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.”

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

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!