



## *Manna (Bread from Heaven)*

A month after God delivered Israel out of Egypt to travel to the Promise Land, they ran out of food. God provided for them manna. This heavenly bread would become their staple diet for the next forty years. The word manna in Hebrew means ***“What is it? Exodus 16:15 “And when the children of Israel saw it, they said one to another, Is it manna for they wist not what it was. And Moses said unto them, This is the bread which the Lord hath given you to eat.”***

The manna served as a good lesson in faith. Every day, enough manna would fall for each person to have approximately 43 ounces, which was enough to feel satisfied for one day. It tasted like something fried in oil and honey. It contained all the nourishment Israel needed for the journey. The manna would fall in such a way that the righteous would find it at the doors of their tents, ready to eat. While others had to go out of the camp to gather it.

The manna speaks of the Lord Jesus Christ as the “Bread of Life”. ***John 6:32-35 “Jesus said, but my Father giveth you the true bread from heaven. For the bread of God is He which cometh down from heaven, and giveth life unto the world. I am the bread of life, he that cometh to Me shall never hunger and he that believeth on Me shall never thirst.”***

***“Give us this day our daily bread” (Matthew 6:11).***