

# Exodus: Bread from Heaven

## [Exodus 15:22–16:36](#)

As the Israelites leave Egypt, they enter not only the wilderness but a time of testing. Their new freedom brings challenges that expose their lack of trust in the God of their deliverance. But God continues to provide for his people through manna from Heaven, a foreshadow of Jesus, our bread of life.

## Application

---

1. To what recent circumstances have you responded with panic, worry, or stress? What have your responses revealed about where you place your trust?
2. Have you incorporated any daily, weekly, and yearly rhythms of Sabbath rest into your life? If not, what is one step you can take this week to worship and trust God to provide for you through a cease in productivity?

## Key Points

---

- God uses trials to expose the object of our hope and to refine our faith, as fire refines gold.
- When we pursue specific outcomes for the circumstances in our lives, it becomes difficult to submit to God's control.
- The way we show God our love and allegiance is by obeying him, waiting on his timing, and trusting he will provide.
- The honey-flavored manna God gave the Israelites was a delicacy for them. In the same way, God's provision for us is better than what we could provide for ourselves.
- Our overproductivity and refusal to take part in Sabbath rest breeds a belief that we, not God, are in charge.

## Other Scripture References

---

[1 Peter 1:7](#)  
[John 14:15](#)  
[Genesis 2:1–3](#)  
[John 6:30–35](#)