



The people of Israel, who once were slaves, were now as free as could be

But as they walked across the desert, sand and more sand was all they could see.

**They were
tired of
walking and
tired of
camping, I'm
sure you
understand**



**They began to doubt this promise they'd heard of
something called "The Promised Land."**

**The people complained to
Moses their leader, they
weren't very nice,**

**"It would have been
better if we'd died in
Egypt—freedom isn't
worth the price."**





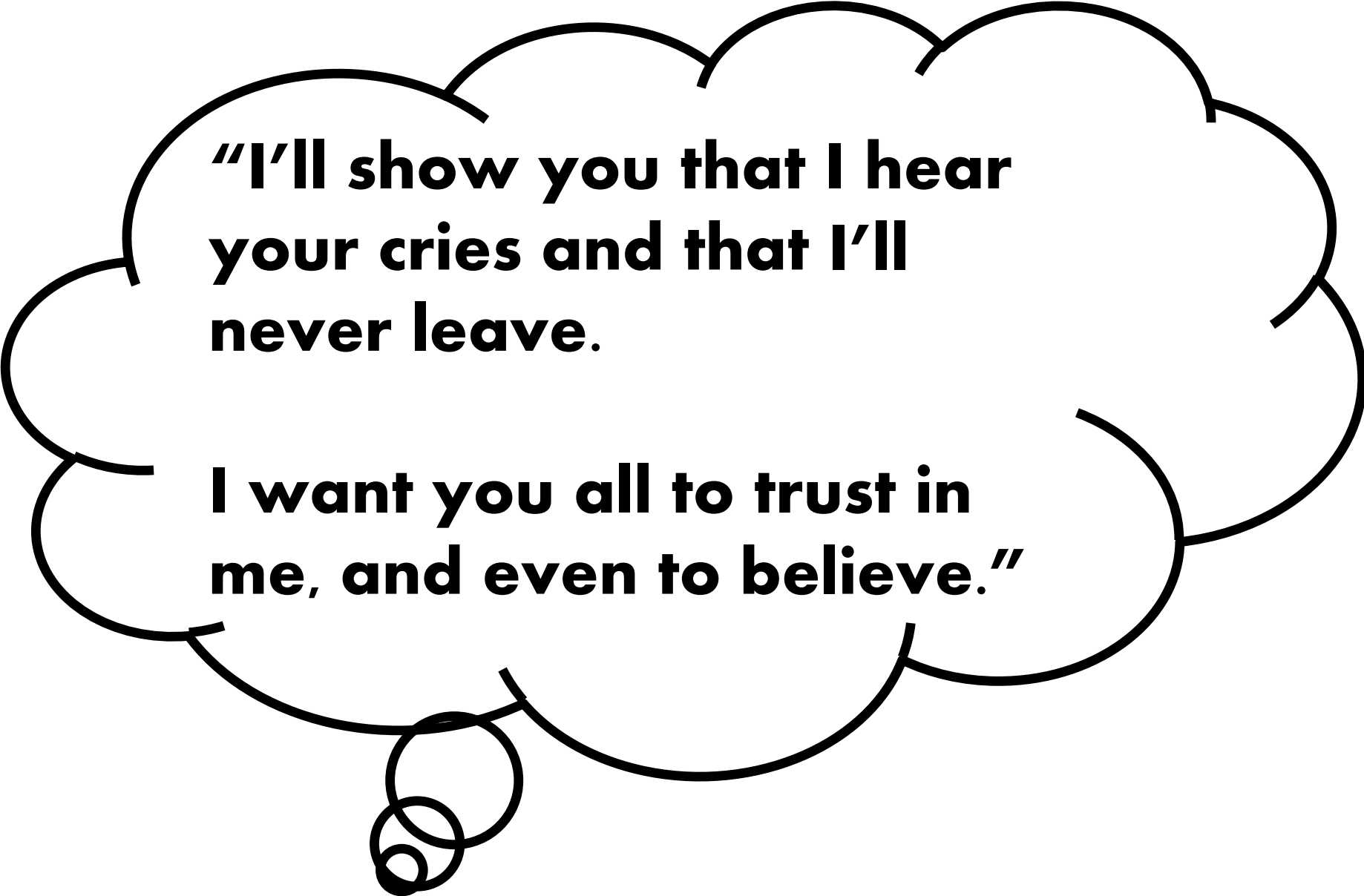
Moses heard them and prayed to God. He wondered what to do.

