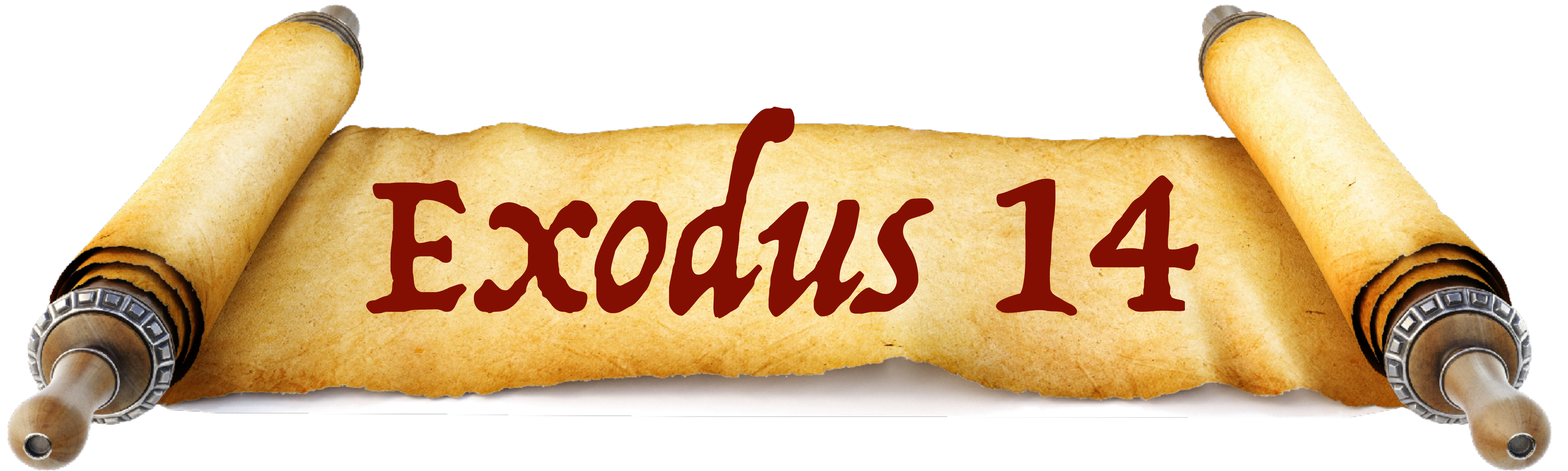




Come Follow Me 2022
Exodus 14-17



COME FOLLOW ME: OLD TESTAMENT



16 And it shall be for a token upon thine hand, and for ^afrontlets between thine eyes: for by strength of hand the LORD brought us forth out of Egypt.

17 ¶ And it came to pass, when Pharaoh had let the people go, that God led them not *through* the way of the land of the Philistines, although that *was* near; for God said, Lest ^aperadventure the people ^brepent when they see war, and they ^creturn to Egypt:

18 But God ^aled the people about, *through* the way of the wilderness of the Red sea: and the children of ^bIsrael went up ^charnessed out of the land of Egypt.

19 And Moses took the bones of ^aJoseph with him: for he had straitly sworn the children of Israel, saying, God will surely visit you; and ye shall carry up my ^bbones away hence with you.

20 ¶ And they took their journey from ^aSuccoth, and encamped in Etham, in the edge of the wilderness.

21 And the ^aLORD went before them by day in a pillar of a ^bcloud, to ^clead them the way; and by night in a ^dpillar of fire, to give them light; to go by day and night:

22 He took not away the pillar of the cloud by day, nor the pillar of fire by night, *from* before the people.

CHAPTER 14

Israel goes out of Egypt—Israel passes through the Red Sea on dry ground—The Lord overthrows the Egyptians in the midst of the sea.

AND the LORD spake unto Moses, saying,

2 Speak unto the children of Israel, that they ^aturn and encamp before Pi-hahiroth, between ^bMigdol and the sea, over against Baal-zephon: before it shall ye encamp by the sea.

3 For Pharaoh will say of the children of Israel, They *are* entangled in the land, the wilderness hath shut them in.

4 ^aAnd I will harden Pharaoh's heart, that he shall follow after them; and I will be honoured ^bupon Pharaoh, and upon all his ^chost; that the Egyptians may ^dknow that I *am* the LORD. And they did so.

5 ¶ And it was told the king of Egypt that the people fled: and the heart of Pharaoh and of his servants was turned against the people, and they said, Why have we done this, that we have let Israel go from serving us?

6 And he made ready his chariot, and took his people with him:

7 And he took six hundred chosen ^achariots, and ^ball the chariots of Egypt, and captains over every one of them.

8 ^aAnd the LORD hardened the heart of Pharaoh king of Egypt, and he pursued after the children of Israel: and the children of Israel went out ^bwith an ^chigh hand.

9 But the Egyptians ^apursued after them, all the horses *and* chariots of Pharaoh, and his horsemen, and his army, and overtook them encamping by the sea, beside ^bPi-hahiroth, before Baal-zephon.

10 ¶ And when Pharaoh drew nigh,

the children of Israel lifted up their eyes, and, behold, the Egyptians marched after them; and they were sore afraid: and the children of Israel cried out unto the LORD.

11 And they said unto Moses, Because *there were* no graves in Egypt, hast thou taken us away to ^adie in the wilderness? wherefore hast thou ^bdealt thus with us, to carry us forth out of Egypt?

12 Is not this the ^aword that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For *it had been* better for us to ^bserve the Egyptians, than that we should die in the wilderness.

13 ¶ And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will ^ashew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever.

14 The LORD shall ^afight for you, and ye shall hold your ^bpeace.

15 ¶ And the LORD said unto Moses, Wherefore criest thou unto me? speak unto the children of Israel, that they go forward:

16 But lift thou up thy ^arod, and stretch out thine hand over the sea, and ^bdivide it: and the children of Israel shall go on ^cdry ground through the midst of the sea.

17 ^aAnd I, behold, I will ^bharden the hearts of the Egyptians, and they shall follow them: and ^cI will get me honour upon Pharaoh, and upon all his host, upon his chariots, and upon his horsemen.

18 And the Egyptians shall know that I *am* the LORD, when I have gotten me honour upon Pharaoh, upon his chariots, and upon his horsemen.

19 ¶ And the ^aangel of God, which went before the camp of Israel, removed and went behind them; and the ^bpillar of the cloud went from before their face, and stood behind them:

20 And it came between the camp of the Egyptians and the camp of Israel; ^aand it was a cloud and ^bdarkness *to them*, but it gave light by night *to these*: so that the one came not near the other all the night.

21 And Moses stretched out his hand over the ^asea; and the LORD ^bcaused the ^csea to ^dgo *back* by a strong east wind all that night, and made the sea ^edry land, and the ^fwaters were ^gdivided.

22 And the children of Israel went into the midst of the sea upon the dry ground: and the waters *were* a wall unto them on their right hand, and on their left.

23 ¶ And the Egyptians pursued, and went in after them to the midst of the sea, *even* all Pharaoh's horses, his chariots, and his horsemen.

24 And it came to pass, that in the morning watch the LORD looked unto the host of the Egyptians through the pillar of fire and of the cloud, and troubled the host of the Egyptians,

25 And ^atook off their chariot wheels, that they drave them heavily: so that the Egyptians said,

Egyptian army pursues the Israelites

Crossing the Red Sea

16a Deut. 6:8 (6–9).

17a OR perhaps.

b Ex. 14:12 (11–12);

20a Num. 33:5.

21a Ex. 14:19.

b Ex. 24:15; 40:34;

4a JST Ex. 14:4 And Pharaoh will harden *his* heart . . .

b OR by.

11a Ps. 106:7.

b Ex. 32:22.

12a OR thing.

b Ex. 5:21 (20–23);

13–17 (17, 18)

unto thee the hearts of the Egyptians shall be hardened, and they . . .

b TG Hardheartedness.

b Hel. 5:28 (28–43).

