

I. Setting

- A. After Marah and Elim.
- B. Question arises: strict chronology?
- C. The wilderness of the Sinai peninsula: rocky or sandy desert.
- D. Discontent (again)
- E. God will reveal his glory (see Exodus 6:6; 15:3; 15:26)

II. God will provide us with everything we need.

- A. Quail, then manna
- B. The manna shows up early in the morning, just after the dew has burned off (v. 14)
- C. Everyone is to gather in the morning; when the sun grows hot it melts (vv. 16-17, 21)
- D. They are to eat what they gather that day or else it stinks and breeds worms (possibly attracts ants; vv. 19-20)

III. The equality of grace

- A. No matter who they are, how fast they gathered, everyone has enough. (v. 18)
- B. In God's economy, the strong and the rich don't win. Grace is the great equalizer.
- C. If you really believe that God will provide you with everything you need, you will not strive to have more and better *than your neighbor*.
- D. What are you chasing?
- E. Why are you chasing what you chase? (William Law: the only proper competition for the Christian is competition against himself)

IV. Six days of labor, seven days of food

- A. On the sixth day there is twice as much; some is for the Sabbath (vv. 22-26)
- B. There is nothing to be gathered on the Sabbath (v. 27).
- C. For Christians, the details of the Sabbath commandment change – but it remains one of the Big Ten.
- D. God can make six days of work sufficient for seven days of need.
- E. Do you believe that, having commanded a day of rest, God can make that work?

V. How will we become people who believe?

- A. The manna points to a much greater gift: the Bread of Life himself. (John 6:35, 48)
- B. The manna was a gift from heaven, not by human effort (Peter Chrysostom)
- C. God's gift is sweet; he feeds our souls
- D. God's gift means that he will provide for our other needs as well (Romans 8:32)