

# Table Talk

SPIRITUAL CONVERSATION STARTERS FOR YOUR FAMILY AND FRIENDS

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Exodus 16&17

Trusting God's Provisions

Jul 13, 2025

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## For Younger Kids:

1. **What's something you need every day—like food or sleep?**  
Did you know God gave the Israelites food from heaven every day?
2. **Have you ever needed help but didn't know what to do?**  
Who can we talk to when we need help? (Hint: It's not just mom or dad!)
3. **Why do you think God wanted the people to rest one day each week?**  
What's something restful you like to do?

## For Older Kids & Preteens:

1. **When the people had problems, they complained—but Moses talked to God.**  
What's the difference between complaining and praying?
2. **God gave the people just enough manna for each day.**  
What does that teach us about trusting God?
3. **Why did God tell them to save a jar of manna to remember?**  
What's one way we can remember what God has done for us?

## For Teens & Adults:

1. **God provided in small, daily ways—not just big miracles.**  
How have you seen God's provision in the “ordinary” parts of life?
2. **What are some daily or weekly rhythms that help you stay connected to God?**  
Which ones need strengthening?
3. **Why do you think rest is so hard in today's world, even though God commands it?**  
What would it look like for your family to truly practice Sabbath as a gift?
4. **The Israelites learned to depend on God one day at a time.**  
What does “daily dependence” look like in your current season of life?

## Family Challenge:

Choose one **daily** and one **weekly** spiritual rhythm to focus on this week (e.g., daily prayer or Scripture reading, weekly rest or gratitude reflection).

As a family, write down **one thing each day** you're thankful for as a reminder of God's faithful provision—just like the jar of manna.