

## 12.10 Manna (Exodus 16:1–36; Numbers 11:7–9; 33:10–13; Deuteronomy 8:3; Psalm 78:23–25; John 6:30–35)

✓ “Check” it out; opinion, inference, supposed conversation, or fact one can verify follows.

[. . .] indicates a remark to the teacher that should not be read aloud. It also indicates answers to questions.

### Visuals and Tools

- “Life of Moses” Series 2 Flash-a-Cards from A Beka Book and/or pictures and other visuals found at the end of this lesson. Please give credit to the sources of pictures.
- Check “Activities” and “Handwork” found below for additional materials.
- (optional) *Herein Is Love Commentary Series; Exodus, A Commentary for Children*, by Nancy Ganz, Shepherd Press, 2002.
- A 2-quart measure or a 2-liter plastic bottle with top cut off (to show the approximate measure of an omer)
- Coriander seed
- (optional) A mortar and pestle

**Bible Time Tips and Terms to Teach:** Vocabulary words are enlarged for flashcards at the end of this lesson. Print, cut out, and glue to card stock, or just print on colorful cardstock.

- *dew*: the drops, usually found in the morning, on the ground or on plants because of condensation of water vapor
- *omer*: about 8.4 cups (✓Sources vary from 3.5 cups to a gallon concerning this measurement.)
- *coriander*: spherical seed from a cilantro plant
- *Sabbath*: the seventh day of the week, Saturday; the day on which God rested after creating all things

### Scripture: (NASB)

**Exodus 16:1** They set out from Elim, and all the congregation of the people of Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. **2** And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, **3** and the people of Israel said to them, “Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”

**4** Then the LORD said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day’s portion every day, that I may test them, whether they will walk in my law or not. **5** On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” **6** So Moses and Aaron said to all the people of Israel, “At evening you shall know that it was the LORD who brought you out of the land of Egypt, **7** and in the morning you shall see the glory of the LORD, because he has heard your grumbling against the LORD. For what are we, that you grumble against us?” **8** And Moses said, “When the LORD gives you in the evening meat to eat and in the morning bread to the full, because the LORD has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the LORD.”

**9** Then Moses said to Aaron, “Say to the whole congregation of the people of Israel, ‘Come near before the LORD, for he has heard your grumbling.’” **10** And as soon as Aaron spoke to the whole congregation of the people of Israel, they looked toward the wilderness, and behold, the glory of the LORD appeared in the cloud. **11** And the LORD said to Moses, **12** “I have heard the grumbling of the people of Israel. Say to them, ‘At twilight you shall eat meat, and in the morning you shall be filled with bread. Then you shall know that I am the LORD

your God.””

13 In the evening quail came up and covered the camp, and in the morning dew lay around the camp. 14 And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. 15 When the people 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, “It is the bread that the LORD has given you to eat. 16 This is what the LORD has commanded: ‘Gather of it, each one of you, as much as he can eat. You shall each take an omer, according to the number of the persons that each of you has in his tent.’” 17 And the people of Israel did so. They gathered, some more, some less. 18 But when they measured it with an omer, whoever gathered much had nothing left over, and whoever gathered little had no lack. Each of them gathered as much as he could eat. 19 And Moses said to them, “Let no one leave any of it over till the morning.” 20 But they did not listen to Moses. Some left part of it till the morning, and it bred worms and stank. And Moses was angry with them. 21 Morning by morning they gathered it, each as much as he could eat; but when the sun grew hot, it melted.

22 On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, 23 he said to them, “This is what the LORD has commanded: ‘Tomorrow is a day of solemn rest, a holy Sabbath to the LORD; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.’” 24 So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. 25 Moses said, “Eat it 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, which is a Sabbath, there will be none.”

27 On the seventh day some of the people went out to gather, but they found none. 28 And the LORD said to Moses, “How long will you refuse to keep my commandments and my laws? 29 See! The LORD has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day.” 30 So the people rested on the seventh day.

