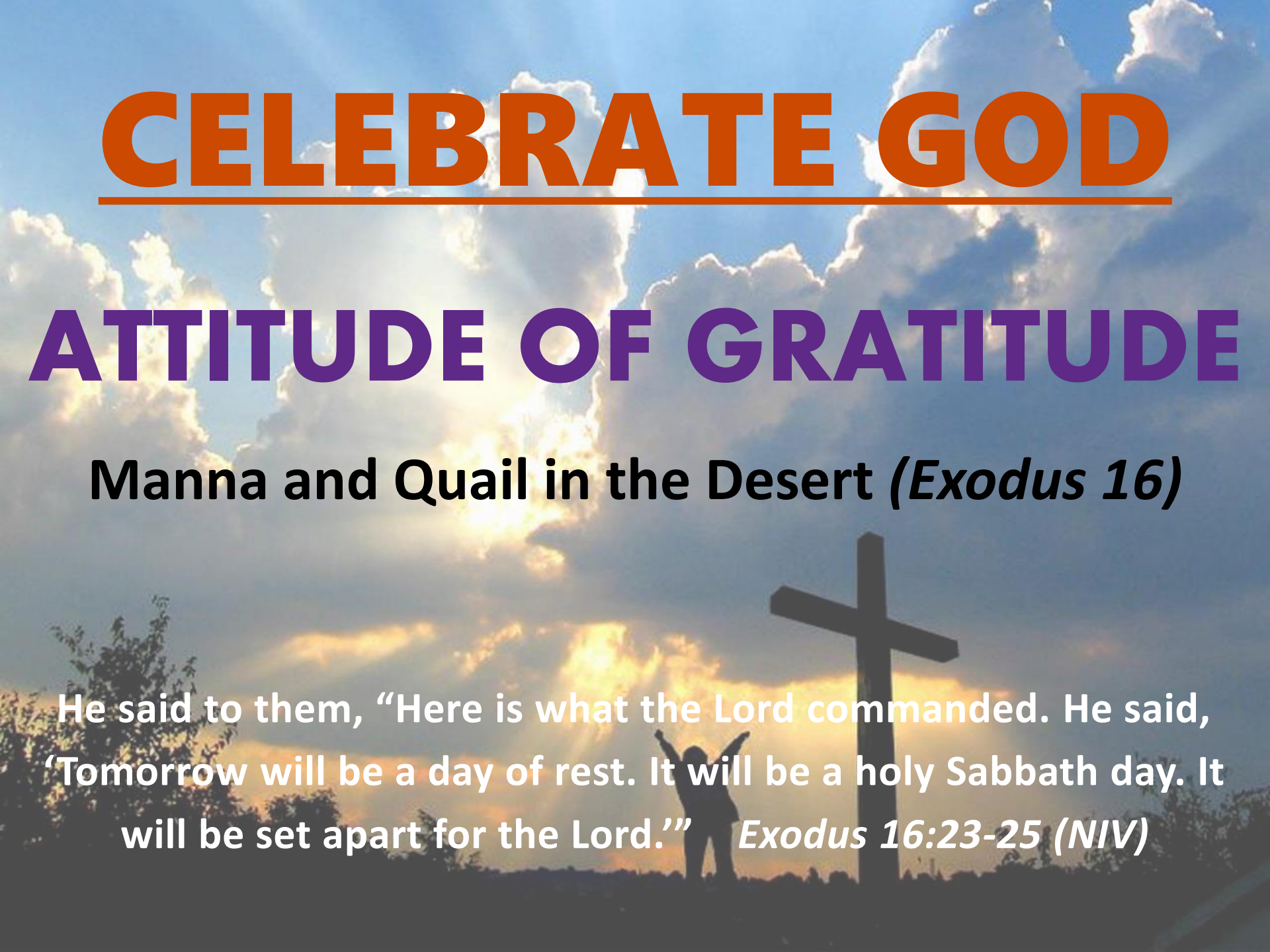


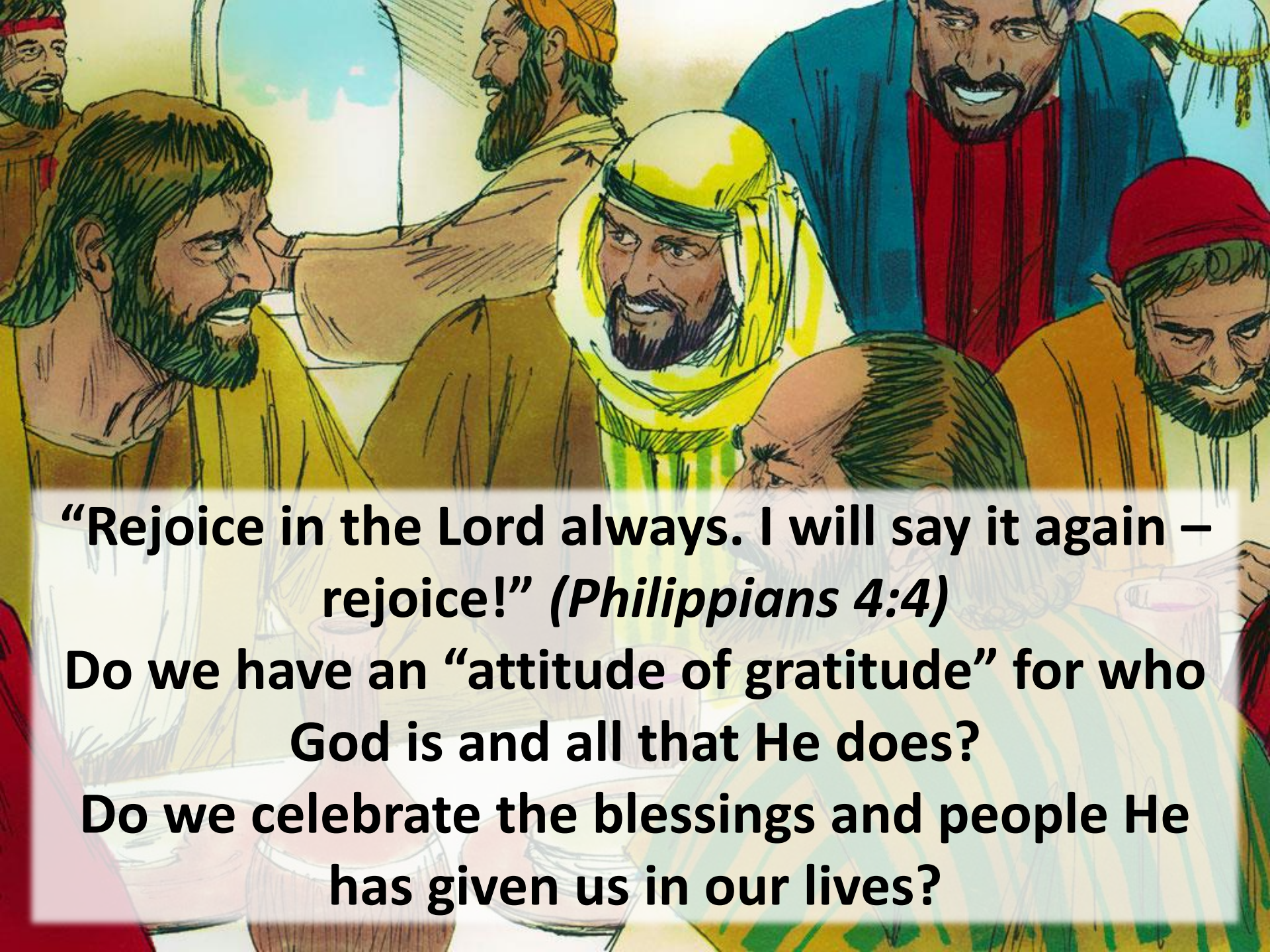
CELEBRATE GOD

ATTITUDE OF GRATITUDE

Manna and Quail in the Desert (*Exodus 16*)

He said to them, “Here is what the Lord commanded. He said, ‘Tomorrow will be a day of rest. It will be a holy Sabbath day. It will be set apart for the Lord.’” *Exodus 16:23-25 (NIV)*

