



# SABBATH KEEPING YOUTH

A Newsletter by The Church of God International

January/February 2005

“Yet he proved he is real by showing kindness, by giving you rain from heaven and crops at the right times, by giving you food and filling your hearts with joy.”

Acts 14: 17



## A Very Very White Desert

Winter is the time of year when the wind turns cold and you bundle up with coats, gloves, and scarves to protect yourself from old man winter’s painful bite. The sun sets a little earlier which makes the days seem shorter. Snow falls slowly and silently leaving a blanket of white sparkling crystals in the evening moonlight.

Snow isn’t the only white stuff to ever fall from the skies. Many years ago the Israelites had a special kind of “white stuff” fall from the sky. Moses had led the Israelites out of Egypt and while they were traveling through the wilderness they came to the Desert of Sin. It sounds like a pretty rotten place. While in the desert, the Israelites began griping and complaining to God and Moses because they had no food to eat. After hearing the grumbling, God told Moses He would send a rain of bread from heaven every

morning. God did just as he promised, and every morning the Israelites would wake up to see the ground covered with a beautiful white bread known as manna. To us it may have looked like snow covering the ground. Imagine that, snow in the desert. Every day for forty years, God sent manna from heaven for the Israelites to eat. As long as the Israelites needed food, God provided!

The Bible tells us that one of God’s names is Jehovah, which means “God our provider.” Whatever you need, God will provide. In case you’re thinking, “I NEED an X-Box, ask yourself this: “Can I eat it, wear it, or live in it?” If the answer is no then you may want it but you don’t NEED it. So, the next time you see snow outside your window or in a picture, be thankful that God makes sure His people have food to eat, clothes to wear, and a place to sleep.

## The Parents’ Corner

It is winter and the kids can’t go outside to play. They think they’re “bored” and have nothing to do. Here are a few ideas that might help.

- **Indoor Scavenger Hunt** - Prepare a list of several items to be found around your house. Give one list to each family member and see who can find them all the fastest!
- **Memories** - Enjoy an evening sharing memories of the past year. Allow each family member to share such things as a most embarrassing moment, the best thing about your vacation, the most fun they had as a family, or the time Jesus helped them most.
- **Puzzle-a-Thon** - Set up as many puzzles as family members around your house. Set a timer to buzz every ten minutes. Each person works on a puzzle for 10 minutes. When the timer buzzes, everyone rotates to the next puzzle.

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## Manna From Heaven

### Exodus 16:1-36

Have you ever questioned if God would provide for you? Maybe you complained to God because you didn't see how God was providing for you or it wasn't on your time table. The Israelites had this problem. The Israelites were wandering in the wilderness when they came to the Desert of Sin, which was between Elim and Sinai. They all began complaining to Moses and Aaron because they didn't have any food. "They said to them, 'It would have been better if the Lord had killed us in the land of Egypt. There we had meat to eat and all the food we wanted. But you have brought us into this desert to starve us to death.'" (Exodus 16:3) The Israelites did not have faith in God and did not believe He would take care of them. Now God had a plan and purpose for the Israelites, just like he has for us. He would not let the Israelites starve to death. God was using this as a time to test the Israelites and teach them a lesson.

God told Moses that He will cause food to fall from the sky everyday for the Israelites to eat. Moses went back to the Israelites and explained to them what would happen. "This evening you will know that the Lord is the one who brought you out of Egypt. Tomorrow morning you will see the glory of the Lord, because he has heard you grumble against him. We are nothing, so you are not grumbling against us, but against the Lord." (Exodus 16:6-7) Moses and Aaron wanted the Israelites to understand who they were dealing with. "And Moses said, 'Each evening the Lord will give you meat to eat, and every morning he will give you all the bread you want, because he has heard you grumble against him.'" (Exodus 16:8)

Then Moses told Aaron to speak to the whole community of Israelites. While Aaron was ward the desert. There the glory of the Lord appeared spoke to Moses telling of the food He was going to provide for them. "At twilight you will eat meat, and every morning you will eat all the bread you want. Then you will know I am the Lord your God." (Exodus 16:11)

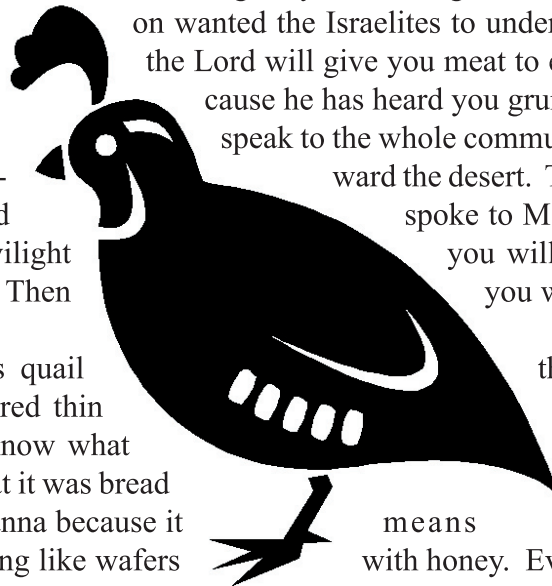
In the evening there was quail that covered the ground. In the morning when the dew disappeared thin flakes like frost were on the desert ground. The Israelites did not know what it was so they asked each other "What is it?" Moses told them that it was bread that God has given them to eat. The Israelites called the bread manna because it means "What is it?" The bread was scribed as looking white and tasting like wafers with honey. Everyday the Israelites were to gather enough food for their family just for that day. This was about two quarts for every person. Some gathered more and some gathered less. Those who gathered less had plenty of food to feed their family. Those who gathered more than they were supposed to saved it for the next day. When they woke in the morning the manna had spoiled and there were worms in it. This showed how some of the Israelites still did not have faith in God that He would provide for them even though God told them He would.

