

## I. The Wilderness Journey (Exodus 16:1-3)

A. A Season of Testing:

B. Grumbling and Complaints:

## II. God's Promise and Provision (Exodus 16:4-15)

A. God's Response:

B. Manna from Heaven:

## III. Lessons for Israel from the Manna

A. Daily Dependence:

B. Contentment and Trust:

C. Foreshadowing of Christ:

## IV. Lessons for us from the Manna

A. Gratitude

B. Dependence on Christ

C. Contentment

D. Sharing God's Provision: