

Manna, Which Came Down From the Heavens

Exodus 16



The Israelites, who had crossed the Red Sea, arrived at a new wilderness. God protected them with a pillar of cloud during the day and a pillar of fire in the night. But the people of Israel complained against Moses and Aaron saying,

It would've been so much better if we just died in Egypt, where we ate bread and meat to our fill. Why are you bringing us to this kind of wilderness for us to starve to death?

God, who heard the complaints of the Israelites, spoke to Moses, saying,

I will let bread fall from heaven like rain, so they can go out and gather their daily food.

God sent down very small, round things in the morning. The Israelites named it "manna," with the meaning "what is this?"

'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'

Matthew 4:4

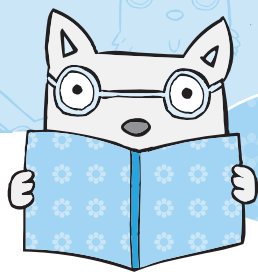


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Manna tasted like wafers made with honey. The Israelites gathered manna every morning and ate it boiled or baked. It would also melt away in the daytime from the heat of the sun. Moses told the Israelites not to leave leftovers until the next morning. However, some people didn't listen to him and left some until the next day. As a result, worms formed and it rotted, which gave off a bad smell.

The Israelites who gathered manna according to what God had said did not have any lack in food. God fed the Israelites while they were living in the wilderness with manna for 40 years straight.





Today's Study

Manna, Which Came from the Heavens

1. What is manna? Write down what you know about it.

2. Who would have been the one able to eat manna? Mark your answer below.

 <p>10:00 AM Yawn. Should I go get some manna now</p>	<p>It's such a bother to go get manna every day. I'll just eat today's leftovers tomorrow.</p> 	 <p>7:00 AM God would've let down manna today, too, so now I have to go gather.</p>
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3. What would have happened to the Israelites in the wilderness if God hadn't given them manna?

The Spirit Also Needs Food

Just as the Israelites needed to eat manna every day for 40 years to live and how we must eat food for our bodies to be healthy, there also needs to be food for our spirits every day.

What is our spirit's food? How can we obtain it?

..." It is written, 'Man shall not live by alone but by every that proceeds from the mouth of God.'" (Matthew 4:4).



Today's Lesson

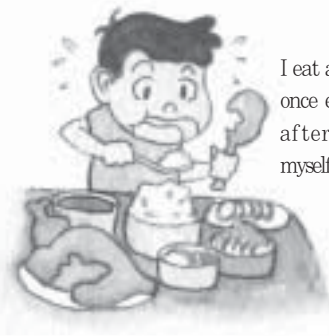
Put Some Weight on Your Spirit!

1. How well are you eating food for your body? Choose from the examples below and mark your answer.



I always eat food every day.

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I eat all my food once every week after starving myself.

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I barely eat anything.

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2. How well are you eating the Word for your spirit? Choose from the examples below and mark your answer.

► I read at least one chapter a day. ()

► I read about once a week if it comes to mind. ()

► I hardly ever read. ()

3. Below is a story about Angela, who is saved. Read it carefully, and then write what kind of status your spirit is in.



I don't have strength these days. I really want to eat the food that I need, the Word. Why is my master giving a lot of food to my body while not giving me, who is important, food for strength?

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4. Write down what you promise you will do for your spirit from now on.

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Let's Find out



*Jesus is the Bread of Life

Once, Jesus fed over five thousand people with only five barely loaves and two fish. Many people came to Jesus.

Jesus: You came to Me not because you saw signs, but because you ate bread and were full.

People: Then how can we believe You? Just as it is written that our fathers ate bread sent from heaven, our ancestors ate manna.

Jesus: Manna is not the bread for life. God gave true bread for life.

People: Lord, always give us this bread.

Jesus: I am the bread of life, the true bread from heaven.

Like this, whoever believes in Jesus will obtain eternal life.

Parents

Teacher