

## Message Nine

### The Change of Diet to the Heavenly Christ as the Unique Food for God's People

EM Hymns 814

Scripture Reading: Exo. 16:1-36; Num. 11:6-9; John 6:31-35, 48-51, 57-58

- Exo 16:1 And they journeyed from Elim, and all the assembly 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 their departure out of the land of Egypt.
- Exo 16:2 And the whole assembly of the children of Israel murmured against Moses and against Aaron in the wilderness.
- Exo 16:3 And the children of Israel said to them, If only we had died by the hand of Jehovah in the land of Egypt, when we sat by the fleshpots, when we ate bread to the full; for you have brought us out into this wilderness to kill this whole congregation with hunger.
- Exo 16:4 Then Jehovah said to Moses, I will now rain bread from heaven for you; and the people shall go out and gather a day's portion every day, that I may test them, whether or not they will walk in My law.
- Exo 16:5 And on the sixth day when they prepare what they bring in, it will be twice as much as they gather daily.
- Exo 16:6 So Moses and Aaron said to all the children of Israel, In the evening you will know that Jehovah has brought you out from the land of Egypt;
- Exo 16:7 And in the morning you will see the glory of Jehovah, for He hears your murmurings against Jehovah. And what are we, that you murmur against us?
- Exo 16:8 And Moses said, This you will see when Jehovah gives you flesh to eat in the evening, and bread to the full in the morning; for Jehovah hears your murmurings which you murmur against Him. And what are we? Your murmurings are not against us but against Jehovah.
- Exo 16:9 And Moses said to Aaron, Say to all the assembly of the children of Israel, Come near before Jehovah, for He has heard your murmurings.
- Exo 16:10 And as Aaron spoke to the whole assembly of the children of Israel, they looked toward the wilderness, and there the glory of Jehovah appeared in the cloud.
- Exo 16:11 And Jehovah spoke to Moses, saying,
- Exo 16:12 I have heard the murmurings of the children of Israel. Speak to them, saying, At twilight you will eat flesh, and in the morning you will be filled with bread; and you shall know that I am Jehovah your God.
- Exo 16:13 And at evening quails came up and covered the camp, and in the morning there was a layer of dew around the camp.
- Exo 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.
- Exo 16:15 And when the children of Israel saw it, they said to one another, What is it? For they did not know what it was. And Moses said to them, It is the bread which Jehovah has given you to eat.
- Exo 16:16 This is what Jehovah has commanded, Gather of it, each one according to his eating; you shall take an omer a head, according to the number of your persons, each one for those who are in his tent.
- Exo 16:17 And the children of Israel did so; and some gathered much, and some little.
- Exo 16:18 And when they measured it with an omer, he who gathered much had no excess, and he who gathered little had no lack; each of them gathered according to his eating.
- Exo 16:19 And Moses said to them, Let no man leave any of it until the morning.
- Exo 16:20 But they did not listen to Moses, and some men left part of it until the morning; and it bred worms and stank. And Moses was indignant with them.
- Exo 16:21 And they gathered it morning by morning, each one according to his eating; and when the sun became hot, it melted.
- Exo 16:22 And on the sixth day they gathered twice as much bread, two omers for each one; and all the leaders of the assembly came and told Moses.
- Exo 16:23 And he said to them, This is what Jehovah has spoken, Tomorrow is a Sabbath of complete rest, a holy Sabbath to Jehovah. Bake what you will bake, and boil what you will boil, and all that is left over put aside for yourselves to be kept until the morning.
- Exo 16:24 And they put it aside until the morning, as Moses commanded; and it did not stink, nor was there any worm in it.
- Exo 16:25 And Moses said, Eat it today, for today is a Sabbath to Jehovah; today you will not find it in the field.
- Exo 16:26 Six days you shall gather it, but on the seventh day is the Sabbath; on it there will be none.
- Exo 16:27 And on the seventh day some of the people went out to gather, and they found none.
- Exo 16:28 And Jehovah said to Moses, How long do you refuse to keep My commandments and My laws?
- Exo 16:29 See, Jehovah has given you the Sabbath, therefore He gives you bread for two days on the sixth day. Let each of you stay in his place; let no man go out of his place on the seventh day.
- Exo 16:30 So the people rested on the seventh day.
- Exo 16:31 And the house of Israel called its name manna, and it was like coriander seed, white; and its taste was like wafers made with honey.
- Exo 16:32 And Moses said, This is what Jehovah has commanded, Let an omerful of it be kept throughout your generations, that they may see the bread which I fed you in the wilderness, when I brought you out from the land of Egypt.

