

Lesson 9

Manna From Heaven!

After the nation of Israel left the land of Egypt, their first concern was food and water. Water was provided in chapter 15 and again in chapter 17 of the book of Exodus. But in chapter 16 of Exodus we have food being provided. The first food provided was manna or bread. So if you will read in **Exodus 16:4-7, 14-21**; you will see how the Lord provided manna for them to eat. There are two things we want to notice. First, that manna came from heaven, it is that which the Lord provided for them. Second, that the manna they gathered for that day was enough for that day. They could not gather extra for the next day or it would spoil. The exception was on the day before the Sabbath they would gather for two days so they would not work on the Sabbath. It is important to keep these two things in mind.

SO WHAT'S THE POINT?

Our Lord spoke of the manna from heaven in **John 6:31-35; 47-51**. In this text He spoke of it in relation to Himself. He said, "**I am the bread that came down out of heaven.**" He went on to teach that He is the living bread and that for anyone to live forever they must eat of Him. The people were upset that He was telling them to eat Him.

But our Lord was not talking about physically eating Him but spiritually appropriating (**vs. 63**). This means that we are to spiritually feed upon Him by faith. This is what we do when we trust in Him and receive His life in us. When we trust in Christ to save us, then we do not have to keep trusting in Him over and over again. But we do need to spiritually feed upon Him. That is, we need to study the Bible which is the Word of God. To study the Bible is to feed upon Christ and receive the spiritual food we need for day to day living. Just as the people of Israel received bread from heaven and always had enough for that day; in the same manner we have bread from heaven and we receive enough for the day. This does not mean that we cannot store up the Scriptures for the future but rather we live our lives day by day and the Lord will give us what we need for each day.

SO WHY SHOULD I STUDY THE BIBLE?

The most obvious answer is that we need to study the Scriptures to survive in this world. Just like we need physical food to live physically, we need spiritual food to live spiritually. Just like the people of Israel needed to go out every day to get the food for that day so we need to study the Bible every day to get the food we need for that day.

Now we have seen in our example how they went out in the morning. It would certainly be a good idea for us to start a day by reading the Scriptures. However, some would rather study at night because they are more alert at that time. The time of day we study is not important but that we study is important. Regardless of when we study it is always good to spend some time in prayer and reading of Scripture at the beginning of the day because it helps us to have a proper motivation and perspective on the day ahead. Then we can do our more serious study at a time when we are at our best, mentally. Another reason why we study is so that we might be a diligent workman who is equipped for every good work (**II Timothy 2:15; 3:16,17**).

SO WHAT DO I GET OUT OF IT?

There used to be a commercial for Wonder Bread that said it built bodies in twelve ways. In other words the bread that was eaten would build muscles and cells which would build up the young body so that it would grow into maturity. As we feed/study the Scriptures we are being built up spiritually. These physical bodies will last only for a short time and then will need to be changed to enter into heaven. But the time we spend in the Scriptures will last forever because the **"Word of the Lord abides forever" (I Peter 1:25)**.

We could say that our study of Scripture is an investment in eternity. As we study the Bible we find a light to direct our paths (**Psalms 119:105**); a way to keep us from sin and all the trouble that sin will bring (**Psalms 119:103**). In the Scriptures we will find all we need for life and practice.

HOW DOES ONE STUDY?

How to study the Bible can take up the space of a whole book. But for our purposes here we will seek to give a few helps to get you on your way.

We will follow a simple three point outline: Observation, Interpretation, Application.

OBSERVATION:

This means read the Bible and ask, what does it say? You should read the whole Bible through at least once per year. But when you study an individual text then read that text at least two to three times. When reading, write down any thoughts that come to your mind. A text does not have to be a whole chapter, it could be just a few verses.

INTERPRETATION:

Now take what you have read and ask, what does it mean? Then pick out the main points or ideas of the text and write them down.

Then note the key words in the text and define them. A good word study book is helpful here, such as Vine's Expository Dictionary. Every Christian should have a good concordance either a Young's or Strong's analytical concordance to help them with word study. As you develop in your study habits you will want to get some good commentaries as well. Remember as you study, pray, ask the Lord to teach you.

APPLICATION:

Now write down what you have learned and how you are going to apply it to your life.



Questions for Review:

1. There are two things we wanted to notice about manna. What are they?
2. In what way is our Lord Jesus Christ the mana from heaven?
3. How do we eat the flesh of our Lord?
4. Why should we study the Bible?
5. What does it mean to be equipped for every good work?
6. Why is it a good idea to start every day with prayer and the reading of the Scriptures?
7. How can the study of Scriptures be sweet to our taste?
8. How does the Bible tell us all we need to know for our life?
9. What are the three points to Bible study?
10. What have you learned from this lesson and how are you going to apply it to your life?