

TORAH, GOD'S INSTRUCTIONS
EXODUS 16 - QUAILS, MANNA, SABBATH, 17 - JESUS, "THE ROCK"
18 - JETHRO AND MOSES

Say - Welcome to Sabbath School class. Let's bow our head and ask God for understanding as we continue our study of the book of Exodus. Again we will study how God is working out all the details of deliverance for His people as He will do for each of us now and in the future.

Exodus 16

Say - The Israelites were now one month in the wilderness and they were to receive their training from God who had delivered them from sin in the land of Egypt. They were to depend on God for protection and guidance and wise Instructions for salvation. We will see how they did.

¹And they took their journey from Elim, and all the congregation of the children of Israel came unto the wilderness of Sin (means bush), which is between Elim and Sinai, on the fifteenth day of the second month after their departing out of the land of Egypt (The Israelites had been on their journey for one month.).

²And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness:

³And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots (where they cooked their meat), and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger ("Bread" means any kind of food; do we see how the Israelite's minds were still back in Egypt in spite of the miracles they had seen God provide. Why were they not building faith. Do we see how the Israelites wanted to go back to "vomit" "But it is happened unto them according to the true proverb, The dog is turned to his own vomit again; and the sow that was washed to her wallowing in the mire" 2 Peter 2:22. "Vomit" is what Christ calls sin and we wanted to go back to it.).

⁴Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no ("That I may prove them" means God is trying the Israelites through this situation in the wilderness to prove their faith in Him; how about us, do we "walk in His Law" or do we compromise His teachings.).

Say - The reason the children of Israel were "called" into the wilderness was so God could teach them HIS WAY not man's way of salvation and it is the same for God's people today.

⁵And it shall come to pass, that on the sixth day they shall prepare that which they bring in; and it shall be twice as much as they gather daily.

⁶And Moses and Aaron said unto all the children of Israel, At even, then ye shall know that the LORD hath brought you out from the land of Egypt (The Israelites have no spiritual knowledge in their hearts.):

⁷And in the morning, then ye shall see the glory of the LORD; for that he heareth your murmurings against the LORD: and what are we, that ye murmur against us?

⁸And Moses said, This shall be, when the LORD shall give you in the evening flesh to eat, and in the morning bread to the full; for that the LORD heareth your murmurings which ye murmur against him: and what are we? your murmurings are not against us, but against the LORD (Your wicked and terrible murmurings are against God, the one who delivered you from sin.).

⁹And Moses spake unto Aaron, Say unto all the congregation of the children of Israel, Come near before the LORD: for he hath heard your murmurings (God knows our minds but we need to learn a few things and when we "murmur" or complain we are moving away from God.).

¹⁰And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the glory of the LORD appeared in the cloud (God came before the tent because this was before the Tabernacle was built.).

¹¹And the LORD spake unto Moses, saying, ¹²I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the LORD your God (Elohim, Jesus Christ).

¹³And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host (camp).

¹⁴And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing (thin and flakey), as small as the hoar frost on the ground.

Say - God sends Manna for the Israelites. "Manna" was a type of Christ which came down from heaven for the Israelites to eat. The Bible tells us the following:

⁴⁸I am that bread of life (Christ said this one year before His death).

⁴⁹Your fathers did eat manna in the wilderness, and are dead. ⁵⁰This is the bread which cometh down from heaven, that a man may eat thereof, and not die (We must ingest Christ's teachings and Laws for that is how we will learn of His personality, His character for it is the ONLY thing which will give us life physically and spiritually; we must eat His spiritual food which is His law and His Truth for "My word is

spirit", "It **is** the **spirit** that quickeneth (gives life); the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life" John 6:63)
⁵¹I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world (We must "eat and drink" in of the Words and teachings of Christ then we will become Him.). ⁵²The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat (The Jews did not have God's spirit and were thinking physically; but we must think spiritually)? ⁵³Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you (Take in and obey His spiritual Words, His ordinances, His Instructions or Laws or everything He says for this is what will give eternal life). ⁵⁴Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day (This is when we will be given eternal life, at the first resurrection. How many people believe this.). ⁵⁵For my flesh is meat indeed, and my blood is drink indeed (Jesus was teaching a New Covenant was on the way and we are what we eat and drink and we must drink in of the "LIVING WATER" which brings eternal life; nothing else can.). ⁵⁶He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him (How, through His spirit dwelling in each of us after baptism.).
⁵⁷As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me (Feeds on My Words which give life not on catechism, or a false doctrine from a man-made religion.). ⁵⁸This is that bread which came down from heaven (Speaking of Jesus, the Spiritual Manna): not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever (Will die physically but spiritually will live forever at the first resurrection.) John 6:48-58.

