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Lesson Title: #07 The Bread *and* Water of Life

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READ

NIL: Not in Lesson

John Dinzey.2025.Q3.L07. Quail and Manna

Lesson 7 The Bread and Water of Life

August 9-15

Read for This Week's Study: *Exod. 15:22–16:36, Gen. 3:1–6, Exod. 17:1–7, 1 Cor. 10:4, Exod. 18: 1–27, 1 Cor. 10:11.*

Memory Text: “And the LORD said to Moses, ‘How long do you refuse to keep My commandments and My laws? See! For the LORD has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.’ So the people rested on the seventh day” (*Exodus 16:28–30, NKJV*).

MONDAY

August 11

Quail and Manna

Unfortunately, there is a repetitive pattern of rebellion in these pilgrimage stories. The people were notoriously forgetful that the mighty hand of God had helped them in the past and that He had provided solutions to their problems. They let their present problems blind them to their ultimate goal and their promised wonderful future. It's a common problem even among God's people today, as well.

Read Exodus 16:1–36. What was the cause of the Israelites' grumbling, and what followed?

Exodus 16:1–3 1 And they journeyed from Elim, and all the congregation of the children of Israel came to the Wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they departed from the land of Egypt.

2 Then the whole congregation of the children of Israel **complained against Moses and Aaron in the wilderness.**

3 And the children of Israel said to them, “**Oh, that we had died by the hand of the Lord in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full! For you have brought us out into this wilderness to kill this whole assembly with hunger.**”

>>> here we see in Exodus 16 verse that the congregation murmured, or complaint against Moses and Aaron. Moses and Aaron were acting under the direct instruction of God. Complaining against them was complaining against God himself. Notice exodus 16 verse seven. We will read it now and we will read it later.

The Lord instructs Moses

Exodus 16:4 4 Then the Lord said to Moses, “**Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not.**”

Exodus 16:5 And it shall be on the sixth day that they shall prepare what they bring in, and **it shall be twice as much as they gather daily.**"

6 Then Moses and Aaron said to all the children of Israel, "At evening you shall know that the Lord has brought you out of the land of Egypt.

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7 And in the morning you shall see the glory of the Lord; **for He hears your complaints against the Lord.** But what *are* we, that you complain against us?"

The Lord promises quail & manna

Exodus 16:8 Also Moses said, "*This shall be seen* when the Lord gives you meat to eat in the evening, and in the morning bread to the full; for the Lord hears your complaints which you make against Him. And what *are* we? Your complaints *are* not against us but against the Lord."

the glory of the Lord appeared in the cloud

Exodus 16:9 Then Moses spoke to Aaron, "Say to all the congregation of the children of Israel, 'Come near before the Lord, for He has heard your complaints.' "

10 Now it came to pass, as Aaron spoke to the whole congregation of the children of Israel, that they looked toward the wilderness, and behold, the glory of the Lord appeared in the cloud.

Exodus 16:11 And **the Lord spoke to Moses, saying,**

12 "I have heard the complaints of the children of Israel. Speak to them, saying, 'At twilight you shall eat meat, and in the morning you shall be filled with bread. And you shall know that I *am* the Lord your God.' "

quail came up at evening - mana in the morning

Exodus 16:13 So it was that quail came up at evening and covered the camp, and in the morning the dew lay all around the camp.

14 And when the layer of dew lifted, there, on the surface of the wilderness, was a small round substance, *as* fine as frost on the ground.

15 So when the children of Israel saw *it*, they said to one another, “What is it?” For they did not know what it *was*. And Moses said to them, “**This is the bread which the Lord has given you to eat.**

16 This is the thing which the Lord has commanded: ‘Let every man gather it according to each one’s need, one omer for each person, *according to the* number of persons; let every man take for *those who are* in his tent.’ ”

17 Then the children of Israel did so and gathered, some more, some less.

18 So when they measured *it* by omers, he who gathered much had nothing left over, and **he who gathered little had no lack. Every man had gathered according to each one’s need.**

19 And Moses said, “Let no one leave any of it till morning.”

it bred worms and stank -

Exodus 16:20 Notwithstanding **they did not heed Moses**. But some of them left part of it until morning, and it bred worms and stank. And Moses was angry with them.

21 So they gathered it every morning, every man according to his need. And when the sun became hot, it melted.

on the sixth day, that they gathered twice as much bread

Exodus 16:22 And so it was, on the sixth day, *that* they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses.