21a Ps. 106:9 (9–15);

1 Ne. 4:2 (2–3);

2 Ne. 7:2; D&C 133:68.

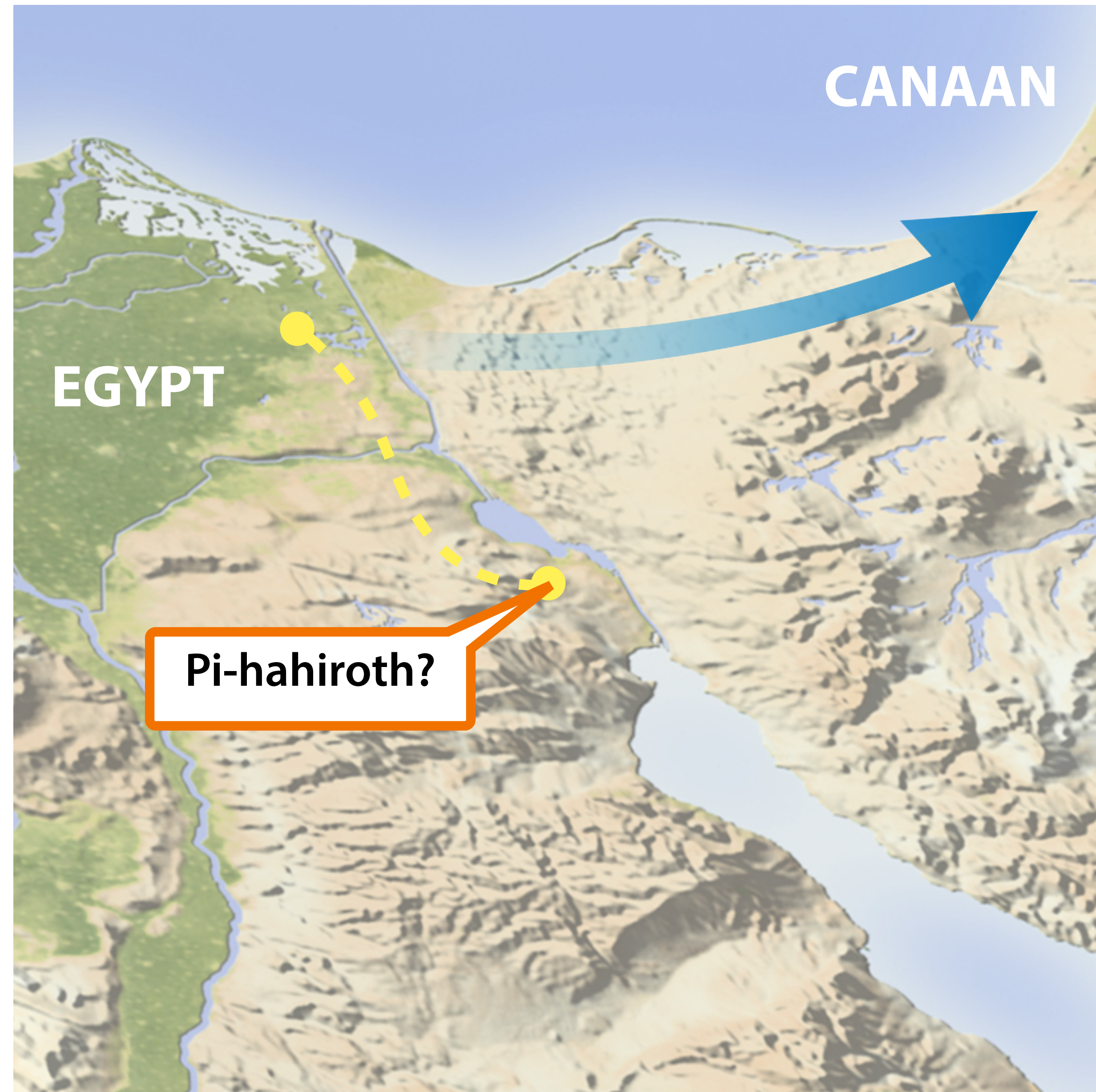
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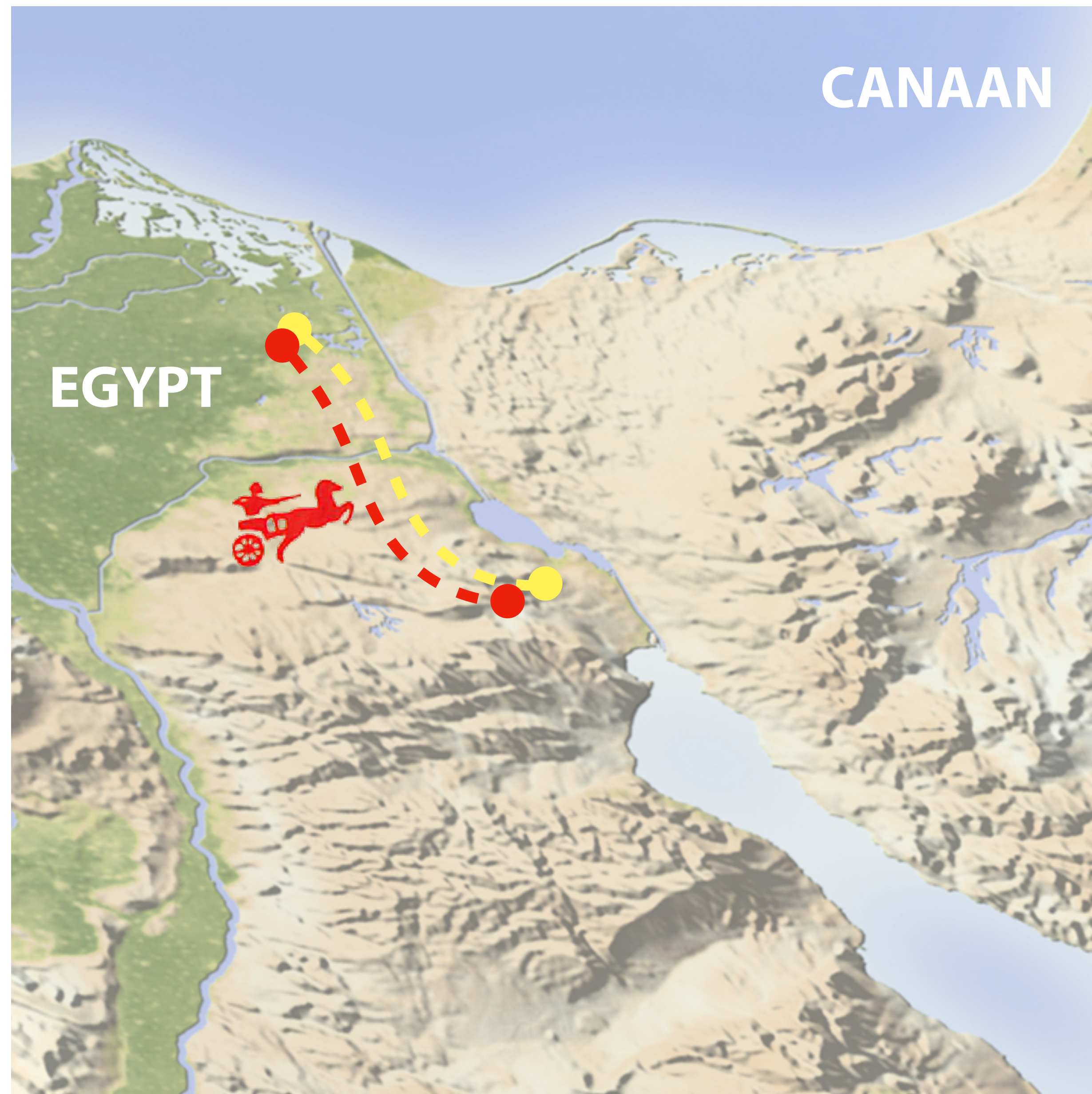
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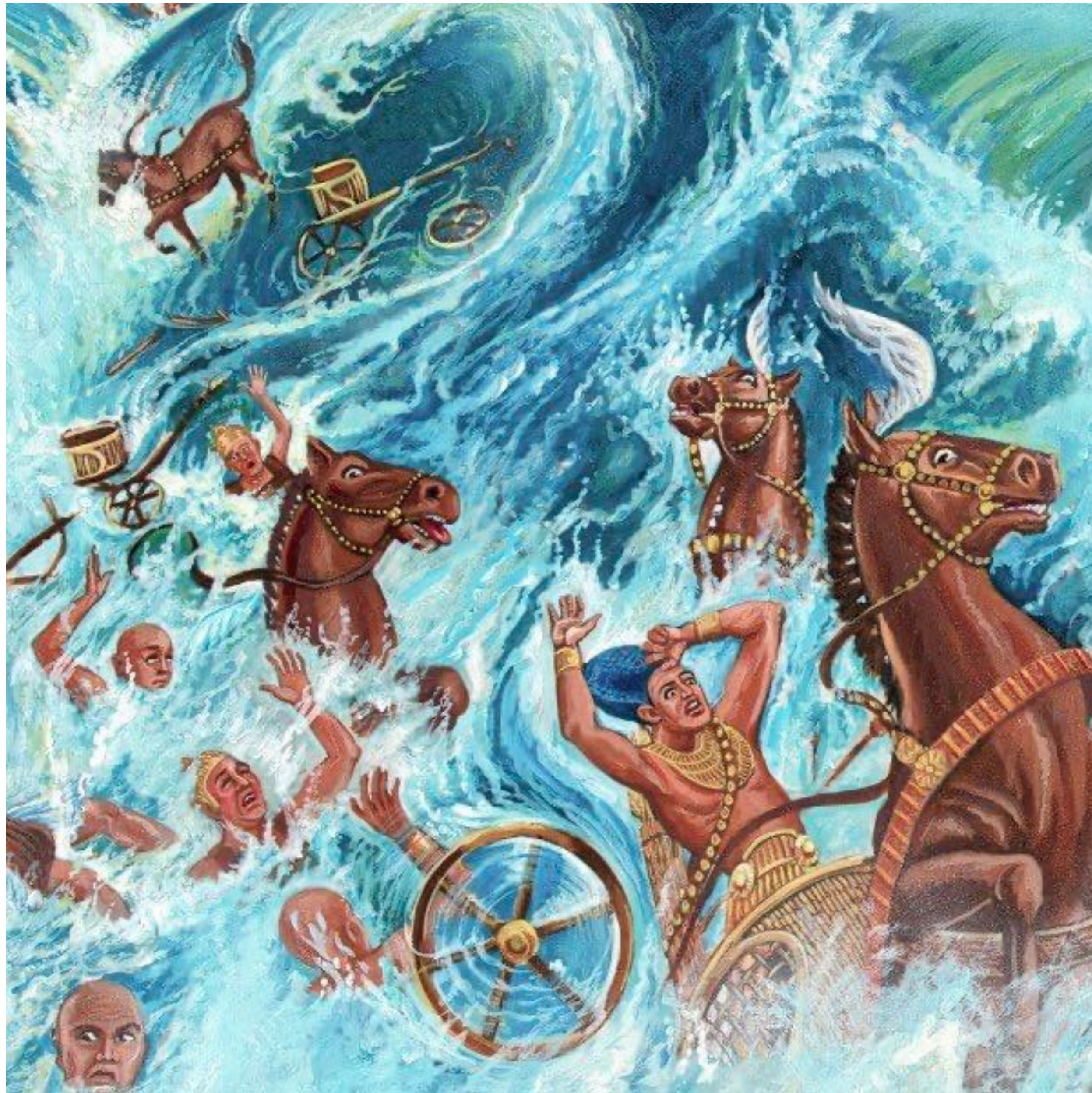
