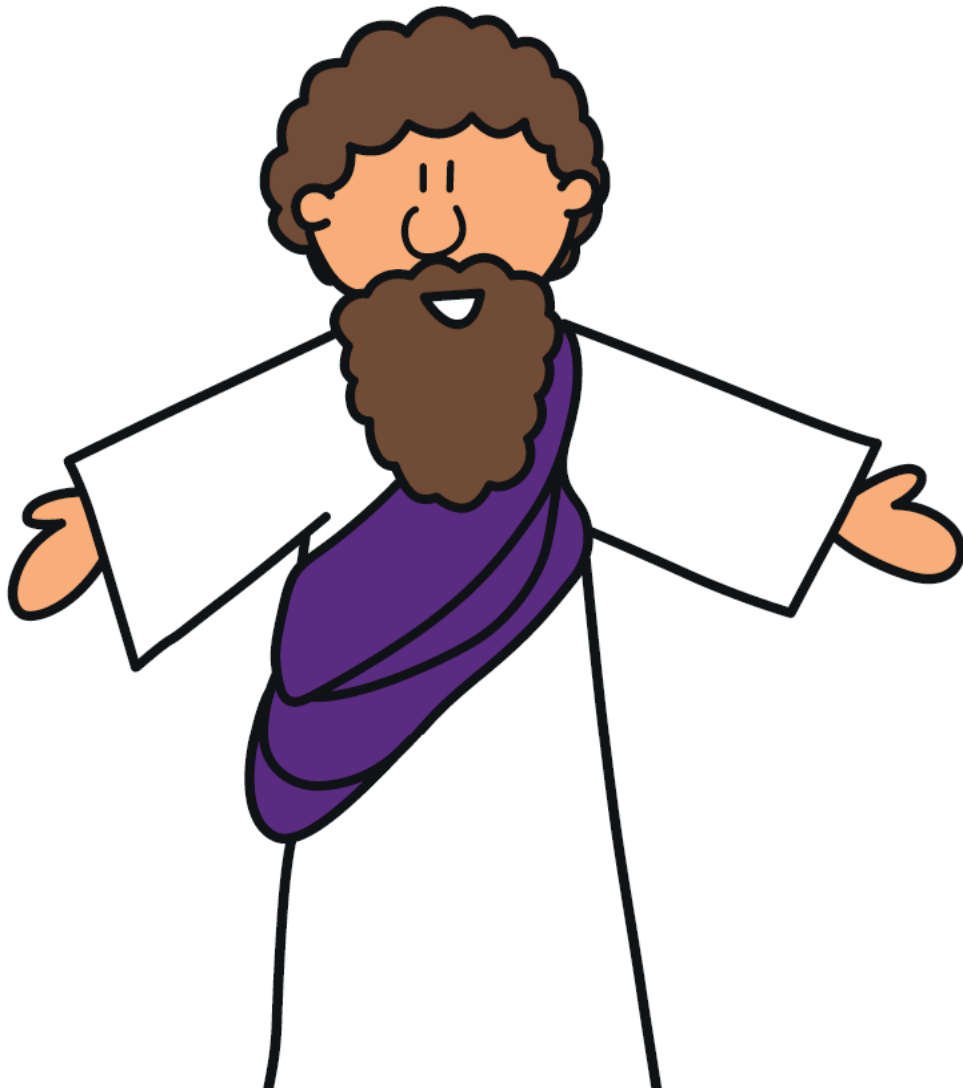


God's Promise and the Bread of Life



After the Israelites had been rescued from slavery in Egypt, they travelled toward the good land God had promised them.