23 Then he said to them, “*This is what* the Lord has said: “Tomorrow *is* a Sabbath rest, a holy Sabbath to the Lord. **Bake what you will bake today, and boil what you will boil;** and lay up for yourselves all that remains, to be kept until morning.”

24 So they laid it up till morning, as Moses commanded; and **it did not stink, nor were there any worms in it.**

25 Then Moses said, “Eat that today, for today *is* a Sabbath to the Lord; today you will not find it in the field.

26 Six days you shall gather it, but on the seventh day, the Sabbath, there will be none.”

27 Now it happened *that some* of the people went out on the seventh day to gather, but they found none.

28 And the Lord said to Moses, “How long do you refuse to keep My commandments and My laws?”

Exodus 16:29 See! For the Lord has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.”

30 So the people rested on the seventh day.

Isaiah 66:22-23 22 “For as the new heavens and the new earth Which I will make shall remain before Me,” says the Lord, “So shall your descendants and your name remain.

23 And it shall come to pass *That* from one New Moon to another, And from one Sabbath to another, All flesh shall come to worship before Me,” says the Lord.

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Exodus 16:31 And the house of Israel called its name Manna. And it *was* like white coriander seed, and the taste of it *was* like wafers *made* with honey.

32 Then Moses said, “This *is* the thing which the Lord has commanded: ‘Fill an omer with it, to be kept for your generations, that they may see the bread with which I fed you in the wilderness, when I brought you out of the land of Egypt.’ ”

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Exodus 16:33-34 33 And Moses said to Aaron, “Take a pot and put an omer of manna in it, and lay it up before the Lord, to be kept for your generations.”

34 As the Lord commanded Moses, so Aaron laid it up before the Testimony, to be kept.

Exodus 16:35-36 35 And the children of Israel ate manna forty years, until they came to an inhabited land; they ate manna until they came to the border of the land of Canaan.

36 Now an omer *is* one-tenth of an ephah.

It is important to notice that temptations in the Bible are often related to food. In the Garden of Eden, the Fall was related to eating from the forbidden tree of the knowledge of good and evil (*Gen. 2:16, 17; Gen. 3:1–6*). In Jesus' wilderness temptations, Satan's first shot at Him was through food (*Matt. 4:3*). Esau lost his firstborn rights because of his undisciplined appetite (*Gen. 25:29–34*). How often was Israel's disobedience connected to food and drink! No wonder Moses reminded later generations:

“ ‘Man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD’ ” (Deut. 8:3, *ESV*).

*****READ*** Each week four miracles happened:**

Manna, of course, was a heavenly bread that God supplied the Israelites with during their 40 years of sojourning in the wilderness. Through this gift, He taught them that He is the Creator and the Provider of everything. Also, God used His supernatural provision of manna to show them how to keep the seventh-day Sabbath.

Each week four miracles happened: (1) for five days, God gave a daily allotment of manna; (2) on Fridays, a double portion of manna was given; (3) the manna did not spoil from Friday to Sabbath; and (4) no manna fell on Sabbath. God was constantly performing these miracles so the people would remember the Sabbath day and celebrate God's goodness on that day. God said: " 'Bear in mind that the LORD has given you the Sabbath' " (Exod. 16:29, NIV).

People like to eat. We were created to like to eat. The rich abundance of food, growing out of the ground (our original diet) reveals not only that God wants us to eat, but that we are to like what we eat, too. How, though, can this wonderful gift, that of food (and our liking to eat it), be abused?

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Additional Notes

Of himself, Moses could not have guided this people. But he was strengthened by the knowledge that God was their Leader, and that he was acting under Him. The

people were given evidence that Moses did indeed talk with God, receiving from Him the instruction given them. When they kept this evidence in mind, the Lord preserved them from all harm. But when unbelief came in, and the people grew rebellious, and murmured against Moses and Aaron for bringing them out of Egypt, punishment came upon them. 18LtMs, Ms 144, 1903, par. 12

In wonderful ways the Lord wrought to deliver His people from bondage and to lead them into the promised land. But instead of being filled with thankfulness, they sought to exalt themselves. The work of their divine Leader in their behalf was not appreciated. 18LtMs, Ms 144, 1903, par. 13

The Lord would work mightily for His people today if they would place themselves wholly under His guidance. They greatly need the constant abiding of the Holy Spirit. They need to devote more of their time to prayer. If there were more prayer in the councils of those bearing large responsibility, more humbling of their hearts before God, we should see abundant evidence of divine leadership and greater advancement in our work. 18LtMs, Ms 144, 1903, par. 14