Exo 16:33	And Moses said to Aaron, Take a pot, and put an omerful of manna in it, and place it before Jehovah, to be kept throughout your generations.
Exo 16:34	As Jehovah commanded Moses, so Aaron placed it before the Testimony to be kept.
Exo 16:35	And the children of Israel ate the manna forty years, until they came to inhabitable land; they ate the manna until they came to the border of the land of Canaan.
Exo 16:36	Now an omer is a tenth of an ephah.
Num 11:6	But now our appetite has gone; there is nothing at all but this manna to look at.
Num 11:7	Now the manna was like coriander seed, and its appearance like the appearance of bdellium.
Num 11:8	The people went about and gathered it and ground it between two millstones or beat it in a mortar; then they boiled it in pots and made cakes of it; and its taste was like the taste of cakes baked in oil.
Num 11:9	And when the dew fell on the camp at night, the manna would fall with it.
John 6:31	Our fathers ate the manna in the wilderness, as it is written, "He gave them bread out of heaven to eat."
John 6:32	Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.
John 6:33	For the bread of God is He who comes down out of heaven and gives life to the world.
John 6:34	They said therefore to Him, Lord, give us this bread always.
John 6:35	Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
John 6:48	I am the bread of life.
John 6:49	Your fathers ate the manna in the wilderness, and they died.
John 6:50	This is the bread which comes down out of heaven, that anyone may eat of it and not die.
John 6:51	I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.
John 6:57	As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
John 6:58	This is the bread which came down out of heaven, not as the fathers ate and died; he who eats this bread shall live forever.

## **I. The heavenly Christ is the reality of the heavenly manna sent by God to be the daily life supply of His chosen people— John 6:31-35, 48-51, 57-58:**

John 6:31-35 be omitted.

John 6:48-51 be omitted.

John 6:57-58 be omitted

### **A. Christ is the heavenly bread as the bread that came down out of heaven—vv. 31-32, 41-42, 50-51.**

John 6:31 Our fathers ate the manna in the wilderness, as it is written, "He gave them bread out of heaven to eat."

John 6:32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.

John 6:41 The Jews therefore murmured concerning Him because He said, I am the bread that came down out of heaven.

John 6:42 And they said, Is not this Jesus, the son of Joseph, whose father and mother we know? How does He now say, I have come down out of heaven?

John 6:50 This is the bread which comes down out of heaven, that anyone may eat of it and not die.

John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.

### **B. He is the bread of God as the One who is of God, who was sent by God, and who was with God—v. 33.**

John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.

### **C. Christ is the bread of life as the bread with eternal life, with zoe; the bread of life refers to the nature of the bread, which is life; it is like the tree of life, which also is the life supply that is "good for food"—vv. 35, 48; Gen. 2:9.**

John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.

John 6:48 I am the bread of life.

Gen 2:9 And out of the ground Jehovah God caused to grow every tree that is pleasant to the sight and good for food, as well as the tree of life in the middle of the garden and the tree of the knowledge of good and evil.

### **D. He is the living bread; this refers to the condition of the bread, which is living— John 6:51.**

John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.

### **E. He is the true bread; He is the true food, and all other foods are merely shadows of Him as**

the real food; the reality of the food that we eat daily is Jesus Christ—v. 32.

John 6:32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.

**II. “As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me...It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life”—vv. 57, 63:**

A. To eat is to take food into us that it may be assimilated organically into our body; hence, to eat the Lord Jesus is to receive Him into us that He may be assimilated by the regenerated new man in the way of life.

B. We live not *by* Christ but *because of* Christ as our energizing element and supplying factor; we live Christ in His resurrection, and we live Christ by eating Him—Gal. 2:20; Phil. 1:19-21a.

