

Riverside Church of God in Christ

Sunday School on the Run – Student Handout

Lesson Date: January 11, 2026

Lesson Theme: God Is Faithful to Provide Daily

Key Scripture: Exodus 16:2–4, 18

God delivers Israel from Egypt, yet they face hunger in the wilderness. Instead of abandoning them, God sends manna from heaven—daily provision that teaches His people to trust Him one day at a time.

Lesson Objectives:

- Understand that freedom does not eliminate daily dependence on God.
- Recognize God's pattern of daily provision rather than excess.
- Learn how God uses provision to grow trust and obedience.
- Apply the principle of daily faith to modern Christian living.

Key Teaching Points:

- Israel complained in the wilderness despite being delivered.
- God responded with provision, not punishment.
- Manna could not be stored—faith had to be renewed daily.
- Everyone had enough; no one lacked.
- God's provision builds trust, not dependence on surplus.

Life Application:

God may not always give everything at once, but He is faithful to supply what is needed for today. Believers are called to trust God daily for strength, wisdom, provision, and grace.

Reflection Questions:

- Why do you think God chose daily provision instead of long-term supply?
- In what ways does daily dependence strengthen faith?
- What areas of your life require you to trust God one day at a time?

Memory Verse:

“Then said the Lord unto Moses, Behold, I will rain bread from heaven for you.” – Exodus 16:4