

## Bread from Him

When our people were hungry and complained to Adonai in Exodus 16, He said “<sup>4</sup>...I will rain bread from heaven for you.” But they did not know what to call it: “<sup>15</sup>When Bnei-Yisrael saw it, they said one to another, ‘What is it?’ For they did not know what it was” In the Torah they called it **Man-Hu**, literally, ‘**from of Him.**’ In English Bibles it is translated *manna*. We also have bread that came from heaven from Him.

<sup>30</sup>So they said to Him, “Then what sign do You perform, so that we may see and believe You? What work do You do? <sup>31</sup>Our fathers ate the manna in the wilderness; as it is written, ‘Out of heaven He gave them bread to eat.’” <sup>32</sup>Yeshua answered them, “Amen, amen I tell you, it isn’t Moses who has given you bread from heaven, but My Father gives you the true bread from heaven. <sup>33</sup>For the bread of God is the One coming down from heaven and giving life to the world.” <sup>34</sup>So they said to Him, “Sir, give us this bread from now on!” <sup>35</sup>Yeshua said to them, “I am the bread of life. Whoever comes to Me will never be hungry, and whoever believes in Me will never be thirsty. <sup>36</sup>But I told you that you have seen Me, yet you do not believe. <sup>37</sup>Everyone the Father gives Me will come to Me, and anyone coming to Me I will never reject. <sup>38</sup>For I have come down from heaven not to do My own will but the will of the One who sent Me. <sup>39</sup>“Now this is the will of the One who sent Me, that I lose not one of all He has given Me, but raise each one on the last day. <sup>40</sup>For this is the will of My Father, that everyone who sees the Son and trusts in Him may have eternal life; and I will raise him up on the last day.” <sup>41</sup>Some of the Judeans[Galileans?] started to grumble about Him, because He said, “I am the bread that came down from heaven.” <sup>42</sup>They were saying, “Isn’t this Yeshua the son of Joseph, whose father and mother we know? How can He now say, ‘I have come down from heaven?’” <sup>43</sup>Yeshua answered, “Stop grumbling among yourselves! <sup>44</sup>No one can come to Me unless My Father who sent Me draws him—and I will raise him up on the last day. <sup>45</sup>It is written in the Prophets, ‘They will all be taught by God.’ [Isa. 54:13] Everyone who has listened and learned from the Father comes to Me. <sup>46</sup>Not that anyone has seen the Father except the One who is from God—He has seen the Father. <sup>47</sup>“Amen, amen I tell you, he who believes has eternal life. <sup>48</sup>I am the bread of life. <sup>49</sup>Your fathers ate the manna in the desert, yet they died. <sup>50</sup>This is the bread that comes down from heaven, so that one may eat and not die. <sup>51</sup>I am the living bread, which came down from heaven. If anyone eats this bread, he will live forever. This bread is My flesh, which I will give for the life of the world.” <sup>52</sup>Then the Jews began arguing with one another, “How can this man give us His flesh to eat?” <sup>53</sup>So Yeshua said to them, “Amen, amen I tell you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in yourselves. <sup>54</sup>He who eats My flesh and drinks My blood has eternal life, and I will raise him up on the last day. <sup>55</sup>“For My flesh is real food and My blood is real drink. <sup>56</sup>He who eats My flesh and drinks My blood abides in Me, and I in him. <sup>57</sup>Just as the living Father sent Me and I live because of the Father, so the one who eats of Me will also live because of Me. <sup>58</sup>This is the bread that came down from heaven—not like the bread your fathers ate and then died. He who eats this bread will live forever.” <sup>59</sup>He said these things while teaching at the synagogue in Capernaum” (John 6:30-59)

- Bread is necessary for life (it is called the staff of life, see Ezekiel: 4:16, 5:16)
- Bread is to be eaten daily (“Give us this day our daily bread” Matt. 6:11), but in Matt. 4: “<sup>4</sup>He replied, ‘It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God”’” quoting Deut. 8: “<sup>3</sup>He afflicted you and let you hunger, then He fed you manna—which neither you nor your fathers had known—in order to make you understand that man does not live by bread alone but by every word that comes from the mouth of Adonai”
- Bread helps produce growth

### The Miracle of Shabbat

Upon receiving this bread from heaven they also received instructions about observing *Shabbat*. Evidently, this was very important to the free and newly released people of God. I think that this is also true for us who have received the bread from heaven in *Yeshua* and are thereby freed from slavery.

<sup>1</sup>They journeyed on from Elim, and the entire community of Bnei-Yisrael came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after leaving the land of Egypt. <sup>2</sup>But the whole congregation of Bnei-Yisrael murmured against Moses and Aaron in the wilderness. <sup>3</sup>Bnei-Yisrael said to them, “If only we had died by the hand of Adonai in the land of Egypt, when we sat by pots of meat, when we ate bread until we were full. But you have brought us into the wilderness, to kill this entire congregation with hunger.”