Gal 2:20 I am crucified with Christ; and it is no longer I who live, but it is Christ who lives in me; and the life which I now live in the flesh I live in faith, the faith in the Son of God, who loved me and gave Himself up for me.

Phil 1:19 For I know that for me this will turn out to salvation through your petition and the bountiful supply of the Spirit of Jesus Christ,

Phil 1:20 According to my earnest expectation and hope that in nothing I will be put to shame, but with all boldness, as always, even now Christ will be magnified in my body, whether through life or through death.

Phil 1:21a For to me, to live is Christ ...

C. We eat the Lord Jesus as our spiritual food, receiving Him as the Spirit who gives life, by eating His words of spirit and life, receiving His words by means of all prayer— Jer. 15:16 and footnote; Eph. 6:17-18:

Jer 15:16 Your words were found and I <sup>1</sup>ate them, / And Your word became to me / The gladness and joy of my heart, / For I am called by Your name, / O Jehovah, God of hosts.

Note 1 According to the entire revelation in the Holy Bible, God's words are good for us to eat, and we need to eat them (Psa. 119:103; Matt. 4:4; Heb. 5:12-14; 1 Pet. 2:2-3). God's word is the divine supply as food to nourish us. Through the word as our food, God dispenses His riches into our inner being to nourish us that we may be constituted with His element. This is a crucial aspect of God's economy. When we eat God's words, His word becomes our heart's gladness and joy.

Eph 6:17 And receive the helmet of salvation and the sword of the Spirit, which Spirit is the word of God,

Eph 6:18 By means of all prayer and petition, praying at every time in spirit and watching unto this in all perseverance and petition concerning all the saints,

1. His spoken words are the embodiment of the Spirit of life; He is now the life-giving Spirit in resurrection, and the Spirit is embodied in His words.

2. When we receive His words by exercising our spirit, we get the Spirit, who gives life—cf. *Hymns*, #612.

*Hymns*, #612

1 God intends that all His being  
With Him I must be united,

Be my full supply;  
In spirit nigh.

*Chorus*

All God's being, all His riches  
I must exercise my spirit

In the Spirit flow;  
Him to know.

2 All the riches of His nature  
I must touch Him in the spirit,

He has given me;  
These to see.

3 With the mind we understand Him,  
Those who never use the spirit

With the spirit touch;  
Lack very much.

4 When to messages I listen,  
Thus the word will be digested

I must pray them in;  
From within.

5 When the Word of God I study,  
If in mind and not in spirit,

I must touch the Lord;  
Dead is the Word.

6 O what riches, O what glory  
When I exercise my spirit,

In the Spirit shine!  
All are mine.

**III. The deep truth in Exodus 16 is that God wants to change our diet to a diet of Christ as the real manna sent by God the Father for us to be reconstituted**

**with Christ and to live because of Christ in order to make us God's dwelling place in the universe; there is no matter in the whole book of Exodus more crucial than this:**

Exo 16                      be omitted.

