



This week we will study about how God sent something very special down from heaven to sustain the children of Israel.



## *Torchlight*

*"In being obliged to gather every Friday a double portion of manna in preparation for the Sabbath, when none would fall, the sacred nature of the day of rest was continually impressed upon them."*  
– Patriarchs & Prophets p. 296



A Day With the King – Daily Devotionals  
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Website: [www adaywiththeking.com](http://www adaywiththeking.com)  
Phone: (02) 4973 3456 (Int'l: +61-2-4973-3456)  
ALL BIBLE TEXTS FROM THE REMNANT YOUNG SCHOLAR STUDY BIBLE (NKJV)  
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## BREAD FROM HEAVEN

Daily Devotional 18



# SUNDAY

**LET'S PRAY** Dear Father, thank You for my family. Thank You for the food I eat and the water I drink. Help me to get to know You more through reading my Bible. In Jesus' name, Amen.

## MEMORY VERSE - PHILIPPIANS 4:19

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Exodus 15:22–27



## LET'S THINK ABOUT THIS

From our reading today we find the Bible tells us that the Children of Israel travelled through the wilderness of Shur and after 3 days they had found no water. They finally arrived at Marah, but the water was unfit for drinking as it was bitter. The people complained to Moses. Moses cried out to God and He heard him and told him to throw a certain tree into the water. He did so and it made the water sweet for drinking. God is so good! He supplied their needs. In verse 26 our reading tells us that if the Children of Israel were obedient, God would protect them from the diseases that inflicted the Egyptians.

Jeremiah 7:23 promises us that if we are obedient to God He will look after us. Check it out. We have used this verse as a memory verse in a previous study but it is good to reflect and be reminded of the promises God gives us.



## UNSCRAMBLE THIS VERSE - EXODUS 15:22

“So Moses from brought Israel the Red Sea; then they into went out the Wilderness of Shur. And three they went days in the found wilder-ness and no water”

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## WHAT DID YOU LEARN TODAY WITH THE KING?

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# MONDAY

**LET'S PRAY** Dear God, You are such an awesome God. I praise Your Name and thank You. Please give me joy and sunshine in my heart today. Thank You for my Bible.  
In Jesus' name, Amen.

## MEMORY VERSE - PHILIPPIANS 4:19

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Exodus 16:1–15



## LET'S THINK ABOUT THIS

So, after the Israelites left Elim they began to complain about being hungry. God again heard their complaints and instructed Moses on what He was going to do. God sent them some quail to eat one evening at twilight and every morning God rained down bread from heaven. God again supplied all their needs. Notice in verse 8 that Moses said to the Israelites that when they complained against him and Aaron that they were actually complaining against God.

It's very easy for us as humans to be dissatisfied with our lot in life. We can whinge and complain just as much as the Israelites did. It's a challenging thought to think that when we complain all the time we are actually complaining against God. Ask God to help you dwell on the positives and less on the negatives of life. That's something to think about!



## UNSCRAMBLE THIS VERSE - EXODUS 16:2

“Then congregation the whole of the children of complained Moses against and Aaron in the Israel wilderness.”

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## WHAT DID YOU LEARN TODAY WITH THE KING?

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# TUESDAY

**LET'S PRAY** Dearest Heavenly Father, thank You for another day. Thank You for keeping me safe and healthy. I love You so much, Lord. Help me to understand what I read.  
In Jesus' name, Amen.

## MEMORY VERSE - PHILIPPIANS 4:19

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Exodus 16:16–36



## LET'S THINK ABOUT THIS

There were specific instructions about gathering the bread every morning. The Bible tells us they had to collect 1 omer per day per person, which in today's terms is anywhere between 2.2 and 3.5 litres a day. The Israelites had to trust God that He would provide for them the next day because if they collected extra bread it bred worms and stank. Also there were special instructions about gathering bread for the Sabbath. God wanted them to gather 2 omers on the Friday—enough for 2 days—as on the Sabbath



there would be no bread. The miracle was that the extra bread they gathered for the Sabbath did not breed worms nor stink! God did not want them to work on Sabbath gathering food. He wanted them to rest and spend time with Him. In verse 31 the Israelites named the bread manna. God performed this miracle of preserving the bread every Sabbath so it left a deep impression on the Israelites on how special the day was. Have a look at the verses in Psalm 78:23-25 to find out more about the manna.

## UNSCRAMBLE THIS VERSE - EXODUS 16:31

“And Israel the wafers of called it Manna. And it was house like white coriander seed, and the name taste of it was like made with honey.”

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## WHAT DID YOU LEARN TODAY WITH THE KING?

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# WEDNESDAY

**LET'S PRAY** Dear Lord, thank You for what You do for me every day. Help me to be patient with others just like You are so patient with me. I love You, Lord. In Jesus' name, Amen.

## MEMORY VERSE - PHILIPPIANS 4:19

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Exodus 17:1-7



## LET'S THINK ABOUT THIS

The Israelites arrived at a place called Rephidim and there was no water. Again the people complained against Moses. In verse 2, Moses again pointed out they were complaining against God, not him. Moses again cried out to the Lord and He directed Moses to strike the rock with his rod, and with this, water came out of the rock. Psalm 78:15-16 tells us the water was not just a trickle but a stream running down out of the rock like a river. God caused a river to run in the desert for his people and their livestock! God is so good.



