

Year after Year

Self-Guided Prayer

February 10, 2016

The people of Israel ate the manna for forty years, till they came to the border of the land of Canaan.

Exodus 16: 35

For forty years the Israelites were given bread straight from heaven. Their food was formed on the ground, a flake-like thing, fine as frost. Each morning they gathered manna, for forty years. If they waited until afternoon the sun would melt the manna, it must be done in the morning and they did this, year after year.

The Lord is faithful to provide. Sometimes we might want more variety in what the Lord provides, more options, perhaps. Maybe the Israelites grew weary of the manna they were eating, but they were being taken care of. They did not go hungry because the Lord our God provided for them.

When has God sustained you for a length of time? Perhaps it was physically being carried because of weariness, with strength through sickness, or maybe a stressful or depressing season of life in which God gave you what you needed.

Think about these things and for each memory of God sustaining you, tie a knot in your rope.

The Israelites were given manna to eat until they came to a *habitable* place. In the midst of their transition from point A to point B, God provided for them.

The Israelites were in transition mode for forty years. They couldn't hang pictures or set up their TV set because they were constantly on the move. Internally we are sometimes in these places of transition, in between where we were and where we are going or want to be going and sometimes all we have to eat is manna.

We must remember the sustenance provided by our God, continually giving us every bit of what we need. Nourishing our souls, hearts and our minds with the Holy Spirit's guidance.

Think of a time you have been in between. In between jobs, in between diagnosis, in between children's phases, in between health and sickness, in between emotional instability and breakthrough, in between a good idea and the next good idea.

Take each memory and think it through. Where was God in that time? What was He actively doing? How did He sustain you and how did He get you through?

For each moment you can remember God's presence in those times, make a knot in your rope.

The awesome thing about God's providence is that it builds strength in us and it builds faith. For each time God has shown up in a tangible way our confidence in Him is exacerbated. It is good to remember these things and to dwell on them. When we do this we are continuing to strengthen our faith.

Just like this rope, each knot of faithfulness in our spiritual journeys create more strength. This rope is much stronger with knots than without, it can now withhold more weight and tension.

Each day this week try to remember a time God was providential in your life or in a life around you, and continue tying those knots of faith.

*Finally, brothers and sisters,
whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is
lovely, whatever is admirable—if anything is excellent or praiseworthy—
think about such things.*

Philippians 4:8