GENESIS TO REVELATION | BIBLE ACCOUNT

Bread in the Wilderness

Exodus 16:1-36



YOUR BIBLE READING

God provided daily food and a rhythm of rest for Israel.

Inside: two extended reading pages, a thoughtful reflection, creative activities and a grown-up guide.

AGES 6-10 WITH AN ADULT • 6 COLORFUL A4 PAGES • ENGLISH ONLY

EXTENDED ENGLISH READING • PAGE 1 OF 2

Food Appears in the Wilderness

Exodus 16:1-36



The Israelites traveled from Elim into the wilderness between Elim and Sinai. They were hungry and complained against Moses and Aaron. They remembered the food they had eaten in Egypt and accused the leaders of bringing them out to starve. Hunger was a serious need. The account describes people who had left slavery but still needed food for themselves and their households as they traveled through a hard place.

God told Moses that he would provide bread from heaven. The people were to gather a day's portion each day. On the sixth day they would prepare twice the usual amount. Moses and Aaron spoke to the people about God's provision and the complaints he had heard. When Aaron called them to come near, they looked toward the wilderness and saw God's glory appearing in the cloud before the food arrived.

That evening, quail came and covered the camp. In the morning, dew lay around it. When the dew lifted, small flakes remained on the surface of the wilderness. The people did not know what they were looking at and asked one another about it. Moses explained that this was the bread God had given them to eat. What had seemed unfamiliar was now identified as food they could gather.

Moses told them to collect according to the number of people in each tent and the amount they needed to eat. Some gathered more and some less. When they measured it, those who gathered much had nothing left over, and those who gathered little did not lack. Each person had gathered according to need. The people had received food, and they were also receiving instructions for how to live with this daily provision.

Remember: The manna story invites gratitude for daily food and rest.

EXTENDED ENGLISH READING • PAGE 2 OF 2

Daily Gathering and a Day of Rest

Exodus 16:1-36



Moses told the people not to leave the food until morning. Some did not listen and kept it overnight. It bred worms and smelled bad, and Moses was angry. The usual pattern was to gather in the morning before the heat of the sun melted what remained on the ground. The story describes a daily task, rather than a single pile of food that could simply be forgotten after one collection.

On the sixth day, the people gathered twice as much. Their leaders came to Moses, who explained the reason: the next day was a holy Sabbath rest. They should bake or boil what they wished and keep the extra food for morning. This time the food did not spoil. God's instruction for the sixth day was different from the instruction for the earlier days, because it prepared them for the day of rest.

Moses told them to eat the stored portion on the Sabbath. There would be nothing to gather outside. Some people still went out, but they found none. God reminded them of his commands and said that he had given them the Sabbath and the food for it. The people rested on the seventh day. The pattern joined enough food with a pause in the daily gathering, so that rest did not mean having nothing to eat.

Israel called the food manna. It was white, like coriander seed, and tasted like wafers made with honey. Moses told Aaron to keep a portion in a container so later generations could see what God had provided in the wilderness. The chapter says the people ate manna during their long wilderness years. The food belonged to daily life, and the saved portion would help families remember that provision after the journey had moved on.

Pause and think: What kind of preparation helps a group have enough while also making room for rest?

THINK, NOTICE & GROW

Think About Enough and About Rest



Imagine preparing snacks for a group. Some people need a little more and some a little less, but everyone needs enough. What questions would help an adult plan fairly? Counting people and asking about needs can be more useful than assuming every portion must look identical. This everyday example helps us notice the practical instruction about gathering food for the people in each tent.

A rest day often requires preparation. A family might put materials away, plan an easier meal, or finish a task at another time. Ask a caregiver about one small preparation that helps your home rest. You do not need to copy ancient manna instructions exactly. You can explore how planning and care make room for bodies and minds to pause.

If you are hungry, it is right to tell someone who can help. The account's complaints do not mean that needing food is shameful. People can learn respectful ways to ask while still speaking plainly about a real need. Think of an adult at home or school you could approach, and practice a short, clear sentence that tells them what you need.

A SMALL STEP FOR TODAY

God provides manna for daily needs and enough extra to make Sabbath rest possible.

What kind of preparation helps a group have enough while also making room for rest?

Read, Remember & Create

Name: _____ Date: _____

1 Think about the reading

1. What did the people call the bread from heaven?

2. Why did they gather twice as much on the sixth day?

2 Put the ideas in order

Write 1, 2 and 3 for the order these ideas appear in the reading.

- ☐ They found manna and gathered their daily food.
- ☐ They gathered extra before resting on the Sabbath.
- ☐ The people were hungry and complained.

3 Draw a meaningful picture

Draw a family gathering manna in the morning.

Tell someone how your picture connects to the reading.

Read & Grow Together

Read and learn with context

This English edition is designed for ages 6-10 with an adult. Read both extended readings together, or enjoy one each day. Pause at unfamiliar words, invite questions and use the reflection page to connect the story with everyday life. These are retellings and lessons with explanations; read the listed Bible passage for context. Poetry, parables, letters and symbolic visions are identified by type.

Remember this

The manna story invites gratitude for daily food and rest.
Original memory thought, not a direct Bible quotation. Related passage: Exodus 16:21-30

A thoughtful conversation

Hungry people have a real need. Do not imply that asking for food is wrong or that children who lack food have failed to trust God.

Activity answers

1. Manna.
2. So they would have food during the Sabbath rest.
Sequence boxes, top to bottom: 2, 3, 1. Personal responses and drawings will vary.

Optional prayer

If you wish: God, thank you for food and rest. Help us care for people who need both.

Print and share

Each pack has 6 pages. Print on A4 at Actual Size (100%). The worksheet is page 5. You may print just that page, or use the separate 150-page activity book. The collection contains 150 packs in Bible book order, 15 volumes and one ZIP. Catalog pack IDs stay the same when new readings are added.

Sources and sharing

English retellings, lessons, reflections and activities by DigiPick (2026), based on Exodus 16:1-36. Source checked with the public-domain World English Bible. Illustration © Sweet Publishing; 02_Ex_16_03_RG.jpg. CC BY-SA 3.0. Source: unfoldingWord. Resized proportionally, without cropping.
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