# Learn by Doing

## Choice Manna in the Wilderness

Watch a video by the Rev. Chris Barber that explores the kinds of manna the Lord provides for us every day, and then discuss.

### Discussion Questions



1. Have you ever experienced a time of great sadness? What was it like?
2. Have you ever felt angry at the Lord?
3. Do you think the Lord ever gets angry? (The Lord *appears* to be angry in places in the Old Testament, just as parents sometimes appear to be angry with their children. However, the Writings for the New Church tell us that the Lord is *never* angry, but only appears to be angry. What is the Lord is actually feeling is a kind of love called "zeal". The stories where the Lord seems to be angry actually show His great love for us.)
4. What kinds of things have you or other people you know tried doing to overcome feelings of grief or anger?
5. Rev. Chris Barber suggested that the manna in our lives is
   - the feelings of **gratitude** we experience when someone does something nice for us
   - the **satisfaction** we get from doing a job well
   - or the warm feelings we get from **connecting** with others.

   What kinds of gratitude, satisfaction, and connection has the Lord provided for you?
6. The children of Israel were told to gather manna daily, taking only as much as they needed. How does this relate to the spiritual manna in your life?
7. Can a person be too grateful, too satisfied, or enjoy friendships too much?
8. Can we ever have enough of a good thing to last a lifetime? (Our spirits need *continual* nourishment just as our bodies do because our spirits are always growing and changing like our bodies.)
9. Manna needed to be gathered and also prepared before it could be eaten. In what ways do you need to gather and prepare your positive experiences to take them into your life and make them your own?
10. What is the promised land "flowing with milk and honey"? (Heaven.)

**Materials Needed**

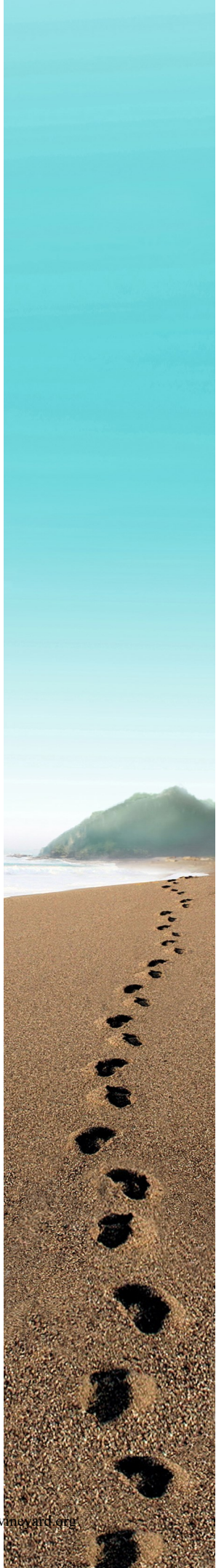
*Manna in the Wilderness* video, online at https://www.newchurchvineyard.org/resource/video-manna-in-the-wilderness/, equipment for showing the video; internet access

**Prepare in Advance**

Watch the video before the lesson and reflect on the message. Prepare equipment to show the video during the lesson.

**New Church Concept**
**Nourishment**

"Food and drink" signify all things that nourish and sustain spiritual life, and these in general are knowledges of truth and good. Spiritual life needs nourishment and support just as much as natural life does; so it is said to be famished when a person is deprived of knowledges. *Apocalypse Explained* 386



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