

## Chat with the Children

- What do you need to survive?
    - *talk about the folk in the mountain marathon caught out on the Fells in the Lake District*
    - food, shelter, drink, warmth, light, family & friendship, work/purpose, love...
  - God's promise is that he will provide all we need
- 

## Manna and Quail

- Children of Israel in the desert
  - lack of food (v.2,3)
  - God's promise to look after his own (v.4)

## God provided enough

- No one lacked anything (v.18)
  - no need to "top-up" God's provision

## God proved reliable

- It came each day, as long as they had need (v.21, 35)
  - forty years worth for a whole nation

## God called for reliance

- Not taking too much
- Taking double portion for the Sabbath, so that day could be a day of rest

## Give us this day our daily bread

- This is meant to be a series on the Lord's prayer!
  - but we've wandered off into Exodus!!
- Are we daily dependent on God?
  - are we, at points of important decision making, dependent on God?
  - are we, in the ways we choose to spend our money, our time, dependent on God, trusting him that he will provide?
  - are we reliant on God to provide the full range of things we need, not just food/finance?
  - love, friendship, support, purpose, pleasure, relaxation...?