Back to Exodus 16

¹⁵And when the children of Israel saw it, they said one to another, It is manna for they wist (**knew**) not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat. (The Bible tells us "⁶But now our soul is dried away: there is nothing at all, beside this manna, before our eyes. ⁷And the manna was as coriander seed, and the colour thereof as the colour of bdellium. ⁸And the people went about, and gathered it, and ground it in mills, or beat it in a mortar, and baked it in pans, and made cakes of it: and the taste of it was as the taste of fresh oil. ⁹And when the dew fell upon the camp in the night, the manna fell upon it" Numbers 11:6-9. Manna was given to the Israelites daily except for the Sabbath for 40 years in the wilderness until they crossed the Jordan River and were ready to enter Canaan "¹²And the manna ceased on the morrow after they had eaten of the old corn of the land ("corn" means the fruit of the land); neither had the children of Israel manna any more; but they did eat of the fruit of the land of Canaan that year" Joshua 5:12.):

Say - Now God's people are being taught about the weekly Sabbath Day.

¹⁶This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer (7 pints) for every man, according to the number of your persons; take ye every man for them which are in his tents (meaning per person).

¹⁷And the children of Israel did so, and gathered, some more, some less.

¹⁸And when they did mete it with an omer, he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating (No one went hungry but it was based on their need.).

¹⁹And Moses said, Let no man leave of it till the morning (No hoarding of the Manna.).

²⁰Notwithstanding they hearkened (did not listen to Moses) not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.

²¹And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.

²²And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses.

²³And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

²⁴And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.

²⁵And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to day ye shall not find it in the field.

²⁶Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.

²⁷And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none (Think how many people in our world do their own thing on the Sabbath Day who do not believe or obey God.).

²⁸And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws (Every Sabbath Day is a lesson in faith, are we going to obey God or man.)?

²⁹See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

³⁰So the people rested on the seventh day (The Bible tells us "And he (Jesus) said unto them, The sabbath was made for man, and not **man** for the **sabbath**" Mark, 2:27.).

³¹And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey (God provided very delicious food for His people.).

³²And Moses said, This is the thing which the LORD commandeth, Fill an omer of it to be kept for your generations; that they may see the bread wherewith I have fed you in the wilderness, when I brought you forth from the land of Egypt

³³And Moses said unto Aaron, Take a (one) pot, and put an omer full of manna therein, and lay it up before the LORD, to be kept for your generations.

³⁴As the LORD commanded Moses, so Aaron laid it up before the Testimony, to be kept (The Bible tells us Aaron was to put the Manna in a golden pot and it would be in the future Ark of the Tabernacle of God even though it was not yet made and eventually it went into the Temple, "⁴Which had the golden censer, and the ark of the covenant overlaid round about with gold, wherein was the golden pot that had manna, and Aaron's rod that budded, and the tables of the covenant; Hebrews 9:4. Also the "manna" never spoiled; another miracle from God.).

³⁵And the children of Israel did eat manna forty years, until they came to a land inhabited (The miracle stopped for they had no need of it.); they did eat manna, until they came unto the borders of the land of Canaan (not Palestine).

³⁶Now an omer is the tenth part of an ephah.

Exodus 17

¹And all the congregation of the children of Israel journeyed from the wilderness of Sin, after their journeys, according to the commandment of the LORD, and pitched in Rephidim (a day's journey to Mt. Sinai): and there was no water for the people to drink.

²Wherefore the people did chide with Moses, and said, Give us water that we may drink. And Moses said unto them, Why chide (murmur) ye with me? Wherefore do ye tempt the LORD (The "murmuring" was a lack of faith in the care from God for they were saying He could not provide for them.)?

³And the people thirsted there for water; and the people murmured against Moses, and said, Wherefore is this that thou hast brought us up out of Egypt, to kill us and our children and our cattle with thirst? (If the children of Israel would have had faith they would not have needed to go to Moses, they could have gone right to God and thanked Him either way for His guidance and deliverance. This is a good thing to remember for our deliverance from sin; we can go directly to God through Jesus Christ.)