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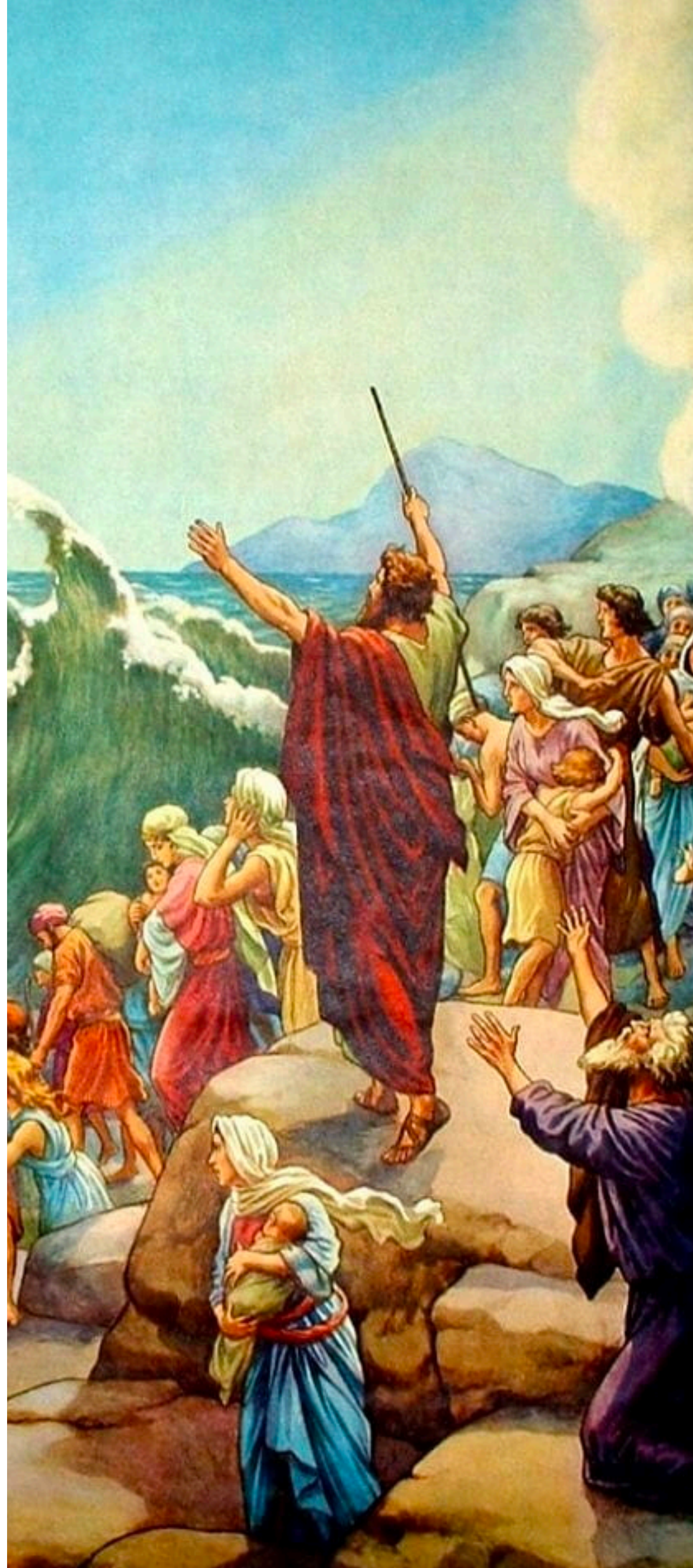
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30 Thus the LORD ^asaved Israel that day out of the hand of the Egyptians; and Israel saw the Egyptians dead upon the sea shore.

