
NOTES:

RESOLUTION OPTIONS

1. I will do an examination of conscience every night focusing on where I have “murmured” against the LORD or another person.
2. I will discuss with my wife how we might train our children by giving them more responsibility.
3. I will reflect on my past to see if there are any inordinate attachments or habitual sins that are holding me back, and I will take steps to heal from them.
4. I will take a full Sabbath day of rest.
5. I will spend time in adoration reflecting on God’s provision in my life and I will praise and thank him for the blessings he has given me.
6. I will share our family history with my children.

MY RESOLUTION

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“BEHOLD, I WILL RAIN BREAD FROM HEAVEN FOR YOU...”
- THE LORD

OPENING PRAYER

PSALM 78:11-25

MANNA FROM HEAVEN

EXODUS 15:22-16:36

RESOLUTIONS

PRAYER PARTNERS

PSALM 78:11-25

- 11 They forgot what he had done,
and the miracles that he had shown them.
- 12 In the sight of their fathers
he wrought marvels in the land of Egypt,
in the fields of Zo'an.
- 13 He divided the sea and let them pass through it,
and made the waters stand like a heap.
- 14 In the daytime he led them with a cloud,
and all the night with a fiery light.
- 15 He cleft rocks in the wilderness,
and gave them drink abundantly as from the deep.
- 16 He made streams come out of the rock,
and caused waters to flow down like rivers.
- 17 Yet they sinned still more against him,
rebellng against the Most High in the desert.
- 18 They tested God in their heart
by demanding the food they craved.
- 19 They spoke against God, saying,
"Can God spread a table in the wilderness?"
- 20 He struck the rock so that water gushed out
and streams overflowed.
Can he also give bread, or provide meat for his people?"
- 21 Therefore, when the LORD heard, he was full of wrath;
a fire was kindled against Jacob,
his anger mounted against Israel;
- 22 because they had no faith in God,
and did not trust his saving power.
- 23 Yet he commanded the skies above,
and opened the doors of heaven;
- 24 and he rained down upon them manna to eat,
and gave them the bread of heaven.
- 25 Man ate of the bread of the angels;
he sent them food in abundance.

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be forever. Amen.

MANNA FROM HEAVEN

EXODUS 15:22-16:36

1. Only three days after the Israelites had witnessed God's miracle of parting the Red Sea, they begin to murmur against Moses again. How did Moses respond to their murmuring and their need? How did God provide for the Israelite's need for water? What ordinance did God give the people? How would this ordinance aid them in their faith?
2. The Israelites went into the wilderness of Sinai and again they began to murmur against the LORD and Moses and Aaron. What was the complaint of the Israelites? How does this complaint relate to Exodus 14:11-13? When life becomes challenging or mundane, how quickly do you resort to dreaming of a previous period of your life? Why is this dangerous? How can you avoid this?
3. God provides for the needs of the Israelites with manna and quail. He also gives instructions concerning the manna. Why does he give *instruction* along with *provision*? Evaluate how well you give instruction along with provision to your children?
4. How does God's provision and instruction from Exodus 15:22-16 relate to Jesus' teaching in Matthew 6:25-34?
5. The first time the Sabbath is commanded in Scripture is in Exodus 16:23. In Genesis 2:3 God first sets an example of the Sabbath by resting Seventh day. What is the advantage to setting an example long before issuing a request or command? What example should you be setting now for your children in order to request or expect something from them later?
6. What did God command Moses to be "kept throughout your generations"? Why did God want Moses to keep this throughout the generations? Do you have any family heirlooms that serve as reminders of your family history or of God's providence for your family? What could you pass on to your children as a physical reminder of God's presence to your family?