⁴And Moses cried unto the LORD, saying, What shall I do unto this people? they be almost ready to stone me (This is how far they went; we want water.).

⁵And the LORD said unto Moses, Go on before the people, and take with thee of the elders of Israel; and thy rod, wherewith thou smotest the river, take in thine hand, and go (God was teaching Moses "²¹Be not overcome of evil, but overcome evil with good" Romans 12:21.).

⁶Behold, I will stand before thee there upon the rock in Horeb (near Mt. Sinai); and thou shalt smite the rock, and there shall come water out of it, that the people may drink. And Moses did so in the sight of the elders of Israel (God is saying out of death I will bring life; something we should never forget. The "Rock" is a type of Christ. He is the "Rock of Life, Deuteronomy 32:18. The "Rock of Salvation" 2 Samuel 22:47. The "Rock of Refuge and Strength" Psalm 27:5, 62:6-7. The "Rock of Rest and Refreshment" Isaiah 32:2.).

⁷And he called the name of the place Massah (means tempting of God), and Meribah (means striving with Moses), because of the chiding of the children of Israel, and because they tempted (tried) the LORD, saying, Is the LORD among us, or not? (Do we see how the children of Israel were not meek and humble for they had an evil heart for God was feeding them and caring greatly for them and their clothes did not wear out; it was miracle after miracle.)

Say - Now we come to the grandson of Esau and he is laying claim to the birthright which God gave to his Esau's brother Jacob.

⁸Then came Amalek, and fought with Israel in Rephidim (The Amalekites came to fight for water and fight the people. The Amalekites were a grandson of Esau. The Amalekites had a grievance against the Israelites at the loss of the birthright of Esau and they could see the blessings from God to the Israelites. This is the first hindrance for the Israelites in their journey to Canaan. Later God said the Amalekites would be "blotted out" vs. 14. The Bible also tells us "⁷Remember what Amalek did unto thee by the way, when ye were come forth out of Egypt; ¹⁸How he met thee by the way, and smote the hindmost of thee, even all that were feeble behind thee, when thou wast faint and weary; and he feared not God. ¹⁹Therefore it shall be, when the LORD thy God hath given thee rest from all thine enemies round about, in the land which the LORD thy God giveth thee for an inheritance to possess it, that thou shalt blot out the remembrance of Amalek from under heaven; thou shalt not forget it" Deuteronomy 25:17-19.).

⁹And Moses said unto Joshua, Choose us out men, and go out, fight with Amalek: to morrow I will stand on the top of the hill with the rod of God in mine hand (Always remember Joshua because he is a very important part of Israel's history. Also remember Israel was not used to fighting.).

¹⁰So Joshua did as Moses had said to him, and fought with Amalek: and Moses, Aaron, and Hur went up to the top of the hill.

¹¹And it came to pass, when Moses held up his hand, that Israel prevailed: and when he let down his hand, Amalek prevailed (God showed them He was with them.).

¹²But Moses hands were heavy (**weary**); and they took a stone, and put it under him, and he sat thereon; and Aaron and Hur stayed up his hands, the one on the one side, and the other on the other side; and his hands were steady until the going down of the sun.

¹³And Joshua discomfited Amalek and his people with the edge of the sword (God is above all and God fought for the Israelites. Here is what the Amalek wanted "They have said, Come, and let us cut them off from being a nation; that the name of Israel may be no more in remembrance" Psalm 83:4.).

¹⁴And the LORD said unto Moses, Write this for a memorial in a book (of the Law), and rehearse it in the ears of Joshua: for I will utterly put out (**blot out**) the remembrance of Amalek from under heaven (This was the only nation God said he would destroy.).

¹⁵And Moses built an altar, and called the name of it Jehovahnissi (Means "Jehovah is my banner".):

¹⁶For he said, Because the LORD hath sworn that the LORD will have war with Amalek from generation to generation (The "war" was carried on with the Amalekites by Ehud, Judges 3:13 -15, Barak, Judges 5:14, Gideon, Judges 6:3, 7:12-14, Saul, I Samuel 15:2-9, Samuel, I Samuel 15:32-33, Simeonites, I Chronicles 4:42-43 and Mordecai, Esther 3:1-6, 9:7-10.).

