

The Bread of Life

Exodus 16:1–5

And they journeyed from Elim, and all the congregation of the children of Israel came to the Wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they departed from the land of Egypt. 2 Then the whole congregation of the children of Israel complained against Moses and Aaron in the wilderness. 3 And the children of Israel said to them, “Oh, that we had died by the hand of the LORD in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full! For you have brought us out into this wilderness to kill this whole assembly with hunger.”

4 Then the LORD said to Moses, “Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not. 5 And it shall be on the sixth day that they shall prepare what they bring in, and it shall be twice as much as they gather daily.”

I. Manna, the physical food.

A. They had been gone from Egypt for about a month and had eaten all that they had brought with them.

1. Why did God do this to them.
2. Why didn't God give them the manna the first day of the journey?
3. It is because we must exhaust our own meager rations and be in want before we will turn to God.
4. Self sufficiency is the enemy of finding God.

B. But God knew they would need this.

1. Jesus said that our heavenly Father knows what we have need of before we ask.
2. Mt 6:32 “For your heavenly Father knows that you need all these things.”
3. And He knew what He would do.
4. But they did not, so God brings them to this point.

C. It was sufficient, not too much or too little.

1. Everyone had enough.
2. Everyone had it available to them.
 - a. “Manna did not fall into their mouths, but around their tent.” Pink
3. It came everyday but the Sabbath to keep them dependant upon Him.
4. They could not store it up, nor did they need to for each day it came afresh.

II. Manna, the lesson.

A. But later on in their journey God reveals what He was doing through the manna.

1. It was teaching them to depend upon the word of God.
2. Deuteronomy 8:2-3 And you shall remember that the LORD your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. 3 "So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that [man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.](#)
3. That the word of God gives spiritual sustenance that is needed.
4. "God was not just filling their bellies, He was trying to shepherd their hearts. He said that this experience was intended to humble them and teach them to depend on God's word. God was disciplining them, shaping them. We need God's word every day just as the Israelites needed manna every day. The God who was worthy to be trusted for bread is the God who is worth listening to everyday. He sanctifies us through His word (John 17:17)." Christ-Centered Exposition - Christ-Centered Exposition – Exalting Jesus in Exodus.
5. All people are spiritual beings and all need the spiritual food that they get from the Bible.
6. As Jesus told Satan at His temptation, "It is written, '[Man shall not live by bread alone, but by every word that proceeds from the mouth of God.](#)'" Mt 4:4

B. When Jesus fed the 5000 John records the events that followed.

1. The people pressed Jesus to become their king and to provide them the physical food that they desired.
2. But once again Jesus teaches them that there is a much greater message in food.
3. The most important food, is not that which comes into the mouth and into the stomach, but what goes into our ears and into our heart.
4. Joh 6:27 "Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal on Him.
5. But we spend most of our time and effort in supplying the needs of the physical body and little that feeds the soul.

6. The one will perish but the other endures to everlasting life.

III. Manna, picture of the true bread.

A. As the people continued to press Jesus for another loaf of bread He revealed to them that He was the true bread, the Living Bread.

1. John 6:32-34 (NKJV) 32 Then Jesus said to them, "Most assuredly, I say to you, Moses did not give you the bread from heaven, but **My Father gives you the true bread from heaven.** 33 **For the bread of God is He who comes down from heaven and gives life to the world.**" 34 Then they said to Him, "Lord, give us this bread always."

IV. Jesus the bread of life.

A. They would have died in the wilderness without the manna.

B. There is no spiritual life outside of Jesus Christ.

C. John 6: 35 And Jesus said to them, "**I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.**"

1. Notice that we must come to Jesus or as He says to believe in Jesus.

2. The people of Jesus day would not believe.

3. They would not come to Jesus.

a. Joh 5:40 "But you are not willing to come to Me that you may have life."

Feeding on Christ

Feeding on Christ: -- If anybody were to say to me, "I have a man at home who stands in my hall, and has stood there for years, but he has never eaten a mouthful of bread all the time, nor cost me a penny for food," I should say to myself, "Oh, yes, that is a bronze man, I know, or a plaster cast of a man. He has no life in him, I am sure; for if he had life in him, he would have needed bread." If we could live without eating, it would be a cheap method of existence; but I have never found out the secret, and I do not mean to make experiments. If you are trying it, and have succeeded in it so far that you can live without Christ, the bread of life, I fear your life is not that of God's people, for they all hunger and thirst after Jesus, the bread of heaven. (C. H. Spurgeon.) (from The Biblical Illustrator Copyright (c) 2002 AGES and BibleSoft, Inc.)