When the children of Israel had nothing to eat, Moses prayed and God sent bread down from heaven.

God told Moses, "Today get enough manna for two days. Tomorrow is a day to rest. It is a day for thanking God."

When the children of Israel followed Moses into the desert, but there was nothing to eat. "We should have stayed in Egypt," they said.

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Everyone was hungry. Moses asked God to help them. "I will send bread from heaven, for the people to eat," God said.

The next morning, the ground was covered with something small and round. "Bread from heaven!" they said.

God has sent manna for us to eat." They filled their baskets and took the manna home to cook. It tasted like honey biscuits.

God said, "Only take enough for one day." But some people forgot. Next morning the manna left over was full of worms.

God told Moses, "Today get enough manna for two days. Tomorrow is a day to rest. It is a day for thanking God."

The next day there were no worms! God looked after the children of Israel when he sent bread from heaven. God looks after you too!