“Dear God, can you help me show these people what it means to trust in you?”



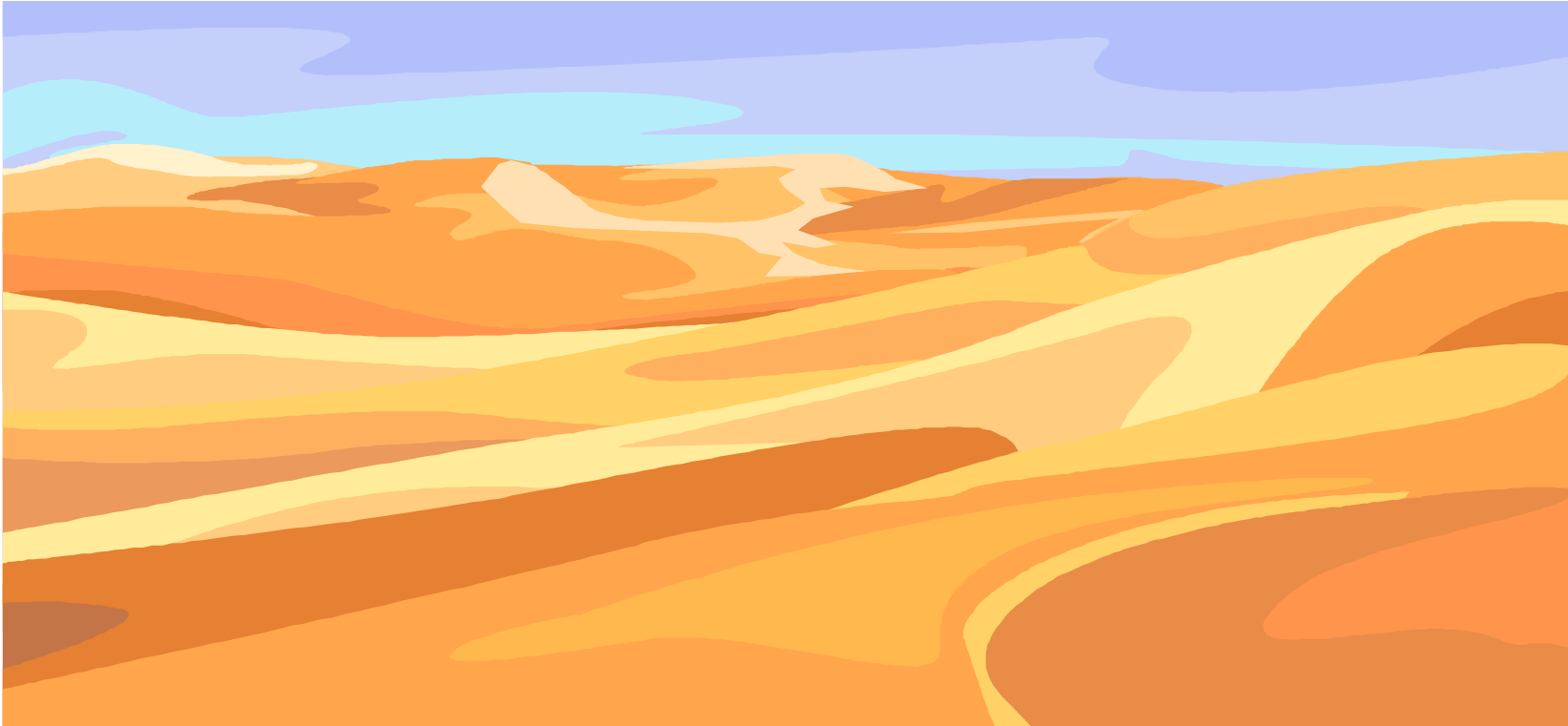
God heard the complaining and the praying—God always hears those things.

And because God cared so much for them, God decided to do something.



**"I'll show you that I hear
your cries and that I'll
never leave.**

**I want you all to trust in
me, and even to believe."**



The next day when the people woke, much to their surprise,

The ground was covered with bread from heaven—they couldn't believe their eyes.



**This bread from heaven was something new—
they'd never seen it before**

**But there was enough for everyone, and they
didn't need a store.**



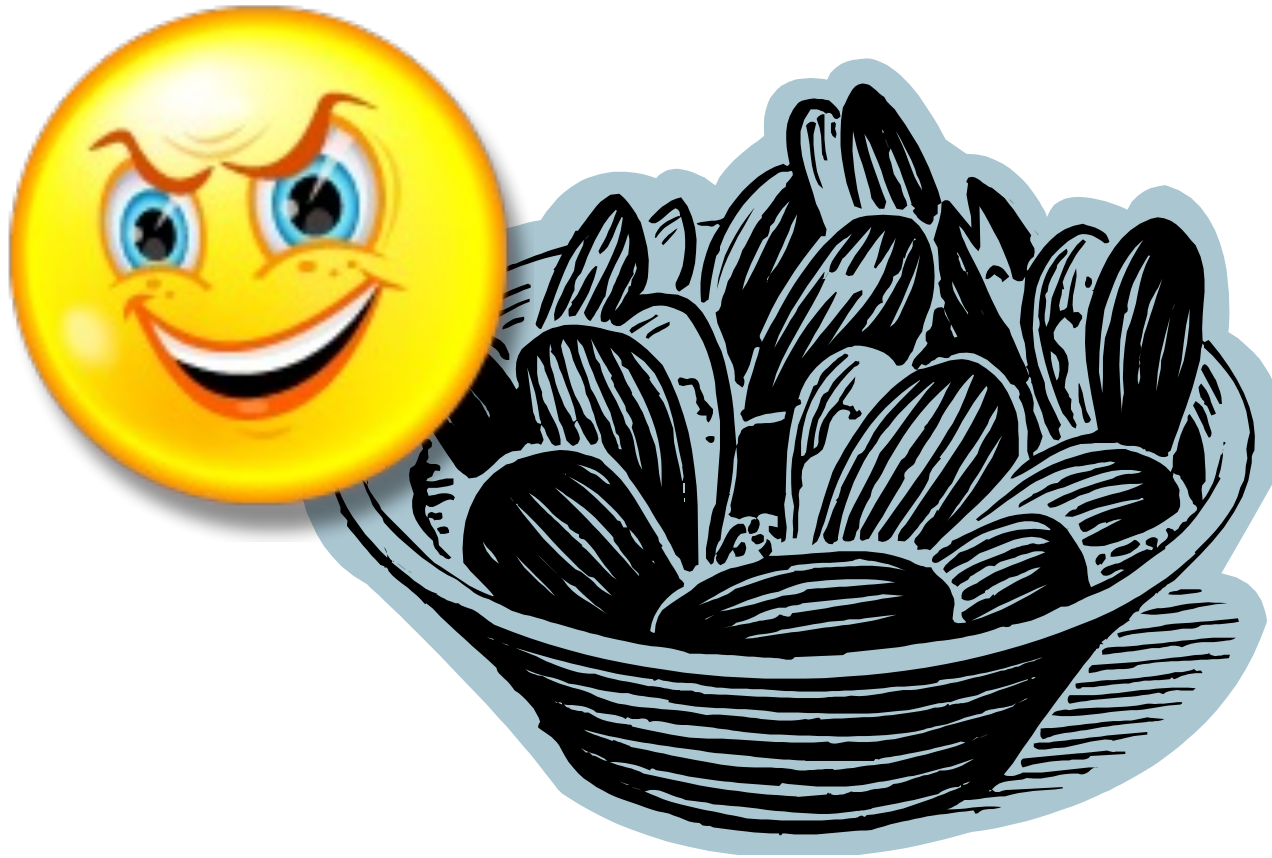
**What was this bread God gave them, they asked,
and “manna” became its name,**

**And it became a sign to them that God was not just
playing games.**



God really cared for them, and really would provide.