On the sixth day the Israelites were to gather enough for that day and the next day. "This is what the Lord commanded, because tomorrow is the Sabbath, the Lord's holy day of rest. Bake what you want to bake, and boil what you want to boil today. Save the rest of the food until tomorrow morning." (Exodus 16:23) When they woke on the Sabbath the extra food had not spoiled and they were able to eat it. "Moses told the people, 'Eat the food you gathered yesterday. Today is a Sabbath, the Lord's day of rest; you will not find any out in the field today. You should gather the food for six days, but the seventh day is a Sabbath day. On that day there will not be any food on the ground.'" (Exodus 16:25-26)

Still the Israelites did not believe the Lord was their God. They went out on the seventh day to gather food and did not find any. "Then the Lord said to Moses, 'How long will you people refuse to obey my commands and teachings? Look, the Lord has made the Sabbath a day of rest for you. . . . So the people rested on the seventh day.'" (Exodus 16:28-30) God told Moses to save two quarts of manna for their descendants. "Then they can see the food I gave you to eat in the desert when I brought you out of Egypt." (Exodus 16: 32) Aaron took a jar and

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filled it with manna. The Israelites ate manna for forty years, until they came to the borders of the land of Canaan. Every morning and night God provided plenty of food for the Israelites.

It took awhile but the Israelites finally realized that the Lord was their God and He was going to take care of them. Don't ever question again whether or not God will take care of you and provide for you the things you need. You need to go to God and ask Him to take care of you. When you pray and ask for something it might not happen right away or it could be something God knows should stay unanswered. God knows what is best for you. He has a plan and purpose for your life. Be patient and know that God is working in your life and will provide for you.

## Teaching Your Kids To Have An Attitude of Gratitude

I am sure you have had your child say to you that one of their friends has something they want. Then your child expects you to get it for them. God has taught us to be thankful for the things he has provided us with and not be jealous of others. "Keep your lives free from the love of money, and be satisfied with what you have. God has said, 'I will never leave you; I will never forget you.'" (Hebrews 13:5) Sometimes this can be difficult for children to understand because they want a certain toy and want their friends to like them. Here are five ways to help your child gain an attitude of gratitude.

### 1. Model gratitude

Don't complain about the car you drive or house you live in in front of your children. Instead, be thankful that you have a house to live in with your family even though it might not be a mansion. Every night at the dinner table have each family member list something they are thankful for that cannot be bought with money. For example: Mom helping me with my homework or dad playing basketball with me.

### 2. Put others first

Get your child involved in a charity doing community service. Visit the elderly in a convalescent home, serve a meal at a soup kitchen, donate part of their allowance to a charity, or help an elderly neighbor. Soon your child will realize how good they have it and many people struggle and go without.

### 3. Teach the joy of anticipation

When your child asks for something again have him or her work toward earning it. Have your child save up their money to pay for it or half of it. They will learn about saving, patience and the excitement of when they finally get to purchase the item they wanted. Imagine how much they will enjoy their new item once they have earned the money for it.



### 4. Loosen the apron strings

Make it clear to your child what the family rules are. If there is something your child will never be able to do, tell him or her. If there is something your child can't do now but will be able to do later, tell him or her when the time will be that he or she can do it.

### 5. Expect temptation

The temptation is always going to be out there catching your child's eye thinking he or she can't live without something. Learn to redirect that temptation. Talk about the item he or she wants and maybe draw a picture of it. Give him or her praise about the great picture and you have just given the love and attention your child wants.

## Manna and Quails Fill in the Blanks

M

oses and the Israelites went \_\_\_\_\_ through the \_\_\_\_\_.  
 Then for \_\_\_\_\_ days they traveled south – still \_\_\_\_\_ only.  
 They \_\_\_\_\_ up camp and then began to \_\_\_\_\_ and complain –  
 The lack of \_\_\_\_\_ for them to eat was causing quite a \_\_\_\_\_.  
 They said that back in Egypt, they had \_\_\_\_\_ there to \_\_\_\_\_ –  
 But now Moses had them in the \_\_\_\_\_, \_\_\_\_\_ on their feet!  
 And so God \_\_\_\_\_ and \_\_\_\_\_ to Moses then.  
 He told him that He would \_\_\_\_\_ them bread from \_\_\_\_\_.  
 God also said that in the \_\_\_\_\_, \_\_\_\_\_ would be there, too ....  
 Then Moses and Aaron told the \_\_\_\_\_ what God said to \_\_\_\_\_.  
 They were to \_\_\_\_\_ only what they needed for the \_\_\_\_\_.  
 They were \_\_\_\_\_ to \_\_\_\_\_ it overnight, they heard Moses and Aaron say.  
 They found that it was \_\_\_\_\_ as they woke at morning's \_\_\_\_\_.  
 God \_\_\_\_\_ quail to the camp \_\_\_\_\_ evening as He said,  
 And each morning with the \_\_\_\_\_, He sent them daily \_\_\_\_\_.



Fit these words into the poem above.

spoiled	meat	do	one	plenty	grumble
evening	sea	dew	desert	sent	people
set	heaven	spoke	eat	bread	intervened
starving	provide	food	keep	light	wilderness
safely	thirty	day	not	gather	strain

Add or subtract words and letters.

What was the "bread from heaven" called?

M + - HD + - OE + - BT =

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