



Week 10: The Manna from Heaven - Daily Provision

A Sabbath Family Bible Study

Introduction

After delivering Israel from slavery and leading them safely through the Red Sea, God did not abandon His people in the wilderness. Instead, He faithfully provided for their daily needs,

teaching them to depend upon Him one day at a time. When food ran out and fear began to grow, the Lord sent manna from heaven, demonstrating that He is not only the God who delivers, but also the God who sustains.

The gift of manna was a lesson in faith. God commanded His people to gather only what they needed for each day, teaching them to trust His promise rather than their fears about tomorrow. By providing daily bread, the Lord reminded Israel that life depends on His continual care and faithfulness.

The manna also points forward to Jesus Christ, whom Scripture calls the true Bread from Heaven. Just as God fed Israel in the wilderness, Christ alone satisfies the deepest needs of the soul and gives eternal life to all who believe in Him. Every provision in the wilderness ultimately directs our eyes to God's greater provision in His Son.

This study reminds us that God is faithful in every season of life. He provides exactly what His people need, often one day at a time, teaching us to trust His promises instead of our circumstances. Families are encouraged to cultivate grateful hearts, reject anxious striving, and learn the daily discipline of depending upon the Lord, who has never failed His people and never will.



Scripture Reading

(Exodus 16:2–4, Exodus 16:14–20, Exodus 16:23–35, Psalm 37:25)

With Commentary Throughout

Exodus 16:2–4

2 And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness:

3 And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger.

4 Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no.

Commentary

Only a short time after witnessing God's mighty deliverance at the Red Sea, the Israelites began to complain because of their hunger. Instead of trusting the God who had already rescued them,

they doubted His willingness to provide. Their grumbling revealed hearts that were quick to forget God's faithfulness when faced with difficulties.

Rather than abandoning His people, God responded with mercy by promising bread from heaven. Through the gift of manna, He would teach Israel to trust Him for their daily needs and to depend upon His provision. Families are reminded that God is patient with His people and faithful to provide. When trials arise, we should remember His past faithfulness and trust Him to supply what we need in His perfect time.

Exodus 16:14–20

14 And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground.

15 And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat.

16 This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents.

17 And the children of Israel did so, and gathered, some more, some less.

18 And when they did mete it with an omer, he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating.

19 And Moses said, Let no man leave of it till the morning.

20 Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.

Commentary

God provided manna exactly as He had promised, but He also gave specific instructions for gathering it. Each person was to collect only enough for that day, trusting that God would provide again tomorrow. Those who attempted to gather more out of fear or distrust discovered that the extra manna spoiled, teaching them that God's blessings cannot be secured through anxious hoarding or unbelief.

Through this daily provision, God was training Israel to live by faith rather than by sight. Every morning required a renewed dependence upon His faithfulness. Families are reminded that God calls us to trust Him one day at a time, believing that the One who has provided in the past will continue to supply every need according to His perfect wisdom.

Exodus 16:23–35

25 And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to day ye shall not find it in the field.

26 Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.

27 And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none.

28 And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?

29 See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

30 So the people rested on the seventh day.

31 And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey.

32 And Moses said, This is the thing which the LORD commandeth, Fill an omer of it to be kept for your generations; that they may see the bread wherewith I have fed you in the wilderness, when I brought you forth from the land of Egypt.

33 And Moses said unto Aaron, Take a pot, and put an omer full of manna therein, and lay it up before the LORD, to be kept for your generations.

34 As the LORD commanded Moses, so Aaron laid it up before the Testimony, to be kept.

35 And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

Commentary

God instructed Israel to gather twice as much manna on the sixth day because the seventh day was the Sabbath, a holy day of rest. Unlike every other day, the manna gathered for the Sabbath did not spoil, demonstrating that God would provide what His people needed to honor His command. The Sabbath was a gift, teaching Israel to trust God's provision rather than depend on continual labor.

God also commanded that a jar of manna be preserved as a lasting reminder of His faithfulness throughout Israel's wilderness journey. Every generation would remember that the Lord had sustained His people with bread from heaven. Families are reminded that God faithfully provides for both our physical and spiritual needs. As we honor His commands and trust His provision, we can rest confidently, knowing that He is always faithful to care for His people.



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 78:23–29

23 Though he had commanded the clouds from above, and opened the doors of heaven,

24 And had rained down manna upon them to eat, and had given them of the corn of heaven.

25 Man did eat angels' food: he sent them meat to the full.

26 He caused an east wind to blow in the heaven: and by his power he brought in the south wind.

27 He rained flesh also upon them as dust, and feathered fowls like as the sand of the sea:

28 And he let it fall in the midst of their camp, round about their habitations.

Commentary

This psalm looks back on God's miraculous provision in the wilderness. The manna came directly from the hand of God. Scripture even describes it as "angels' food," emphasizing that Israel's daily bread was a gift from heaven. Every morning, God demonstrated that He was both able and willing to sustain His people.

These verses remind us that God provides according to His wisdom and faithfulness. Just as He fed Israel in the wilderness, He continues to care for His people today. Families are encouraged to remember that every blessing ultimately comes from the Lord and that true contentment is found in trusting His daily provision rather than worrying about tomorrow.

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!



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.



A Sabbath Feast Prayer (Used later when the Sabbath Meal is Ready)

"Heavenly Father, we thank You for Your Sabbath - a holy day of rest, joy, and renewal. As we partake in this meal, may our hearts be lifted in gratitude for Your provision and peace. Let this table reflect the peace of Your Kingdom and the love that binds our household together in Christ. In Jesus' name, Amen."



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.