

**Lent 1 Year A February 22nd 2026**

**Presenter: David Barrow**

**Focus Reading: Exodus: 16: 1-33 (New Revised Standard version)**

**Message:** 8 Minutes 25 seconds

**"Moses and the Job of Cosmic Abundance"**

## Discussion Starters

1. What image or idea from this series stays with you most?
2. How does the manna story challenge mainstream/Imperial ideas of "success"?
3. Where do you see scarcity shaping decisions today?
4. How might we act to see collective abundance in our community?

## Readings for this day

**Psalms 32** The 1<sup>st</sup> part of the psalm celebrates the joy of forgiveness, then more profoundly, the power of confession to rejuvenate a relationship strained by secrecy. Then, praise of teaching.

**Romans 5: 12-19** Paul establishes the iconic polarity between the disobedience of Adam and the obedience of Christ that justifies and redeems humankind.

**Matthew 4:1-11** Jesus is in the wilderness experience. Satan and Jesus establish the terms of battle between good and evil: dependence, sovereignty, and worthiness to be worshiped.

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## All Age Address:

**"The Morning Bread"**

**Length:** 1 minute 50 seconds

## Precis of AAM

This is a story about what God provided for his people, in the wilderness. It was called, manna. It came with instructions to take just what was needed. In this 'economy' story we learn that goodness is about everyone getting enough food and everyone resting.

**Uniting in Worship (Blue Book). Psalm 32: –pages 270-271**

## David Barrow

David loves the Uniting Church. When not traveling he worships at New Lambton Uniting, was an active member of Leichhardt Uniting and serves on the Board of Uniting NSW & ACT. David currently serves as Regional Director of AIF Pacific and coaches community organisers in broad-base alliances of faith, union, and community groups in Australia, Aotearoa-New Zealand and Cascadia region of North America. His work connects Scripture and everyday life, work, and public responsibility. David's whakapapa includes Scots, Welsh, English, and Ngati Ruanui (Maori).