Even though the people winged and complained and their faith wavered at times, God, in his mercy, still loved and provided for them. His patience with us is absolutely amazing. Don't forget to thank God for the blessings He has given you.

## UNSCRAMBLE THIS VERSE - EXODUS 17:2

“Therefore the people contended with contend Moses, and said, ‘Give us that we may tempt water, drink.’ So Moses said to them, ‘Why do you with me? Why do you the Lord?’”

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## WHAT DID YOU LEARN TODAY WITH THE KING?

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# THURSDAY

**LET'S PRAY** Dear God, thank You for a new day in which I can serve You. Please let Your light shine through me today. Help me to understand what You are teaching me through reading Your Word. In Jesus' name, Amen.

## MEMORY VERSE - PHILIPPIANS 4:19

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

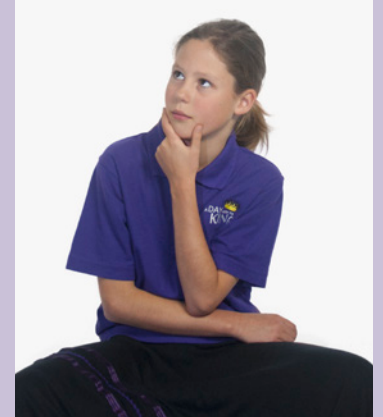
Exodus 17:8–16



## LET'S THINK ABOUT THIS

The Amalekites were a tribe of people who enjoyed war. They had heard about the Israelites' God and how He had delivered them from Egypt. But they did not fear the one and true living God. They believed their own idols and gods were more powerful. The humbling thing was that God allowed this attack to happen to the Israelites because they were complaining against Him and verse 17:4 tells us they were about to stone Moses. But God in His amazing mercy brought something good out of something bad. While Moses' hand and rod were raised high over the battle, Joshua and the Israelite men were winning the battle. When Moses got tired and his arms lowered, they began losing. So Aaron and Hur held up and supported Moses arms, and the Israelites won the battle.

Moses had been given an amazing job by God to do in leading over 1 million people to the Promised Land. It was a big challenge. By Hur and Aaron holding up Moses' arms, it showed the Israelites that God wanted them to help Moses, not to continually complain and burden him. Think about this. Have your actions today been a burden to someone, or a help?



## UNSCRAMBLE THIS VERSE - EXODUS 17:11

“And when so it was, Amalek held up his hand, that Israel prevailed; and when he let down his Moses hand, prevailed”

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## WHAT DID YOU LEARN TODAY WITH THE KING?

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# FRIDAY

**LET'S PRAY** Dear God, thank You for my family. Help me to let Your light shine through me today. Help me to prepare for Your Sabbath. Thank You for my Bible. In Jesus' name, Amen.

## MEMORY VERSE - PHILIPPIANS 4:19

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Exodus 18:1–12



## LET'S THINK ABOUT THIS

The home that Moses had spent 40 years in at Midian was not very far from where the Israelites were camped. Jethro heard of this and took Moses' wife, Zipporah, and his two sons, Gershom and Eliezer, to join him. Moses shared with Jethro all the wonderful things God had done for them and together they offered a sacrifice to the Lord for God's wonderful deliverance. It must have been a wonderful comfort for Moses to have his family with him at last.



Think about your family. Like Moses, your family may be of one belief in the same God and that makes it easier to talk about and dwell on the wonderful things He has done for you. If you are in this category, pray for someone you know who does not walk with the Lord. Sometimes our families can be divided in what they believe and I know that can be stressful and difficult at times. God understands this. Pray and ask God to comfort you. Pray that He will help you have the perseverance and strength to pray for your family members who choose not to follow God.

## UNSCRAMBLE THIS VERSE - EXODUS 18:9

“Then rejoiced for all the good delivered Jethro which the LORD had done for Israel, whom He had out of the hand of the Egyptians.”

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## WHAT DID YOU LEARN TODAY WITH THE KING?

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# SABBATH

**LET'S PRAY** Dearest Lord, thank You so much for the Sabbath where I can spend the day with You. Help me to be a blessing to someone today. Thank You for Your Word to guide me.  
In Jesus' name, Amen.

## MEMORY VERSE - PHILIPPIANS 4:19

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Exodus 18:13–27



## THOUGHT FOR THE WEEK

Jethro observed Moses being burdened down on a daily basis from sunrise to sunset with teaching, counselling and acting as a judge, working out problems amongst the Israelites. Jethro could see that if Moses kept this up he would “burn out” very quickly and would not be an effective leader for God. Jethro wisely offered advice to Moses that he should choose godly leaders to help him in this job.

Even though Moses was a leader and spokesperson for God he was wise and humble enough to accept this advice from Jethro. Wisdom is a very precious gift from God. You can't buy it. Ask God for wisdom and discernment every day. It is a tool that will take you a long way in life.



## SABBATH QUIZ

1. What did God ask Moses to throw into the bitter water to make it sweet to drink? \_\_\_\_\_
2. What was the amount of Manna, per person, that they were allowed to gather during the week? \_\_\_\_\_
3. If they gathered too much of it what happened to it? \_\_\_\_\_
4. How much Manna, per person, were they allowed to gather before Sabbath? \_\_\_\_\_
5. Who held up Moses' arms in the battle with the Amalekites? \_\_\_\_\_