**LESSON SIX - Moses and the Manna - Learning the Power of Contentment**

**Text - EXODUS 16:1-23**

**16**Then they set out from Elim, and all the congregation of the sons of Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departure from the land of Egypt. **2**The whole congregation of the sons of Israel grumbled against Moses and Aaron in the wilderness. **3**The sons of Israel said to them, “Would that we had died by the Lord’s hand in the land of Egypt, when we sat by the pots of [[a](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1951a)]meat, when we ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger.”

**4**Then the Lord said to Moses, “Behold, I will 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 or not they will walk in My [[b](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1952b)]instruction. **5**On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” **6**So Moses and Aaron said to all the sons of Israel, “At evening [[c](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1954c)]you will know that the Lord has brought you out of the land of Egypt; **7**and in the morning [[d](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1955d)]you will see the glory of the Lord, for He hears your grumblings against the Lord; and what are we, that you grumble against us?”

**The Lord Provides Meat**

**8**Moses said, “*This will happen* when the Lord gives you [[e](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1956e)]meat to eat in the evening, and bread to the full in the morning; for the Lord hears your grumblings which you grumble against Him. And what are we? Your grumblings are not against us but against the Lord.”

**9**Then Moses said to Aaron, “Say to all the congregation of the sons of Israel, ‘Come near before the Lord, for He has heard your grumblings.’” **10**It came about as Aaron spoke to the whole congregation of the sons of Israel, that they [[f](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1958f)]looked toward the wilderness, and behold, the glory of the Lord appeared in the cloud. **11**And the Lord spoke to Moses, saying, **12**“I have heard the grumblings of the sons of Israel; speak to them, saying, ‘[[g](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1960g)]At twilight you shall eat [[h](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1960h)]meat, and in the morning you shall be filled with bread; and you shall know that I am the Lord your God.’”

**13**So it came about at evening that the quails came up and covered the camp, and in the morning, there was a layer of dew around the camp. **14**When the layer of dew [[i](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1962i)]evaporated, behold, on the [[j](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1962j)]surface of the wilderness there was a fine flake-like thing, fine as the frost on the ground. **15**When the sons of Israel saw *it*, they said to one another, “[[k](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1963k)]What is it?” For they did not know what it was. And Moses said to them, “It is the bread which the Lord has given you to eat. **16**This is [[l](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1964l)]what the Lord has commanded, ‘Gather of it every man [[m](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1964m)]as much as he should eat; you shall take [[n](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1964n)]an omer apiece according to the number of persons each of you has in his tent.’” **17**The sons of Israel did so, and *some* gathered much and *some* little. **18**When they measured it with an omer, he who had gathered much had no excess, and he who had gathered little had no lack; every man gathered [[o](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1966o)]as much as he should eat. **19**Moses said to them, “Let no man leave any of it until morning.” **20**But they did not listen to Moses, and some left part of it until morning, and it bred worms and became foul; and Moses was angry with them. **21**They gathered it morning by morning, every man [[p](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1969p)]as much as he should eat; but when the sun grew hot, it would melt.

**The Sabbath Observed**

**22**Now on the sixth day they gathered twice as much bread, two omers for each one. When all the leaders of the congregation came and told Moses, **23**then he said to them, “This is what the Lord [[q](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1971q)]meant: Tomorrow is a sabbath observance, a holy sabbath to the Lord. Bake what you will bake and boil what you will boil, and all that is left over [[r](https://www.biblegateway.com/passage/?search=EXODUS+16%3A1-23&version=NASB#fen-NASB-1971r)]put aside to be kept until morning.”

**Overview**

"Where God guides, God provides" is a saying spoken repeatedly but is rarely more perfectly illustrated than in this account of the miraculous provision of food sufficient for so many people in a barren wilderness. We, too, can be assured that God will meet our needs as we follow His leading in our lives.

**Lesson Goals**

At the conclusion of this lesson, students should:

1. Understand the ungrateful and unbelieving spirit displayed through complaining words.

2. Realize that God can and will always keep His promises.

3. Determine to follow God's directions and be grateful for God's doings.

**Teaching Outline**

I. **The Murmur**

* A. The people were angry.
* B. The made accusations.

II. **The Manna**

* A. They saw God's grace.
* B. They saw God's glory.

III. **The Mandates**

* A. God gave rules.
* B. God gave rewards.

