

A Table in the Wilderness  
Exodus 16:2-5, 27-35

To be human is to feel a deep hunger.

'Take Me to Church' is essentially about sex,  
but it's a tongue-in-cheek attack at  
organizations [Read the church] that would...  
undermine humanity by teaching shame  
about sexual orientation — that it is sinful, or  
that it offends God... — Hozier, NY Times

We've a lot of starving faithful  
That looks tasty  
That looks plenty  
'This is Hungry work.' -Hozier

The Father is training you to trust him with  
your deepest hunger.

## I. HOW THE FATHER TRAINS US

(v.2) In the desert the whole community  
grumbled against Moses and Aaron.

“I’ve heard their complaints against me.”—God.



Exodus 16:3

The Israelites said to them, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

A man who let himself decline because he could not see any future goal found himself occupied with retrospective thoughts...the tendency to look into the past, to help make the present, with all its horrors, less real. But in robbing the present of its reality there lay a certain danger. It became easy to overlook the opportunities to make something positive of camp life, opportunities which really did exist. Such people forgot that often it is just such an exceptionally difficult external situation which gives man the opportunity to grow spiritually beyond himself. They preferred to close their eyes and to live in the past. Life for such people became meaningless.

—Viktor Frankle

Exodus 16:4

Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions.

God will train you to trust Him with your  
deepest hunger.

## II. WHY THE FATHER TRAINS US

(v.31) The people of Israel called the bread manna (Lit. 'What is it?'). It was white like coriander seed and tasted like wafers made with honey.

Exodus 16:5,16

(v.5) On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days...(v.16) This is what the Lord has commanded: 'Gather as much of it as each person needs to eat. You may take two quarts per individual, according to the number of people each of you has in his tent.'"

The Lord addresses this lack by providing Israel with food one day at a time, save the special circumstance of the seventh day, effectively re-presenting every evening the very circumstance about which the Israelites were complaining—the lack of food. The lack of sustainable food source would be a constant reminder that the Lord was Israel's provider.

—W. Ross Blackburn



Will I trust God with my deepest hunger enough  
to do it God's way?

### Exodus 16:17-20

So the Israelites did this. Some gathered a lot, some a little. 18 When they measured it by quarts, the person who gathered a lot had no surplus, and the person who gathered a little had no shortage. Each gathered as much as he needed to eat. 19 Moses said to them, "No one is to let any of it remain until morning." 20 But they didn't listen to Moses; some people left part of it until morning, and it bred worms and smelled. Therefore Moses was angry with them.

Exodus 16:23, 26

He told them, "This is what the Lord has said:  
'Tomorrow is a day of complete rest, a holy Sabbath to the Lord. Bake what you want to bake, and boil what you want to boil, and set aside everything left over to be kept until morning.'"<sup>26</sup> For six days you may gather it, but on the seventh day, the Sabbath, there will be none."

Two reasons why God is so serious about  
Sabbath: 1) Sabbath is for our good.

2) Sabbath reminds us we're not God.

“It is not our energy and determination that impresses God, it is our living in the manner he made us that will produce the fruit he intends for us to bear...Resting in God—abiding in his presence—is the only way we can be successful in what he has called us to do. Yet how many of us schedule days of rest and relaxation on the calendar before we schedule meetings, conventions, and other days of work? Is this challenging to you?”

—Mike Breen

The principle to pay attention to is that one day out of seven I need to stop and refrain from whatever in my life gives me a sense of provision for myself and my needs or validation of myself and my significance from others. That's my work. Whatever my life provides for me or validates me, I need at least 1 day a week, or one year in 7 where I do not do that thing. This is different for all of us. But we all have to ask, 'what's the thing that when I do it I'm providing for myself and other people are telling me I matter. Because the fundamental truth is, I don't provide for myself, God provides for me. And I don't have to prove to other people I matter because God validates me. And I need at least one day a week where I just totally rest in that.<sup>3</sup>

—Andy Crouch



# Exodus 16:27-30

27 Yet on the seventh day some of the people went out to gather, but they did not find any.

28 Then the Lord said to Moses, "How long will you[e] refuse to keep My commands and instructions? 29 Understand that the Lord has given you the Sabbath; therefore on the sixth day He will give you two days' worth of bread. Each of you stay where you are; no one is to leave his place on the seventh day." 30 So the people rested on the seventh day.)



THE FOOD THAT TRULY FILLS US

### Exodus 16:31-32

The people of Israel called the bread manna.[d]  
It was white like coriander seed and tasted  
like wafers made with honey. 32 Moses said,  
“This is what the Lord has commanded: ‘Take  
an omer of manna and keep it for the  
generations to come, so they can see the  
bread I gave you to eat in the wilderness  
when I brought you out of Egypt.’”

(v.35) The Israelites ate manna forty years, until they came to a land that was settled; they ate manna until they reached the border of Canaan

“Man does not live by bread alone, but by every word from that proceeds from mouth of the Father.” — Jesus

Exodus 16:33-34

So Moses said to Aaron, "Take a jar and put an omer of manna in it. Then place it before the Lord to be kept for the generations to come." 34 As the Lord commanded Moses, Aaron put the manna with the tablets of the covenant law, so that it might be preserved