

# Week 10: The Manna from Heaven — Daily Provision

*A Sabbath Family Bible Study*

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## Scripture Reading: Exodus 16:1–36 (KJV)

*With Commentary Throughout*

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### **Exodus 16:2–3**

*“And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness...”*

#### **Commentary:**

Despite being miraculously delivered from Egypt, the people quickly turn to murmuring. Their fear of lack overshadows their memory of God's power. This shows how easily the human heart forgets and how quickly hardship reveals unbelief.

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### **Exodus 16:4**

*“Then said the LORD unto Moses, Behold, I will rain bread from heaven for you...”*

#### **Commentary:**

God's answer to complaint is both mercy and instruction. Manna was not just provision—it was a **daily test** of obedience and faith. He teaches His people that true dependence means trusting Him one day at a time.

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### **Exodus 16:14–15**

*“...behold, upon the face of the wilderness there lay a small round thing... and Moses said unto them, This is the bread which the LORD hath given you to eat.”*

#### **Commentary:**

Manna appeared humble—small, round, and unexpected—yet it was exactly what they needed. God's provision often comes in forms we do not recognize at first. The manna points forward to Christ, the **true bread from heaven** (John 6:32–35).

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### Exodus 16:19–20

*“And Moses said, Let no man leave of it till the morning...”*

#### Commentary:

The command to gather only what was needed for each day built discipline and trust. Hoarding it showed fear and disobedience. God wanted His people to live by **daily faith**, not stockpiled security.

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### Exodus 16:23–26

*“To morrow is the rest of the holy sabbath unto the LORD...”*

#### Commentary:

The sixth-day double portion emphasized that God not only provides food but also **rest**. The Sabbath is a weekly call to stop striving and remember that God is our provider, even when we cease our labor.

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### Exodus 16:35

*“And the children of Israel did eat manna forty years...”*

#### Commentary:

God’s provision endured for the entirety of their wilderness journey. Even when they sinned, grumbled, or forgot Him, He remained faithful. His mercies truly are new **every morning**.

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## Discussion Questions for All Ages

#### Young Children:

- Who gave the people food in the desert?
- What did manna look like?
- Why did they have to gather it every morning?

#### Older Children & Teens:

- Why did God tell the people not to save extra manna?

- How can you practice trusting God each day?
- How is Jesus like manna for us?

#### Adults:

- What spiritual disciplines help you walk in daily dependence on God?
- How do you respond when provision seems lacking?
- How does the Sabbath challenge your ideas of productivity and trust?

## Psalm Reading

### Psalm 37:25 (KJV)

*"I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread."*

#### Commentary:

This verse is a timeless reminder: God **never** forsakes those who trust in Him. The righteous may face hardship, but they will not be abandoned. His provision is constant, faithful, and sufficient.

## • Hymn: Great Is Thy Faithfulness

- **By Thomas O. Chisholm (1923)**

**Music by William M. Runyan**

- **1.**  
Great is Thy faithfulness, O God my Father,  
There is no shadow of turning with Thee;  
Thou changest not, Thy compassions, they fail not,  
As Thou hast been, Thou forever wilt be.
- **Chorus:**  
Great is Thy faithfulness! Great is Thy faithfulness!  
Morning by morning new mercies I see;  
All I have needed Thy hand hath provided—  
Great is Thy faithfulness, Lord, unto me!

- **2.**  
Summer and winter and springtime and harvest,  
Sun, moon and stars in their courses above  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy and love.
  - **Chorus:**  
Great is Thy faithfulness! Great is Thy faithfulness!  
Morning by morning new mercies I see;  
All I have needed Thy hand hath provided—  
Great is Thy faithfulness, Lord, unto me!
  - **3.**  
Pardon for sin and a peace that endureth,  
Thine own dear presence to cheer and to guide;  
Strength for today and bright hope for tomorrow—  
Blessings all mine, with ten thousand beside!
  - **Chorus:**  
Great is Thy faithfulness! Great is Thy faithfulness!  
Morning by morning new mercies I see;  
All I have needed Thy hand hath provided—  
Great is Thy faithfulness, Lord, unto me!
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## Family Application Points

1. **Practice Daily Thankfulness:**  
Begin each morning this week by thanking God for the day's provision—food, shelter, strength, or opportunities.
2. **No Hoarding, No Worry:**  
Teach children that we don't need to worry about tomorrow because God provides day by day. Use Matthew 6:11 and 6:34 to reinforce this.
3. **Honor the Sabbath Provision:**  
Make preparation before Sabbath a joyful routine. Set aside meals, household tasks, and even simple pleasures to enter into God's rest with confidence.
4. **Link God's Word to Manna:**  
Explain how reading the Bible daily feeds our souls just like manna fed the body. Try reading together each morning as your "manna moment."

5. **Trust During Scarcity:**

Discuss any times when God provided for your family in unexpected ways. Let these testimonies build faith in the younger generation.

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## **Closing Prayer**

*Heavenly Father, You are our Provider and Sustainer. As You gave manna to Your people in the wilderness, so You give us everything we need day by day. Teach us to trust You with quiet hearts and obedient hands. Forgive our grumbling, and help us to rest in Your promises. Let our home be a place where daily dependence on You is practiced and rejoiced in. May we gather spiritual manna each day in Your Word and trust that You will never fail to provide. In Jesus' name, the true Bread from Heaven, we pray. Amen.*