31 Now the house of Israel called its name manna. It was like coriander seed, white, and the taste of it was like wafers made with honey. 32 Moses said, “This is what the LORD has commanded: ‘Let an omer of it be kept throughout your generations, so that they may see the bread with which I fed you in the wilderness, when I brought you out of the land of Egypt.’” 33 And Moses said to Aaron, “Take a jar, and put an omer of manna in it, and place it before the LORD to be kept throughout your generations.” 34 As the LORD commanded Moses, so Aaron placed it before the testimony to be kept. 35 The people of Israel ate the manna forty years, till they came to a habitable land. They ate the manna till they came to the border of the land of Canaan. 36 (An omer is the tenth part of an ephah.)

Numbers 11:7 Now the manna was like coriander seed, and its appearance like that of bdellium. 8 The people went about and gathered it and ground it in handmills or beat it in mortars and boiled it in pots and made cakes of it. And the taste of it was like the taste of cakes baked with oil. 9 When the dew fell upon the camp in the night, the manna fell with it.

33:10 And they set out from Elim and camped by the Red Sea. 11 And they set out from the Red Sea and camped in the wilderness of Sin. 12 And they set out from the wilderness of Sin and camped at Dophkah. 13 And they set out from Dophkah and camped at Alush.

Deuteronomy 8:3 And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.

Psalms 78:23 Yet he commanded the skies above  
and opened the doors of heaven, 24  
and he rained down on them manna to eat  
and gave them the grain of heaven. 25  
Man ate of the bread of the angels;  
he sent them food in abundance

John 6:30 So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform? 31 Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” 32 Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. 33 For the bread of God is he who comes down from heaven and gives life to the world.” 34 They said to him, “Sir, give us this bread always.”

35 Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

### **Introduction/Review:**

When faced with the Red Sea in front of them and the Egyptians and mountains behind them [locate site of the Red Sea crossing], the children of Israel had panicked and had griped, “It would have been better for us to serve the Egyptians than to die in the wilderness.” God was merciful and led His people through the Red Sea on dry land and saved them from the pursuing Egyptians.

When faced with no water except bitter water to drink at Marah [locate], the people had demanded, “What shall we drink?” God had shown Moses a tree to throw into the water, making the water sweet. He also led them to Elim [locate], a place with twelve springs of water and seventy date palm trees, where they camped.

Two times the people had murmured against God. Sadly, this would become their pattern even though they followed a faithful and caring God.

### **Story:**

After camping at Elim, the children of Israel camped by the Red Sea and then headed for the Wilderness of Sin [locate]. It was at this time, a month after leaving Egypt, that the bread dough they had brought with them ✓ran out.

#### ***Complaining***

What behavior did the people exhibit in difficult circumstances? [Complaining.] Running out of bread was a difficult circumstance; so the people murmured against Moses and Aaron, saying, “We wish we would have died by the hand of the LORD in Egypt. At least there we had plenty of meat and ate bread to the full. Moses, you and Aaron have brought us out into this wilderness to kill this whole assembly with hunger.”

Oh! This griping was getting more hostile than it had been before. It was directed to both Aaron and Moses. Ultimately, it was directed to God, for all complaining is actually to sin against Him.

Then the LORD said to Moses, “I am about to rain bread from heaven for you, and the people shall go out and gather a day’s portion every day. Now, I will also test them to show whether they will obey Me or not.”

#### ***Providing***

So Moses and Aaron said to all the people of Israel, “At evening you shall know that it was the LORD who brought you out of the land of Egypt, and in the morning you shall see the glory of the LORD because He has heard your grumbling against Him. . . . The LORD will give you meat to eat in the evening, and in the morning He will give you bread to the full. The LORD has heard your grumbling against Him. We are nothing; your grumbling is not against us but against the LORD.”

Then Moses told Aaron to tell the people, “Come near before the LORD, for he has heard your grumbling.”