<sup>4</sup>Then Adonai said to Moses, “Behold, I will rain bread from heaven for you. The people will go out and gather a day’s portion every day, so that I can test them to find out whether they will walk according to My Torah or not.  
<sup>5</sup>So on the sixth day, when they prepare what they bring in, it will be twice as much as they gather day by day.”  
<sup>6</sup>So Moses and Aaron said to all Bnei-Yisrael, “In the evening you will know that Adonai has brought you out from the land of Egypt, <sup>7</sup>and in the morning, then you will see the glory of Adonai. For He heard your complaining against Him. What are we? You complain against us?” <sup>8</sup>Then Moses said, “Adonai will give you meat to eat in the evening and enough bread to fill you in the morning, since Adonai hears your complaints that you mutter against Him, what are we? Your complaining is not against us, but against Adonai!” <sup>9</sup>Moses said to Aaron, “Say to all the congregation of Bnei-Yisrael, ‘Come near before Adonai, because He has heard your complaining.’” <sup>10</sup>Then, as Aaron spoke to the whole congregation of Bnei-Yisrael, they looked toward the wilderness, and the glory of Adonai appeared in the cloud. <sup>11</sup>Adonai spoke to Moses saying, <sup>12</sup>“I have heard the complaining of Bnei-Yisrael. Speak to them saying, ‘At dusk you will eat meat, and in the morning you will be filled with bread. Then you will know that I am Adonai your God.’” <sup>13</sup>So when evening fell, quails came up and covered the camp. Moreover, in the morning there was a layer of dew all around the camp. <sup>14</sup>When the layer of dew was gone, on the surface of the desert was a thin, flake-like frost, as fine as the frost on the ground. <sup>15</sup>When Bnei-Yisrael saw it, they said one to another, “What is it?” For they did not know what it was. Then Moses said to them, “It is the bread that Adonai has given you to eat. <sup>16</sup>This is the word that Adonai has commanded. Every man is to gather according to his needs, an omer per person, according to the number of people per household. Each man is to take it for those who are in his tent.” <sup>17</sup>Bnei-Yisrael did so, and some gathered more, some less. <sup>18</sup>When they measured it with an omer, those who gathered more had nothing left over, and those that gathered less did not lack at all. Every man gathered according to his appetite. <sup>19</sup>Also Moses said to them, “Let no one save any of it until the morning.” <sup>20</sup>However, they did not listen to Moses. Some of them preserved it until the morning—but it bred worms and rotted. So Moses was angry with them. <sup>21</sup>So they gathered it morning by morning, each man according to his needs, and as the sun became hot it melted. <sup>22</sup>On the sixth day they gathered twice as much bread<sup>1</sup>, two omers for each individual. So all the leaders of the community came and informed Moses. <sup>23</sup>But he said to them, “This is what Adonai has said. Tomorrow is a Shabbat rest, a holy Shabbat to Adonai. Bake whatever you would bake, and boil what you would boil. Store up for yourselves everything that remains, to be kept until the morning.” <sup>24</sup>So they set it aside until the morning, just as Moses instructed, and it did not rot nor were there any worms. <sup>25</sup>Then Moses said, “Eat that today, because today is a Shabbat to Adonai. Today you will not find it in the field.” <sup>26</sup>You are to gather it for six days, but the seventh day is the Shabbat, and there will be none.” <sup>27</sup>Yet on the seventh day, some of the people went out to gather and they found none. <sup>28</sup>Adonai said to Moses, “How long will you refuse to keep My mitzvot and My Torah? <sup>29</sup>See, Adonai has given you the Shabbat, so on the sixth day He gives you the bread of two days. Let every man stay in his place, and let no man go out on the seventh day.” <sup>30</sup>So the people rested on the seventh day. <sup>31</sup>The house of Israel named it manna. It was white like coriander seed and tasted like wafers made with honey. <sup>32</sup>Then Moses said, “This is what Adonai has commanded. Let a full omer of it be kept throughout your generations, so that they may see the bread with which I fed you in the wilderness, when I brought you out from the land of Egypt.” <sup>33</sup>Moses said to Aaron, “Take a jar and put a full omer of manna inside. Store it up before Adonai, to be kept throughout your generations.” <sup>34</sup>Just as Adonai commanded Moses, Aaron stored it up in front of the Testimony, to be preserved. <sup>35</sup>Bnei-Yisrael ate the manna for 40 years.”

So even today when we Messianic Jews celebrate Shabbat, we do our boiling and baking prior to Shabbat on the sixth day, that is Friday. Evidently manna had a clock chip so that it knew not to rot on Friday and not to rain on Shabbat (LOL). Shabbat is the rest day of Genesis 1, and on this day the people rested on the seventh day.

*“Then Moshe and the people of Israel sang this song to Adonai: ‘I will sing to Adonai, for he is highly exalted: the horse and its rider he threw in the sea. Yah is my strength and my song, and he has become my salvation. This is my God: I will glorify him; my father’s God: I will exalt him. Adonai is a warrior; Adonai is his name. Pharaoh’s chariots and his army he hurled into the sea. His elite commanders were drowned in the Sea of Suf’” (Exodus 15:1-4).*

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<sup>1</sup> Gathering a double portion on day 6 (Exod. 16:22) sets a precedent for getting twice the work done on day 6 – going into the Shabbat. Then note in Heb. 4 details about entering the "rest," and observe that one hastens to enter this rest (Heb. 4:11).