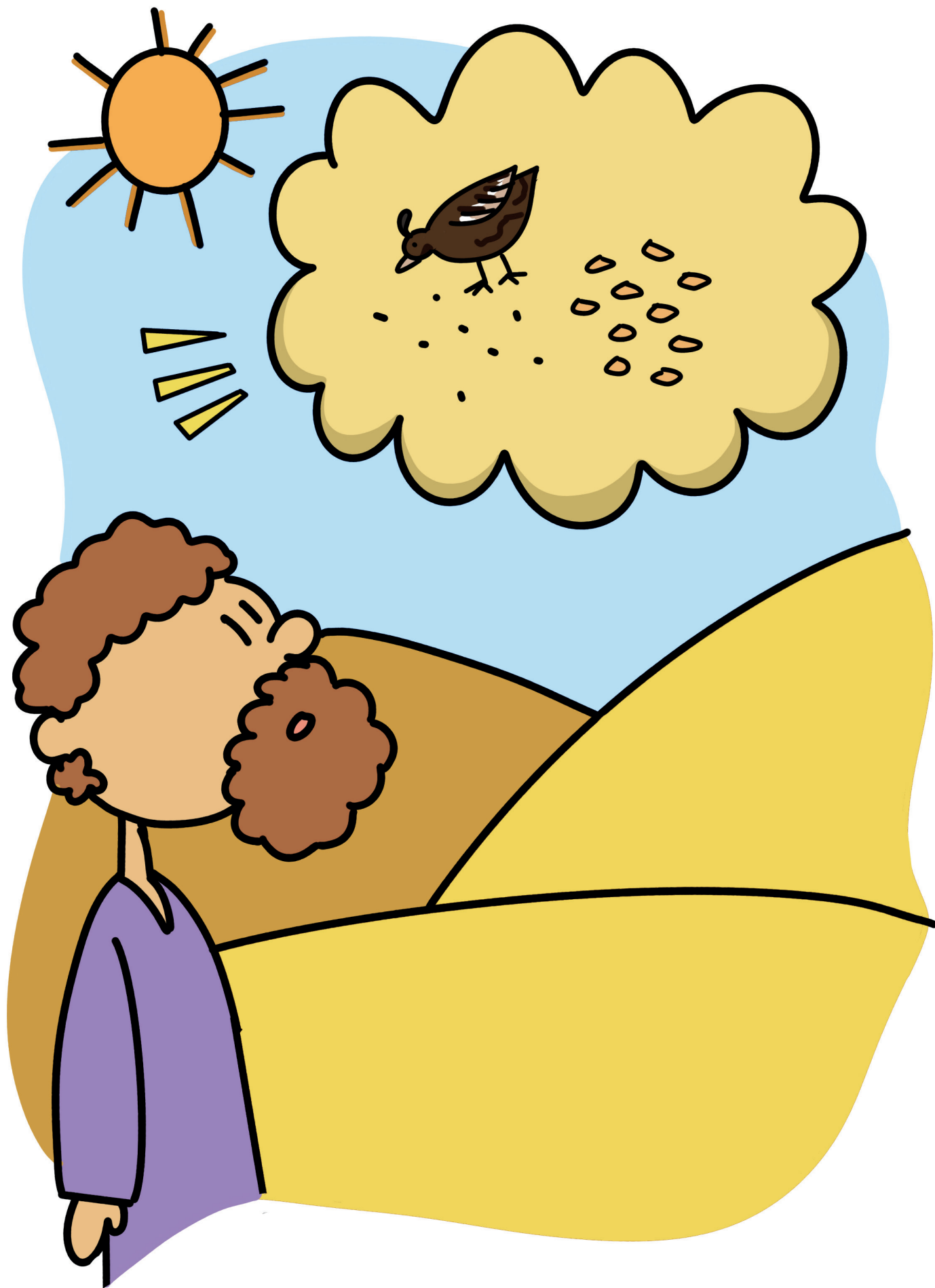


But the Israelites began to grumble against their leader Moses.

They said, "You have brought us out into this desert where we will all starve to death."



The LORD said to Moses, "I have heard the grumbling of the people. 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.'"



That evening, quail came and covered
the camp.



In the morning, a thin, flake-like frost appeared on the ground.

The people of Israel called it *manna*. It tasted like wafers made with honey.

Moses said to them, "It is the bread that the LORD has given you to eat."

The Israelites ate this bread for forty years until they reached the border of the good land God had promised them.

Exodus 16

Illustrations by Olivia Sadowski

Scripture quotations taken from The Holy Bible, New International Version® NIV®

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