

Where's Your Chair?

Exodus 17 8-16



They tested God in their hearts and demanded food for their craving.
They spoke against God and said, 'Can God prepare a table in the wilderness?'
Psalm 78:17-18

Praising:

I lift my eyes to the quiet hills
in the press of a busy day;
as green hills stand
in a dusty land
so God is my strength and stay.

Reading:

Exodus 16:22-36
Double rations

Israel is to gather twice as much manna the day before the Sabbath because there will be none to collect on the Sabbath itself. The people are to make preparations ahead of time, and take the Sabbath as the day of rest God intended it to be. When some do go out on the seventh day to gather in spite of everything they have been told, Moses despairs on two levels. Firstly, how long will Israel persist in ignoring the commands of the

Lord who seeks only Israel's blessing and flourishing?
Secondly, can Israel not see the gift God is giving it in one day of absolute rest? The word 'manna' is a play on the Hebrew phrase 'what is it?' A measure of the bread will be preserved as a sacred memento of God's heavenly provision.

Listening:

Praying:

Remind us Lord of your day and daily blessings

- the comfort and privacy, warmth and security of our homes and families
- the food and drink that comes to hand so readily and cheaply
- the down-time and holidays for rest and recovery, leisure and pleasure

Father: I find it hard not to fill the space you give me for quietness and inactivity. Help me see it not as wasted time but as precious time, a preparation for the busyness still to come. Amen

Doing: