Introduction: Connect the session with past experience.

Begin by saying something like the following: “We all remember taking tests in school. Did you enjoy tests? Did you enjoy certain tests over others? What tests do you particularly remember?”

For fun, provide group members with copies of this fifth-grade science test and instruct them to look over it to gauge how well they might perform taking this test: http://www.henry.k12.ga.us/uge/documents/fifthscience3.pdf

After allowing a few minutes for the group to look at several questions on the test, raise the following questions: “Why are tests important? What do they reveal?” Then point out that tests show us what we do—and don’t—remember or recall at the moment.

Transition into the session’s main content by putting the following into your own words: “Today we’ll see how the Israelites fared with their first test after escaping slavery in Egypt.”

Point 1: Identify complaining as a sin and call for repentance.

After reading and discussing Exodus 16:2-4, pose the following question: “On a scale of 1-10 (1 = never; 10 = always), how often do you grumble?”

Discuss the problem with grumbling and some solutions for repenting of it by reading aloud all or part of the following article, “4 Ways to Help Stop Complaining”: https://www.cru.org/us/en/communities/families/four-ways-stop-complaining.html

Challenge group members to consider the commands of Scripture and the effect that complaining has on their own spiritual, emotional, and social lives.
**Point 2: Draw an analogy for application.**

After discussing the session content for Exodus 16:13-20, ask the question “Can you think of any modern-day parallels to what manna might mean to us?”

Read from the following article about ways to apply the manna concept to our own lives: [https://www.bibletools.org/index.cfm/fuseaction/Topical.show/RTD/cgg/ID/84/Manna.htm](https://www.bibletools.org/index.cfm/fuseaction/Topical.show/RTD/cgg/ID/84/Manna.htm)

**Conclusion: Cultivate an attitude of thankfulness to battle complaining.**

Help group members discover the most powerful weapons against complaining and unbelief: thankfulness and God’s Word. Display or provide copies of the following Bible journaling page: [https://lisaappelo.com/bible-journaling-page/](https://lisaappelo.com/bible-journaling-page/)

Encourage group members to use this page—or something similar—to keep their hearts full of confidence in God and His plan for their lives.

**Teaching Tip of the Week**

We are the Israelites. We are the Israelites who grumbled and complained in the wilderness. We doubt, we whine, we don’t listen, and we easily forget. Whenever group members get down on God’s covenant people of ancient times, remind them that—in almost every way—they are meant to remind us of ourselves (1 Cor. 10:6-11; Heb. 3:7–4:11).