31 And Israel saw that great work which the LORD did upon the Egyptians: and the people feared the LORD, and ^abelieved the LORD, and his servant Moses.

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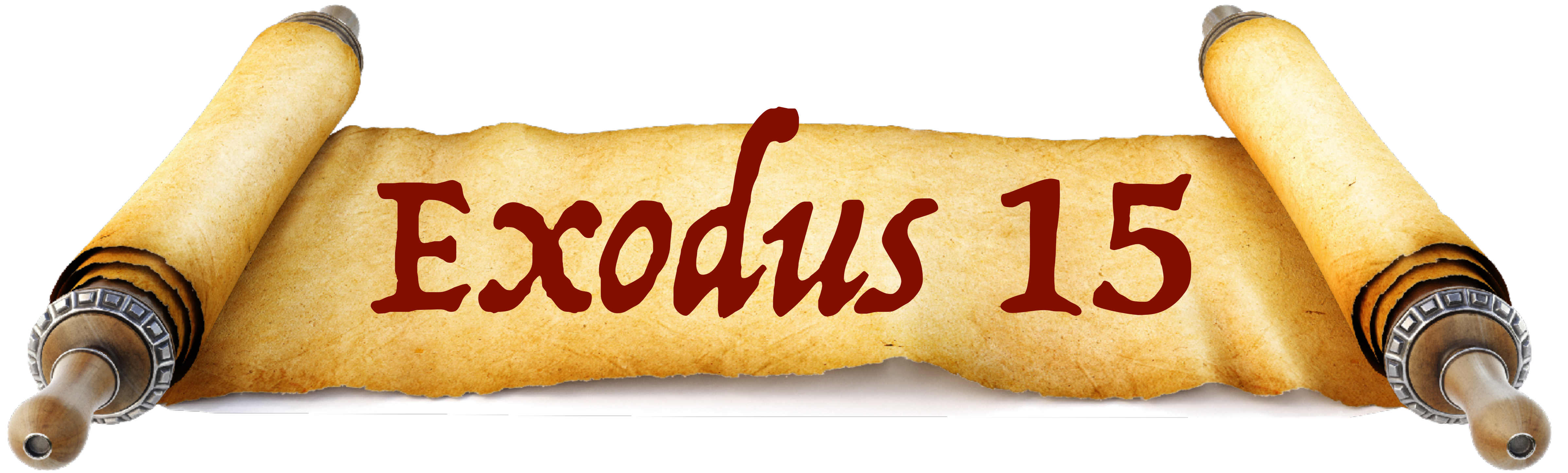
Some modern scholars have argued that Moses did not take Israel directly to and then through the Red Sea proper (the Gulf of Suez branch of the Red Sea), but rather through the “Reed Sea,” since in Hebrew Yam Suph means “The Reed Sea.” These scholars believe the area crossed was a marshy lowland near the Bitter Lakes. (See the map of the Exodus in Maps and Charts). They maintain that the chariots of the Egyptians bogged down in the mud and then the soldiers drowned when higher waters came in. But Latter-day Saints have information that the Exodus account is correct. Both the Book of Mormon and the Doctrine and Covenants state directly that it was the Red Sea (see 1 Nephi 17:24–27; D&C 8:3). Exodus 14:22, 29 says that “the waters were a wall unto them on their right hand, and on their left,” certainly implying more than passing through a marshy area dried by a sudden wind.

Professor Robert D. Miller II

“The tendency to want to find naturalistic explanations that support literal historical reading of the text extends to how people read the crossing of the sea. Scholars in the 20th century invented a body of water called the Sea of Reeds. It doesn’t exist. If your Bible states in Exodus 15:4 that the Israelites crossed the Sea of Reeds, it has bought into this scholarly construct. The best Bible translations left it as Red Sea.”

(Robert D. Miller II, “Understanding the Old Testament,” Great Courses, 2019, p. 35)

COME FOLLOW ME: OLD TESTAMENT



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CHAPTER 15

The children of Israel sing the song of Moses—They extol the Lord as a man of war and rejoice in their deliverance from Egypt—The waters of Marah are

healed—The Lord promises to free Israel from the diseases of Egypt.

THEN ^asang Moses and the children of Israel this song unto the LORD, and spake, saying, I will ^bsing unto the LORD, for he hath triumphed gloriously: the horse and his rider hath he thrown into the sea.

2 The ^aLORD is my ^bstrength and song, and he is become my ^csalvation: he is my God, and I will ^dprepare him an habitation; my father's God, and I will ^eexalt him.

3 The LORD is a man of ^awar: the LORD is his ^bname.

4 Pharaoh's ^achariots and his host hath he ^bcast into the sea: his chosen captains also are drowned in the ^cRed sea.

5 The depths have covered them: they sank into the bottom as a ^astone.

6 Thy ^aright ^bhand, O LORD, is become glorious in power: thy right hand, O LORD, hath dashed in pieces the enemy.

7 And in the greatness of thine excellency thou hast overthrown them that rose up against thee: thou sentest forth thy wrath, *which* consumed them as ^astubble.

8 And with the blast of thy nostrils the ^awaters were gathered together, the floods stood upright as an ^bheap, *and* the depths were congealed in the heart of the sea.

9 The enemy said, I will ^apursue, I will overtake, I will divide the spoil; my ^blust shall be satisfied upon them; I will draw my sword, my hand shall destroy them.

The Song of Moses

10 Thou didst blow with thy wind, the sea covered them: they sank as lead in the mighty waters.

11 Who is ^alike unto thee, O ^bLORD, among the gods? who is like thee, glorious in ^choliness, ^dfearful in praises, doing wonders?

12 Thou stretchedst out thy right hand, the earth swallowed them.

13 Thou in thy mercy hast ^aled forth the people *which* thou hast redeemed: thou hast guided *them* in thy strength unto thy holy habitation.

14 The people shall ^ahear, *and* be afraid: sorrow shall take hold on the inhabitants of ^bPalestina.

15 Then the ^adukes of ^bEdom shall be amazed; the mighty men of Moab, trembling shall take hold upon them; all the inhabitants of Canaan shall ^cmelt away.

16 ^aFear and ^bdread shall fall upon them; by the greatness of thine arm they shall be *as* still as a stone; till thy people pass over, O LORD, till the people pass over, *which* thou hast ^cpurchased.

17 Thou shalt bring them in, and plant them in the mountain of thine inheritance, *in* the place, O LORD, *which* thou hast made for thee to dwell in, *in* the ^aSanctuary, O Lord, *which* thy hands have established.

18 The ^aLORD shall reign for ever and ever.

19 For the horse of Pharaoh went in with his chariots and with his horsemen into the sea, and the LORD brought again the waters of the sea upon them; but the children of Israel went on dry land in the midst of the sea.

20 ¶ And ^aMiriam the ^bprophetess, the ^csister of Aaron, took a ^dtimbrel in her hand; and all the women went out after her with timbrels and with dances.

21 And Miriam answered them, ^aSing ye to the LORD, for he hath triumphed gloriously; the horse and his rider hath he thrown into the sea.

22 So Moses brought Israel from the Red sea, and they went out into the wilderness of ^aShur; and they went three days in the wilderness, and found no water.

23 ¶ And when they came to ^aMarah, they could not drink of the waters of Marah, for they *were* bitter: therefore the name of it was called Marah.

24 And the people ^amurmured against Moses, saying, What shall we drink?

25 And he cried unto the LORD; and the LORD shewed him a tree, *which* when he had cast into the waters, the ^awaters were made sweet: there he made for them a statute and an ordinance, and there he ^bproved them,

26 And said, If thou wilt ^adiligently ^bhearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and ^ckeep all his statutes, I will put none of these ^ddiseases upon thee, which I have brought upon the Egyptians: for I *am* the LORD that ^ehealeth thee.

27 ¶ And they came to Elim, where *were* twelve wells of water, and ^athreescore and ten palm trees: and they encamped there by the waters.

26a Isa. 10:26.

27a IE its normal condition.

TG Israel, Deliverance of.

31a TG Faith.

c OR Reed Sea (also v. 22).

5a Neh. 9:11.

11a 2 Sam. 7:22;

D&C 76:2 (1–4).

c Josh. 2:9 (8–11).

16a Ex. 23:27 (27–30);

23a IE Bitterness.

24a TG Murmuring.

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14 The people shall ^ahear, *and* be afraid: sorrow shall take hold on the inhabitants of ^bPalestina.

15 Then the ^adukes of ^bEdom shall be amazed; the mighty men of Moab, trembling shall take hold upon them; all the inhabitants of Canaan shall ^cmelt away.

16 ^aFear and ^bdread shall fall upon them; by the greatness of thine arm they shall be *as* still as a stone; till thy people pass over, O LORD, till the people pass over, *which* thou hast ^cpurchased.

17 Thou shalt bring them in, and plant them in the mountain of thine inheritance, *in* the place, O LORD, *which* thou hast made for thee to

triumphed gloriously; the horse and his rider hath he thrown into the sea.

22 So Moses brought Israel from the Red sea, and they went out into the wilderness of ^aShur; and they went three days in the wilderness, and found no water.

23 ¶ And when they came to ^aMarah, they could not drink of the waters of Marah, for they *were* bitter: therefore the name of it was called Marah.

24 And the people ^amurmured against Moses, saying, What shall we drink?

25 And he cried unto the LORD; and the LORD shewed him a tree, *which* when he had cast into the waters, the ^awaters were made sweet: there he made for them a statute and an ordinance, and there he ^bproved them,

26 And said, If thou wilt ^adiligently ^bhearken to the voice of the LORD

Old Testament Institute Manual

This verse contains the first of over twenty uses of the word murmur in its various forms in the record of Israel's wanderings. Murmuring seems to have been a dominant part of their natures and a root of some of the problems they faced. The word is used nearly the same number of times to describe the attitude of the rebellious members of the Lehi colony who traveled through the same general wilderness area after leaving Jerusalem (see Topical Guide, s.v. "murmuring, murmur").

