

The Bread from Heaven

Exodus 16

John 6:48-59

1 Corinthians 10:1-12



Pursuing our Goals - Running together into 2023

- Have we become dull of hearing? Hebrews 5:10-12. Lord open our eyes to behold Your greatness and power! (Ephesians 1:16-19).

What We Learnt in the Previous Weeks

- Feast of Passover - God delivers His people through the blood of an innocent substitute.
- The power of I AM - God's complete salvation at the Red Sea.
- Singing and shouting because of our GREAT salvation, our GREAT redemption and our deliverance from GREAT danger.

The Eternal Plan of God

"From all eternity God purposed to gather to Himself a special people from every nation, tribe, peoples, and tongue, re-created in His image, purchased by the blood of His own Son, who would treasure, glorify, praise, worship and enjoy Him for His infinite worth and beauty for all eternity for His own glory and their good and pleasure"

Background and Lessons in Exodus 16

- V.1 - After the miraculous crossing of the Red Sea, the children of Israel journey from Elim to the Wilderness of Sin which is between Elim and Sinai. God brought them there. He led them by the pillar of cloud and fire.
- V.1 - They arrived at the Wilderness of Sin on the fifteenth day of the second month after they departed from Egypt. A journey of about 45 days.
- V.2 - The whole congregation complained against Moses and Aaron, in actual fact they complained against God Himself (Exodus 16:7-8). How soon they had forgotten the faithfulness of God in delivering them from slavery in Egypt and the immediate powerful hand of God in dividing the Red Sea. How easy it is for us to forget all the

goodness of God towards us. Meditate!

- God will provide for the needs of His people therefore we just need to trust Him. We need to remember the promises of God in our difficult times.
- V.3 - The children of Israel forgot their hardships and bondage in Egypt and instead desired to go back while they were hungry. This is a picture of our own temptation to go back into sin/world when hardships come our way- 1 John 2:15-17.
- V.4 - The Lord shows mercy to the Israelites. He does not destroy them in spite of their complaints and ungratefulness, but instead He promises to rain bread from heaven for them. A picture of God's longsuffering!
- Why did God rain down bread from heaven? - "...that I may test them, whether they will walk in My law or not.' (Ex. 16:4, Deuteronomy 8:2, 16). God is a testing God. Testing shows us our own hearts. God is more interested in our obedience and faith than our earthly happiness.
 - How do we react when God tests our faith? Would we obey God's written Word in such situations or do our own thing?
- You shall know that the LORD has brought you out of the land of Egypt - v.6
- You shall know that I am the LORD your God - v.12
- You shall see the glory of the LORD. The glory of the LORD appeared in the cloud - v.7,10
- You shall see the glory of the LORD when He provides meat in the evening and bread in the morning to your full satisfaction - v.8. God provides food for over 1.5 million people every single day with fresh manna. Meditate! God shall receive all the glory! (Isaiah 42:8).
- The children of Israel called the bread from heaven, Manna. V.31. But God called it the bread from heaven. The manna is spiritual food - 1 Corinthians 10:3; Angels' food - Psalm 78:23-25, 1 Kings 19:5-8
- Instructions regarding the bread from heaven:
 - ① "Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day" - v.4
 - ② On the sixth day they shall prepare what they bring in, it shall be twice as much as they bring in daily - v.5
 - ③ "This is the thing which the Lord has commanded: 'Let every man gather it according to each one's need, one omer for each person, according to the number of persons; let every man take for those who are in his tent.' " v.16.

- ④ 'Let no one leave any of it till morning' - v.19. Some of the people disobeyed.
- ⑤ Do not go out to gather the bread from heaven on the seventh day which is the Sabbath- v.23. Again, some of the people disobeyed. Take note of the response of God in v.28. God gives instructions to the Israelites about the Sabbath before the law. God calls the Sabbath - Sabbath rest, a holy Sabbath to the LORD. God's word concerning the Sabbath has not changed. God still requires us to keep the Sabbath. God instituted the Sabbath in Genesis 2:2-3.
- ⑥ "This is the thing which the Lord has commanded: 'Fill an omer with it, to be kept for your generations, that they may see the bread with which I fed you in the wilderness, when I brought you out of the land of Egypt.' " v.32.
- ⑦ And Moses said to Aaron, "Take a pot and put an omer of manna in it, and lay it up before the Lord, to be kept for your generations." As the Lord commanded Moses, so Aaron laid it up before the Testimony, to be kept. V.33-34.

The Manna as a type of Christ - John 6:27; 32-33; John 6:48-58

- Jesus is the bread of life - John 6:35; John 6:48
 - '... he who feeds on Me will live because of Me' (John 6:57).
- As the Manna was given to meet the physical needs of God's people, Christ was given as the spiritual remedy to the problem of sin and to give abundant life to His people - John 10:10
 - '....He who eats this bread will live forever' (John 6:58).
- Jesus likens His body to bread - Matthew 26:26; 1 Cor 11:23-24.
- Listen to Jesus' serious warning: 'Most assuredly!' (John 6:53) - There is only ONE way to have life.

The Manna as a picture of the Word of God - Matthew 4:4, John 1:1-5;14, Jeremiah 15:16; Deuteronomy 8:3; 1 John 1:1-4; 1 John 5:7

- We need the Word of God everyday like we need our daily portion of food.
- Manna can be compared to the daily bread which God provides for His people - Matthew 6:11; Exodus 16:4
- As the manna was gathered early in the morning, the best time to meditate on God's word is in the morning - Isaiah 50:4

- Israel fed on Manna during their entire wilderness experience; and we must depend upon the Word of God during all of life's pilgrimage - Exodus 16:35; Psalm 119:33; Psalm 119:105; 1 Peter 2:2, 2 Timothy 3:16-17.
- It takes desire, determination, delight and discipline to study and meditate on God's written word daily.

The Manna as a picture of God's Grace - Hebrews 4:16; 2 Cor 12:9

- Provided daily
- Provided as a free gift
- Not merited
- Provided as daily means of strength to serve God
- Not useful for tomorrow, but a fresh one needed every day -Exodus 16:19
- Grace is given according to each man's needs - Exodus 16:16; Ephesians 4:7
- The Manna was eaten for forty years in the wilderness until they came to the border of Canaan, likewise we need to be sustained by God's grace until we reach Heaven's gate - Exodus 16:35
- We receive God's grace when we ask Him for it in prayer. As the Israelites went out daily to gather the Manna, we must cultivate the habit of daily prayer.

Examine Yourself

- ① Do you have the true Bread from Heaven? John 6:48,51; John 6:58; John 3:36; 1 John 5:12.
- ② Are you in Christ or the world? Romans 8:1; 2 Corinthians 5:17; Romans 6:4; 1 John 2:15-17; Matthew 6:24.
- ③ Do you eat and drink Christ daily? - John 6:53-57; John 15:5-8.
- ④ Are you feeding on the Word of God daily? - Job 23:12; Luke 4:4; Joshua 1:8; Jeremiah 15:16; Psalm 1:1-3.
- ⑤ Do you depend on the grace of God every day? Hebrews 4:16; Matthew 7:7; Proverbs 3:5-7; Isaiah 55:6-7, 2 Chronicles 7:14.