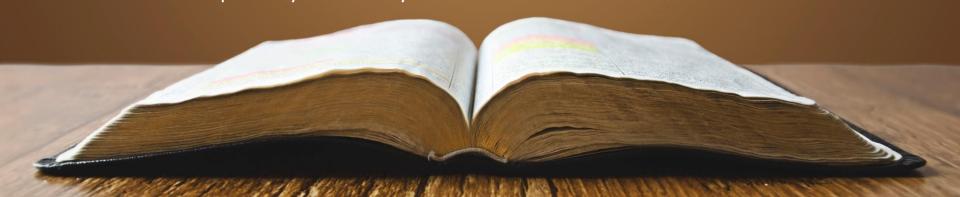
Exodus 16:11-21, 31

- ¹¹ The LORD said to Moses,
- ¹² "I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.' "
- ¹³ That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp.
- ¹⁴ When the dew was gone, thin flakes like frost on the ground appeared on the desert floor.
- ¹⁵ When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was. Moses said to them, "It is the bread the LORD has given you to eat.
- ¹⁶ This is what the LORD has commanded: 'Each one is to gather as much as he needs. Take an omer for each person you have in your tent.' "



- ¹⁷ The Israelites did as they were told; some gathered much, some little.
- ¹⁸ And when they measured it by the omer, he who gathered much did not have too much, and he who gathered little did not have too little. Each one gathered as much as he needed.
- ¹⁹ Then Moses said to them, "No one is to keep any of it until morning."
- ²⁰ However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them.
- ²¹ Each morning everyone gathered as much as he needed, and when the sun grew hot, it melted away.

•••

³¹ The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey.

Numbers 11:7-9

- ⁷ The manna was like coriander seed and looked like resin.
- ⁸ The people went around gathering it, and then ground it in a handmill or crushed it in a mortar. They cooked it in a pot or made it into cakes. And it tasted like something made with olive oil.
- ⁹ When the dew settled on the camp at night, the manna also came down.



RELATING TO GOD



This, then, is how you should pray...

Our Father in Heaven



Hallowed be Your Name



Your Kingdom Come



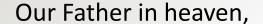
Your Will be Done...



First 3 petitions:

- 1. God oriented
- 2. Re-calibration
 - Escaping the illusion of our existence
 - Entering the reality of the universe
- 3. Formative

The Lord's Prayer



- 1. hallowed be your name,
- 2. your kingdom come,
- 3. your will be done, on earth as it is in heaven.
- 1. Give us today our daily bread.
- 2. And forgive us our debts, as we also have forgiven our debtors.
- 3. And lead us not into temptation,
- 4. but deliver us from the evil one.

For yours is the Kingdom, power and glory, forever and ever amen.

Declaration

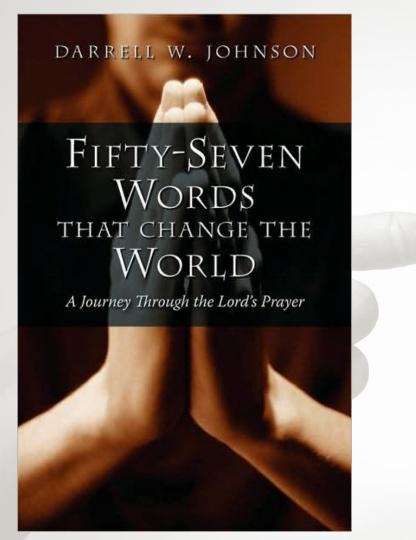
3 petitions

4 petitions

Declaration

NAU Exodus 16:3

The sons of Israel said to them, "Would that we had died by the LORD'S hand in the land of Egypt, when we sat by the pots of meat, when we ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger."



1. Sustain me today

1. Sustain me today

1. Sustain me today

NAU Deut. 8:3

He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD.

1. Sustain me today

Today I have God, and he has the provisions.

Tomorrow it will be the same.

I will have God and he will have the provisions.

So I simply ask God today for what I need for today.

~Dallas Willard

1. Sustain me today

NAU Deuteronomy 8:16-17

¹⁶ "In the wilderness He fed you manna which your fathers did not know, that He might humble you and that He might test you, to do good for you in the end.

¹⁷ "Otherwise, you may say in your heart, 'My power and the strength of my hand made me this wealth.'

1. Sustain me today

NIV Proverbs 30:7-9

- ⁷ "Two things I ask of you, O LORD; do not refuse me before I die:
- ⁸ Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread.
- ⁹ Otherwise, I may have too much and disown you and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonor the name of my God.

1. Sustain me today

Enough so we are not tempted to **take** life into our **own hands** and steal; but not so much that we are tempted to **think** that life is in our **own hands** and feel no need to pray.

~Darrell Johnson

- 1. Sustain me today
- 2. With what I need to trust, worship, follow you

In the last analysis we know very little about our real needs, about what we lack and what we need. So we often pray for foolish things, when what we need is something totally different.

We are naked, and instead of praying for clothing we pray for bonbons. We are imprisoned by certain passions . . . and instead of praying for freedom we pray for a Persian rug for our cell.

So often we pray for senseless things that have no relation to our needs. And the reason is that we do not know the deepest wants and necessities of our life at all.

~Helmut Thielicke

- 1. Sustain me today
- 2. With what I need to trust, worship, follow you

NAU John 6:31-35

- ³¹ "Our fathers ate the manna in the wilderness; as it is written, 'HE GAVE THEM BREAD OUT OF HEAVEN TO EAT.'"
- ³² Jesus then said to them, "Truly, truly, I say to you, it is not Moses who has given you the bread out of heaven, but it is My Father who gives you the true bread out of heaven.
- ³³ "For the bread of God is that which comes down out of heaven, and gives life to the world."
- ³⁴ Then they said to Him, "Lord, always give us this bread."
- ³⁵ Jesus said to them, "I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.

NAU John 6:49-51

- ⁴⁹ "Your fathers ate the manna in the wilderness, and they died.
- ⁵⁰ "This is the bread which comes down out of heaven, so that one may eat of it and not die.
- ⁵¹ "I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh."

- 1. Sustain me today
- 2. With what I need to trust, worship, follow you
- 3. Sustain me with You

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from the evil one.

For yours is the Kingdom, power and glory, forever and ever amen.

Test me...

- 1. Ask God to reveal your deep needs to you
- 2. Pray the Lord's prayer every day
 - Caring community
 - Radical dependency
 - Deep gratitude

RELATING TO GOD