As soon as Aaron spoke to the whole congregation, they all looked toward the wilderness. There the glory of the LORD appeared in the pillar of cloud. He spoke to Moses, repeating that He would give meat in the evening and bread in the morning. God added the words, “Then you shall know that I am the LORD your God.”

In the evening quail, tasty birds, came up and covered the camp in a way that the people were able to capture them. Not much is said about the quail in this passage, for ✓they were likely provided just that one

evening. There would be more at another time.

### ***Gathering***

However, what happened every day is very well described in Exodus 16. In the morning dew lay around the camp, and when it evaporated, a fine, flake-like thing, like frost lay on the ground. When the people saw it, they asked each other, “What is it?” because no one had ever seen anything like it before. Since they did not know what it was, they called its name *manna*, which means “What is it?”\* It was like white coriander seed, had the appearance of bdellium (a semi-transparent resin from tress that grow in Africa), and tasted like wafers made with honey—✓maybe like honey graham crackers—or like cakes baked with oil.

Moses said to them, “It is the bread that the LORD has given you to eat. Now, you have some responsibility with this bread. This is what the LORD has commanded: ‘Gather as much as each of you can eat. The measurement will be about an omer for each person.’”

So the people of Israel gathered manna for their families, some more, some less. When they measured it with an omer, whoever gathered much had nothing left over, and whoever gathered little still had enough. When the sun grew hot, the manna melted into the ground and was gone.

### ***Disobeying***

Moses cautioned, “Don’t leave any of it until morning. If you don’t eat it all, throw leftovers away.”

Guess what. Some of the people did not care what Moses said but left part of it until morning. What happened to that leftover “what-is-it”? It bred worms and stank! You can imagine Moses was not happy with those disbelieving people.

Further instruction was needed for the Sabbath, for this is the first mention of it in Scripture. It was a new thing for these people to set aside one day, the seventh day of the week—our Saturday—for rest. It was a wonderful gift from God to give this day in which the people would not work. Therefore, Moses said, “This is what the LORD has commanded: ‘Tomorrow is a day of solemn rest, a holy Sabbath to the LORD. Bake and boil today extra manna you want for tomorrow. Keep the leftovers until morning.’”

So that the people would not do ordinary work—gathering food—on the Sabbath, God wanted them to gather twice as much as usual on Friday and keep the leftovers until Saturday, the Sabbath, because no manna would be available on the Sabbath. But wouldn’t the leftovers stink and have worms in it? No.

Can you guess what some of the people did? Right. They did things their own way instead of God’s way. Some of the people went out to gather food on the Sabbath, but there was no manna anywhere!

So the LORD said to Moses, ✓who relayed the message to the people, “How long will you refuse to keep my commandments? Pay attention! The LORD has given you the Sabbath; therefore on the sixth day He gives you bread for two days. Don’t go out looking for manna but stay home on the seventh day.”

Thus, the people learned to rest ✓and worship on the seventh day.

### ***Eating***

Getting manna every day, the people got quite creative in its preparation. Sometimes they ground it in a grinder; other times they crushed it with a pestle and mortar. Sometimes they boiled it. They also baked or roasted it and even made small cakes of it.

Listen to the poetry of Psalm 78:23–25 as it describes this wonderful, perfect provision of food from God: “[God] commanded the skies above and *opened the doors of heaven*, and *he rained down on them manna* to eat and *gave them the grain of heaven*. *Man ate of the bread of the angels*; he sent them *food in abundance*” (emphasis added). This heavenly food had all the nutrients anybody needed to thrive.

God miraculously provided food for two and one-half million people!

***Addendum for the teacher and/or students:***

REVISE: See the pages, “How Much Food Was Needed for the Children of Israel?” and charts and photos of railroad cars found below. This information visualizes in modern terms the amount of food, water, and wood needed by the children of Israel for one day’s supply.

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\*“Some think these words were spoken by the Israelites on first sight of the manna, by way of question, ‘Man hu, what is it?’ and so [says] Josephus . . . and this best agrees with the reason that follows, ‘for they wist not what it was’” (<https://www.biblestudytools.com/commentaries/gills-exposition-of-the-bible/exodus-16-15.html>).