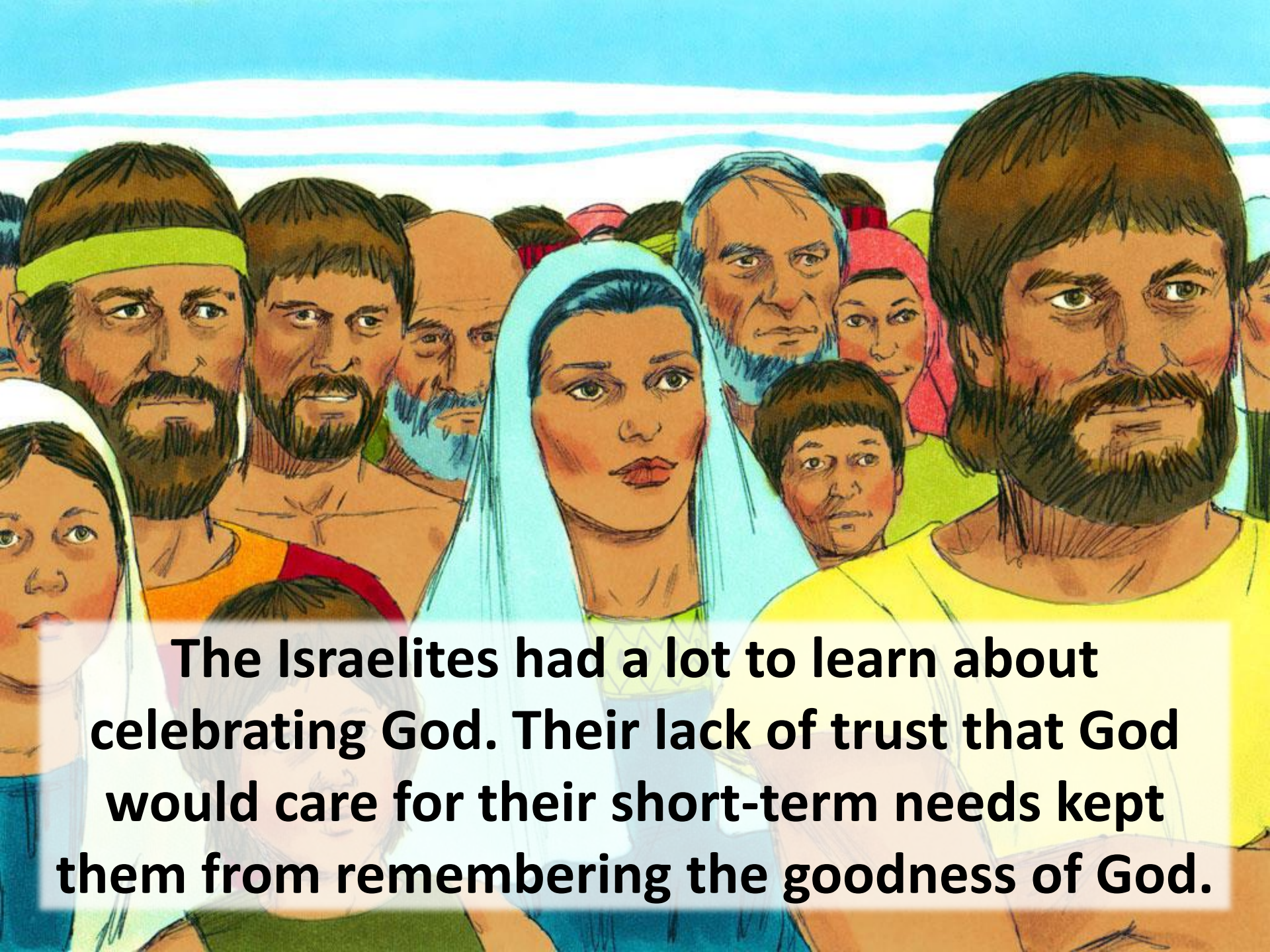




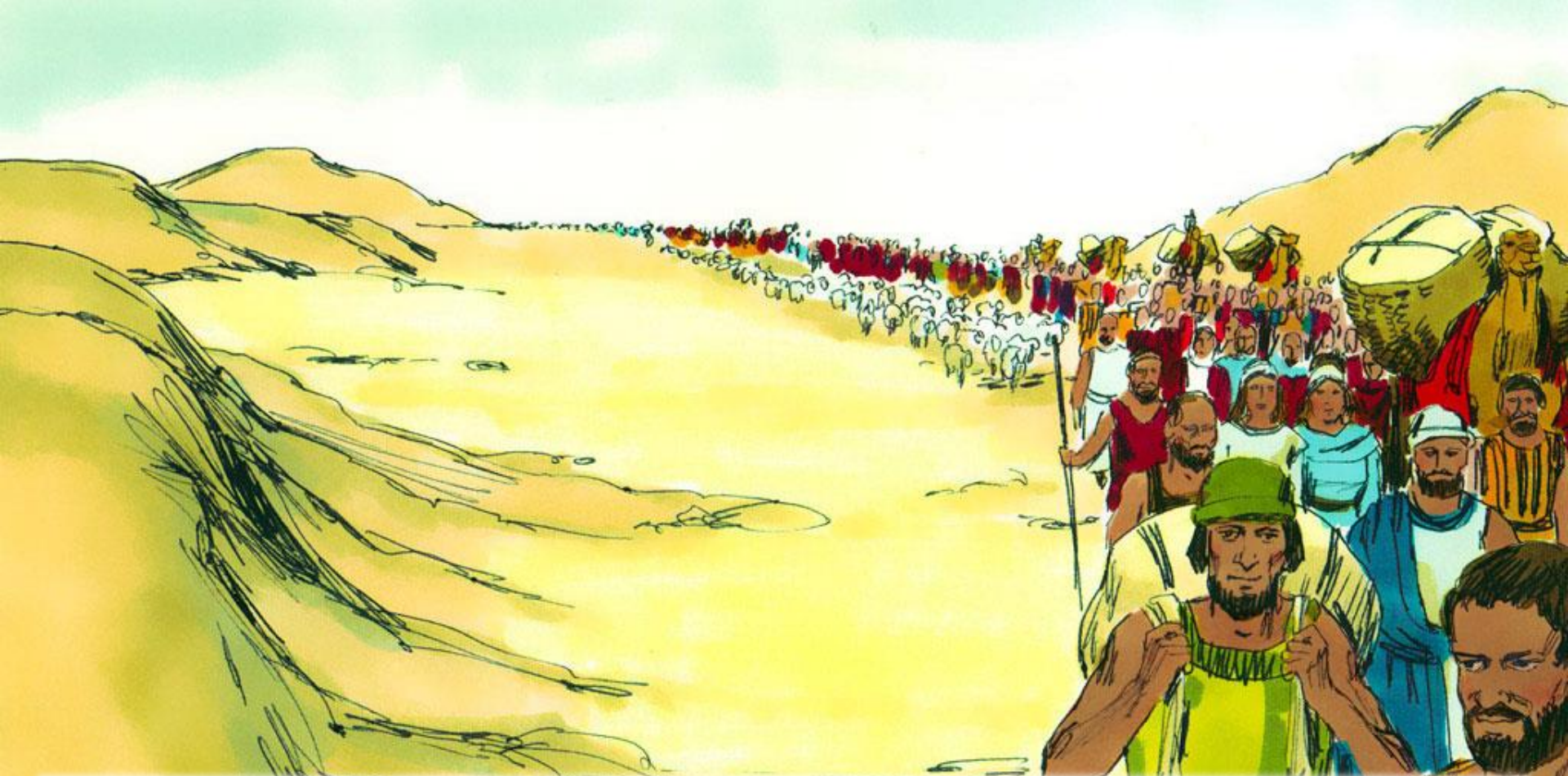
“Rejoice in the Lord always. I will say it again – rejoice!” (*Philippians 4:4*)

Do we have an “attitude of gratitude” for who God is and all that He does?

