



King's Cross Methodist Church

20th September 2026

Growth 成長

Inclusiveness 包容

Evangelism 宣教

Justice 公義

“The Word in the World” Devotional Sharing

Manna — Learning Through Grumbling (Exodus 16:2–15)

Brother Lau

A Generation Full of Complaints

Have you ever noticed that whenever we open the media each day, we are confronted with a great deal of criticism and complaining? The more advanced a society is, the more common this seems to be. In contrast, people in some less developed and poorer places appear to complain relatively less (although, of course, this could also be because freedom of expression is restricted). Many surveys have also indicated that people in wealthy Western countries do not necessarily report higher levels of life satisfaction.

As Christians, we claim to have peace and joy in our hearts. But is this simply an “ostrich-like” way of looking at life, or is it a heavenly wisdom that comes from our faith?

In Exodus 16, exactly one month after leaving Egypt, the Israelites arrived in the wilderness of Sin. The food they had brought out of Egypt had run out, and the journey had been difficult. As a result, “the whole congregation” grumbled against Moses and Aaron (16:2). Through this story, let us reflect on God’s gracious provision and protection, and on how God uses His provision to shape the faith of His people.

Why Did the Israelites Grumble?

Scholars point out that grumbling often comes from our state of mind. It does not necessarily mean that there is a genuine lack or injustice in our circumstances. More often, it arises when reality does not match our expectations.

In the case of the Israelites, there were five reasons behind their grumbling:

1. Unbelief
2. Forgetting God’s grace
3. Emotional insecurity
4. Distorting reality
5. Irrational venting (16:3)

The root of grumbling is not that our circumstances are too difficult, but that our faith is too small.

Once people forget what God has done, they exaggerate their difficulties, distort reality, and shift the blame onto others. Their grumbling is not an attempt to seek a solution, but an attempt to find someone to blame.

The Real Target of Their Grumbling Was God

Moses said, “Your grumbling is not against us but against the LORD” (16:8).

The Israelites failed to see—or had forgotten—that it was God who was leading them. They thought they were criticising Moses and Aaron, but in reality, they were questioning God’s leading.

The danger of grumbling against God is that we begin to interpret God’s grace as though He were trying to harm us. They had forgotten how God had rescued them at the Red Sea. They had forgotten the power He had demonstrated through the ten plagues. They had forgotten that the pillar of cloud and pillar of fire were still among them (16:10).

Grumbling causes us to lose sight of God’s presence and focus only on our own fears and difficulties.

God’s Response

God heard their grumbling (16:12), yet He did not respond by condemning the Israelites. Instead, He provided quail and manna.

It may seem as though God was acknowledging some inadequacy in His provision, or some may even think that God was simply spoiling the Israelites. But God’s purpose was to “test them and see whether they will follow my instructions” (16:4). His provision continued for forty years.

God’s provision was not indulgence; it was a means of shaping His people.

Through food, He taught them to:

- Depend on Him every day rather than storing up for themselves.
- Obey His instructions by gathering twice as much on the sixth day.
- Learn to rest, because no manna was given on the seventh day.

God’s grace is not given so that we can live however we please. Rather, His grace teaches us to live by faith.

The Discipline of Receiving Manna

Manna was an exercise in faith. It was “bread from heaven,” not simply a natural food source. Its characteristics themselves carried spiritual lessons.

- Daily provision: God taught them to depend on Him each day and not to worry about tomorrow. When some people stored up manna, it became full of maggots and began to smell. Yet some still disobeyed Moses. Perhaps they deliberately disobeyed, or perhaps they lacked faith and were afraid that the provision might stop, so they kept some as a

precaution. The provision of manna teaches believers that faith is not a one-time decision but an ongoing dependence on God.

- God provides, but people still need to work: “The people are to go out each day and gather” (16:4). God’s provision did not mean that the Israelites had nothing to do. They still had to go out and gather the manna.
- Manna stored up would spoil, but the manna gathered before the Sabbath did not (16:24). Christians are not necessarily called to avoid saving money or making provision for the future. Rather, we need to discern how much is enough, so that we do not spend our lives exhausting ourselves in pursuit of things that ultimately perish. This echoes Jesus’ teaching: “Store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal” (Matthew 6:20).
- The command to keep the Sabbath: Through the provision of manna, God established a rhythm of work and rest for the Israelites. Remembering the Sabbath was also an acknowledgement that God is the Creator.

Grumbling Reveals the Heart; Manna Shapes Faith

The Israelites’ grumbling revealed the weaknesses of the human heart: ingratitude, unbelief, distorted perceptions of reality, and a tendency to shift blame. Yet God’s response was full of grace.

God gave them manna so that, through gathering it every day, they could learn faith; through being unable to store it up, they could learn dependence; through receiving a double portion on the sixth day, they could learn obedience; and through resting on the seventh day, they could learn reverence for God.

