

Manna: Episode 1

I had the opportunity to train with the Amazing Facts Center of Evangelism (AFCOE). The training lasts for four months, with the last month being a practical application of what we've learned. I was assigned to a place in eastern Uganda called Kiriki. I thanked God for this opportunity to share my faith, and soon I was on my way. Kiriki is near the border of Kenya, and most of the food in the supermarkets was refined. I had never realized how much I loved bread until I was in Kiriki. The particular kind of bread I love is made from whole wheat. However, in Kiriki, there was only refined bread available. After one week, I started craving bread and looked forward to returning to Kampala to eat it. From November 27, 2023, to January 10, 2024, I didn't eat any bread. On my way back, I ordered whole wheat bread, peanut butter, and soy milk with oats. As I ate, I thought to myself, "How sweet this is!" I thanked God for giving humans the wisdom to create such things. My roommate at the time, Mr. Habaasa Benjamin, loved bread so much that he couldn't go a week without at least a slice. As I ate, I thought about the world in general. I realized that I'm not the only one who loves wheat products. Apart from those with diseases who have been advised to avoid wheat, most people generally love wheat products. Our heavenly Father knows this fact, and for the children of Israel, He provided a special kind of bread. Jesus, Moses, and David, inspired by God, called it the bread of heaven.

"Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven." (John 6:32)

"Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no." (Exodus 16:4)

Psa_105:40 The people asked, and He brought quails and satisfied them with the bread of heaven. But the people asked, "What is it?" (pronounced as "mahn"), and thus it got its name from what the people called it, not what God or Jesus called it. Manna was its name. We are going to take specific significance and lessons from this bread of

heaven, which rained upon the earth and was eaten for 40 years. As recorded in the Bible, this manna had special features and thus specific directives and attention given to it for preparations.

1. It came directly from God. Already made food. [The natural process of growing and harvesting was not applicable to this manna.] (Exodus 16:4)
2. It fell with the dew. (Exodus 16:14, Numbers 11:9)
3. People were to collect and eat one omer (approximately 2.2 kg) for the day. (Exodus 16:16)
4. Those who collected little and those who collected much found that they had the same weight, one omer. (Exodus 16:17-18)
5. It was to be eaten that day; nothing was to be left for the next morning. (Exodus 16:19).
6. Any remaining portions left for the next day would breed worms and stink terribly. (Exodus 16:20)
7. It was gathered every morning; it would melt when the sun heated it. (Exodus 16:21)
8. On the sixth day, a double portion was given for the sixth day and the Sabbath day. (Exodus 16:5) No one was to collect it on the Sabbath. (Exodus 16:22-30)
9. On this occasion alone, the manna would not stink. (Exodus 16:24)
10. Some of it was collected and placed in a golden pot. Later, when the ark of the testimony was made, it was put inside the ark of the testament. (Exodus 16:32-33)
11. It could be pounded, boiled in pans, and baked into cakes. (Numbers 11:8)
12. It stopped raining when the children of Israel ate the corn of the Promised Land. (Joshua 5:12, not Exodus 16:35)

In the beginning, God created man with both physical and spiritual natures. Each of these must be nourished with good food to grow. The physical body feeds on literal

food such as rice, oats, beans, cassava, and others. The spiritual, on the other hand, is fed by the Word of God. Thus, the Bible uses terms like "___." It uses the term "bread" to symbolize food in either sense, whether literal bread made from wheat or barley, or the "bread of life" representing the words of God.

After Jesus spoke of Himself as the living bread that came down from heaven and gives life, He said that His words are life.

John 6:51 - "I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world."

John 6:63 - "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life."

The Spirit had already revealed the same to Amos when He told him:

Amos 8:11 - "Behold, the days come, saith the Lord GOD, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the LORD:"

The manna, in fact, **represented the Word of God to man:**

Deuteronomy 8:3 - "And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live."

So, let's delve into the study and explore how the manna links to the words of God.

1. It came directly from God. Already made food. (Exodus 16:4)

Everything owes its existence to God. In the beginning, He spoke, and it was. The life of animals, plants, and insects is all sustained by Him. However, He has set laws to govern His creation, and He actively ensures that there is no discord in them for a perfect operation. When it comes to food production, the Bible shows the process by which food

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grows. First, there is rain, then the growth of the seed, followed by the bud, the ear, and the full fruit. Then, people harvest, eat, and make merry.