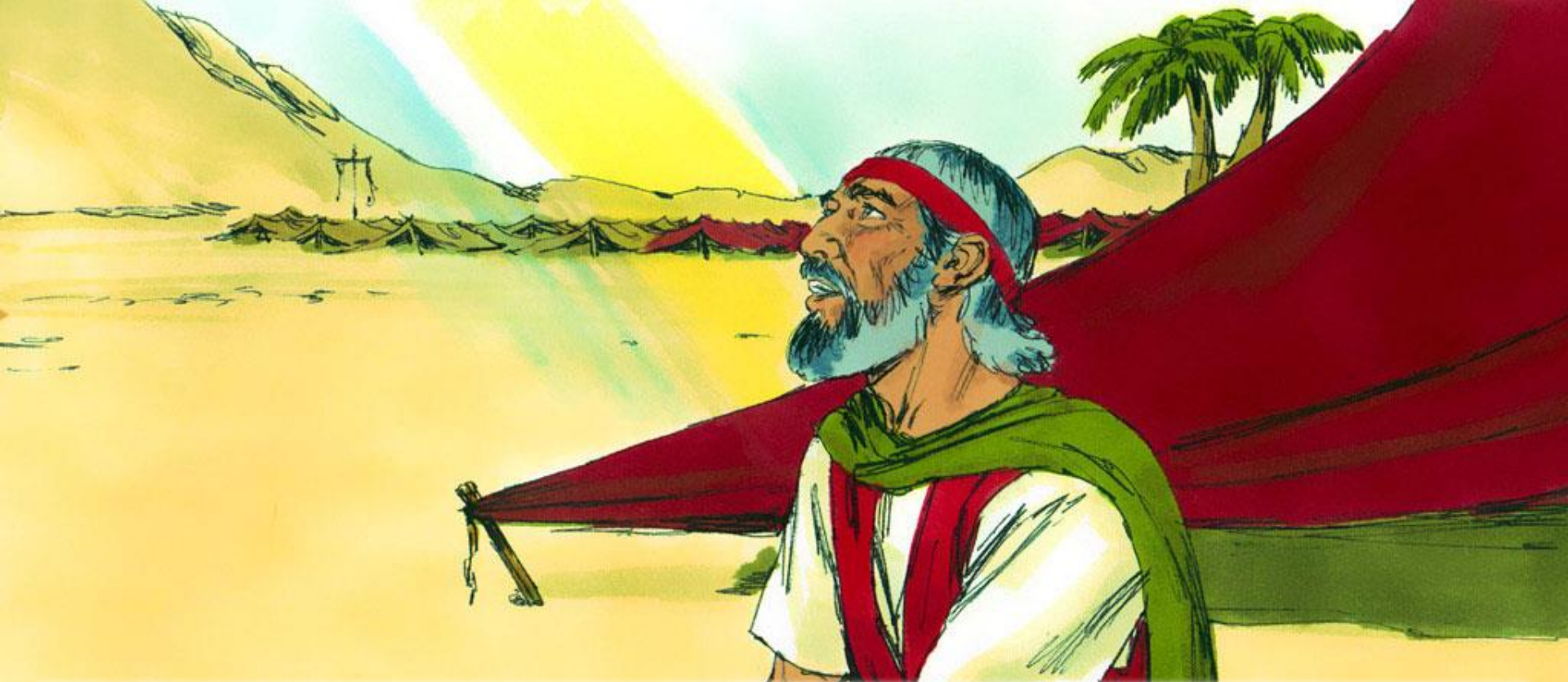
Do we celebrate the blessings and people He has given us in our lives?



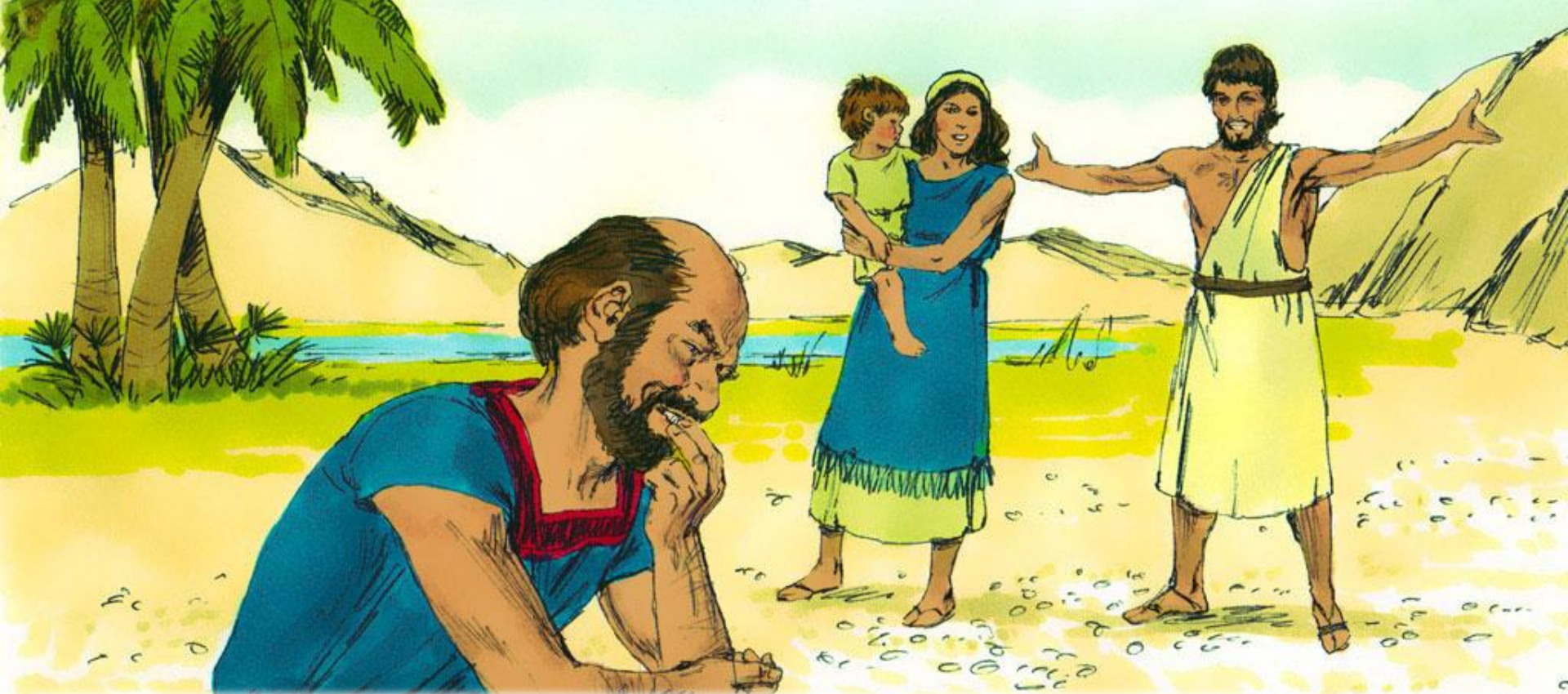
The Israelites had a lot to learn about celebrating God. Their lack of trust that God would care for their short-term needs kept them from remembering the goodness of God.