### Lessons from this lesson:

- We see Jesus:

Jesus is called the “hidden manna” in Revelation 2:17. “[T]he manna came with the dew, and was covered with it, and hid in it; Christ . . . lies hid to men in the glory of his person and the fulness of his grace, until revealed and made known.”

“The figure of the manna being ‘round,’ which is a perfect figure, may denote the perfection of Christ in his person, natures, and office; he being perfectly God and perfectly man, having all the essential perfections both of the divine and human natures in him, as well as all fulness of grace; and being made perfect through sufferings, is become a complete Saviour.”

“[T]he white colour of it may direct to the purity of Christ, to the holiness of his natures, and the beauty of his person, being white and ruddy, the chiefest among ten thousands” (All of the above points are from <https://www.biblestudytools.com/commentaries/gills-exposition-of-the-bible/exodus-16-14.html>).

Jesus said of Himself, “[M]y Father gives you the true bread from heaven. For the bread of God is he [Jesus] who comes down from heaven and gives life to the world” (John 6:32, 33).

- For one to think s/he can do as s/he pleases when God has commanded otherwise is, at least, to disobey God and, more than that, to make oneself god.
- Sabbath principle: one day in seven (now the Lord’s Day, Sunday) should be given to worship and not work.
- The Lord hears our griping (Exodus 16:7, 8, 9, 12). Complaining is sin against Him.

### Activities:

- Play dough: bread; worms; birds
- Snack:

Let students sniff or taste cilantro and (maybe) eat a coriander seed

Honey graham crackers

- Sing “Manna” found below or at [teachingthebibleto kids.org](http://teachingthebibleto kids.org), where an audio version is also available. Use pictures and words below for visual aids.
- Make a bulletin board to feature “Feeding the Hebrews Each Day.” Print pages 16 and 17 found below and follow the pattern in the accompanying photo. Other elements of the bulletin board are available for printing at [teachingthebibleto kids.org](http://teachingthebibleto kids.org) on the “Extras” page.



- Review questions: (Game: Using a two-quart measure or a two-liter plastic bottle with its top cut off and a one-cup measure, allow students to add one cup of Styrofoam® packing worms or shells or another white substance to the large container for each correct answer. A two-liter bottle will hold 8.4 cups. Use

2 containers if playing with two teams.)

1. How much time passed after leaving Egypt before the bread ran out? [One month.]
2. Rather than be “killed in the wilderness,” what did the people wish had happened to them? [That they had died in Egypt.]
3. What did God say he would do to supply food? [He would give meat to eat at night and “rain bread from heaven” in the morning.]
4. Fill in the blanks. Moses said, “Your grumbling is not against us but against \_\_\_\_ \_\_\_\_.” [The Lord.]
5. What did God provide at night? [Quail.]
6. Describe the manna. [Small, flake-like, white, round, the color of bdellium, like coriander seed, tasted like wafers made with honey.]
7. What happened when people saved manna for the next day? [It stank and bred worms.]
8. Why did people gather enough manna for two days on Friday? [So that they wouldn’t have to work by gathering it on the Sabbath/Saturday.]

**Memory Verse[s]:** (NASB)

- Deuteronomy 8:3—[God] . . . fed you with manna . . . that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.

**Handwork:**

- The following site has several crafts for this story including a coloring page, a triarama, and a booklet:  
[https://freesundayschoolcurriculum.weebly.com/uploads/1/2/5/0/12503916/lesson\\_37\\_god\\_give\\_manna\\_to\\_eat.pdf](https://freesundayschoolcurriculum.weebly.com/uploads/1/2/5/0/12503916/lesson_37_god_give_manna_to_eat.pdf).

