

## Adult & Teen

### 15 Second Thought



Name three things that people complain about.

- 1.
- 2.
- 3.

Only three! There are plenty of things that people complain about: weather, health, money, work, family, chores, relationships, thermostat settings and the list goes on and on. We might be good at complaining because we've had so much practice at it! The nation of Israel was getting rather good at complaining as they slowly made their way to the Promised Land of Canaan. What can we learn from them and the Lord's response to their complaints? Let's look!

### Read & Review

#### Read Exodus 16:1-8

1. What were the Israelites complaining about 2 ½ months into their journey to the Promised Land?
2. How did the Lord answer their complaints?
3. According to verse 4, why did God only want them to collect food for a single day?
4. What shocking reminder did Moses need to remind the people of about their grumbling?

#### Read Exodus 16:9-20

5. What do you think went through the minds of the Israelites, when they heard Moses say, "Come before the Lord, for he has heard your grumbling?"
6. What did the Lord provide in addition to the bread from heaven?

7. Why is the bread God provided from heaven called “manna?”

8. What specific instructions did God give for the manna/bread and how well were they followed?

**Read Exodus 16:21-30**

9. What exception did God allow for only gathering manna/bread for a single day’s use and why?

**Read Exodus 16:31-35**

10. Why did God want Moses to keep some of the manna/bread in a jar?

11. How long did God provide for the people in this miraculous way?

**His Word in Your Life**

What are you worried about these days? There are plenty of things that might keep you awake at night: pandemic, elections, health, school, kids, jobs, retirement, (just to name a few). How does this account help us through our worries?

***Interested in volunteering?***

**There are many ways you can serve at church:**

Ushering/Greeting • Music instrumentalist/vocalist • Video Boards

\*Email [office@gsholmen.org](mailto:office@gsholmen.org) to learn more about ways to serve.