**MATTHEW 10:29-31**

**29**Are not two sparrows sold for a cent? And *yet* not one of them will fall to the ground apart from your Father. **30**But the very hairs of your head are all numbered. **31**So do not fear; you are more valuable than many sparrows. And **ISAIAH 55:8-9 says** “For My thoughts are not your thoughts, Nor are your ways My ways,” declares the Lord. **9**“For *as* the heavens are higher than the earth, So are My ways higher than your ways And My thoughts than your thoughts. This lesson today details a familiar pattern in Israel's history: A need was realized. Discontentment was displayed. God was ever-faithful.

Warning signs that you are not living a contented life:

• Do you feel jealous when someone else is promoted at work?

• Are you unhappy when someone else's child excels, rather than yours?

• Do you resent others when they are recognized in church?

• Do you wish that you could change your upbringing?

• Do you spend time thinking about material things you cannot afford?

• Are you envious of the talents of others?

**1 CORINTHIANS 15:31 - 31**I affirm, brethren, by the boasting in you which I have in Christ Jesus our Lord, I die daily.

**MARK 8:34-35 34**And He summoned the crowd with His disciples, and said to them, “If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me. **35**For whoever wishes to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it.

**1 THESSALONIAN$ 5:16—18 - 16**Rejoice always; **17**pray without ceasing; **18**in everything give thanks; for this is God’s will for you in Christ Jesus.

**EPHESIANS 4:31-32 - 31**Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. **32**Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven [[a](https://www.biblegateway.com/passage/?search=EPHESIANS+4%3A31-32&version=NASB#fen-NASB-29305a)]you.

**1 THESSALONIANS 4:1 -** Finally then, brethren, we request and exhort you in the Lord Jesus, that as you received from us *instruction* as to how you ought to [[a](https://www.biblegateway.com/passage/?search=1+THESSALONIANS+4%3A1&version=NASB#fen-NASB-29605a)]walk and please God (just as you actually do [[b](https://www.biblegateway.com/passage/?search=1+THESSALONIANS+4%3A1&version=NASB#fen-NASB-29605b)]walk), that you excel still more.

**1 CORINTHIANS 10:31 - 31**Whether, then, you eat or drink or whatever you do, do all to the glory of God.

**HEBREWS 11: 6 -** And without faith it is impossible to please *Him*, for he who comes to God must believe that He is and *that* He is a rewarder of those who seek Him.

**ROMANS 8:32 - 32**He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things?

**LAMENTATIONS 3:22-23 -** 22 The Lord’s lovingkindnesses [[a](https://www.biblegateway.com/passage/?search=LAMENTATIONS+3%3A22-23&version=NASB#fen-NASB-20377a)]indeed never cease, For His compassions never fail. **23***They* are new every morning; Great is Your faithfulness.

**EXODUS 16:25-27 - 25**Moses said, “Eat it today, for today is a sabbath to the Lord; today you will not find it in the field. **26**Six days you shall gather it, but on the seventh day, *the* sabbath, there will be [[a](https://www.biblegateway.com/passage/?search=EXODUS+16%3A25-27&version=NASB#fen-NASB-1974a)]none.” **27**It came about on the seventh day that some of the people went out to gather, but they found none.

**PROVERBS 3:5-8 -** Trust in the Lord with all your heart And do not lean on your own understanding. **6**In all your ways acknowledge Him, And He will make your paths straight. **7**Do not be wise in your own eyes; Fear the Lord and turn away from evil. **8**It will be healing to your [[a](https://www.biblegateway.com/passage/?search=PROVERBS+3%3A5-8&version=NASB#fen-NASB-16464a)]body and refreshment to your bones.

**EXODUS 16.31, 35 - 31**The house of Israel named it [[a](https://www.biblegateway.com/passage/?search=EXODUS+16.31%2C+35&version=NASB#fen-NASB-1979a)]manna, and it was like coriander seed, white, and its taste was like wafers with honey.

**35**The sons of Israel ate the manna forty years, until they came to an inhabited land; they ate the manna until they came to the border of the land of Canaan.

**Quotes**

Die to praise and die to criticism. Dr. Lee Roberson

You can't hurt a dead man. Dr. Lester Roloff

**MEMORY VERSE**

**MATTHEW 6:31-33 -** *31 Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ 32 For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 But seek first His kingdom and His righteousness, and all these things will be added to you.*

**Study Questions**

1. What is meant by the Bible term murmuring?

2. Why was the people's murmuring such a serious matter?

3. Describe the manna that God provided for His people.

4. What were some of the rules God set down for what the people were to do with the manna?

5. How can we keep from having a spirit of murmuring?

6. Tell about a time in your life when God provided for you in an unexpected way.

7. In what ways have you seen the glory of God?

8. Tell about a time when you obeyed God in faith and saw Him do something miraculous in response.