

## STORY: EXODUS: Manna: Bread from Heaven (Exodus 16-17:1)

After God miraculously led the Israelites through the Red Sea, they continued their hike through the desert.

You would have thought they'd be full of enthusiasm and excitement after seeing the sea parting before them and swallowing up the whole Egyptian army.

But it was not long after that they started complaining. "We have no food here! We should have died in Egypt instead of starving to death here!"

They complained when they saw the Egyptians chasing after them. They complained after they saw God deliver them. (Do we complain a lot sometimes?)

But God is gracious. Instead of scolding them, He sent them meat from heaven! It was like "Cloudy with a chance of meatballs". Instead it wasn't in the shape of balls but quails! The quails came in the evening and the Israelites ate them until they were sick of them!

Then in the morning, there was a layer of dew all over the ground. And when the dew lifted, there was a small round frost-like substance. "What is it?"

They called this strange substance "**Manna**"

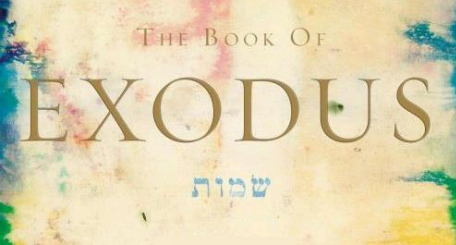
— a heavenly bread that appears on the ground every morning

— it was like white coriander seed and tasted like wafers made with honey

Moses gave these instructions from God:

- Gather what you need from the ground
  - And everyone had just enough; not too much, not too little
- Do not have any leftovers — leave nothing till morning
  - But they disobeyed and kept some; and in the morning, there were worms and the manna stank
- On the 6<sup>th</sup> day, gather 2 portions and prepare 2 days' worth of meals (bake/boil etc) because the next day was the Sabbath, a rest day, and there'll not be any manna
  - On the 7<sup>th</sup> day, the leftover manna did not have worms or stink
  - On the 7<sup>th</sup> day, The Israelites went out to look for manna but they found none

And the Israelites ate this manna for 40 years until they entered the Promised Land.



## LESSON

### Why Manna?

This was a special food that mysteriously appeared every morning on its own, 6 days a week.

They didn't have to do anything to get the manna — they didn't have to plant or toil or harvest ... it just appeared and they could enjoy it freely. Taught them to depend and trust in God to provide for them.

It was enough to sustain the Israelites for 40 years in the desert ... special energy pack?

It was a good daily reminder to the Israelites that the Lord was with them always — since they saw the 10 plagues and the parting of the Red Sea and still questioned whether God led them out to die in the desert.

### Jesus our Manna

Thousands of years later, when Jesus was feeding the 5,000, he brought up the time the Israelites' ancestors ate manna (bread from heaven) in the wilderness.

Then Jesus said many times, "I am the Bread of life from Heaven." (John 6:31)

Later Jesus explained, *"This bread is my flesh, which I will give for the life of the world ... I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you"*. (John 6:51-53)

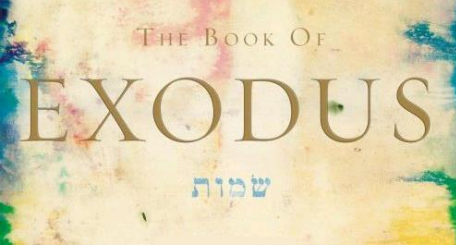
How is Jesus our Manna?

- Our relationship with Him is based on His grace — like the Manna, we don't have to plant or toil or harvest to earn it — we just receive freely, as much as we need
- Jesus is enough — He is all we need — just like how the Manna sustained the Israelites for 40 years! We just need to depend and trust on Him.

### Memory Verse

#### John 6:35

*"And Jesus said to them, 'I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.'"*



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# MANNA: BREAD FROM HEAVEN

## ACTIVITY SUGGESTION

### **Pick the manna:**

Scatter small cotton balls/white punched paper and get the kids to pick it up (either as a relay race etc)

### **Make "manna"**

Use small wafer biscuits and get kids to add a dab of honey and eat together.

Do remind kids that this is just a representation. The real manna appeared on the ground and stopped appearing after the Israelites entered the Promised Land.

### **Memory Verse Challenge: John 6:35**

*"And Jesus said to them, 'I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.'"*