



JOURNAL PAGE

Key Passage:

Oh come, let us worship and bow down;
let us kneel before the Lord, our Maker!
For he is our God,
and we are the people of his pasture,
and the sheep of his hand.
Psalm 95:6-7



Unit 5 • Session 1

GOD PROVIDED MANNA

Exodus 16-17

1. What does this story teach me about God or the gospel?
2. What does this story teach me about myself?
3. Are there any commands in this story to obey? How are they for God's glory and my good?
4. Are there any promises in this story to remember? How do they help me trust and love God?
5. How does this story help me to live on mission better?

FOLD

WHAT IS WORSHIP? WORSHIP IS CELEBRATING THE GREATNESS OF GOD.

Moses led God's people to the wilderness. They were hungry, so they complained to Moses. "We wish we had died in Egypt! You brought us out here to starve!"

God said to Moses, "I've heard the Israelites' complaints. Tell them: In the evening you will eat meat, and in the morning you will eat bread."

Quail came into the camp in the evening. In the morning, fine flakes like frost were on the ground. "What is it?" the Israelites asked.

Moses said, "It is the bread the Lord has given you to eat."

The Israelites called the bread manna. God told the people to collect just enough to eat for the day. He told them to collect twice as much on the sixth day, because the seventh day was the Sabbath.

The Israelites did not always follow God's instructions. God provided for His people, and He wanted them to trust Him and obey Him. The Israelites ate manna for 40 years.

The Israelites came to a camp with no water. "Give us something to drink," they told Moses.

"Why are you complaining to me?" Moses asked.

The Israelites had forgotten that God had a plan for them. "You brought us out here to die," they said again.

God showed Moses a rock and instructed him to hit it with his staff. Water came out of it, and the people drank.

Christ Connection: God provided water and manna for His people's physical hunger. Later, He provided His Son, Jesus, for our spiritual hunger. Jesus said, "I am the bread of life" (John 6:35). The Israelites needed bread to live for a little while, but whoever has Jesus will live forever.

My child has completed the Christ Connection on his/her own and has discussed it with me:

Parent Signature: _____