



Exodus 16: An Illustration of Biblical Meditation

*Gathering all generations
to pray for all nations
ASKing God to do what only He can do
and doing whatever He ASKs of us.*

*Getting the Word for Meditation,
Response and Prayer*

If you have not already worked through the Basic Lessons, also found under Teaching Resources, it is recommended you do so, in order to get the most out of this and the other teaching lessons.

Meditation in context: Exodus 16: 4,16-21,29,30

Context: God supernaturally provides manna in the wilderness

Application: Look at this as it applies to gathering the Word in meditation for prayer. There are instructions here for a prayer group.

Exodus 16:16 The Lord gave commands about the bread they were to gather.

“This is the thing which the LORD has commanded, ‘Let every man gather it according to each one’s need, one omer each (4 pints), according to the number of persons ... in his tent.’”

Response:

v17 “Then the children of Israel did so and gathered, some more, some less.”

They were gathering bread for their families to eat. For us, the **responsibility** is to gather fresh bread (the Word) for the prayer time, with some gathering more, some less according to what the Holy Spirit shows them.

v19 “Moses said, ‘Let no one leave any of it till morning.’” When they disobeyed, the manna bred worms and smelled. This speaks to the need of **fresh bread daily** for the prayer time and for your own life.

v21 “When the sun became hot, it (manna) melted.” In meditation/prayer, you gather the Word before prayer. In a group, 10 minutes is a good starting point. You only need to get one portion of the Word for prayer. This is not a time to show your spiritual knowledge or to impress people. Your responsibility is only to receive what the Lord gives you and to share it briefly, seeing where it fits in with what the Lord has given to others.

Response:

v4 “The LORD said to Moses, ‘Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law (Word) or not.’”

Relating this to a prayer meeting, God says He will rain down the Word you need. **The quota** here is just to receive what you were given and be satisfied with it, see where it fits with what others receive.

The same test the Scripture talks about can be applied to the prayer meeting. How do you **respond**?

- Are you satisfied with your portion?
- Does another's sharing seem more important? more impressive?
- Can you receive from others?
- Will you make your selves dependent on God and others for the fresh bread needed for this prayer meeting?

Benefit: Fresh Bread

v18 "When they measured it he who gathered much had nothing left over, and he who gathered little had no lack. Every man had gathered according to each one's need."

This can apply to the sharing time in a group:

To get the full prayer picture, take a brief sharing time before prayer. You share what you receive, and later you will be responsible to pray that out. There is no comparing amounts gathered, much or little.

We **break the bread** we received with each other (**share**) to see the whole prayer picture so we can pray with others about what they received.

During sharing you see the Holy Spirit at work, confirming Scriptures, adding to the prayer picture like a puzzle until the target is clearly seen.

It is not just about praying your own prayers, but praying with others until a particular prayer point is finished before moving to another point. Sharing is an equipping time so everyone is prepared to pray.

v29-30 Sabbath rest

"The LORD has given you the Sabbath; therefore He gives you on the sixth day bread for two days. So the people rested on the seventh day."

There is a **rest (peace) during the prayer time** because the Holy Spirit has shown each of you the full prayer picture and everyone can participate. There is no kind of competition in this type of prayer time.

Referring to the 10 minutes silent meditation in a prayer group: this is enough time to get everyone started. Some prayer groups can take a morning, with lengthy worship, meditation and prayer. It depends on the time you have.

Application: Pray out the insights you received for prayer groups all over the world.