- A. Although God's people had been brought out of Egypt into the wilderness of separation, they were still constituted with the element of Egypt, signifying the world; God's intention was to change their element by changing their diet in order to change the nature of His people; He wanted to change their being, their very constitution, to make them a heavenly people constituted and transformed with the heavenly Christ.
- B. For forty years God gave the children of Israel nothing to eat but manna (16:35; Num. 11:6); this shows that God's intention in His salvation is to work Himself into the believers in Christ and to change their constitution by feeding them with Christ as their unique heavenly food, thereby qualifying them to build up the church as God's dwelling place; in fact, after being reconstituted with Christ, the believers themselves become the dwelling place of God—cf. 1 Cor. 3:16-17; 6:19; 2 Cor. 6:16; 1 Tim. 3:15; Heb. 3:6; Rev. 21:2-3.
  - Exo 16:35            And the children of Israel ate the manna forty years, until they came to inhabitable land; they ate the manna until they came to the border of the land of Canaan.
  - Num 11:6           But now our appetite has gone; there is nothing at all but this manna to look at.
  - 1 Cor 3:16        Do you not know that you are the temple of God, and that the Spirit of God dwells in you?
  - 1 Cor 3:17        If anyone destroys the temple of God, God will destroy him; for the temple of God is holy, and such are you.
  - 1 Cor 6:19        Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and you are not your own?
  - 2 Cor 6:16        And what agreement does the temple of God have with idols? For we are the temple of the living God, even as God said, "I will dwell among them and walk among them; and I will be their God, and they will be My people."
  - 1 Tim 3:15        But if I delay, I write that you may know how one ought to conduct himself in the house of God, which is the church of the living God, the pillar and base of the truth.
  - Heb 3:6            But Christ was faithful as a Son over His house, whose house we are if indeed we hold fast the boldness and the boast of hope firm to the end.
  - Rev 21:2          And I saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband.
  - Rev 21:3          And I heard a loud voice out of the throne, saying, Behold, the tabernacle of God is with men, and He will tabernacle with them, and they will be His peoples, and God Himself will be with them and be their God.
- C. God's way to deal with the flesh of His people is to put it aside and to not feed it; for this reason He changes the diet of His people and sends them food that their flesh does not like; the people of Israel abhorred the heavenly taste of manna and lusted for the worldly taste of the Egyptian food—Num. 11:5-6.
  - Num 11:5           We remember the fish which we used to eat in Egypt for nothing, the cucumbers and the melons and the leeks and the onions and the garlic;
  - Num 11:6           But now our appetite has gone; there is nothing at all but this manna to look at.
- D. The Egyptian diet denotes all the things that we desire to feed on in order to find satisfaction; America is the leading country with respect to the Egyptian diet, the worldly entertainment; whatever we desire, hunger, and thirst after is the diet according to which our being has been constituted.
- E. On the one hand, the heavenly manna nourishes us and heals us; on the other hand, it eliminates the negative things in us.
- F. How marvelous it was that God gave the people nothing except manna; this indicates that He gave them nothing except Christ; may the Lord take away the desire and hunger for anything other than Christ!
- G. By feeding on manna, God's people eventually became manna; our constitution must be rearranged through the eating of Christ so that the church as the dwelling place of God may be built up; may the Lord change our diet so that we may be reconstituted with Christ and become God's dwelling place—Matt. 16:18.

Matt 16:18 And I also say to you that you are Peter, and upon this rock I will build My church, and the gates of Hades shall not prevail against it.

- H. Along with the change of diet, we need a change of appetite; the Lord Jesus said, “Work not for the food which perishes, but for the food which abides unto eternal life”—John 6:27:

John 6:27 Work not for the food which perishes, but for the food which abides unto eternal life, which the Son of Man will give you; for Him has the Father, even God, sealed.

1. By food, we mean anything we take into us for our satisfaction; Christ Himself is the only food that does not perish; this food abides unto eternal life.
2. Whatever satisfies, strengthens, and sustains us is our food; the unique food that we take for our sustenance, strength, and satisfaction must be Christ alone.
3. All those who have been regenerated need to change their diet for a change of appetite; God’s intention is to cut off the worldly diet and to limit us to a diet of heavenly food, which is Christ.
4. We all should be able to say, “The Lord is the only One who satisfies me. Apart from Him, I have no satisfaction. I am daily strengthened and sustained by Christ. He is the only food on which I rely.”

- I. The unique food that we take for our sustenance, strength, and satisfaction must be Christ, and the one unique ministry in the New Testament conveys Christ as the unique food for God’s people—Num. 11:5-6; cf. Acts 1:17, 25; 2 Cor. 4:1; 1 Tim. 1:12; 2 Cor. 3:6.

Num 11:5 We remember the fish which we used to eat in Egypt for nothing, the cucumbers and the melons and the leeks and the onions and the garlic;

Num 11:6 But now our appetite has gone; there is nothing at all but this manna to look at.

Acts 1:17 For he was numbered among us and was allotted his portion of this ministry.

Acts 1:25 To take the place of this ministry and apostleship, from which Judas turned aside to go to his own place.

2 Cor 4:1 Therefore having this ministry as we have been shown mercy, we do not lose heart;

1 Tim 1:12 I give thanks to Him who empowers me, Christ Jesus our Lord, that He has counted me faithful, appointing me to the ministry,

2 Cor 3:6 Who has also made us sufficient as ministers of a new covenant, ministers not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.

#### **IV. We need to see and experience the characteristics of Christ as our unique food, our daily manna, for our metabolic transformation:**

- A. Manna is a mystery—Exo. 16:15; Col. 2:2; Isa. 9:6; Eph. 3:4; John 3:8:

Exo 16:15 And when the children of Israel saw it, they said to one another, What is it? For they did not know what it was. And Moses said to them, It is the bread which Jehovah has given you to eat.

Col 2:2 That their hearts may be comforted, they being knit together in love and unto all the riches of the full assurance of understanding, unto the full knowledge of the mystery of God, Christ,

Isa 9:6 For a child is born to us, / A Son is given to us; / And the government / Is upon His shoulder; / And His name will be called / Wonderful Counselor, / Mighty God, / Eternal Father, / Prince of Peace.

Eph 3:4 By which, in reading it, you can perceive my understanding in the mystery of Christ,

John 3:8 The wind blows where it wills, and you hear the sound of it, but you do not know where it comes from and where it goes; so is everyone who is born of the Spirit.

1. The Hebrew word *man hu*, from which the word *manna* derives, means “What is it?”—Exo. 16:15.

Exo 16:15 And when the children of Israel saw it, they said to one another, What is it? For they did not know what it was. And Moses said to them, It is the bread which Jehovah has given you to eat.

2. Just as we cannot analyze or explain manna, we cannot analyze or explain the Lord Jesus; to the people of the world, Christ is the real manna, the real “what is it?”

- B. Manna is a long-term miracle; manna was sent every morning, and it had to be gathered every morning; this indicates that we cannot store up the supply of Christ but that the experience of Christ as our life supply must be daily, morning by morning; as our food, Christ will last for eternity—vv. 4, 21; cf. Matt. 6:34.

Exo 16:4 Then Jehovah said to Moses, I will now rain bread from heaven for you; and the people shall go out and gather a day’s portion every day, that I may test them, whether or not they will walk in My law.

- Exo 16:21 And they gathered it morning by morning, each one according to his eating; and when the sun became hot, it melted.
- Matt 6:34 Therefore do not be anxious for tomorrow, for tomorrow will be anxious for itself; sufficient for the day is its own evil.
- C. Manna is from heaven; on the one hand, the Lord Jesus is “the bread out of heaven”; on the other hand, He is “the bread of God,” the One who came down out of heaven to be our food—Exo. 16:4; John 6:32-33, 51.
- Exo 16:4 Then Jehovah said to Moses, I will now rain bread from heaven for you; and the people shall go out and gather a day's portion every day, that I may test them, whether or not they will walk in My law.
- John 6:32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.
- John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.
- John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.
- D. Manna comes with the dew, which signifies the Lord's refreshing and watering grace brought in by His fresh compassions; grace is God reaching us to refresh us and water us—Exo. 16:13-14; Num. 11:9; Psa. 133:3; Lam. 3:22-23; Heb. 4:16; Psa. 110:3.
- Exo 16:13 And at evening quails came up and covered the camp, and in the morning there was a layer of dew around the camp.
- Exo 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.
- Num 11:9 And when the dew fell on the camp at night, the manna would fall with it.
- Psa 133:3 Like the dew of Hermon / That came down upon the mountains of Zion. / For there Jehovah commanded the blessing: / Life forever.
- Lam 3:22 It is Jehovah's lovingkindness that we are not consumed, / For His compassions do not fail;
- Lam 3:23 They are new every morning; / Great is Your faithfulness.
- Heb 4:16 Let us therefore come forward with boldness to the throne of grace that we may receive mercy and find grace for timely help.
- Psa 110:3 Your people will offer themselves willingly / In the day of Your warfare, / In the splendor of their consecration. / Your young men will be to You / Like the dew from the womb of the dawn.
- E. Manna comes in the morning, indicating that it gives us a new beginning through our living contact with the Lord—Exo. 16:21; cf. S. S. 1:6b; 7:12; John 5:39-40; Rom. 6:4; 7:6.
- Exo 16:21 And they gathered it morning by morning, each one according to his eating; and when the sun became hot, it melted.
- S.S. 1:6b ... My mother's sons were angry with me; / They made me keeper of the vineyards, / But my own vineyard I have not kept.
- S.S. 7:12 Let us rise up early for the vineyards; / Let us see if the vine has budded, / If the blossom is open, / If the pomegranates are in bloom; / There I will give you my love.
- John 5:39 You search the Scriptures, because you think that in them you have eternal life; and it is these that testify concerning Me.
- John 5:40 Yet you are not willing to come to Me that you may have life.
- Rom 6:4 We have been buried therefore with Him through baptism into His death, in order that just as Christ was raised from the dead through the glory of the Father, so also we might walk in newness of life.
- Rom 7:6 But now we have been discharged from the law, having died to that in which we were held, so that we serve in newness of spirit and not in oldness of letter.
- F. Manna is small; Christ was born in a manger, and He was raised in the home of a carpenter in a small, despised town; this indicates that the Lord did not make a display of His greatness but preferred to be small in the eyes of man—Exo. 16:14; Luke 2:12; John 6:35; cf. Judg. 9:9, 11, 13; Matt. 13:31-32.
- Exo 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.
- Luke 2:12 And this will be the sign to you: you will find a baby wrapped in swaddling clothes and lying in a manger.
- John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
- Judg 9:9 But the olive tree said to them, Shall I leave my fatness, because of which God and men are honored by me, and go to wave over the trees?
- Judg 9:11 But the fig tree said to them, Shall I leave my sweetness and my good fruit, and go to wave over the trees?
- Judg 9:13 But the vine said to them, Shall I leave my new wine, which cheers God and men, and go to wave over the trees?