Old Testament Institute Manual

Murmuring is defined as “a half-suppressed or muttered complaint” (Webster’s New Collegiate Dictionary, 1979 ed., s.v., “murmur”). Instead of open expression of concern and criticism so a problem can be dealt with, it is behind-the-scenes grumbling. That problem was not unique to the Israelites or to Laman and Lemuel. It is too often prevalent among Latter-day Saints today. Elder Marion G. Romney said:

“I desire to call your attention to the principle of loyalty, loyalty to the truth and loyalty to the men whom God has chosen to lead the cause of truth. I speak of ‘the truth’ and these ‘men’ jointly, because it is impossible fully to accept the one and partly reject the other.

“I raise my voice on this matter to warn and counsel you to be on your guard against criticism. ... It comes, in part, from those who hold, or have held, prominent positions. Ostensibly, they are in good standing in the Church. In expressing their feelings, they frequently say, ‘We are members of the Church, too, you know, and our feelings should be considered.’

“They assume that one can be in full harmony with the spirit of the gospel, enjoy full fellowship in the Church, and at the same time be out of harmony with the leaders of the Church and the counsel and directions they give. Such a position is wholly inconsistent, because the guidance of this Church comes, not alone from the written word, but also from continuous revelation, and the Lord gives that revelation to the Church through His chosen leaders and none else. It follows, therefore, that those who profess to accept the gospel and who at the same time criticize and refuse to follow the counsel of the leaders, are assuming an indefensible position.” (In Conference Report, Apr. 1942, pp. 17–18.)

24 And the people murmured against Moses, saying, What shall we drink?

25 And he cried unto the LORD; and the LORD shewed him a tree, which when he had cast into the waters, the waters were made sweet: there he made for them a statute and an ordinance, and there he proved them,

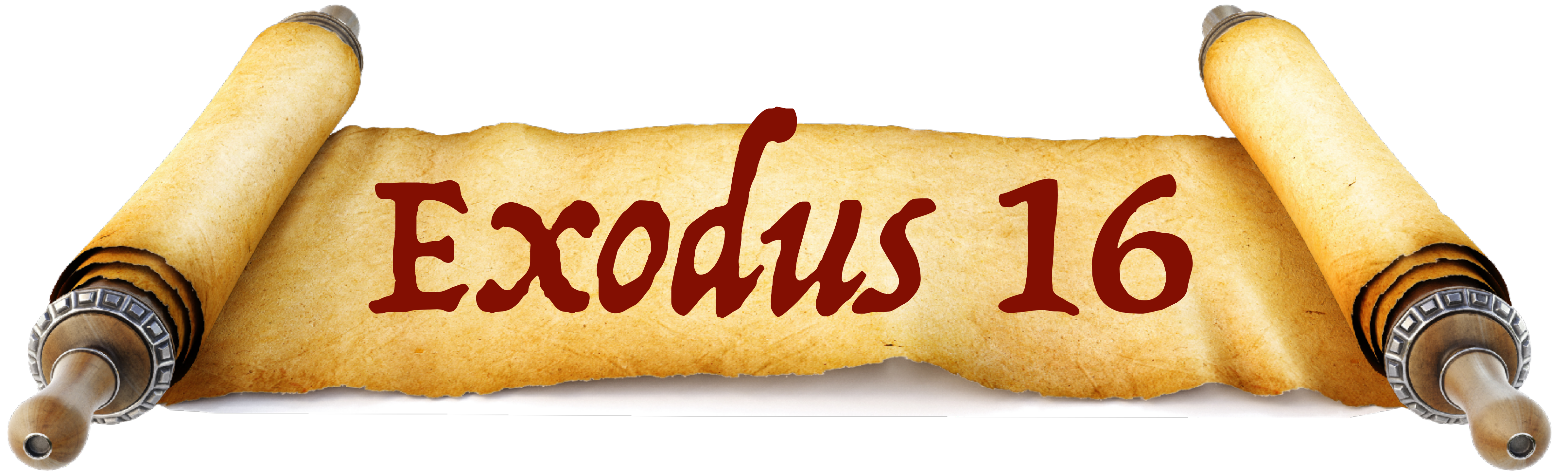
26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

27 ¶ And they came to Elim, where were twelve wells of water, and threescore and ten palm trees: and they encamped there by the waters.



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COME FOLLOW ME: OLD TESTAMENT



CHAPTER 16

Israel murmurs for want of bread and lusts for the fleshpots of Egypt—The Lord rains bread from heaven and sends quail for meat—Israel is given manna each day, except the Sabbath, for forty years.

AND they took their journey from Elim, and all the congregation of the children of Israel came unto the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departing out of the land of Egypt.

2 And the whole congregation of the children of Israel ^amurmured against Moses and Aaron in the wilderness:

3 And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the ^aflesh pots, *and* when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with ^bhunger.

4 ¶ Then said the LORD unto Moses, Behold, I will rain ^abread from heaven for you; and the people shall go out and gather a certain ^brate every day, that I may ^cprove them, whether they will ^awalk in my law, or no.

5 And it shall come to pass, that on the sixth day they shall prepare *that* which they bring in; and it shall be twice as much as they gather daily.

6 And Moses and Aaron said unto all the children of Israel, At even, then ye shall know that the LORD hath brought you out from the land of Egypt:

7 And in the morning, then ye

shall see the ^aglory of the LORD; for that he heareth your murmurings against the LORD: and what *are* we, that ye murmur against us?

8 And Moses said, *This shall be*, when the LORD shall give you in the evening flesh to eat, and in the morning bread to the full; for that the LORD heareth your murmurings which ye murmur against him: and what *are* we? your ^amurmurings *are* not against us, but ^bagainst the LORD.

9 ¶ And Moses ^aspake unto Aaron, Say unto all the congregation of the children of Israel, Come near before the LORD: for he hath heard your murmurings.

10 And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the ^aglory of the LORD appeared in the ^bcloud.

11 ¶ And the LORD spake unto Moses, saying,

12 I have heard the ^amurmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I *am* the LORD your God.

13 And it came to pass, that at even the ^aquails came up, and covered the camp: and in the morning the dew lay round about the ^bhost.

14 And when the dew that lay was gone up, behold, upon the face of the wilderness *there lay* a small ^around ^bthing, *as* small as the hoar frost on the ground.

15 And when the children of Israel saw *it*, they said one to another, ^aIt is ^bmanna: for they wist not what it

was. And Moses said unto them, This is the ^cbread which the LORD hath given you to eat.

16 ¶ This is the thing which the LORD hath commanded, Gather of it every man ^aaccording to ^bhis eating, an ^comer for every man, *according to* the number of your persons; take ye every man for *them* which *are* in his tents.

17 And the children of Israel did so, and gathered, some more, some less.

18 And when they did mete *it* with an omer, he that ^agathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating.

19 And Moses said, Let no man leave of it till the morning.

20 Notwithstanding they ^ahearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.

21 And they gathered it every morning, every man according to his eating: and when the sun ^awaxed hot, it melted.

22 ¶ And it came to pass, *that* on the sixth day they gathered twice as much bread, two omers for one *man*: and all the rulers of the ^acongregation came and told Moses.

23 And he said unto them, This is *that* which the LORD hath said, To morrow is the rest of the holy ^asabbath unto the LORD: ^bbake *that* which ye will bake *to day*, and ^cseethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

24 And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.

25 And Moses said, Eat that to day; for to day is a sabbath unto the

LORD: to day ye shall not find it in the field.

26 Six days ye shall gather it; but on the seventh day, *which is* the sabbath, in it there shall be none.

27 ¶ And it came to pass, *that* there went out *some* of the people on the seventh day for to gather, and they found none.

28 And the LORD said unto Moses, How long refuse ye to ^akeep my commandments and my laws?

29 See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

30 So the people rested on the seventh day.

31 And the house of Israel called the name thereof Manna: and it *was* like ^acoriander seed, white; and the taste of it *was* like wafers *made* with honey.

32 ¶ And Moses said, This is the thing which the LORD commandeth, Fill an omer of it to be kept for your ^agenerations; that they may see the bread wherewith I have fed you in the wilderness, when I brought you forth from the land of Egypt.