Likewise, manna reminds us today—especially those of us living in the West, in societies historically shaped by Christianity—to ask ourselves whether we have become overly invested in the pursuit of material wealth and personal desires.

Have we developed unrealistic expectations, only to spend our entire lives striving for things that eventually perish? And in the process, have we complained continually and lost the peace and joy that we ought to have?

May we, as we journey through the wilderness of life, learn not to respond to difficulties with grumbling, but to face them with faith and receive God’s grace and provision day by day.



King's Cross Methodist Church

International Service

20th September 2026

Growth 成長

Inclusiveness 包容

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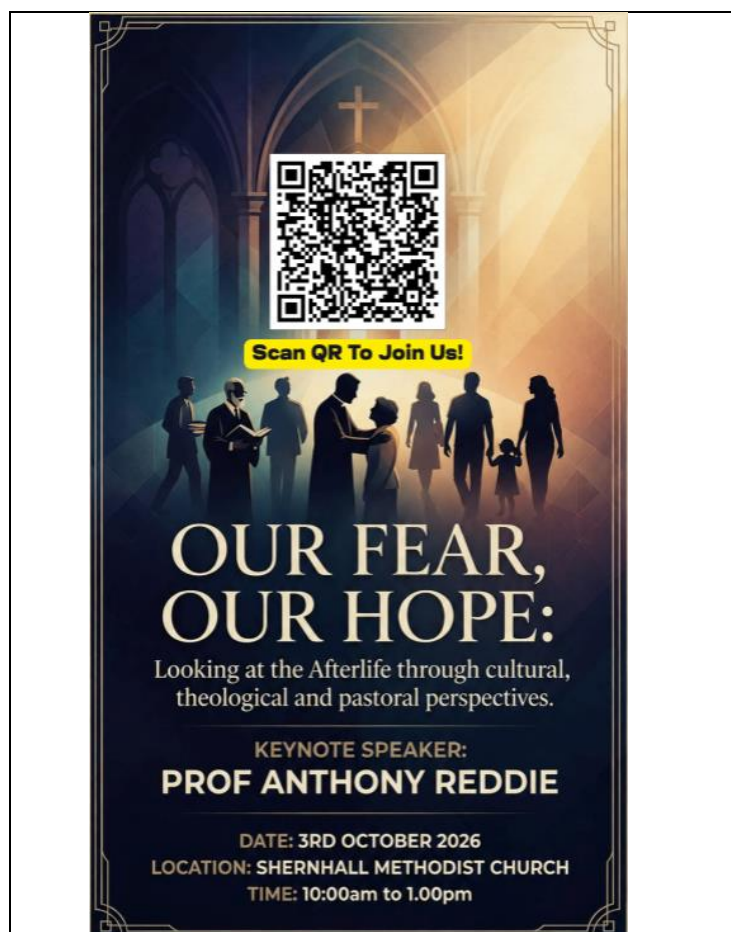
Justice 公義

Church Family News Sharing

- 1. The Church Council will hold its first meeting of this term at 3:30 pm this afternoon in the Small Chapel. All stewards are kindly requested to attend punctually as we come together to discuss and serve in the ministry of the church. The list of stewards for this term has been posted on the noticeboards at the reception area and in the Small Chapel. Brothers and sisters are encouraged to pray regularly for the church's minister, deacon, lay worker, staff, stewards and volunteers, that they may willingly rely on the guidance of the Holy Spirit and faithfully fulfil their responsibilities in serving and governing the church.**
- 2. The University Student Fellowship (CREW) will be holding a welcome event on 3rd October, featuring games, dumpling-making and bubble tea. If you know any university students studying in London, we warmly invite you / them to sign up and join us. For more details, please refer to the flyer (available at the Welcome Desk or on the last page under "Meetings & Activities"), visit our Instagram, or contact the Church Administrator.**
- 3. [Children's Choir Recruitment] Finished Sunday School in the morning and wondering where to take your children in the afternoon? Why not stay and join the Children's Choir! Starting in October, the choir will meet on the second and fourth Sundays of each month, from 1:30 pm to 3 pm. Through learning the background stories behind hymns and worship songs, basic music theory, singing, and performance training, children will learn about worship and God's truth through music while enjoying a meaningful Sunday afternoon. All children who love singing are warmly invited to join! If you are interested, please contact the Church Administrator for more information and registration.**
- 4. Chinese Congregation, Epsom Methodist Church is generously standing with us in great support of King's Cross Methodist Church's redevelopment. While celebrating their own 30th Anniversary Thanksgiving Celebration, they have kindly dedicated the event as a fundraiser for our church redevelopment cause, held on Saturday, 24th October 2026 at 4pm — timed at the start of the October half-term, making it a perfect family outing for parents and children alike. Join us at Epsom Methodist Church, 11–13 Ashley Rd, Epsom KT18 5AQ, for Hong Kong street food, game booths, and an arts & crafts charity sale — free entry, all are welcome. Please bring your family and friends to support this meaningful cause; for enquiries, contact the Church Administrator.**