- Matt 13:31 Another parable He set before them, saying, The kingdom of the heavens is like a mustard seed, which a man took and sowed in his field,
- Matt 13:32 And which is smaller than all the seeds; but when it has grown, it is greater than the herbs and becomes a tree, so that the birds of heaven come and roost in its branches.
- G. Manna is fine, indicating that Christ is even and balanced and that He became small enough for us to eat—Exo. 16:14; John 6:12.
- Exo 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.
- John 6:12 And when they were filled, He said to His disciples, Gather the broken pieces left over that nothing may be lost.
- H. Manna is round, indicating that as our food Christ is eternal, perfect, and full, without shortage or defect—Exo. 16:14; John 8:58.
- Exo 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.
- John 8:58 Jesus said to them, Truly, truly, I say to you, Before Abraham came into being, I am.
- I. Manna is white, showing that Christ is clean and pure, without any mixture—Exo. 16:31; Psalms 12:6; 119:140; 2 Cor. 11:3b.
- Exo 16:31 And the house of Israel called its name manna, and it was like coriander seed, white; and its taste was like wafers made with honey.
- Psa 12:6 The words of Jehovah are pure words, / Silver refined in a furnace on the earth, / Purified seven times.
- Psa 119:140 Your word is very pure, / And Your servant loves it.
- 2 Cor 11:3b ... your thoughts would be corrupted from the simplicity and the purity toward Christ.
- J. Manna is like frost, signifying that Christ not only cools and refreshes us but also kills the negative things within us—Exo. 16:14; Prov. 17:27.
- Exo 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.
- Prov 17:27 He who restrains his words has knowledge, / And he who is cool in spirit is one who has understanding.
- K. Manna is like coriander seed, indicating that Christ is full of life that grows in us and multiplies—Exo. 16:31; Num. 11:7; Luke 8:11.
- Exo 16:31 And the house of Israel called its name manna, and it was like coriander seed, white; and its taste was like wafers made with honey.
- Num 11:7 Now the manna was like coriander seed, and its appearance like the appearance of bdellium.
- Luke 8:11 Now the parable is this: The seed is the word of God.
- L. Manna is solid (implied in the fact that the people “ground it between two millstones or beat it in a mortar; then they boiled it in pots”—Num. 11:8), signifying that after gathering Christ as manna, we must prepare Him for our eating by “grinding, beating, and boiling” Him in the situations and circumstances of our daily living—cf. 2 Cor. 1:4; Eph. 6:18.
- 2 Cor 1:4 Who comforts us in all our affliction that we may be able to comfort those who are in every affliction through the comforting with which we ourselves are comforted by God.
- Eph 6:18 By means of all prayer and petition, praying at every time in spirit and watching unto this in all perseverance and petition concerning all the saints,
- M. Manna’s appearance is like that of bdellium, indicating the brightness and transparency of Christ—Num. 11:7; Rev. 4:6, 8; Ezek. 1:18.
- Num 11:7 Now the manna was like coriander seed, and its appearance like the appearance of bdellium.
- Rev 4:6 And before the throne there was as it were a glassy sea like crystal; and in the midst of the throne and around the throne, there were four living creatures full of eyes in front and behind.
- Rev 4:8 And the four living creatures, each one of them having six wings apiece, are full of eyes around and within; and they have no rest day and night, saying, Holy, holy, holy, Lord God the Almighty, who was and who is and who is coming.
- Ezek 1:18 As for their rims, they were high and they were awesome; and the rims of the four of them were full of eyes all around.
- N. Manna’s taste is like that of cakes baked in oil, signifying the fragrance of the Holy Spirit in the taste of Christ—Num. 11:8; Psalms 92:10.
- Num 11:8 The people went about and gathered it and ground it between two millstones or beat it in a mortar; then they boiled it in pots and made cakes of it; and its taste was like the taste of cakes baked in oil.
- Psa 92:10 But You have exalted my horn like that of a wild ox; / I am anointed with fresh oil.

- O. Manna's taste is like that of wafers made with honey, signifying the sweetness of the taste of Christ—Exo. 16:31; Psa. 119:103.  
 Exo 16:31      And the house of Israel called its name manna, and it was like coriander seed, white; and its taste was like wafers made with honey.  
 Psa 119:103    How sweet are Your words to my taste! / Sweeter than honey to my mouth!
- P. Manna is good for making cakes, indicating that Christ is like fine cakes good for nourishment—Num. 11:8; 1 Tim. 4:6.  
 Num 11:8      The people went about and gathered it and ground it between two millstones or beat it in a mortar; then they boiled it in pots and made cakes of it; and its taste was like the taste of cakes baked in oil.  
 1 Tim 4:6      If you lay these things before the brothers, you will be a good minister of Christ Jesus, being nourished with the words of the faith and of the good teaching which you have closely followed.

**V. The open manna is manna that we have not eaten, whereas the hidden manna refers to manna that we have eaten, digested, and assimilated—Rev. 2:17:**

- Rev 2:17      He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give of the hidden manna, and to him I will give a white stone, and upon the stone a new name written, which no one knows except he who receives it.
- A. “Do not think that it is impossible for you to be an overcomer. You can become an overcomer by enjoying Christ as manna. Eat the open manna, and Christ will become the hidden manna. This hidden manna will constitute you into an overcomer”—*Life-study of Exodus*, pp. 459-460.
  - B. Whatever we eat, digest, and assimilate of Christ will be an eternal memorial; what we shall recall concerning Christ in eternity will have two aspects: the aspect of the enjoyment of Christ as our reconstituting element and the aspect of Christ as the supply to make us God's dwelling place in the universe—Exo. 16:16, 32.  
 Exo 16:16      This is what Jehovah has commanded, Gather of it, each one according to his eating; you shall take an omer a head, according to the number of your persons, each one for those who are in his tent.  
 Exo 16:32      And Moses said, This is what Jehovah has commanded, Let an omerful of it be kept throughout your generations, that they may see the bread which I fed you in the wilderness, when I brought you out from the land of Egypt.
  - C. Just as the manna in the golden pot was the focal point of God's dwelling place, so Christ as the manna eaten by us is the focal point of God's building today—Heb. 9:3-4; Eph. 4:16; Col. 2:19.  
 Heb 9:3      And after the second veil, a tabernacle, which is called the Holy of Holies,  
 Heb 9:4      Having a golden altar and the Ark of the Covenant covered about everywhere with gold, in which were the golden pot that had the manna and Aaron's rod that budded and the tablets of the covenant,  
 Eph 4:16      Out from whom all the Body, being joined together and being knit together through every joint of the rich supply and through the operation in the measure of each one part, causes the growth of the Body unto the building up of itself in love.  
 Col 2:19      And not holding the Head, out from whom all the Body, being richly supplied and knit together by means of the joints and sinews, grows with the growth of God.