



man does not live on bread alone but on every word that comes from the mouth  
of the LORD. Dueteronomy 8:3

## *Bible Study:*



. Read Exodus 15; 16; Deuteronomy 8:3; John 6:35; consider how every time we eat and rest it creates an opportunity to reflect and be thankful for God's provision.

## *The gospel in the story:*



Eating and resting are two patterns in life that demonstrate that we have needs **that can't be met in our own strength**. There is nothing we can do in our own strength to fix our hunger problem; we can't make our own food. Instead we have to rely on food provided to us by God. In the same way our souls hunger for restoration from brokenness due to sin. And only God can meet that need through Jesus, the bread of life. And Sabbath rest provides a regular reminder that there is no amount of work or effort that we could do to meet our deepest needs; our dependence rests upon God.

## *Application*

### *Head:* **What did we learn?**

Q: Why were the Israelites worried about food and water?

A: They were in the wilderness where both were in short supply

Q: How did God show His provision for the Israelites? A: By miraculously making bad water drinkable, and by providing manna to eat

Q: What did God ask of the Israelites? A: To show trust in Him by gathering only enough manna for each day, (or for two-days worth the day before the Sabbath).

Q: What did God tell the Israelites to do every 7 days. A: By taking a day of solemn rest, a holy Sabbath to the Lord

### *Heart :* **Memory verse**

“man does not live on bread alone but on every word that comes from the mouth of the LORD.” Duet 8:3

### *Hands:* **How does this affect the way I live my life?**

When we are tempted to grumble about our situation, we need to remember that throughout history and to this very day, God has proven that He is the provider and sustainer of Life. Therefore we can put our trust in Him.

### *Home:* **How does this affect my household?**

Moses told the people that when they grumbled, they weren't grumbling against Him, but against God. The same is true when we grumble against our own family members, that is sin against God. But when we love and encourage family members even when things are hard, it demonstrates a faith and trust in God.

### *Heaven:* **How does this help us share our faith?**

As Christians, we rejoice in the knowledge that Jesus is the bread of Life. And we want our friends and neighbors to know that just like the Israelites who didn't do anything (except grumble) to receive God's gift of food from Heaven, salvation through Jesus, is just as freely given to all that would ask.