Exodus 18

Say - Moses' father-in-law, Jethro, helped Moses organize all the Israelites so they would be easier to teach about the Laws of God, verses 17-27. Jethro was worried Moses would wear out. It is believed this chapter happened when the Children of Israel were at Mt. Sinai because they did not reach Mt. Sinai until the 3rd month after leaving Egypt, Exodus 19:1-2, so this chapter is out of chronological order.

¹When Jethro, the priest of Midian, Moses' father in law, heard of all that God had done for Moses, and for Israel his people, and that the LORD had brought Israel out of Egypt;

²Then Jethro, Moses' father in law, took Zipporah, Moses' wife, after he had sent her back, ³And her two sons; of which the name of the one was Gershom; for he said, I have been an alien in a strange land:

⁴And the name of the other was Eliezer (**god is my helper**); for the God of my father, said he, was mine help, and delivered me from the sword of Pharaoh:

⁵And Jethro, Moses' father in law, came with his sons and his wife unto Moses into the wilderness, where he encamped at the mount of God (Mt. Sinai):

⁶And he said unto Moses, I thy father in law Jethro am come unto thee, and thy wife, and her two sons with her.

⁷And Moses went out to meet his father in law, and did obeisance, and kissed him; and they asked each other of their welfare; and they came into the tent (Moses was a great leader of Israel and he did not forget his manners.).

⁸And Moses told his father in law all that the LORD had done unto Pharaoh and to the Egyptians for Israel's sake, and all the travail that had come upon them by the way, and how the LORD delivered them.

⁹And Jethro rejoiced for all the goodness which the LORD had done to Israel, whom he had delivered out of the hand of the Egyptians.

¹⁰And Jethro said, Blessed be the LORD, who hath delivered you out of the hand of the Egyptians, and out of the hand of Pharaoh, who hath delivered the people from under the hand of the Egyptians.

¹¹Now I know that the LORD is greater than all gods: for in the thing wherein they dealt proudly he was above them.

¹²And Jethro, Moses' father in law, took a burnt offering and sacrifices for God: and Aaron came, and all the elders of Israel, to eat bread with Moses' father in law before God (Remember Jethro was a High Priest of God so he probably presided over the sacrifices giving great thanks and praising God for their deliverance and this was part of the Divine Service to God.)

¹³And it came to pass on the morrow, that Moses sat to judge the people: and the people stood by Moses from the morning unto the evening.

¹⁴And when Moses' father in law saw all that he did to the people, he said, What is this thing that thou doest to the people? why sittest thou thyself alone, and all the people stand by thee from morning unto even?

¹⁵And Moses said unto his father in law, Because the people come unto me to enquire of God:

¹⁶When they have a matter, they come unto me; and I judge between one and another, and I do make them know the statutes of God, and his laws.

¹⁷And Moses' father in law said unto him, The thing that thou doest is not good (for Moses or the people).

¹⁸Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone.

¹⁹Hearken now unto my voice, I will give thee counsel, and God shall be with thee: Be thou for the people to God-ward, that thou mayest bring the causes unto God (God will tell you what to do.):

²⁰And thou shalt teach them ordinances and laws, and shalt shew them **the way** (only one way of God, not mans) wherein they must walk, and the work that they must do.

²¹Moreover thou shalt provide out of all the people able men, such as fear God, men of truth, hating covetousness; and place such over them, to be rulers of thousands, and rulers of hundreds, rulers of fifties, and rulers of tens:

²²And let them judge the people at all seasons: and it shall be, that every great matter they shall bring unto thee, but every small matter they shall judge: so shall it be easier for thyself, and they shall bear the burden with thee.

²³If thou shalt do this thing, and God command thee so, then thou shalt be able to endure, and all this people shall also go to their place in peace.

²⁴So Moses hearkened to the voice of his father in law, and did all that he had said (Moses recognized it was from the wisdom of God.).

²⁵And Moses chose able men out of all Israel, and made them heads over the people, rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens.

²⁶And they judged the people at all seasons: the hard causes they brought unto Moses, but every small matter they judged themselves (Today many are made leaders in churches but do not fear God or obey Him.).

²⁷And Moses let his father in law depart; and he went his way into his own land.

MEMORY VERSE

Behold, I will stand before thee there upon the rock in Horeb and thou shalt smite the rock, and there shall come water out of it, that the people may drink. And Moses did so in the sight of the elders of Israel.

