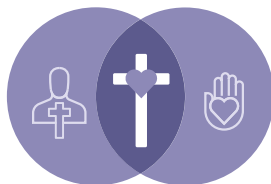


FOOD FROM HEAVEN

LESSON 13

Exodus 16

GOD PROVIDES MY DAILY BREAD.



CONNECTING IDENTITY & CALLING

IDENTITY: WHO AM I?

God has provided me all I need in this life and the next; I am completely dependent on Him.

CALLING: WHY AM I HERE?

I can trust God to give me everything I need every day and praise Him for His care.

GROWING IN FAITH FOR LIFE

See how this lesson builds on learning for each age.

ADULT

I can connect Israel's total dependence on God's provision in the wilderness to my total dependence on God today.

YOUTH

I can express how God provides everything I need in this life and the next.

ELEMENTARY

I understand that God gives me all that I need, including food to eat.

EARLY CHILDHOOD

I know God gives me food and other things I need to live.

BIBLE VERSE

[Jesus says,] "I am the bread of life;
whoever comes to Me shall not hunger."

John 6:35

SCRIPTURE SNAPSHOT

The Israelites arrive in the wilderness with no food, grumbling against Moses and Aaron. God keeps His promise to provide for His people as He daily sends manna (bread) and quail (meat) from heaven for them to gather. The Lord teaches His people to trust as they gather only what they need for one day.

TAKING IT HOME

- ▶ **On the Go**—What did the Israelites grumble about? Were they angry with Moses and Aaron, or were they angry with God? Explain your thinking.
- ▶ **At Meal Time**—God wanted the Israelites to rest on the Sabbath and instructed them to prepare the manna beforehand. How does your family rest and think about the blessings God has given you?
- ▶ **Something to Do**—The manna God provided was sweet like honey. Try some local honey on crackers to see what this might taste like.
- ▶ **Before Bed**—Read John 6:32. In this verse, Jesus calls Himself the "true bread from heaven." Because you have the gift of faith in Christ, how are your heart and life filled up?