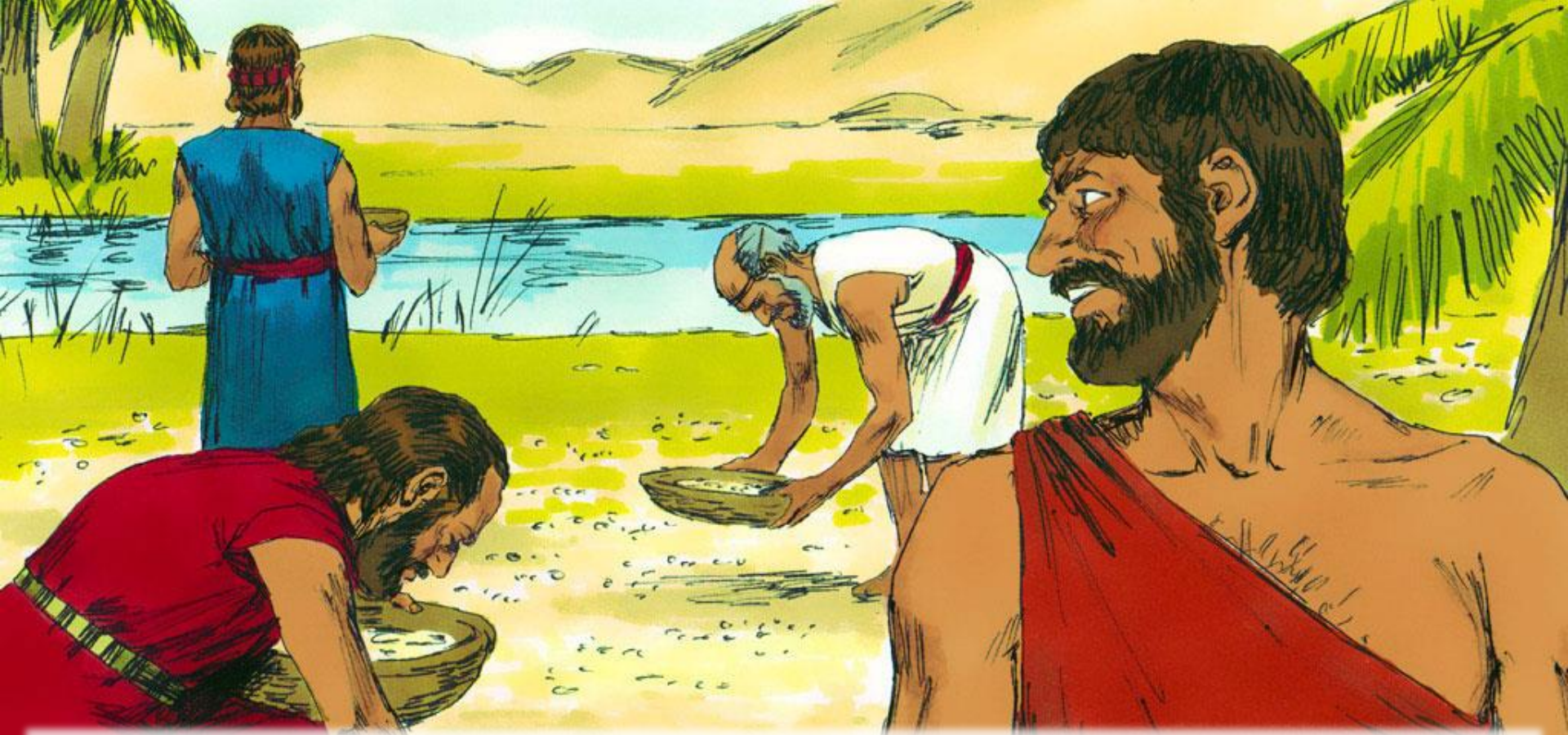
God saved the Israelites from slavery in Egypt. Through Moses, God brought them safely into the desert. But the Israelites quickly forgot how God had saved them. They began to grumble.



God told Moses, “I will rain down bread from heaven for you. The people must go out each day. Have them gather enough bread for that day. On the sixth day they must gather twice as much as on the other days.”



**That evening quail came and covered the camp.
In the morning, the ground around the camp
was covered with dew. When the dew was
gone, thin flakes appeared on the desert floor.
This was manna, the bread God promised.**



God provided the Israelites with more food on the sixth day so that on the seventh day, the Sabbath, they would be free from their work to rest and remember God.



