

10 Manna, The Food from Heaven

Chapter Exodus 16

Today's Lesson:



1. To understand the meaning of the manna that came down from heaven.
2. To understand that we need to desire the Word of God like we desire our necessary food.

Open Your Heart



The picture above is a work by Gerrit Dou made in c. 1645, and its title is *The Bible Lecture, Or Anne and Tobit*. Write down the feelings or emotions that come to your mind after you have viewed the picture.



Understanding Today's Lesson

After leaving Egypt, the people of Israel arrived at the Wilderness of Sin a month later. When their food ran out, they reminisced about Egypt and complained against Moses and Aaron. God said to Moses, "Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day." According to His Words, in the evening, quails came up and covered the camp. And in the morning, when the layer of dew lifted, on the surface of the wilderness, was a small round substance, as fine as frost on the ground. This was the food which came down from heaven: Manna.

Each of the Israelites gathered the manna, and on the account of one's gathering, he who gathered much had nothing left over and he who gathered little had no lack. Because manna melted when the sun became hot, those who rose up late could not gather anything. Additionally, if some manna were left over until the next day, it would breed worms and stink, and it would not be edible. Only on the sixth day could they gather twice as much for the Sabbath. The Israelites would wake up early every morning and diligently gather the manna, grind them in a millstone, crush them in a mortar, and boil or bake them in a kiln so that they could make food and eat it. This manna was stopped the day after the children of Israel entered the land of Canaan and ate the firstfruits of the land.

God had an omer of manna put in a pot for it to be kept for the descendants of Israel. This manna refers to Jesus Christ, the bread of life. Just as the people of Israel were able to live in the harsh wilderness by eating the manna every day, we can overcome the harsh world when we walk with Jesus every day and are supplied with the Word of God.

Notes:



Memorizing Bible Verses

And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst."

(John 6:35)



Meditate

On These Verses

1. After you have meditated on the following verses, give a title of the verse or write a short summary of the verse. Also, write down things you have felt about the verse, or other verses that it has reminded you of.

(Numbers 11:4–9)

(Psalms 78:18–25)

(Deuteronomy 8:3, 14–16)



Changing

Directions

After reading John 6:47–58, answer the following below.

1. What does Manna, which came down from heaven, have in common with Jesus? Write what you think below.
2. In verses 49, 50, and 58, find and write down the difference(s) between manna and Jesus.
3. When Jesus said, "He who eats My flesh and drinks My blood has eternal life," how did the Jews understand those Words (verse 52)? What is the true meaning of these Words?
4. The Jews wanted to make Jesus as king in order to obtain the blessings of the flesh. However, Jesus delivered the Words of eternal life that were necessary for their souls. What was the reaction of the Jews to this? Read and summarize John 6:60, 66 and John 7:1.
5. Unlike the Jews, how did the disciples of Jesus respond when Jesus said, "Do you also want to go away?" Read verse 68 and then answer.
6. Reflect on yourself to see whether there was a time when you were far from the Word because you felt that it was too difficult or not beneficial physically. Let us then determine to hold onto the Words firmly.



Applying

The Word to My Life

For as the body without the spirit is dead, so faith without works is dead also.
(James 2:26)

1. Please write down how you will apply what you learned today throughout this week.

1.)

2.)

3.)

2. Look back and reflect on how successful you were at applying last week's lesson.



Praying

To Live According to the Word

Let us determine to yearn for the Word, so we can experience the confession of the psalmist who said that the Word of God is sweeter than the honeycomb. Moreover, let us pray in supplication that the Holy Spirit helps us understand the Words that we read with assurance.



Our Story

Diligence In The Things With Value



Although the nobleman devoted much fortune, time, effort, and talent into making spotted rats, this did not bring any benefit to himself or mankind. When we also only live for our own satisfaction, we too can enact foolishness like the nobleman.

What are you working hard for?
Is what you are working hard for truly of value?

This is an evil in all that is done under the sun: that one thing happens to all. Truly the hearts of the sons of men are full of evil; madness is in their hearts while they live, and after that they go to the dead. (Ecclesiastes 9:3)

The Book of God

A cute, five year old girl saw a book on a desk with a pile of dust on it. She asked her older sister, who goes to church school, about the book.

"What kind of book is this?"

Her older sister answered, "That's the Bible, God's Book!"

Then the child asked her older sister with a serious face, "Then shouldn't we give it back to God? You don't read it anyway!"





Wednesday

Sermon

Date. | |

Title:

Speaker:

Main Passage:



Sunday

Sermon

Date. | |

Title:

Speaker:

Main Passage: