



Sunday Teaching Guide

Sabbath, Week 2

October 22, 2023

Bible Texts

- Read Genesis 2:1-3
- Read Exodus 16:1-35

Important Terms

- Shabbat: The Hebrew word for "rest" that is transliterated into the English word "Sabbath."
- Manna: This Hebrew word literally means "what is it?" and was the bread that the Israelites gathered when they needed food in the wilderness after escaping from Egypt.

Sermon Notes

- In Exodus, the Israelites are in the wilderness. They have been without food, and God says that he will send down manna from Heaven. God explains that the Israelites will be able to gather manna every morning and that the manna will last them throughout the day, but it will spoil after a day. God also says that on the day before the Sabbath, they can gather manna for two days and the manna will not spoil. True to God's word, the Israelites who gather manna have enough to survive each day, and those who gather too much manna see it spoil. Manna gathered the day before the Sabbath does last them during the Sabbath without spoiling.
- The Sabbath, for us, is like our land between. It's not the week that was or the week that is to come; it's a time of in-between where we reflect on the goodness of God. During Sabbath, we don't wish for our past or obsessively worry about our future; we rest in the grace of this moment and learn from God's faithfulness in the here and now. And to do that, we reflect on our trust in how God has provided and will continue to provide.

Reflection Questions

- What are some ways that the ancient Israelites' situation with manna differs from our 21st century situation regarding food and provisions?
- Why do you think the Israelites were told to keep some manna inside the ark of the covenant?
- Why do you think it is important for us to reflect on the ways in which God has provided for us?
- How has God provided in a way you could have missed if you stayed too busy to see it? In reflection of that, how can you continue to trust in God?
- How do you plan on carving out time to reflect on the ways in which God has provided for you?

Prayer for the Week

- True and faithful God, we thank you for your generosity in providing for our daily sustenance. Help us to develop a humble posture of recognizing the source of the good things in our lives. Help us to seek opportunities of rest for this busy world. Amen.

Additional Readings

- John 6:48-51
- Psalm 78
- Psalm 105