

Enough!

Exodus 16:2-15

The Israelites have escaped Egypt and are being led by God in the desert. They are hungry and complain against Moses and Aaron, saying they were better off as Pharaoh's slaves. God hears their complaints and provides manna and quail, with specific instructions to ensure everyone has enough, testing the Israelites' trust in God for their survival.

Read this week's passage:



HUNT



God provides food in many ways. In autumn we see the fruits God provides. Go outdoors and collect blackberries or other wild fruit. Keep enough for you and then make jam or cake with what you have in excess. Share what you have made with others.

WATCH

Watch the film *Cloudy With a Chance of Meatballs* [PG] and reflect on the idea of food falling from heaven. What happens when the people get greedy?



Find more free Roots resources to reflect on this week's theme:

Living Scripture

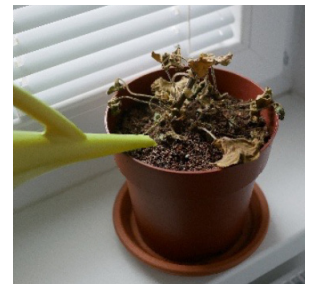
'Draw near to the Lord, for he has heard your complaining.'
Exodus 16:9

There is great comfort in this promise that God hears us when we're complaining. Whether our prayers are of praise or protest, God listens, understands and responds. There are many things in life that might cause us worry, frustration or distress. How does it feel to be able to talk about them openly with God, knowing we will be heard? In the same way, we can express our gratitude and joy to God for the good things in our lives, knowing God will celebrate with us. How does it feel to celebrate with God?

A helpful way to end each day is to reflect on what has been difficult, and what you are grateful for. You can ask God to guide you to address the difficult things or leave them behind; give thanks for the good things and invite more of them into your life. This is part of a practice called the 'Examen' developed by St Ignatius, and there are many helpful resources if you wish to learn more. You could do it together as a family, perhaps over the evening meal or at bedtime.

First impressions

- What are the problems with too much or too little?
- In what ways has God provided 'enough' for you?
- Is God prompting you to help those who do not have enough? How?



Pray

May God our provider bless us,
giving us just what we need.
May God the Son bless us,
being our bread of life.
May God the Spirit bless us,
fuelling us to bless the world.
Amen.



Learn



Watch this video where a YouTuber follows a wartime rationed diet for eight days and reflects on the experience. Does this change how you understand 'enough'?
bit.ly/4a7A13E

Write

Keep a thankfulness journal this week. At the end of every day, write down things you were thankful for and why.