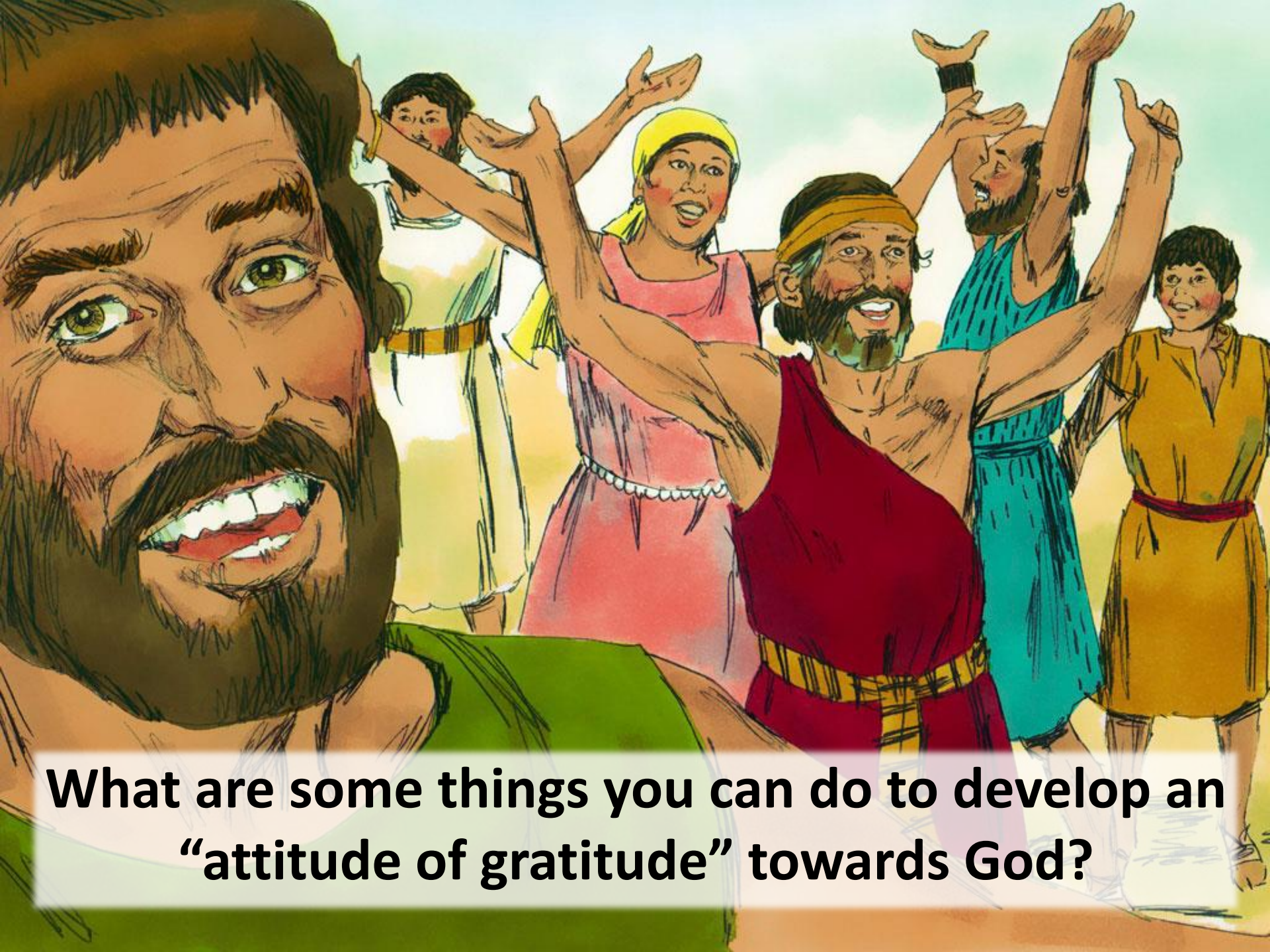
God commanded the Israelites to rest on the seventh day, the Sabbath.

He said to them, “Here is what the Lord commanded. He said, ‘Tomorrow will be a day of rest. It will be a holy Sabbath day. It will be set apart for the Lord.’”