33 And Moses said unto Aaron, Take a ^apot, and put an omer full of manna therein, and lay it up before the LORD, to be kept for your generations.

34 As the LORD commanded Moses, so Aaron laid it up before the ^aTestimony, to be kept.

35 And the children of Israel did eat ^amanna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

36 Now an ^aomer is the tenth *part* of an ephah.

Bread from Heaven

16 2a TG Murmuring; Rebellion.

3a Ps. 78:18.

b Ps. 78:19.

4a OR food (also vv. 15, 22). TG Bread.

b Num. 16:11; 1 Ne. 16:22 (20–25); D&C 29:19.

9a Ex. 4:16 (14–16).

10a Ex. 14:19; 24:16; Num. 14:10.

Ps. 78:27 (27–28); 105:40; 1 Ne. 17:2; 18:6.

b IE of Israel.

14a HEB fine, flake-like.

b Neh. 9:15.

15a OR What is it?

15c TG Bread.

16a Ex. 12:4.

23a TG Sabbath.

b Ex. 35:3.

34a Ex. 25:21 (16, 21);

30:6 (6, 38).

2 And the whole congregation of the children of Israel ^amurmured against Moses and Aaron in the wilderness:

3 And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the ^aflesh pots, *and* when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with ^bhunger.

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6 And Moses and Aaron said unto

the children of Israel, Come near before the LORD: for he hath heard your murmurings.

10 And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the ^aglory of the LORD appeared in the ^bcloud.

11 ¶ And the LORD spake unto Moses, saying,

12 I have heard the ^amurmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I *am* the LORD your God.

13 And it came to pass, that at even the ^aquails came up, and covered the camp: and in the morning the dew lay round about the ^bhost.

14 And when the dew that lay was gone up, behold, upon the face of the wilderness *there lay* a small

...and Sinai, on the nineteenth day of the second month after their departing out of the land of Egypt.

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4 ¶ Then said the LORD unto Moses, Behold, I will rain ^abread from heaven unto you; and the

...go ... gather a certain ... may ^cpro ... wall

LORD

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10 And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the ^aglory of the LORD appeared in the cloud.

11 ¶ And the LORD spake unto Moses, say

12 I have heard your ^amurmurings of the children of Israel: speak unto them, say unto them, ye shall eat



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17 And the children of Israel did so, and gathered, some more, some less.

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28 And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?

29 See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

30 So the people rested on the seventh day.

31 And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey.

32 ¶ And Moses said, This is the thing which the LORD commandeth, Fill an omer of it to be kept for your generations; that they may see the bread wherewith I have fed you in the wilderness, when I brought you forth from the land of Egypt.

33 And Moses said unto Aaron, Take a pot, and put an omer full of manna therein, and lay it up before the LORD, to be kept for your generations.

34 As the LORD commanded Moses, so Aaron laid it up before the Testimony, to be kept.

35 And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

36 Now an omer is the tenth part of an ephah.

Elder D. Todd Christofferson

“By providing a daily sustenance, one day at a time, Jehovah was trying to teach faith to a nation that over a period of some 400 years had lost much of the faith of their fathers. He was teaching them to trust Him, to ‘look unto [Him] in every thought; doubt not, fear not’ (D&C 6:36). He was providing enough for one day at a time. Except for the sixth day, they could not store manna for use in any succeeding day or days. In essence, the children of Israel had to walk with Him today and trust that He would grant a sufficient amount of food for the next day on the next day, and so on. In that way He could never be too far from their minds and hearts”

(D. Todd Christofferson, “Look to God Each Day,” Liahona, Feb. 2015, 49).

21 And they gathered it every morning, every man according to his eating: and when the sun ^awaxed hot, it melted.

22 ¶ And it came to pass, *that* on the sixth day they gathered twice as much bread, two omers for one *man*: and all the rulers of the ^acongregation came and told Moses.

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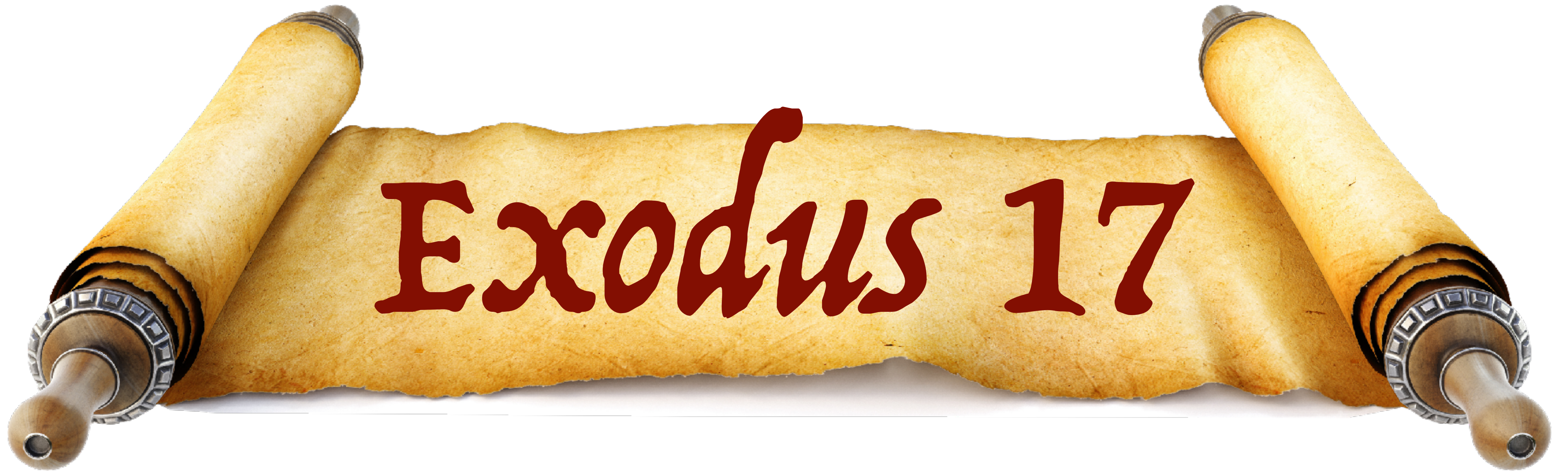
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COME FOLLOW ME: OLD TESTAMENT



CHAPTER 17

Israel murmurs for want of water—Moses smites a rock in Horeb, and water gushes forth—Aaron and Hur uphold Moses' hands so that Joshua prevails against Amalek.

AND all the congregation of the children of Israel journeyed from the wilderness of ^aSin, after their journeys, according to the commandment of the LORD, and ^bpitched in Rephidim: and *there was* no water for the people to drink.

2 Wherefore the people ^adid chide with Moses, and said, Give us water that we may drink. And Moses said unto them, Why chide ye with me? wherefore do ye ^btempt the LORD?

3 And the people thirsted there for water; and the people ^amurmured against Moses, and said, Wherefore *is this that* thou hast brought us up out of Egypt, to kill us and our children and our cattle with thirst?

4 And Moses cried unto the LORD, saying, What shall I do unto this people? they be almost ready to stone me.

5 And the LORD said unto Moses, Go on before the people, and take with thee of the elders of Israel; and thy ^arod, ^bwherewith thou smotest the river, take in thine hand, and go.

6 Behold, I will stand before thee there upon the rock in Horeb; and thou shalt ^asmite the ^brock, and there shall come ^cwater out of it, that the people may drink. And Moses did so in the sight of the elders of Israel.

7 And he called the name of the place ^aMassah, and ^bMeribah, because of the ^cchiding of the children of Israel, and because they tempted the LORD, saying, Is the LORD among us, or not?

8 ¶ Then came ^aAmalek, and fought with Israel in Rephidim.

9 And Moses said unto ^aJoshua, Choose us out men, and go out, fight with Amalek: to morrow I will stand on the top of the hill with the ^brod of God in mine hand.

10 So Joshua did as Moses had said to him, and fought with Amalek: and Moses, Aaron, and Hur went up to the top of the hill.

11 And it came to pass, when Moses held up his hand, that Israel prevailed: and when he let down his hand, Amalek prevailed.

12 But Moses' hands ^awere heavy; and they took a stone, and put *it* under him, and he sat thereon; and Aaron and Hur ^bstayed up his hands, the one on the one side, and the other on the other side; and his hands were steady until the going down of the sun.