"For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater:" (Isaiah 55:10)

But when it comes to the manna, this process is totally eliminated. People could simply go and collect the manna. Already made food, totally provided by God. As God, He provided evidence that it is bread from heaven. And thus, it is that the words which will ever grow man spiritually, awaken him from his spiritual lethargy, laziness, and paralysis, which will provide strength to face the enemy and turn sinners into saints, proceed from God alone, and there is no human influence woven into them.

Every time God sent out people as His messengers, He instructed them to speak "what He had commanded them" (Jeremiah 1:7). If people are to be revived in the church, they must hear only what God has spoken. Human opinions, ideas, theories, and thoughts will not only stagnate people but will ultimately bring death to all facets of humanity. The Dark Ages serve as a prime example. Preachers, pastors, and elders, make sure that the words you speak are from God; otherwise, remain silent.

2. It fell with the dew. (Exodus 16:14, Numbers 11:9)

The manna never fell alone. Always, it fell at the same time as the dew. The Bible says, "And when the dew fell upon the camp in the night, the manna fell upon it" (Numbers 11:9). The dew is, in reality, water, which was very precious in the wilderness. The Bible represents the Holy Spirit as water, showers, and rain.

"For I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring:" (Isaiah 44:3).

Just as the manna came from heaven with dew, so the Word of God comes with the power of the Holy Spirit. The Bible says that the Word came to holy men only by the aid of the Holy Spirit.

"For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost" (2 Peter 1:21).

Looking at the Old and New Testaments, we see that prophets were in the Spirit before they spoke the words of God (Ezekiel 11:5, Numbers 24:2, 1 Samuel 10:10, Isaiah 61:1-3). Let's consider Isaiah 61:1:

"The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound;"

Sin has brought with it the result of binding people in slavery, breaking hearts, and imprisoning people in death. But Jesus came to undo this mess. As can be seen, the Spirit of God first came upon Him. The entire process of preaching the gospel, binding the brokenhearted, and proclaiming liberty to the captives starts with the presence of the Holy Spirit in and on the individual. Without the Holy Spirit, whatever is spoken is not from the Lord. And if it's not from the Lord, it can't lead to Him, nor can it lead to Christian growth. Therefore, as you get the opportunity to speak for the Lord, doing good, and healing people, you ought to ensure that you have the Holy Spirit with you and in you. Once you realize you are void of Him, don't speak a word for the Lord; instead, seek Him with prayer and supplication.

3. People were to collect and eat one omer for the day. (Exodus 16:16)

The Lord did not provide manna on a silver platter, as I did when I ate bread from Kiriki. They needed to go out and collect it. The manna was small in size, like hoarfrost, so collection had to be done carefully. Remembering they were in the wilderness, they needed to take care lest sand, which is detestable on the teeth, was gathered. Every individual would eat one omer for the day. One omer is equivalent to one-tenth of an ephah. An ephah is approximately 22 kilograms, thus one omer would be 2.2 kilograms

The Word of God has been given entirely, and all can access it from Genesis to Revelation. This Bible is self-contained, needing no other to substitute or add to it. Also, every individual has the opportunity to fully understand the Bible. The so-called hard www.shalach.net info.shalach@gmail.com. Topical Exposition by Kaganda Joshua Mwesigwa.

portions of the Word are not directed to a few intelligent beings, but everyone can fully understand them. The Bible has enough for every person each day, providing just enough encouragement, counsel, and truth for a particular session for the day. Why delay? Take on the challenge now and go into the Bible; collect those precious gems.

Currently, in the world, many theories, ideas, and opinions abound, with people misquoting and misapplying Scriptures to soothe their needs. Just as the manna was to be carefully picked from the ground without dust, so the diligent student of the Word ought to pick out for themselves that which is said in the Bible, distinguishing it from the many religious books, so-called.

But even in the Bible itself, the devil has come up with interpretations that the Bible marks as doctrines of the devil. The diligent student of the Word, one who is filled with the Spirit, will be able to distinguish between the dust and the manna and thus will carefully select out the manna for food.

4. He who collected little and he who collected much, at weighing, found out that they had the same weight, one omer. (Exodus 16:17-18)

There was something strange about this manna; whether you collected much or little, at weight, it all had the same weight. None had collected more than what they needed. The previous lessons of exactly one omer also apply here. But the Bible lifts the curtain for us to a deeper understanding of this:

"For I mean not that other men be eased, and ye burdened: But by an equality, that now at this time your abundance may be a supply for their want, that their abundance also may be a supply for your want: that there may be equality: As it is written, He that had gathered much had nothing over; and he that had gathered little had no lack." (2 Corinthians 8:13-15).