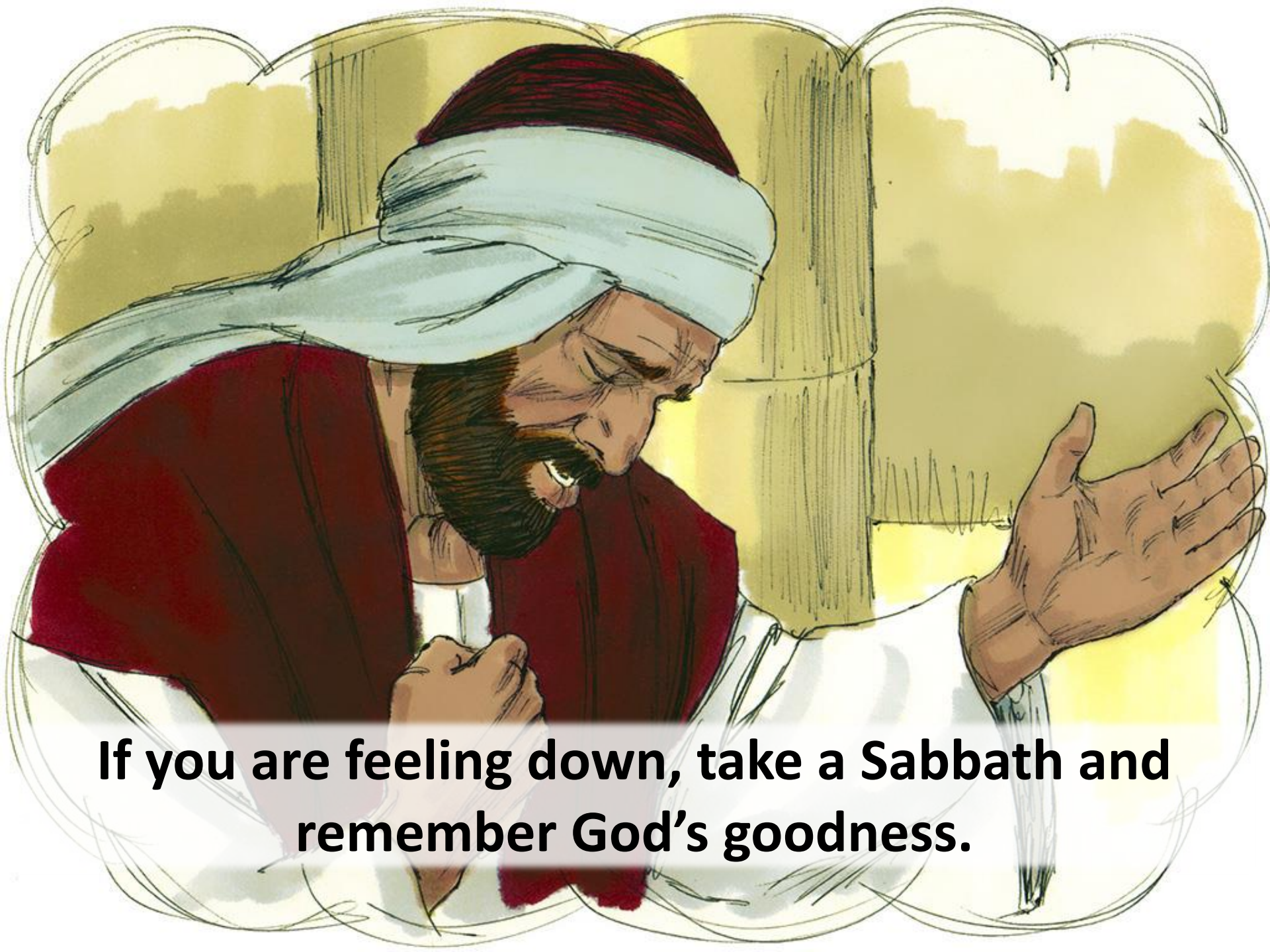
(Exodus 16:23-25)



The Sabbath was a day for the Israelites to stop thinking of their own needs and to praise God for all He had done. This was their worship.

