

Exodus 16: 11–17 God provides

God Provided Manna: Exodus 16-17, by GCFKIDS EUGENE
<https://youtu.be/2SQjZ831ado?si=N8g1u8VEjV7MgZBK>

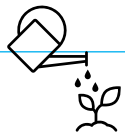
It can be really easy to use too much of something. We can think we can eat more than we can, we think we can drink more than we can, we leave the tap on for too long. We also buy things when we could repair or upcycle what we have.

We need to be careful with the resources we do have.

Could you do a few things this week to help save, or use wisely, the resources you do have?

Track your progress, either using a tick chart or adding a stone or a marble to a pot. Some things you could do:

- Donate to a food bank
- Take a smaller serving of food and only go back for more if needed
- Turn the tap off when not using it
- Turn off the lights when not using them
- Reuse, repair or upcycle some clothes or a toy



A prayer for when you need God to provide:
Dear God, thank you that I can come to you and ask anything. Please Lord, I ask you to provide... Amen.



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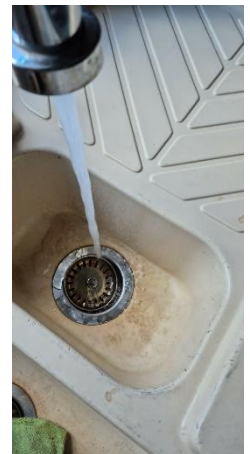
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Bible Reading – Exodus 16: 11–17

God provides for our basic needs



¹¹ Then the Lord said to Moses, ¹² “I have heard the Israelites’ complaints.

Now tell them, ‘In the evening you will have meat to eat, and in the morning you will have all the bread you want. Then you will know that I am the Lord your God.’”

¹³ That evening vast numbers of quail flew in and covered the camp. And the next morning the area around the camp was wet with dew. ¹⁴ When the dew evaporated, a flaky substance as fine as frost blanketed the ground. ¹⁵ The Israelites were puzzled when they saw it. “What is it?” they asked each other. They had no idea what it was.

And Moses told them, “It is the food the Lord has given you to eat. ¹⁶ These are the Lord’s instructions: Each household should gather as much as it needs. Pick up two quarts for each person in your tent.”

¹⁷ So the people of Israel did as they were told. Some gathered a lot, some only a little.

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If you could ask God to provide one thing for you, what would it be?

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