

FOOD FROM HEAVEN

ADULT
Unit 4
LESSON HANDOUT
Lesson 13

BIBLE TRUTH

God provides my daily bread.

LEARNER GOAL

I can connect Israel’s total dependence on God’s provision in the wilderness to my total dependence on God today.

BIBLE VERSE

[Jesus says,] “I am the bread of life; whoever comes to Me shall not hunger.” John 6:35

God Cares for His People
Exodus 16

REFLECTIONS

OPENING REFLECTION What are the main things you depend on to get you through your day? Think of a time when one of these failed. How did that alter or transform your day?

EXODUS 16:1–3 Looking at the text, what specifically was the complaint of the Israelites? Do we today ever have similar complaints against God? If so, what might they be?

EXODUS 16:4–12 From the text, what are God’s different purposes for sending the miraculous food from heaven for His people?

EXODUS 16:13–30 From words or phrases in the text, what are the different lessons that God taught His people about dependence in this section? What can we learn about how we depend on God in all this?

EXODUS 16:31–36 What was so significant, symbolically, about keeping a jar of manna in a holy place throughout the generations? What can we learn from this?

FINAL REFLECTION Connect Israel’s total dependence on God’s provision in the wilderness to your total dependence on God today.

NOTES

Dotted lines for note-taking.