13 And Joshua ^adiscomfited Amalek and his people with the edge of the sword.

14 And the LORD said unto Moses, Write this *for* a memorial in a ^abook, and rehearse *it* in the ears of Joshua: for I will utterly put out the remembrance of ^bAmalek from under heaven.

15 And Moses built an altar, and called the name of it ^aJehovah-nissi:

16 For he said, ^aBecause the LORD hath sworn *that* the LORD *will have* war with Amalek from generation to generation.

CHAPTER 18

Jethro comes to Moses bringing Moses' wife and sons and offers sacrifices to the Lord—Moses sits in the judgment seat and hears all cases—Jethro counsels Moses to teach the law, to appoint lesser judges, and to delegate power to them.

WHEN ^aJethro, the ^bpriest of ^cMidian, Moses' father in law, heard of all that ^dGod had done for Moses, and for Israel his people, *and* that the LORD had brought Israel out of Egypt;

2 Then Jethro, Moses' father in law, took ^aZipporah, Moses' wife, after he had sent her back,

3 And her two ^asons; of which the name of the one *was* ^bGershom; for he said, ^cI have been an alien in a strange land:

4 And the name of the other *was* ^aEliezer; for the God of my father, *said he, was* mine help, and delivered me from the sword of Pharaoh:

5 And Jethro, Moses' father in law, came with his sons and his wife unto Moses into the wilderness, where he encamped at the ^amount of God:

6 And he ^asaid unto Moses, I thy father in law Jethro am come unto thee, and thy wife, and her two sons with her.

7 ¶ And Moses went out to meet his father in law, and did obeisance, and kissed him; and they asked each other of *their* welfare; and they came into the tent.

8 And Moses told his father in law

all that the LORD had done unto Pharaoh and to the Egyptians for Israel's sake, *and* all the travail that had come upon them by the way, and *how* the LORD delivered them.

9 And Jethro rejoiced for all the goodness which the LORD had done to Israel, whom he had delivered out of the hand of the Egyptians.

10 And Jethro said, Blessed *be* the LORD, who hath delivered you out of the hand of the Egyptians, and out of the hand of Pharaoh, who hath delivered the people from under the hand of the Egyptians.

11 Now I know that the LORD *is* greater than all gods: for in the thing wherein they dealt ^aproudly *he was* above them.

12 And Jethro, Moses' father in law, took a burnt offering and sacrifices for God: and Aaron came, and all the elders of Israel, to eat ^abread with Moses' father in law before God.

13 ¶ And it came to pass on the morrow, that Moses sat to ^ajudge the people: and the people stood by Moses from the morning unto the evening.

14 And when Moses' father in law saw all that he did to the people, he said, What *is* this thing that thou doest to the people? why sittest thou thyself alone, and all the people stand by thee from morning unto even?

15 And Moses said unto his father in law, Because the people come unto me to ^ainquire of God:

16 When they have a ^amatter, they come unto me; and I judge between one and another, and I do make *them* know the statutes of God, and his laws.

Israel Defeats Amalek

17 1a Num. 33:12 (12–14).

b OR encamped.

2a HEB strove with, or complained to.

D&C 133:26.

b 1 Ne. 20:21;

2 Ne. 25:20.

TG Jesus Christ, Types

1 Sam. 15:2 (2–3).

9a Ex. 24:13; 32:17; 33:11;

Heb. 4:8.

b Ex. 4:20.

16a HEB A hand upon the

2a Ex. 2:21

13a Ezra 7:25.

against Amalek.

AND all the congregation of the children of Israel journeyed from the wilderness of ^aSin, after their journeys, according to the commandment of the LORD, and ^bpitched in Rephidim: and *there was* no water for the people to drink.

2 Wherefore the people ^adid chide with Moses, and said, Give us water that we may drink. And Moses said unto them, Why chide ye with me? wherefore do ye ^btempt the LORD?

3 And the people thirsted there for water; and the people ^amurmured against Moses, and said, Wherefore is this *that* thou hast brought us up out of Egypt, to kill us and our children and our cattle with thirst?

4 And Moses cried unto the LORD, saying, What shall I do unto this people? they be almost ready to stone me.

5 And the LORD said unto Moses,

8 ¶ Then came ^aAmalek, and fought with Israel in Rephidim.

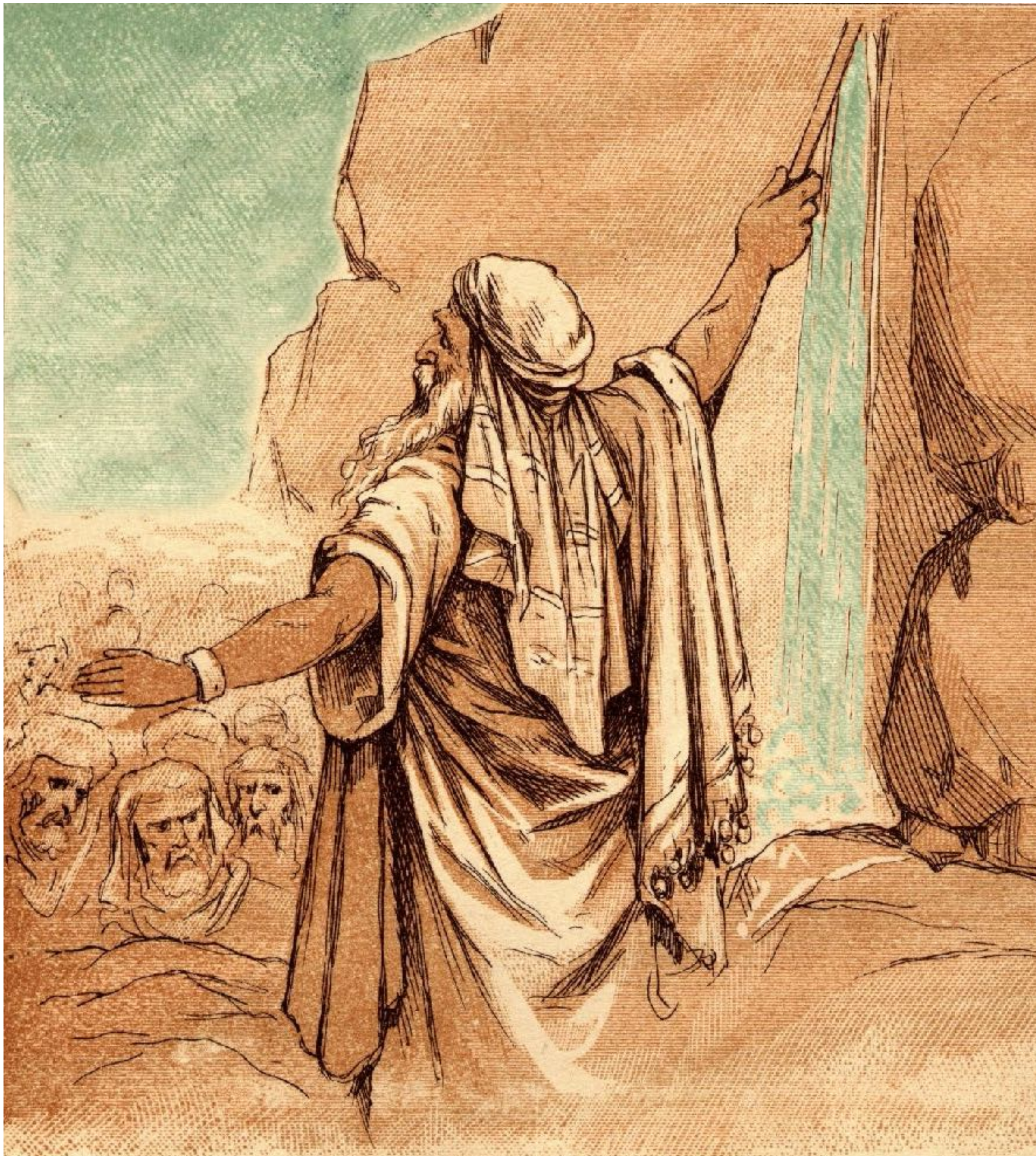
9 And Moses said unto ^aJoshua, Choose us out men, and go out, fight with Amalek: to morrow I will stand on the top of the hill with the ^brod of God in mine hand.