Exodus 17:6

BELOW IS THE SABBATH SCHOOL LESSON FOR TOTS AND YOUTH

EXODUS 16 - QUAILS, MANNA, SABBATH,
EXODUS 17 - JESUS, "THE ROCK"
EXODUS - 18 - JETHRO AND MOSES

THE ISRAELITES WERE ONE MONTH INTO THE WILDERNESS AND
GOD WAS GOING TO TEACH THEM HIS WAY OF LIFE AND
SALVATION, NOT MAN'S WAY;
THEY WERE TO DEPEND ON GOD FOR PROTECTION, GUIDANCE AND
HIS INSTRUCTIONS FOR HE CARED GREATLY FOR THEM ALL.

THE ISRAELITES JOURNEYED FROM ELIM INTO THE WILDERNESS OF
SIN WHICH MEANS BUSH ON THE FIFTEENTH DAY OF THE
SECOND MONTH AFTER LEAVING EGYPT;
BUT THE ISRAELITES WERE NOT HAPPY AND BEGAN TO COMPLAIN TO
MOSES AND AARON IN THE WILDERNESS FOR THEIR MINDS
WERE STILL BACK IN EGYPT.

CAN YOU IMAGINE AFTER ALL THE MIRACLES THEY HAD SEEN GOD
PROVIDE FOR THEM, THE CROSSING OF THE RED SEA AND
DELIVERING THEM OUT OF THE BONDAGES OF SLAVERY
OF SIN, THEY STILL COMPLAINED;
WHY WAS THIS SO; IT WAS BECAUSE THEY WERE NOT BUILDING
FAITH IN GOD EVEN THOUGH THEY COULD SEE THE "CLOUD"
AND "FIRE" BY NIGHT. THEY THOUGHT THEY WERE GOING
TO DIE IN THE WILDERNESS FOR LACK OF FOOD;
THEY WANTED TO GO BACK TO SIN IN EGYPT.

GOD SPOKE TO MOSES AND SAID, "I WILL RAIN BREAD FROM HEAVEN
FOR YOU AND THE PEOPLE SHALL GO OUT AND GATHER A
CERTAIN AMOUNT EVERY DAY THAT I MAY PROVE THEM
WHETHER THEY WILL WALK IN MY LAW OR NOT";
HOW ABOUT US, WHEN WE ARE "TRIED" OR "TESTED" BY GOD IN OUR
LIFE, DO WE OBEY GOD'S LAWS OR DO WE COMPROMISE HIS
TEACHINGS AND WANT TO GO BACK TO THE WORLD'S
WAY OF LIFE WHICH LEADS TO DESTRUCTION.

MOSES TOLD THE PEOPLE, "YOUR COMPLAINING IS AGAINST GOD,
THE ONE WHO DELIVERED YOU FROM DEATH". "GOD HAS
HEARD YOUR CRY AND IN THE EVENING YOU SHALL HAVE
QUAIL AND IN THE MORNING BREAD TO THE FULL".
AS AARON SPOKE THE CHILDREN OF ISRAEL LOOKED TOWARD THE
WILDERNESS AND THE GLORY OF THE LORD APPEARED IN THE
CLOUD; GOD HAD COME BEFORE THE TENT.

"THEY SHALL KNOW THAT I AM THE LORD YOUR GOD; AT EVENING
THE QUAILS CAME UP AND COVERED THE CAMP AND IN THE
MORNING WHEN THE DEW HAD GONE UP THERE LAY A
SMALL ROUND THING ON THE GROUND".
GOD HAD SENT "MANNA", A TYPE OF CHRIST, WHICH CAME DOWN
FROM HEAVEN FOR THE ISRAELITES TO EAT. JESUS TELLS US
"I AM THE BREAD OF LIFE, YOUR FATHERS ATE MANNA IN
THE WILDERNESS AND ARE DEAD".

"I AM THE LIVING BREAD WHICH CAME DOWN FROM HEAVEN, IF ANY
MAN EAT OF THIS BREAD, HE SHALL LIVE FOREVER. WHAT DID
CHRIST MEAN; CHRIST MEANT "HIS WORDS ARE SPIRIT
AND IT IS HIS SPIRIT WHICH GIVES US LIFE".
IT IS THROUGH THE TEACHINGS OF JESUS CHRIST, OUR SAVIOR,
THAT WE WILL LEARN TO BE LIKE HIM FOR HE TEACHES US HIS
WAY OF LIFE WHICH WILL BRING SALVATION TO ALL.

