

L2L40: What Is It?

Exodus 16

About a month after leaving Egypt, the Israelites arrived at a place called the Wilderness of Sin. They were running out of food and getting hungry. Again, instead of asking God for help, they complained to Moses. The people were forgetting the promises that God had given them. They still did not trust God to take care of them. Even though they did not have the right attitude, God still loved His people, and He was about to give them something to eat that no one had ever heard of before!

Discuss:

- The people blamed Moses and Aaron, saying they brought them out of Egypt to die of hunger. What should they have done?
- God does not like complaining. One way we can learn not to complain is by being thankful. What could the Israelites have been thankful for?
- God gave the Israelites food which they called “manna,” which means “what is it?” What do you think it would be like to be given food straight from God every day? Do you think it tasted good?
- Gathering manna would have been hard work. God showed the Israelites which day is the Sabbath by not giving them manna on the seventh day. Why didn’t God want them gathering their food on the Sabbath? How did God make sure they had enough to eat on the Sabbath day?



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Memory Challenge:

Exodus 16:4

Then the Lord said to Moses, “Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not.”