10 So Joshua did as Moses had said to him, and fought with Amalek: and Moses, Aaron, and Hur went up to the top of the hill.

11 And it came to pass, when Moses held up his hand, that Israel prevailed: and when he let down his hand, Amalek prevailed.

12 But Moses' hands ^awere heavy; and they took a stone, and put it under him, and he sat thereon; and Aaron and Hur ^bstayed up his hands, the one on the one side, and the other on the other side; and his hands were steady until the going down of the sun.

13 And Joshua ^adiscomfited Ama-



3 And the people thirsted there for water; and the people ^amurmured against Moses, and said, Wherefore is this *that* thou hast brought us up out of Egypt, to kill us and our children and our cattle with thirst?

4 And Moses cried unto the LORD, saying, What shall I do unto this people? they be almost ready to stone me.

5 And the LORD said unto Moses, Go on before the people, and take with thee of the elders of Israel; and thy ^arod, ^bwherewith thou smotest the river, take in thine hand, and go.

6 Behold, I will stand before thee there upon the rock in Horeb; and thou shalt ^asmite the ^brock, and there shall come ^cwater out of it, that the people may drink. And Moses did so in the sight of the elders of Israel.

CHAPTER 17

Israel murmurs for want of water—Moses smites a rock in Horeb, and water gushes forth—Aaron and Hur uphold Moses' hands so that Joshua prevails against Amalek.

AND all the congregation of the children of Israel journeyed from the wilderness of ^aSin, after their journeys, according to the commandment of the LORD, and ^bpitched in Rephidim: and *there was* no water for the people to drink.

2 Wherefore the people ^adid chide with Moses, and said, Give us water that we may drink. And Moses said unto them, Why chide ye with me? wherefore do ye ^btempt the LORD?

3 And the people thirsted there for water; and the people ^amurmured against Moses, and said, Wherefore is this *that* thou hast brought us

7 And he called the name of the place ^aMassah, and ^bMeribah, because of the ^cchiding of the children of Israel, and because they tempted the LORD, saying, Is the LORD among us, or not?

8 ¶ Then came ^aAmalek, and fought with Israel in Rephidim.

9 And Moses said unto ^aJoshua, Choose us out men, and go out, fight with Amalek: to morrow I will stand on the top of the hill with the ^brod of God in mine hand.

10 So Joshua did as Moses had said to him, and fought with Amalek: and Moses, Aaron, and Hur went up to the top of the hill.

11 And it came to pass, when Moses held up his hand, that Israel prevailed: and when he let down his hand, Amalek prevailed.

12 But Moses' hands ^awere heavy; and they took a stone, and put it

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Just as the requirement to gather manna can symbolize what the Lord requires of us today, the account of Moses striking the rock also has a symbolic meaning. The scriptures sometimes refer to Jesus Christ as “the rock” (see 1 Corinthians 10:4; Helaman 5:12). Christ also refers to Himself as “the bread of life” (John 6:35) and a provider of “living water” (John 4:10).

Elder Dallin H. Oaks

“We know that our physical bodies require certain nutrients to sustain life and to maintain physical and mental health. If we are deprived of those nutrients, our physical and mental vitality are impaired and we have a condition called malnutrition. Malnutrition produces such symptoms as reduced mental functions, digestive disorders, loss of physical strength, and impairment of vision. Good nutrition is especially important for children, whose growing bodies are easily impaired if they lack the nutrients necessary for normal growth.

“Our spirits also require nourishment. Just as there is food for the body, there is food for the spirit. The consequences of spiritual malnutrition are just as hurtful to our spiritual lives as physical malnutrition is to our physical bodies. Symptoms of spiritual malnutrition include reduced ability to digest spiritual food, reduced spiritual strength, and impairment of spiritual vision”

(Dallin H. Oaks, “Nourishing the Spirit,” Ensign, Dec. 1998, 7).

of Israel, and because they tempted the LORD, saying, Is the LORD among us, or not?

8 ¶ Then came ^aAmalek, and fought with Israel in Rephidim.

9 And Moses said unto ^aJoshua, Choose us out men, and go out, fight with Amalek: to morrow I will stand on the top of the hill with the ^brod of God in mine hand.

10 So Joshua did as Moses had said to him, and fought with Amalek: and Moses, Aaron, and Hur went up to the top of the hill.

11 And it came to pass, when Moses held up his hand, that Israel prevailed: and when he let down his hand, Amalek prevailed.

12 But Moses' hands ^awere heavy; and they took a stone, and put it under him, and he sat thereon; and Aaron and Hur ^bstayed up his hands, the one on the one side, and the other on the other side: and his

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The Amalekites may have been descendants of Esau (see Genesis 36:12, 16). They attacked the Israelites in a most cowardly way, killing first the feeble, the faint, and the weary at the rear of the marching nation (see Deuteronomy 25:17–19). For this lack of respect toward God, the Amalekites were cursed by the Lord. The Israelites were subsequently commanded to “utterly put out the remembrance of Amalek from under heaven” (Exodus 17:14).

10 So Joshua did as Moses had said to him, and fought with Amalek: and Moses, Aaron, and Hur went up to the top of the hill.

11 And it came to pass, when Moses held up his hand, that Israel prevailed: and when he let down his hand, Amalek prevailed.

12 But Moses' hands ^awere heavy; and they took a stone, and put it under him, and he sat thereon; and Aaron and Hur ^bstayed up his hands, the one on the one side, and the other on the other side; and his hands were steady until the going down of the sun.

13 And Joshua ^adiscomfited Amalek and his people with the edge of the sword.

14 And the LORD said unto Moses, Write this *for* a memorial in a ^abook, and rehearse *it* in the ears of Joshua: for I will utterly put out the remembrance of ^bAmalek from under heaven.

15 And Moses built an altar, and called the name of it ^aJehovah-nissi:

16 For he said, ^aBecause the LORD hath sworn *that* the LORD *will have* war with Amalek from generation to generation.

CHAPTER 18

Jethro comes to Moses bringing Moses' wife and sons and offers sacrifices to the Lord—Moses sits in the judgment seat and hears all cases—Jethro counsels Moses to teach the law, to appoint lesser judges, and to delegate power to them.

WHEN ^aJethro, the ^bpriest of ^cMidian, Moses' father in law, heard of all that ^dGod had done for Moses, and for Israel his people, *and* that the LORD had brought Israel out of Egypt;

2 Then Jethro, Moses' father in law, took ^aZipporah, Moses' wife, after he had sent her back,

3 And her two ^asons; of which the name of the one *was* ^bGershom; for

"the Lord is my banner."

all that the LORD had done to Pharaoh and to Israel's sake, *and* how the LORD had come upon him, and how the LORD

9 And Jethro offered sacrifices of goodness which he had brought to Israel, who had brought him out of the hand of Egypt.

10 And Jethro said unto Moses, LORD, who hath brought thee out of the hand of the Egyptians, of the hand of Pharaoh, delivered thee from the hand of Pharaoh, and brought thee out of the hand of Pharaoh.

11 Now I know that there is nothing greater than the LORD: for he *was* above all gods.

12 And Jethro offered burnt offerings for God: and Aaron and the elders of Israel came to eat bread with Moses' father in law.

13 ¶ And it came to pass tomorrow, that Moses said unto the people: *and* by Moses from the LORD, the evening.

14 And when

President Harold B. Lee - who was then First Counselor in the First Presidency

“I think that is the role that President [N. Eldon] Tanner [Second Counselor in the First Presidency] and I have to fulfill. The hands of President [Joseph Fielding] Smith [President of the Church] may grow weary. They may tend to droop at times because of his heavy responsibilities; but as we uphold his hands, and as we lead under his direction, by his side, the gates of hell will not prevail against you and against Israel. Your safety and ours depends upon whether or not we follow the ones whom the Lord has placed to preside over his church. He knows whom he wants to preside over this church, and he will make no mistake. The Lord doesn't do things by accident. He has never done anything accidentally. And I think the scientists and all the philosophers in the world have never discovered or learned anything that God didn't already know. His revelations are more powerful, more meaningful, and have more substance than all the secular learning in the world.

“Let's keep our eye on the President of the Church and uphold his hands as President Tanner and I will continue to do.” (In Conference Report, Oct. 1970, p. 153.)