WE MUST TAKE IN OR "EAT" OF HIS INSTRUCTIONS AND LAWS AND
EVERYTHING HE SAYS FOR THIS IS WHAT WILL GIVE ETERNAL
LIFE.

WHEN THE CHILDREN OF ISRAEL SAW THE ROUND WHITE FLAKES
THEY SAID "IT IS MANNA"; MOSES SAID "THIS IS THE BREAD
WHICH THE LORD HAS GIVEN YOU TO EAT".

MANNA WAS GIVEN TO THE ISRAELITES DAILY EXCEPT ON THE SABBATH DAY FOR 40 YEARS IN THE WILDERNESS UNTIL THEY WERE READY TO ENTER CANAAN, THE LAND OF MILK AND HONEY.

NOW GOD WAS GOING TO TEACH HIS PEOPLE AND US ABOUT THE HOLY SABBATH DAY. HE SAID "ON THE SIXTH DAY THEY SHALL PREPARE THAT WHICH THEY BRING IN AND IT SHALL BE TWICE AS MUCH AS THEY GATHER DAILY".

MOSES SAID UNTO THE PEOPLE, "THE LORD HAS SAID, TOMORROW IS THE REST OF THE HOLY SABBATH, BAKE THAT WHICH YOU WILL BAKE TODAY AND THAT WHICH REMAINS, KEEP UNTIL THE MORNING".

MOSES CONTINUED, "EAT THE REMAINDER TODAY FOR TODAY IS THE SABBATH UNTO THE LORD FOR TODAY YOU SHALL NOT FIND IT IN THE FIELD".

SIX DAYS YOU SHALL GATHER THE MANNA BUT ON THE SEVENTH DAY, WHICH IS THE SABBATH, THERE SHALL BE NO MANNA"; SOME OF GOD'S PEOPLE ON THE SEVENTH DAY WENT OUT TO GATHER AND THEY FOUND NONE.

GOD SAID, "HOW LONG DO THEY REFUSE TO KEEP MY LAWS AND COMMANDMENTS?" FOR THE LORD HATH GIVEN YOU THE SABBATH, AND THEREFORE HE GIVES YOU ON THE SIXTH DAY THE BREAD FOR TWO DAYS, LET NO MAN GO OUT OF HIS PLACE ON THE SEVENTH DAY".

SO THE PEOPLE RESTED ON THE SEVENTH DAY FOR THE BIBLE TELLS US "THE SABBATH WAS MADE FOR MAN..." AND ATE MANNA WHICH TASTED LIKE WAFERS MADE WITH HONEY. GOD TOLD MOSES, "FILL AN OMER, 7 PINTS, OF THE MANNA TO BE KEPT;

"THEY WILL SEE THE BREAD WHEREWITH I HAVE FED YOU IN THE WILDERNESS WHEN I BROUGHT YOU OUT FROM THE LAND OF EGYPT". THE MANNA WAS PUT IN THE ARK OF THE TABERNACLE OF GOD AND NEVER DECAYED; ANOTHER MIRACLE FROM GOD.

NOW THE CHILDREN OF ISRAEL JOURNEYED TO REPHIDIM WHICH WAS A DAYS JOURNEY TO MT. SINAI BUT THERE WAS NO WATER FOR THE PEOPLE TO DRINK;
THEY BEGAN TO COMPLAIN TO MOSES, "WHY HAVE YOU BROUGHT US OUT OF EGYPT TO KILL US AND OUR CATTLE WITH THIRST?"
MOSES TALKED TO GOD, "THEY ARE READY TO STONE ME?"

GOD TOLD MOSES, "GO ON BEFORE THE PEOPLE AND TAKE THE ELDERS OF ISRAEL AND YOUR ROD AND I WILL STAND BEFORE YOU THERE UPON THE ROCK AT HOREB;"
"YOU SHALL SMITE THE ROCK AND THERE SHALL COME WATER OUT OF IT AND THE PEOPLE MAY DRINK"; MOSES DID SO IN THE SIGHT OF THE ELDERS OF ISRAEL.

GOD WAS SAYING OUT OF SOMETHING DEAD AS A ROCK I WILL BRING LIFE. THE "ROCK" WAS A TYPE OF CHRIST. HE IS OUR "ROCK OF LIFE" AND THE "ROCK OF OUR SALVATION";
GOD IS THE "ROCK OF OUR REFUGE AND STRENGTH" AND GOD IS THE "ROCK OF OUR REST AND REFRESHMENT".

