

# Everyday FAITH Family Page

## Old Testament 2

### Law/Gospel

My attempts to satisfy myself with all good things cannot fill the void that sin creates in my life. **Christ—by His suffering, death, and resurrection—fills me to overflowing with His life-giving grace and mercy.**

### Bible Words

Then you shall know that I am the LORD your God.  
Exodus 16:12

### The First Article of the Apostles' Creed

**I believe in God, the Father Almighty, Maker of heaven and earth.**

*What does this mean?*

I believe that God has made me and all creatures; that He has given me my body and soul, eyes, ears, and all my members, my reason, and all my senses, and still takes care of them. He also gives me clothing and shoes, food and drink, house and home, wife and children, land, animals, and all I have. He richly and daily provides me with all that I need to support this body and life. . . .

All this He does only out of fatherly, divine goodness and mercy, without any merit or worthiness in me. For all this it is my duty to thank and praise, serve and obey Him. This is most certainly true.

*Luther's Small Catechism, © 1986, 1991 CPH.*

## God Provides Manna, Water, and Quail

Exodus 16–17

**O**h my! We get grumpy when we are hungry and thirsty. It's hard to think about anything else except satisfying those needs.

In our lesson, the Israelites ran out of food and complained to their leader Moses. More than complain, they grumbled! They said they wished they had stayed in Egypt because of the variety of foods there. Obviously, their stomachs made them forget the heavy burdens of slavery!

After all the Lord did to bring them out of Egypt and deliver them from Pharaoh's army, the people didn't trust Him to provide for them.

The Lord said He would provide for His people, and He did. He sent quail every evening and manna every morning. He provided water too. God said this would show the people that He is the Lord their God.

God provides for all our needs too: food, water, and clothing. He works in ways we don't see and through people we don't recognize. Look closer. Who is God using to satisfy your family's needs? And how?

### Give Thanks

Do you often say the same prayer at mealtime? Mix it up by using one or more of these prayers.

We thank You, Lord, for happy hearts, for rain and sunny weather.  
We thank You, Lord, for this our food, and that we're here together.  
Amen.

Thank You, God, for food to eat; for life and health You send.  
Thank You most for Jesus Christ, our Savior and our Friend. Amen.

Sing to tune of "London Bridge Is Falling Down"  
We thank Jesus every day, For our food, every day.  
We thank Jesus every day. He's our Savior! Amen.

Sing to tune of "Twinkle, Twinkle, Little Star"  
Thank You for the world so sweet. Thank You for the food we eat.  
Thank You for Your Word to grow. Thank You for the friends we know.  
Thank You for the birds that sing. Thank You God for everything!  
Amen.

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