

Unit 5, Session 1
God Provided Manna (Exodus 16–17)



Dear families,

The Israelites had personally experienced God’s faithfulness as He directed them out of Egypt, fought for them as He parted the Red Sea, and then delivered them into the wilderness with the promise of a land of their own. What happened next is retold as a cautionary tale in both the Psalms and Book of Hebrews.

The Israelites tasted freedom for the first time in 400 years, but their stomachs still rumbled. Maybe the Israelites had expected to go straight to Canaan. Instead, they were in a dry wilderness without water or food. They began to think of Egypt in a warmer light. Maybe slavery hadn’t been that bad.

Isn’t that the lie that causes us to doubt God’s goodness? God saves us from slavery to sin; is following Jesus worth it? We know the answer is a resounding, “Yes!” But when life is hard and sanctification is trying, we—like the Israelites—sometimes stop trusting God. We grumble and complain.

God, the faithful keeper of promises, did not bring His people out of Egypt to let them die in the wilderness, nor does He abandon His children today. God sent His own Son, who gave up His life to free us from sin. He promises us a new home with Him forever.

If you had been among the Israelites, how do you think you would have responded? Can you think of a time your own circumstances had you questioning God's goodness? Let the truth of Psalm 95:7 comfort you: "For he is our God, and we are the people of his pasture, the sheep under his care."

Israel's history is given to us in the Bible because it reflects the Christian experience. We are to learn from it. (See 1 Cor. 10:1-11.) God cares for His people. He is faithful and keeps His promises. Our journey toward our new home of eternity will be challenging and trying, but we can rely on God—trusting His leading and provision.

The Lord is worthy of our trust and worship. The Israelites needed this reminder, and so do we. Trust Him and obey Him because His way is better than any plan you can conceive. He is a providing shepherd who will lead us.

Check out *The Gospel Project At Home* for resources designed to help you lead a family worship experience as well as suggestions for morning and evening prayer times and family activities.

FAMILY TALKING POINTS

CHRIST CONNECTION

This is the big idea of how this week's Bible story points to Jesus.

- **Babies & Toddlers:** Jesus gives people life forever.
- **Younger Preschool:** God gave His people food and water. Later, God gave the world His Son, Jesus. Jesus gives people life forever.
- **Older Preschool:** When God's people were hungry and thirsty, God gave them food and water. Later, God sent His Son, Jesus. Jesus said, "I am the bread of life" (John 6:35). Bread and water give people life for a little while, but Jesus gives people life forever.
- **Kids:** 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.

BIG PICTURE QUESTION & ANSWER

This is an important biblical truth that your child will encounter each week of this unit.

- **Younger Preschool:** What is worship? Worship is singing, praying, and listening to God.
- **Older Preschool:** What is worship? Worship is celebrating the greatness of God.
- **Kids:** What is worship? Worship is celebrating the greatness of God.

KEY PASSAGE

This is a Bible verse that relates to what your child will encounter each week of this unit.

- **Babies & Toddlers:** Let's worship God. — Psalm 95:6
- **Younger Preschool:** Let's worship God. — Psalm 95:6
- **Older Preschool:** Come, let's worship and bow down; let's kneel before the LORD our Maker. — Psalm 95:6
- **Kids:** Come, let's worship and bow down; let's kneel before the LORD our Maker. For he is our God, and we are the people of his pasture, the sheep under his care. — Psalm 95:6-7

**** Next week:** God Gave the Ten Commandments (Exodus 19–20)

