

Exodus 16-19

Readings this week

S	Exodus 15:1-21
M	Exodus 15:22-27
T	Exodus 16:1-17
W	Exodus 16:18-36
Th	Exodus 17:1-7
F	Exodus 17:1-15
S	John 6:35-58

I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh.
John 6:51

Without food in the desert

After the Israelites had left Egypt they came to the Wilderness of Sin (it's marked on the map on page 50).

How long had they been travelling since they left Egypt (you can work it out from Exodus 16:1).

How long do you think you could survive if you had to carry all your food, and you didn't have a fridge?

How did the people feel?

What is it?

As well as providing them with food, what was God's other reason for providing them with manna? (carry on looking in Exodus 16).

What does 'manna' mean? - if someone has an NIV Bible there is a note at the bottom of the page that will tell you.

What did it look like?

Do you think it would be easy to collect food for a family?

What did it taste like? You can learn a bit more from Numbers 11:7-9.

What were the specific instructions God gave about the manna?

What happened if they disobeyed?

How were they to get food for the Sabbath?

Did all the people obey this instruction?

God told Moses to keep some manna in a jar in the tabernacle. Why was this?

How long did the people live on manna? Look at Joshua 5:12 to see when it stopped.

How would you feel if you had to eat the same thing every day of your life? How did they feel after 40 years? Find out in Numbers 21:5.



Coriander seed

Going hungry

Why do you think God let his people go hungry, and then didn't give them the food they would have liked? You may find the answer in Deuteronomy 8:2-6.

Is it good for us to have whatever we want?

What can we learn about times when life is hard for us?

Can you think of other times when God's people went hungry, and why?

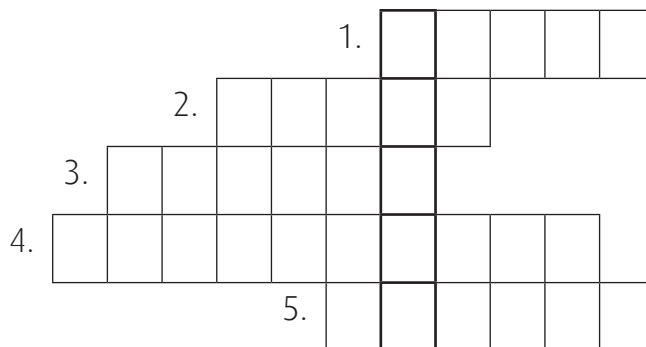
True food

After Jesus had fed the 5000, he taught them what the miracle meant.

Look at John 6:31 -32, and fill in the missing words in the grid.

(The word for (4) in your Bible may not fit the grid; if so, find one that does).

Our forefathers ate manna in the (4), as it is written, 'He gave them (2) from (3) to eat'. Jesus said 'it is not (1) who has given you this (2) from (3) but it is my (5) who gives you the true (2) from (3). For the (2) of God is he who comes down from (3) and gives life to the world'.



Pray that you will learn about Jesus and become like him.

What does it mean?

Read John 6:48-52. The Jews couldn't understand what Jesus meant when he talked about eating his flesh, but he told his disciples that he was speaking about his words (verse 63). How do these statements apply to Jesus?

- Food makes us strong
- Food helps us to grow
- Without food we die
- Food tastes good



Digging Deeper - Quails

The Manna was sent to the Israelites in the mornings.

What did God send in the evenings? Exodus 16:8,13.

It seems as though the quails didn't come for long. What happened later? Numbers 11:1-6, 10, 18-20, 31-35.

Water from the rock

God also provided. You can read about that in Exodus 17:1-7.