The manna teaches equality. The world has divided us into classes, races, and levels. The rich have a particular diet assigned to them, which the poor can't afford. Hotels and restaurants have further furnished this division, where some cater to the poor while others cater to the rich. The means of transport and cars also show this division. However, all Israelites were to eat the same quality and quantity of food, regardless of their social

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status. Rich, poor, lame, blind – God was telling us that before Him, we are all equal and are branded as children, and thus we must treat fellow humans equally.

Frankly speaking, why eat a plate of food worth \$100 when you can eat the same food for \$4, and there are people around you who can't even afford \$1 to buy a banana? Imagine if there was only one type of car for private use at a fixed price, one class for those who board planes, one type of water transport and rail transport, all at the same price. And there was only one type of clothing, maybe different colors, but the same price. And every individual had only one acre land a maximum and one could not add to it, and everyone was to build the house of 4 bead rooms.

Do you think the world would be better or worse than we have now? Let's imagine coming to church, where all churches have the same size, say 100 seats, and you're not allowed to add on. We're having the same simple standard meals for churches. Since the world may be having the same private cars, these are the only ones we see. Clothes are the same price. Men have the same haircut, women have the same hair plait. In short, there's nothing like seeking "swag" and desiring attention. Imagine how we could live? This is what the manna episode is teaching humanity: equality in all levels.

Coming to the manna representing the Word of God, the manna episode teaches that he who has much knowledge should teach the one who has little knowledge in Scriptures. And one who has little should learn from one with much knowledge from Scriptures. This was illustrated when the Lord said that the priests were to teach the people.

"And the LORD spake unto Aaron, saying, Do not drink wine nor strong drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye die: it shall be a statute for ever throughout your generations: And that ye may put difference between holy and unholy, and between unclean and clean; And that ye may teach the children of Israel all the statutes which the LORD hath spoken unto them by the hand of Moses." (Leviticus 10:8-11)

However, it does not mean that there should be neglect to study the Word, thus having little knowledge. On the contrary, people are to search out the Scriptures

themselves. However, naturally, some people can dive deep into the Scriptures to understand deep meanings, while others can't; they are still babies at the Word. Nevertheless, the result will be the same for all sincere seekers of the precious gems of the Word, whether deep divers or shallow divers: they will all be benefited the same way, and that is eternal life.

5. It was to be eaten that day; nothing was to be left for the next morning (Exodus 16:19).

The manna was to be consumed that day; there was nothing to leave for the following morning. The next morning, God provided another manna for that day. The Bible says that His mercies, His strength, and His grace are given for the day, and they are sufficient for that day.

"It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness." (Lamentations 3:22-23).

When you study the Bible today, what you have learned, the encouragement, the lessons, and the reproof are for that day. They can't sustain you until the following day. You have to go back the following day to study more for that day also. That's why our devotions must be daily, and we must not just read the Word to mark the timetable that we have read; we need to read, understand, and apply.

Indeed, the cause of spiritual dwarfism and retardation lies in neglecting daily devotion. Thus, we are overcome by the devil. When we get the messages of repentance, baptism, prophecies of Daniel and Revelation, judgment, temperance, and a few Bible stories, we feel we have mastered it, and the Bible starts to bore us. However, the manna episode teaches something different: daily devotion must be part of our lives.

"The food we eat at one meal does not satisfy us forever. We must daily partake of food. So we must daily eat the Word of God, that the life of the soul may be renewed. In those who feed constantly upon the Word, Christ is formed, the hope of glory. A neglect to read and study the Bible brings spiritual starvation." (Our High Calling 209.6)

Indeed, as the manna for the following day was not to be eaten today, so the study of the Scriptures must be daily and for that day, and it must be productive.

6. It was gathered every morning; it would melt when the sun heated it (Exodus 16:21).

This kind of bread was unlike any bread known to man. It would melt when the sun heated it, and it would only fall in the morning. Why did the Lord intend to have the manna fall in the morning? Why not in the evening? What lesson was He teaching man?

