Study the following scriptures:

- a. Exodus 15:22–27; 16:1–31; 17:1–7. The children of Israel murmur because they are thirsty and hungry; the Lord provides water, manna, and quail.
- b. Exodus 17:8–13; 18:13–26. Amalek attacks Israel. Israel prevails while Moses holds up his hands, but Amalek prevails when Moses tires and lowers his hands. Aaron and Hur hold up Moses' hands, and Israel wins the battle (17:8–13). Moses appoints judges, delegating authority to them (18:13–26).
- c. Exodus 19–20. The Lord meets with Moses on Mount Sinai and gives Israel the Ten Commandments.
- d. Exodus 32–34. Moses receives stone tablets containing instructions from the Lord but breaks the tablets when he sees the people worshiping a golden calf (31:18; 32:1–24). The Lord takes the ordinances of the Melchizedek Priesthood from Israel and gives them a lesser law, the law of Moses (Joseph Smith Translation, Exodus 34:1–2). Moses hews new tablets of stone, but the new tablets do not include "the words of the everlasting covenant of the holy priesthood" (Exodus 34:1–5; Joseph Smith Translation, Deuteronomy

- 10:2). The people covenant to obey the law of Moses (34:10–35).
- How is manna a representation of Christ? (See John 6:35.) How does Christ's living bread differ from manna? (See John 6:48–51.) How can we daily partake of Christ's living bread?
- What did the Lord promise the children of Israel if they would be obedient? (See Exodus 19:3–6.) How do these promises apply to us today?
- Why did the Lord give the children of Israel the law of Moses? (See Galatians 3:23–24; Mosiah 13:29; Alma 25:15–16; D&C 84:19–27.) How would this law help make Israel holy and bring them to Christ? (See Mosiah 13:30; Alma 34:14–15.)
- When was the law of Moses fulfilled? (See 3 Nephi 15:4–10.) Now that the Lord no longer requires animal sacrifices, which were an important part of the law of Moses, what sacrifice does he ask us to make? (See 3 Nephi 9:19–22.) What does it mean to offer a broken heart and a contrite spirit?

Additional reading: Psalm 78; 1 Corinthians 10:1–11; Doctrine and Covenants 84:19–27.

"Look to God and Live" Numbers 11-14: 21:1-9

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Study the following scriptures:

a. Numbers 11. The Israelites complain about the manna and desire to eat meat (11:1–9). As instructed by the Lord, Moses gathers 70 elders to assist him (11:10–17, 24–30). The Lord answers the Israelites' desire for meat by sending them an overabundance