dew

omer

coriander

Sabbath



# The Exodus From Egypt

Nuweiba Beach Crossing -- Sinai at Jabal al-Lawz



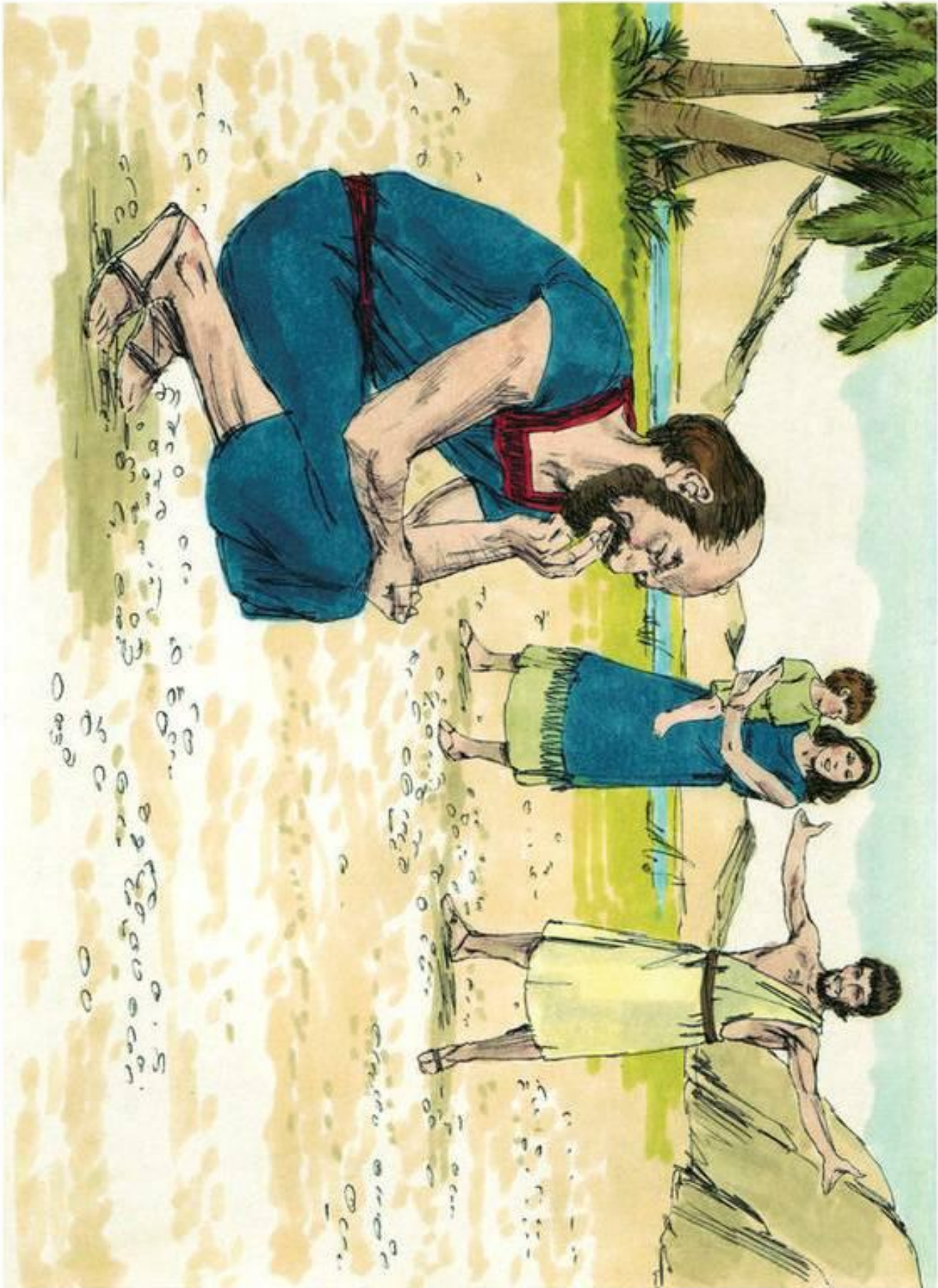
























<http://www.attarisalam.com/en/gum/293-bdellium.html>



## How Much Food Was Needed for the Children of Israel?

The amount of food, water, and wood needed for two and one-half million people is staggering. In order to visualize these daily rations, consider the following information and the charts and photos that follow.

