1. **Amanzi Ahlanzekileyo ( Eksodusi 15:22-27 )**
	* Aluba uNkulunkulu elathi, kungenzeka kanjani okubi kithi? Lokhu kwabonakala kungumqodomcabango wabantu bakwa-Israyeli ngemva kokuwela uLwandle Olubomvu.
	* Lapho bethola amanzi engahlanzekanga ukuba bawanathe, bakhononda, “Sizanathani?” ( Eks. 15:24 ). UNkulunkulu wayengawahlanza amanzi ngaphambi kokuba afike, kodwa walinda isikhathi esifaneleyo.
	* Waphinda wacela uMose ukuba amsize ekwenzeni lesi simangaliso, emcela ukuba aphose isihlahla ukuze ahlanze amanzi (Eks. 15:25).
	* UNkulunkulu ufuna ukuba siqaphele ubukhona Bakhe, silindele imiyalo Yakhe, futhi sibambisane Laye.
	* Aluba ama-Israyeli ayegcwalisa izimfuneko zikaNkulunkulu, elalela imithetho uNkulunkulu ayemnike yona, ayengaba lesiqiniseko sokuthi ayezavikeleka ebubini ( Eks. 15:26 ).
2. **Isinkwa esivela ezulwini ( Eksodusi 16:1-36 )**
	* Isifiso sokudla inyama sabangela ukuba ama-Israyeli akhonone ngoMose no-Aroni (Eks. 16:2-3). Kodwa eqinisweni, ukukhonona kwabo kwakuphambene loNkulunkulu uqobo Lwakhe (Eks. 16:8). Lwaluyini uhlupho lwabo?
		+ Bakhohlwa **okwedluleyo**
		+ Bagxila ebunzimeni **banamhlanje**
		+ Balahlekelwa ngumbono **wekusasa elithenjisiwe**
	* Ngemva kokubanika izagwaca ukuba badle, uNkulunkulu wabanika isinkwa esanele ukuba bandle nsuku zonke… iminyaka engama-40! ( Eks. 16:35 )
	* Lesi sinkwa esivela ezulwini sasiyisimangaliso ngempela:
		+ Lapho ilanga liphuma, yancibilika ( Eks. 16:21 )
		+ Inani elifanayo lehla izinsuku ezinhlanu ( Eks. 16:16 )
		+ Ngosuku lwesithupha yawa ngokuphindwe kabili (Eks. 16:22)
		+ NgeSabatha akukho lutho olwalusiwa ( Eks. 16:26 )
		+ Kusukela ngosuku olulodwa kuya kolunye kwakugcwele impethu ( Eks. 16:20 )
		+ Kusukela ngoLwesihlanu kusiya ngeSabatha akuzange konakale ( Eks. 16:23-24 )
3. **Idwala laseHorebe ( Eksodusi 17:1-7 )**
	* “Kunga uJehova uphakathi kwethu loba akekho na?” ( Eks. 17:7 ). Kambe uNkulunkulu akazange abathumele isinkwa esivela ezulwini nsuku zonke? Abazange bakubona eyezini?
	* Ukungakholwa okwaboniswa u-Israyeli kuyamangalisa. Kodwa qaphela, uPawulu uyasixwayisa ukuba singaweli esibonelweni esifananayo sokungakholwa (Heb. 3:12).
	* Ngaphezu kokungakholwa kwabo, uJesu ngokwakhe wadabula idwala waqhubeka ebanika amanzi kulo lonke uhambo lwabo. “Ulidwala lomoya elibalandelayo” ( 1 Kor. 10:4 ).
4. **Izandla eziphakanyisiweyo (Eksodusi 17:8-16)**
	* Njengoba bedabula enkangala, ama-Amaleki ahlasela u-Israyeli, futhi uMose wacela uJoshuwa ukuba abavikele kuyilapho yena, u-Aroni, noHure bekhuphuka entabeni “nenduku kaNkulunkulu”. ( Eks. 17:8-10 ).
	* Kungani ama-Amaleki ahlasela? Babezwile ngalokho uNkulunkulu ayekwenzile eGibhithe. Kodwa, ngokungafani lamanye amaKhanani, ayengesabi. Baklolodela uNkulunkulu futhi bamdelela ngokuhlasela abantu Bakhe, ukuze babonise ukuthi balamandla kulaye (Eks. 17:16).
	* Uma nje uMose ephakamisa induku kaNkulunkulu, u-Israyeli wayenqoba. Kodwa lapho izingalo zakhe sezikhathele, u-Israyeli wehlulwa (Eks. 17:11).
	* Kwaze kwafika isikhathi sokuthi kube lomthwalo onzima kwabanye abaholi. U-Aroni loHure basekela uMose futhi bamsiza ukuba enze umsebenzi kaNkulunkulu uphumelele, ngaleyo ndlela banqoba isitha ( Eks. 17:12 ).
5. **Iseluleko esihle ( Eksodusi 18:1-27 )**
	* Ebona isibonakaliso uNkulunkulu ayesimemezele kuMose, uJetiro kanye loZipora lamadodana akhe bahamba bayombona eHorebe ( Eks. 3:12; 18:1-5 ).
	* UJetiro, lanxa wayengasuye umIsrayeli, wayekhulekela uNkulunkulu. Ngakho-ke, ngemva kokuthola umbiko kaMose ngalokho okwenzeka eGibhithe, wadumisa uNkulunkulu futhi wanikela imihlatshelo ( Eks. 18:8-12 ).
	* Ngosuku olulandelayo, ngemva kokubona uMose esehlulela abantu bonke yedwa, wamnika iseluleko esihlakaniphileyo: hlukanisa imithwalo ngemfanelo ( Eks. 18:17-23 ).
	* UMose wawavuma ngokuzithoba amazwi kaNkulunkulu kulesi seluleko. Ngakho-ke, wasilalela iseluleko sikayisezala futhi wakhetha abantu abakwazi ukuthwala imithwalo yemfanelo.
	* Izici zayo (Eks. 18:21):
		+ Hlonipha uNkulunkulu
		+ Thembeka
		+ Zonda ukufumbathisa
6. **Isinkwa lamanzi okuphila: UJesu**
	* UPawule usitshela ukuthi indaba zikaEksodusi zalotshelwa ukufundisa thina, okuyikuthi, zisebenza ngokomoya ezimpilweni zethu (1 Kor. 10:1-11).
	* Lezi zindaba zisixwayisa ngokuhwaba; ukukhonza izithombe; ubufebe; ukulinga uNkulunkulu; kanye lokunyeya.
	* Ngaphezu kwalokho, uJesu wabhekisela kuye ngokukhethekileyo indaba zamanzi avela edwaleni lesinkwa esivela ezulwini.
	* Nguye onikeza amanzi okuphila, efanekisela uMoya oNgcwele (Johane 4:14; 7:37-39). Nguye kuphela olokwanelisa ukoma kwethu kwangaphakathi ukuthula, injabulo lenjabulo.
	* UJesu wathi uyisinkwa seqiniso esehla ezulwini. Leso sinkwa siyinyama Yakhe uqobo. ( Johane 6:51 ).
	* Ngumzimba Wakhe, owahlephula esiphambanweni ukuletha insindiso kubo bonke “abazawudla”—okuyikuthi, ukumamukela njengoMsindisi futhi babe lobudlelwane Naye nsuku zonke. UKristu kuphela onganelisa ukoma lokulamba kwethu okungokomoya