

## **SPIRITUAL TASK – MANNA AND QUAIL** (Exodus 16)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The children of Israel again found reason to cry out in despair to the Lord for leading them away from bitter bondage to freedom and a promised land flowing with milk and honey. They were hungry and missed their Egyptian diets. The Lord gave them manna every morning and quail every evening. All they had to do was to gather it and prepare it.

**Meaning** This story illustrates the third type of temptation experienced when we begin to grow spiritually. Their grief pictures the anxiety we feel when we miss our old delights (destructive as they are) and haven't yet begun to taste the delight of doing good (healthy delight). But the Lord promises we will find enough delight to sustain us if we look for it every day (it is there, just look).

**Task** This week pay attention to all the little blessings that the Lord rewards you with every day. Keep your eyes, mind, and heart open. When you feel empty and spiritually hungry for happiness in your life, pray, "Give us this day our daily bread. Help me to recognize this bread in my life."