A quartermaster once calculated the amount of food, water, and firewood needed by the children of Israel in their journey from Egypt to the Promised Land (*Pulpit Helps* 1997; author unknown). Based on the amount of food, water, and wood listed below and the capacities of railroad boxcars and tankers, the figures below show the number of railroad cars that would have been needed and the miles of track those cars would have occupied.

To check these statistics, multiply the number of cars by 50 ft. (the average railroad car length with couplers) to get the distance in feet; divide by 5280 feet to get the miles of railroad needed for a day's supply. Or divide the number of railroad cars by 105.5, the average number of cars per mile based on the 50-foot average car length.

### ***Food***

Scripture states each person collected 1 omer, about 2 liters each. That would be 5,000,000 liters (2 liters x 2,500,000 people) or 5,000 kiloliters total per day. If one boxcar holds a volume of 177.5 kiloliters, **about 28 boxcars** would be needed for food (manna). These food boxcars would take **0.27 miles of track**.

### ***Water***

Water, just to drink and wash a few dishes, would take 11,000,000 gallons each day. This number divided by 20,000 (the average tanker capacity in gallons) equals **550 tankers** or **5.21 miles of track**.

### ***Firewood***

It would take 4000 tons of wood to cook each day. This amount divided by 25 tons of lumber per car equals **460 cars** packed with wood as lumber is stacked or **4.36 miles of track**.

**Grand Total: 1038 railroad cars** that would take **nearly ten (9.84) miles of railroad track**

## Cities with a Population about the Same as the Hebrews at the Time of the Exodus

7/1/2012 population estimate

Chicago, Ill.	2,714,856
Houston, Tex.	2,160,821
Denver, Colo.	2,599,000 (including 10 surrounding counties)

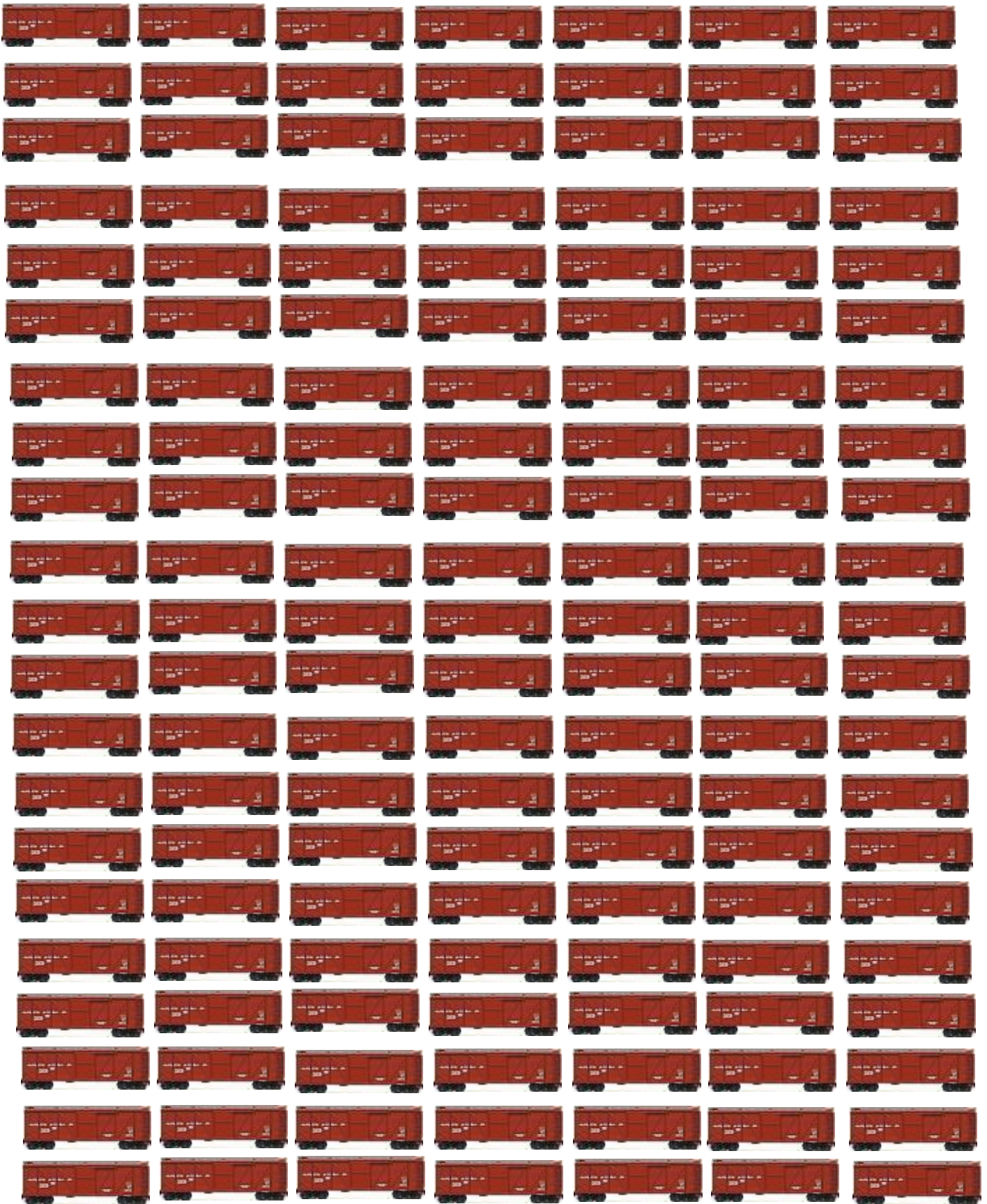
<http://www.infoplease.com/ipa/A0763098.html>

