morning bread to the full, because the LORD has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the LORD.”

<sup>13</sup> In the evening quail came up and covered the camp, and in the morning dew lay around the camp. <sup>14</sup> And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. <sup>15</sup> When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread that the LORD has given you to eat. <sup>16</sup> This is what the LORD has commanded: ‘Gather of it, each one of you, as much as he can eat. You shall each take an omer, according to the number of the persons that each of you has in his tent.’” <sup>17</sup> And the people of Israel did so. They gathered, some more, some less. <sup>18</sup> But when they measured it with an omer, whoever gathered much had nothing left over, and whoever gathered little had no lack. Each of them gathered as much as he could eat.

<sup>21</sup> Morning by morning they gathered it, each as much as he could eat; but when the sun grew hot, it melted.

### Notes:

- 1.
- 2.
- 3.
- 4.

# SERMON-BASED STUDY

For the week of October 4, 2020

Exodus 16

## QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

## ENGAGE WITH THE MESSAGE

1 This weekend we learned that God used the manna to gauge Israel's dependence, reverence, assurance, and obedience to Him. Why was this "testing" necessary for Israel?

2 In a sense, God is saying "Let's see what you got.", "Know who I Am.", "I've got you.", or "Do what I ask." Which of these is the most difficult for you to trust in God? Explain.

3 How can we practically apply these lessons to our own life when we are "tested"?

## DIGGING DEEPER

A **Matthew 6:25-34, ESV** – <sup>25</sup>“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup>Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup>And which of you by being anxious can add a single hour to his span of life? <sup>28</sup>And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup>yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup>But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup>Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup>For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup>“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

4 According to the passage above, why should we not be anxious about anything? What should our mindset be?

5 Describe a time when you have been anxious about something. Were you able to let go of your anxiety? How did God provide for your needs or concerns?

**B** *Psalm 81:8-13, ESV – <sup>8</sup> Hear, O my people, while I admonish you! O Israel, if you would but listen to me! <sup>9</sup> There shall be no strange god among you; you shall not bow down to a foreign god. <sup>10</sup> I am the LORD your God, who brought you up out of the land of Egypt. Open your mouth wide, and I will fill it. <sup>11</sup> “But my people did not listen to my voice; Israel would not submit to me. <sup>12</sup> So I gave them over to their stubborn hearts, to follow their own counsels. <sup>13</sup> Oh, that my people would listen to me, that Israel would walk in my ways!*

6 In Psalm 81, God is admonishing His people for not listening. He even gives “them over to their stubborn hearts.” Why does God “give people over to their stubborn ways”?

7 God’s admonishment is simple, “Listen to me!” Why is it so difficult to listen to God? What can we do to be better listeners?

**C** *Genesis 22:9-18, ESV – <sup>9</sup> When they came to the place of which God had told him, Abraham built the altar there and laid the wood in order and bound Isaac his son and laid him on the altar, on top of the wood. <sup>10</sup> Then Abraham reached out his hand and took the knife to slaughter his son. <sup>11</sup> But the angel of the LORD called to him from heaven and said, “Abraham, Abraham!” And he said, “Here I am.” <sup>12</sup> He said, “Do not lay your hand on the boy or do anything to him, for now I know that you fear God, seeing you have not withheld your son, your only son, from me.” <sup>13</sup> And Abraham lifted up his eyes and looked, and behold, behind him was a ram, caught in a thicket by his horns. And Abraham went and took the ram and offered it up as a burnt offering instead of his son. <sup>14</sup> So Abraham called the name of that place, “The LORD will provide”; as it is said to this day, “On the mount of the LORD it shall be provided.” <sup>15</sup> And the angel of the LORD called to Abraham a second time from heaven <sup>16</sup> and said, “By myself I have sworn, declares the LORD, because you have done this and have not withheld your son, your only son, <sup>17</sup> I will surely bless you, and I will surely multiply your offspring as the stars of heaven and as the sand that is on the seashore. And your offspring shall possess the gate of his enemies, <sup>18</sup> and in your offspring shall all the nations of the earth be blessed, because you have obeyed my voice.”*

8 In the passage above, we see Abraham’s example of someone who listened to God and trusted for His provision. Compare and contrast Abraham’s response to God with the Israelites response in Exodus 16.

9 What was it about Abraham that made him trust God and not grumble against God? How can we become more like Abraham?

## TAKING IT HOME

God is a God of provision. He knows our needs and will always provide for them. However, we can get off track with God and forget this important truth. What are some ways you have gotten off track? Maybe you are off track right now. What steps do you need to take to get back on track with God, listening and trusting in His provision? Share with your group or accountability partner what God has been showing you and pray for a trusting heart and an open spirit to listen.

## PRAISES AND PRAYER REQUEST

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## FOR FURTHER STUDY

Psalm 34:10

Matthew 11:28

Philippians 4:19

Hebrews 13:5