5. The church will hold a Baptism, Confirmation and Transfer of Membership United Service on 20th December. If you are interested in applying or would like further information, please contact the Church Administrator or Lay Worker by 8th November. Please note that the Baptism and Membership Classes will be held on the following Sundays: 22nd November, 29th November, 6th December & 13th December. Time: 12 noon – 1:30 pm.
6. Next year's Spring Conference (29th March to 1st April 2027) will be organized by our church, with Professor Joseph Sung as the speaker. Please refer to the “Meetings & Events” section on the last few pages for the event poster. Registration details will be announced in due course. As there are many tasks and arrangements involved, we greatly need brothers and sisters to serve together in unity. If you feel led to help with the preparations, please contact the Church Administrator.
7. **【Reusing Sunday Service Flowers】** To avoid waste and allow the Sunday Service flowers to become a blessing to others, the church flower arranging team will turn the flowers into bouquets after the Cantonese Service each week and give them to elderly church members and brothers and sisters who need pastoral visits. If you are planning to visit someone that week and would like a bouquet, please contact the Church Administrator in advance. *(Limited quantities are available on a first-come, first-served basis.)* The flower arranging team also welcomes brothers and sisters who are interested in learning flower arranging or how to wrap bouquets to sign up and participate.
8. A Message from Forest Circuit – a neighbouring circuit where Rev Kong Ching is now serving. We have the honour of welcoming Prof Anthony Reddie as our guest speaker on Saturday 3rd October. He will be leading an interactive seminar exploring the theological aspects of death and dying. This event has come about following discussions with local church members about myths and cultural understandings surrounding death and dying. The event is free. For registration, please refer to the “Meetings and Events” section on the last few pages.
9. LiFEgame will be held from 21st to 23rd December in Northampton. Those who register on or before 31st October can enjoy the Super Early Bird rate of £160 per person. If you have not attended before, you are strongly encouraged to join this life-changing journey. For enquiries or registration, please refer to the “Meetings and Events” section on the last few pages or visit: <http://lifegame.co.uk/join-lifegame/>

Meetings & Events



Children's Choir — Now Recruiting!



Programme:

- Developing a heart for worship
- Learning the background and stories behind worship songs
- Singing and music theory training
- Training in singing and leading worship

Starting:

October (2nd and 4th Sundays of each month)

Time: 1:30pm–3:00pm

Who can join:

All children who love singing and are eager to learn and grow in worship are warmly welcome!

Enquiries & Registration:

Church Administrator





DISCOVER GOD'S PURPOSE FOR YOUR LIFE

LIFEGAME IS A CREATIVE SIMULATION GAME OF
LIFE THAT PROVIDES AN ENVIRONMENT FOR
ANYONE TO DISCOVER GOD'S PURPOSE FOR THEIR
LIVES IN THIS WORLD

DEC 21ST - 23RD 2026

KING'S PARK CONFERENCE CENTRE, KING'S PARK ROAD,
NORTHAMPTON, NN3 6LL

Register **ONLINE** at lifegame.co.uk or speak to your
church/fellowship leader for more details

In a world where truth is often veiled and individuals are increasingly driven by money, success, relationships and power, the Christian message in LIFEgame is both counter-cultural and prophetic.

LIFEgame is currently being run in **16 different countries** with over **250 participating churches** and over **50,000 participants**. Both engaging and relevant to people of all ages and faiths, LIFEgame challenges anyone to live a purposeful and authentic life. This isn't just a time to travel to a different location or spend time with friends.

It is refreshing and life-changing.



REGISTER EARLY FOR SUBSIDISED FEES

£160 - Super Early Bird Price (Promotion ends 31st Oct 2026)

£180 - Early Bird Price (Promotion ends 30th Nov 2026)

£200 - Standard Price (Application Deadline 11th Dec 2026)

Register **ONLINE** at lifegame.co.uk or speak to your
church/fellowship leader for more details

英國華人循道會春令會 2027

CHINESE METHODIST MISSION (UK) SPRING CONFERENCE

一生何求

傳道書 — 從大衛的生平看所羅門的智慧
Ecclesiastes - The Wisdom of Solomon
through the Life of David



沈祖堯教授

講員 SPEAKER

29 MAR - 1 APR 2027

The Hayes Conference Centre
Alfreton, DE55 1AU

費用 FEE

成人 Adults	£260
6-16歲 Ages 6-16	£110
6歲以下 Under 6	免費 Free
日營 Day Camp	£57/Day

報名截止 DEADLINE
31 Jan 2027



Redevelopment Updates for King's Cross Methodist Church

**English Newsletter
Subscription**



**Redevelopment Updates
Website**



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