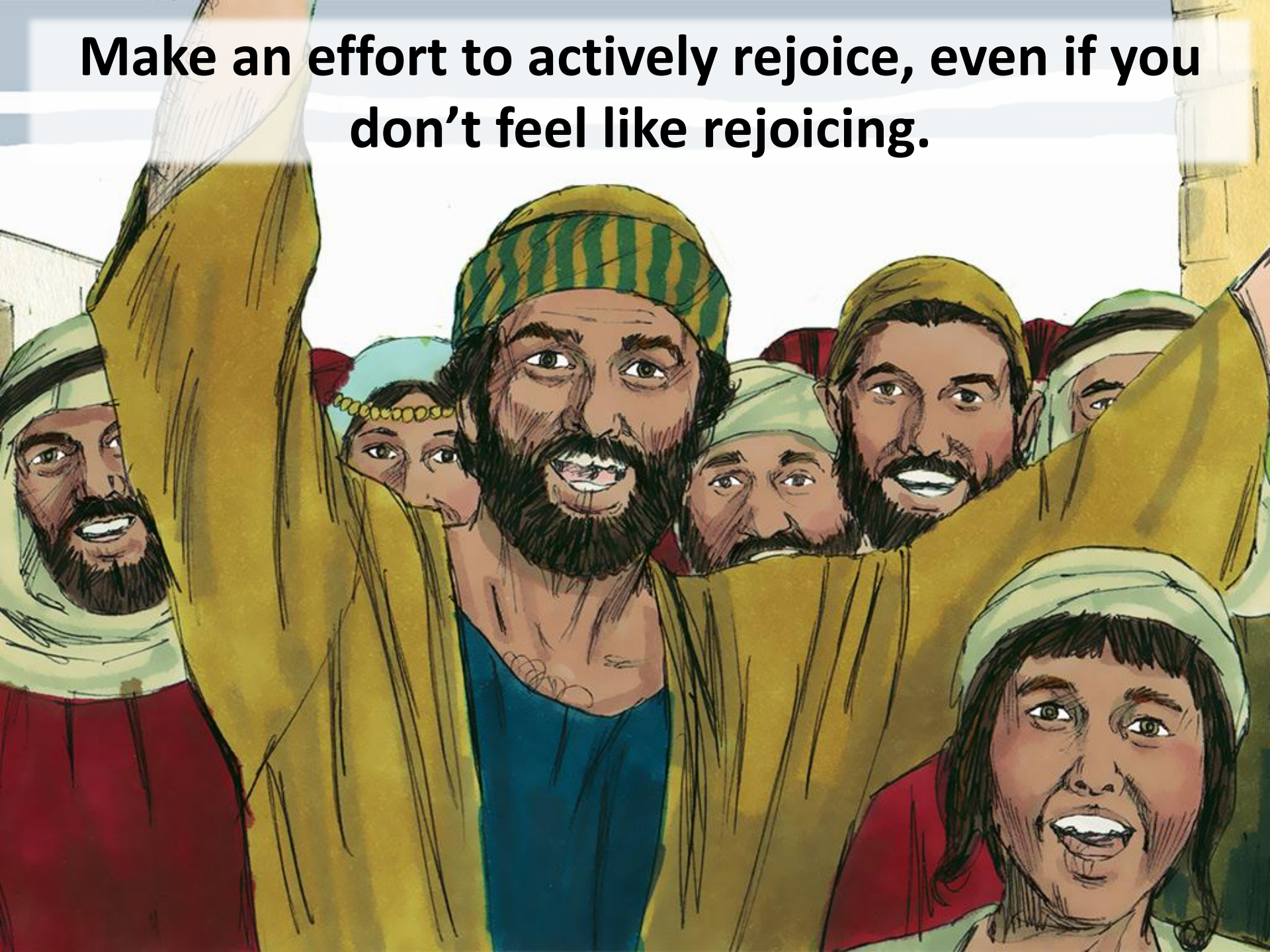


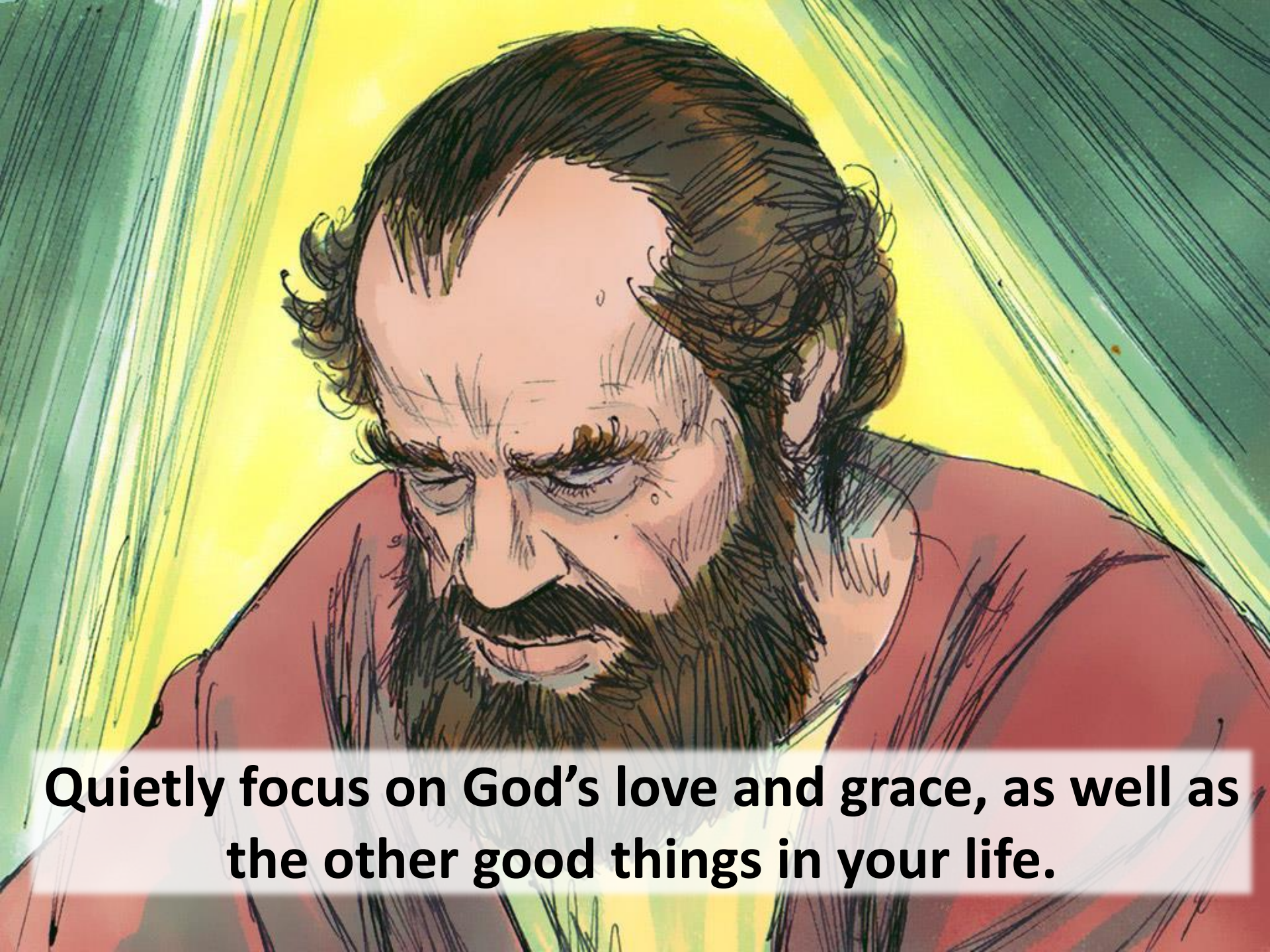
What are some things you can do to develop an “attitude of gratitude” towards God?



If you are feeling down, take a Sabbath and remember God's goodness.

Make an effort to actively rejoice, even if you don't feel like rejoicing.





Quietly focus on God's love and grace, as well as the other good things in your life.



Think on the good things the Lord has done for you. This will increase faith and lessen doubt and unbelief.



Choose an “attitude of gratitude” and rejoice in the Lord always!



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