They could rest in peace and trust that God was on their side.



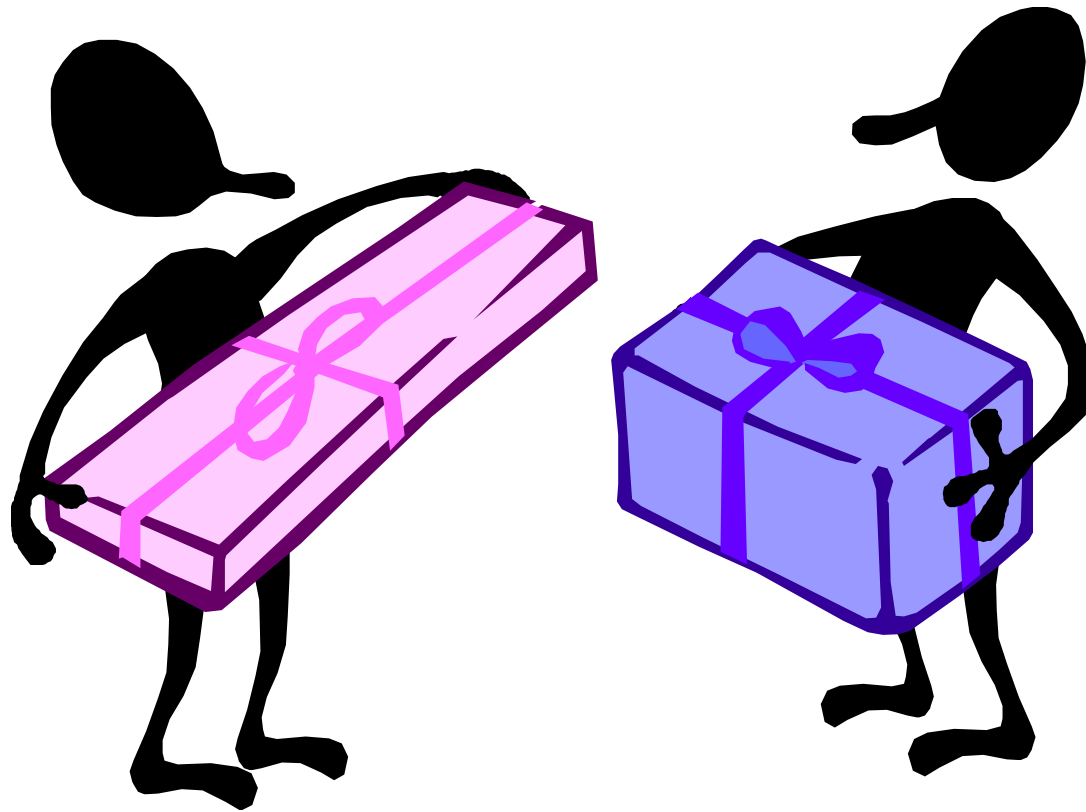
The people of Israel sometimes forgot that God would give enough,

Sometimes they got mean and greedy and collected extra of the stuff.



But when they did it didn't last, it went rotten overnight

Because God really wanted them to trust him, and not depend on their own might.



So 'manna' became the symbol of just how much God cares.

And when it comes to providing for us, God's greatest gifts he shares.



For the Israelites it was manna and quail, food to keep them strong.

For us it's bread and wine, and grace for our whole life long.



So when we find ourselves complaining, and thinking God forgot,

We hear the words 'this body and blood,' and Communion hits the spot.



We remember that we're not alone, nor are we the ones

Who have to work our way to Heaven—God gave us His Son.



**And every week we sing and pray and we stretch
out our hands**

**To receive the bread and wine and hear what God
commands.**



Just like the Israelites, we were slaves, to sin and death and flesh,

But freed by God we are forgiven, and called to start afresh.



Just like the manna, which means “what is it” there are things we can’t explain.

But what we know is that God comes to us, and we are not the same.