

CORE STUDY #8
MANNA AND QUAIL

Passage: Exodus 16:1-36

Themes: God provides for us day-to-day and is serious about us taking a Sabbath

Background and Summary: The Israelites have just come out of Egypt and visited the waters of Marah and Elim where the people grumbled about being thirsty and God provided drinking water for them. Here God also promised the Israelites that he would heal them and not curse them like he did the Egyptians if they obey Him (Ex 15:26). By this point the Israelites have been out of Egypt for one and a half months and have probably run out of the provisions they brought from Egypt.

Introductory Question: What is something you find irritating that people grumble about?

Discussion Questions (selection to choose from):

1. **The first thing the people do after getting out of Egypt is to grumble against Moses about not having water (chapter 15) then about not having food. If you were Moses how would you have handled the Israelite's complaints and accusations?**

2. **When the Israelites complain about not having food they even go as far as to wish they had died in Egypt (vs. 3). Why do you think these people are reacting so negatively even after recently seeing God's awesome power and miracles?**

3. **Why do you think God is testing the Israelites (vs. 4)?**
 - *The Israelites have a long journey ahead of them where obeying God and following his instructions will be absolutely critical. In several ways throughout this chapter God is laying down the ground rules for how His people are to follow Him as He leads them into the promise land.*

4. **Why did you think God waited until the Israelites 'grumbled' before he provided for them? Do we need to grumble before God will provide for us?**

- *God wanted to build up trust and obedience into His people. This cannot happen if the Israelites are never given the opportunity to trust Him. The Israelites needed to learn that just because something they needed wasn't provided for them right away, that doesn't mean God had forgotten or abandoned them.*

5. Why did God not let the Israelites keep bread for the next day (vs. 19)? Why did he not give it to them on the Sabbath (vs. 25-26)?

- *Along the same theme as trust, God wants to instill into His people a day-to-day reliance and trust in Him. The Israelites needed to learn they couldn't (and didn't need to) get by on their own power but had to depend on God to lead them through the wilderness.*

6. Why is it so important to God that the Israelites (and subsequently us) maintain the Sabbath?

- *To keep away from legalism, it's important to remind ourselves on how Jesus viewed the Sabbath (Mark 2:23-28).*

Application Questions:

1. In order to take a Sabbath rest the Israelites had to prepare for it and work harder the day before. How do (or should) we incorporate this into our student lives?
2. God has promised to take care of us day-to-day and commands us to not worry about tomorrow (Mat 6:25-34). How do you plan on incorporating this mindset into your life this week?