NOW THE CHILDREN OF ISRAEL WERE NOT WARRING PEOPLE AND THE AMALEKITES, THE GRANDSON OF ESAU, CAME TO FIGHT WITH ISRAEL IN THE WILDERNESS;
THE AMALEKITES HAD A GRIEVANCE AGAINST ISRAEL AT THE LOSS OF THE BIRTHRIGHT OF ESAU WHICH GOD GAVE TO JACOB, ESAU'S TWIN BROTHER.

THE AMALEKITES COULD ALSO SEE THE BLESSINGS GOD WAS GIVING TO THE ISRAELITES. AMALEK SAID, "COME, LET US CUT THEM OFF FROM BEING A NATION; THAT THE NAME OF ISRAEL BE NO MORE". AMALEK DID NOT FEAR GOD.
GOD CONTINUED TO PROTECT HIS PEOPLE; HE SAID "REMEMBER WHAT AMALEK DID TO YOU WHEN YOU CAME OUT OF EGYPT;
"WHEN I GIVE YOU REST FROM ALL YOUR ENEMIES IN CANAAN, I SHALL BLOT OUT THE REMEMBRANCE OF AMALEK FROM UNDER HEAVEN".

MOSES CHOSE JOSHUA, WHO BECAME A GREAT LEADER FOR ISRAEL,
TO FIGHT AMALEK. JOSHUA DID AS MOSES ASKED OF HIM;
WHEN MOSES HELD UP HIS HAND, THE ISRAELITES PREVAILED;
WHEN MOSES LET HIS HANDS DOWN, AMALEK PREVAILED

MOSES' HANDS WERE BECOMING HEAVY AND THEY TOOK A STONE
AND PUT IT UNDER HIM AND AARON AND HUR HELD UP HIS
HANDS AND HIS HANDS WERE STEADY UNTIL THE GOING
DOWN OF THE SUN;

JOSHUA DEFEATED AMALEK WITH THE EDGE OF THE SWORD FOR
GOD WAS FIGHTING FOR THE ISRAELITES. GOD TOLD MOSES,
"WRITE THIS FOR A MEMORIAL IN A BOOK FOR I WILL
BLOT OUT THE REMEMBRANCE OF AMALEK".

SOON MOSES' FATHER-IN-LAW, JETHRO, CAME TO MOSES AND
MOSES TOLD HIM ALL THE THINGS GOD HAD DONE UNTO
PHARAOH AND HOW GOD HAD DELIVERED THEM FROM
THE SLAVERY IN EGYPT;

JETHRO REJOICED FOR ALL THE GOODNESS GOD HAD DONE FOR
ISRAEL. JETHRO BLESSED THE LORD AND SAID, "NOW I KNOW
THAT THE LORD IS GREATER THAN ALL GODS".

ON THE MORNING AFTER, JETHRO WATCHED MOSES JUDGE THE
PEOPLE FROM MORNING UNTIL EVENING AND TEACH THEM THE
LAWS OF GOD;

JETHRO SAID, "WHAT YOU DO WILL WEAR YOU OUT; YOU CANNOT
DO THIS ALL BY YOURSELF"; PROVIDE FOR THE PEOPLE OF MEN
WHO FEAR GOD AND PLACE THEM OVER THOUSANDS,
HUNDREDS, AND FIFTIES AND OF TEN".

JETHRO CONTINUED, "LET THEM JUDGE THE PEOPLE AT ALL
SEASONS AND YOU CAN ALL BEAR THE BURDEN TOGETHER".

MOSES RECOGNIZED THIS WAS WISDOM FROM GOD;
MOSES CHOSE ABLE MEN OUT OF ISRAEL AND MADE THEM HEADS
OVER THE PEOPLE AND THE HARD CAUSES THEY BROUGHT TO
MOSES BUT THE SMALL MATTERS THEY JUDGED
THEMSELVES.

JETHRO DEPARTED AND WENT HIS WAY INTO HIS OWN LAND.

BEHOLD, I WILL STAND BEFORE THEE
THERE UPON THE ROCK IN HOREB. AND
THOU SHALT SMITE THE ROCK, AND THERE
SHALL COME WATER OUT OF IT, THAT THE
PEOPLE MAY DRINK. EXODUS 17:6