[http://en.wikipedia.org/wiki/Denver-Aurora-Lakewood,\\_CO\\_Metropolitan\\_Statistical\\_Area](http://en.wikipedia.org/wiki/Denver-Aurora-Lakewood,_CO_Metropolitan_Statistical_Area)

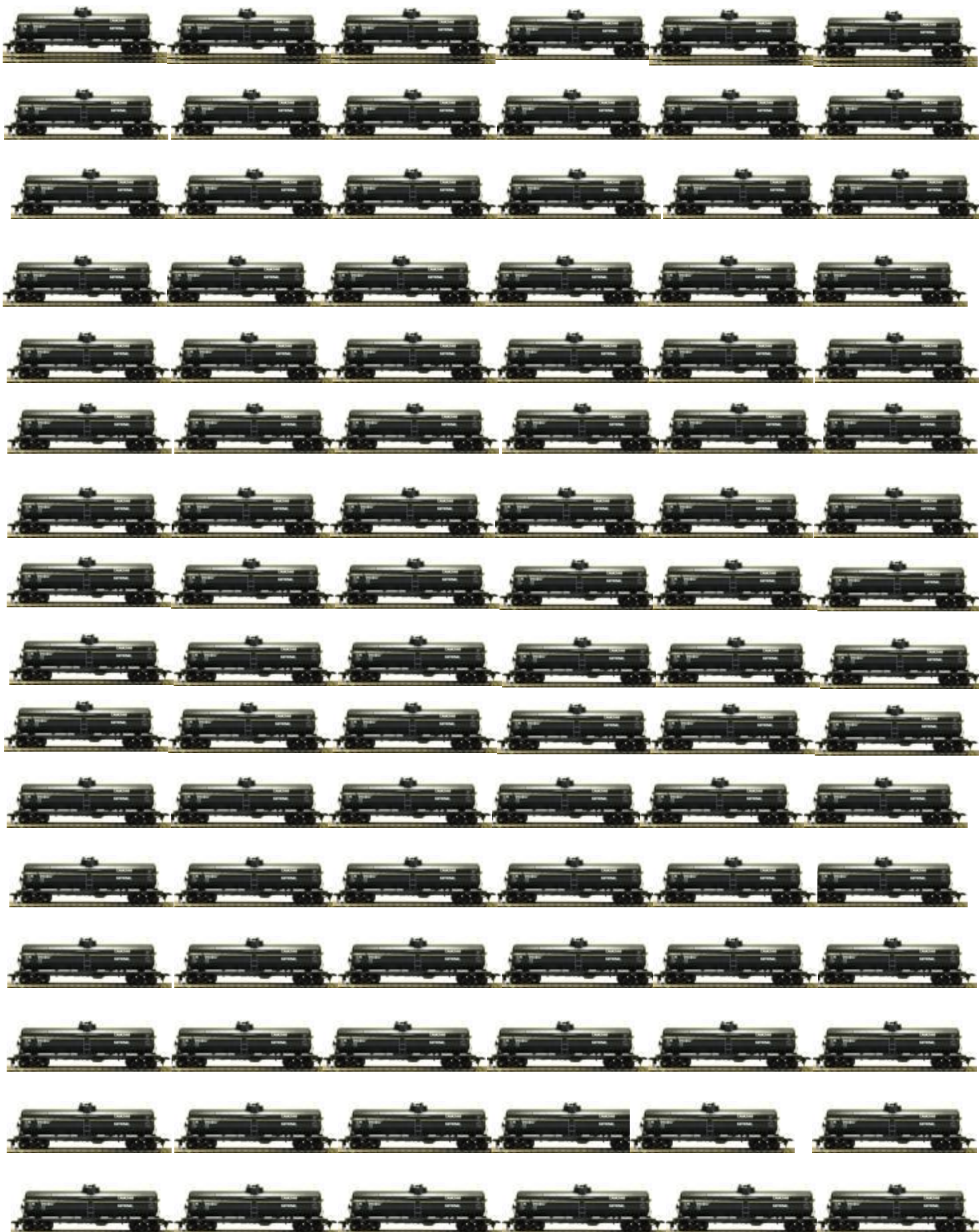
### **One Day's Food and Supplies for Israel Summary**

Item	# of Railroad Cars	# of Feet of Cars	# of Miles of Track
<b>Food</b> 2 qts. manna/person	125 cars	125x50 ft/car = 6250 ft.	1.2 miles
<b>Water</b> about 4.4 gal/person	550 cars 11,000,000 gal. for drinking & washing	550 x50 ft/car = 27,500 ft.	5.2 miles
<b>Wood</b>	460 cars	460x50 ft/car = 23,000 ft.	4.4 miles
<b>TOTAL</b>	1,044 cars	56,750 ft.	10.8 miles

This page and the next are for making a bulletin board with the title “One Day’s Supplies for Israel.”



Print 3 1/3 pages (28 boxcars for food; the rest, 460 boxcars, for wood)



Print 6 pages for 576 tankers; cut 26 tankers off one page for a total of 550 tankers.



<https://www.michigansteamtrain.com/about/equipment>





# One Day's Supplies for Israel\* (2,500,000 people)

Food



Water



Wood



\* Each symbol = 100 train cars (Total of 1,000 cars)



12.10

# Manna

Marilyn Alexander

1. Is - rael was hun - gry, was hun - gry. They com -

2. "Man - na; What is it? What is it?" "God's pro -

3. "Man shall not live by bread a - lone, But by

plained, com - plained. God heard them.

vi - sion, pro - vi - sion: An - gels' food."

ev - 'ry word that pro - ceeds from God. Mat-thew four e -

le - - - ven.

**Israel was hungry, was hungry;  
They complained, complained;  
God heard them.**

**“Manna—What is it? What is it?”  
God’s provision, provision—  
Angels’ food.**

**Man shall not live by bread alone,  
But by every word that proceedeth  
From the mouth of God.**

**Matthew four, eleven.**