Dew always falls in the morning, and in the wilderness, it was very precious. The manna fell with the dew and also melted in the presence of the sun. Thus, the Lord had one portion to have the manna fall in the morning. But the Lord was also discouraging and rebuking laziness. Since the manna fell in the morning, this necessitated waking up early, gathering it, and cooking it before the sun came out. If an Israelite missed waking up, rolled over in bed, and missed out, they were not going to eat. Remember, all who collected, whether much or little, it all weighed to 1 omer, which was what one would eat. No one would gather for another.

Also, for health purposes, the manna fell in the morning for people to prepare and eat. The Lord was teaching the importance of a morning breakfast, as you have an entire day to work and you need energy. If He had given the manna in the evening, the precious lessons that come with the dew and a disregard for laziness would not have been learned. Furthermore, the children of Israel would be eating it at night, and what would they do apart from resting? What is the purpose of eating when you don't need strength? The body was going to rest, why disturb the digestive organs? God would not do such a thing.

Through this, the Lord was teaching the importance of studying the Word of God in the morning when the brain is still fresh and has not yet been clogged with the stresses and cares of the day. In fact, the Lord sees the end before it happens; He was teaching the importance of Him talking to you before you start the day, so He can give you guidance on how you will deal with the tasks, snares, and temptations of the day. By the time the sun has risen, it's time to work; you become restless when reading the Word since you

know you must be at work. Thus, it necessitates waking up early, when the dew is falling, and allowing God to speak to you in His Word.

7. One omer was collected and placed in the golden pot (Exodus 16:32-33). Moses directed Aaron to do this. Put one omer in a pot and put it before the Lord as a remembrance for the generations to come.

"And Moses said unto Aaron, Take a pot, and put an omer full of manna therein, and lay it up before the LORD, to be kept for your generations." (Exodus 16:33)

Hebrews 9:3 indicates that this pot of manna was in the ark. However, when the ark was being transported to the temple built by Solomon, the Bible indicates that there was nothing except the tables of stone.

"There was nothing in the ark save the two tables of stone, which Moses put there at Horeb, when the LORD made a covenant with the children of Israel, when they came out of the land of Egypt." (1 Kings 8:9)

What is the meaning of this? Where did it go? At what point in time was it lost? Who did this act? The Bible indicates that it was God who hid the manna.

"He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it." (Revelation 2:17)

But when He did so, we don't know, but at least we can trace the why. Why did God finally hide the manna from the ark? The answer lies in the structures of the sanctuary and the temples. Of the sanctuary, we read:

"And he put the table in the tent of the congregation, upon the side of the tabernacle northward, without the vail." (Exodus 40:22)

The first sanctuary was a tent-type structure, which could easily be assembled and disassembled. This was a temporary structure. It could be moved from place to place, through the wilderness, Shiloh, Kirjathjearim, and Jerusalem.

However, the temple Solomon built was a permanent structure in Jerusalem. The ark was going to settle there once it was brought there and not be moved again.

The Bible reveals that our bodies are the temple of God.

"And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people." (2 Corinthians 6:16)

This includes being the temple of God in this life and the one to come. However, in this life, we abide in temporary bodies.

"For we know that if our **earthly house of this tabernacle** were dissolved, we have a building of God, an house not made with hands, eternal in the heavens." (2 Corinthians 5:1)

So, in this life, we have this temporary structure, which we can relate to the tent-type structure of the sanctuary. We are pilgrims, just as the tent was moved from place to place. The ark contained the manna, and it is in this life that the Word of God must be deep in our hearts always.

The purpose and result are given in Psalms: not to sin against God.

"Thy word have I hid in mine heart, that I might not sin against thee." (Psalms 119:11)

When He comes back, He will give us a permanent body, and then feeding on His Word for the purpose of gaining victory over sin will no longer be valid. At this juncture and beyond, we shall continue being the temple of God, where His character (the law) is still present.

That's why the permanent structure of the temple built by Solomon **never** had the pot of manna. God was showing that it is in this life that we have the opportunity and privilege of storing his word to the full in our hearts that we might not sin against him.

8. Could be pounded, boiled in pans, and baked into cakes (Numbers 11:8).

The Bible says that the children of Israel did not just collect the manna and eat it. They had a work to do with it. After collecting the manna, it was to be pounded into powder, boiled, and baked into cakes for food. And this was an irreversible process.

"And the people went about, and gathered it, and ground it in mills, or beat it in a mortar, and baked it in pans, and made cakes of it: and the taste of it was as the taste of fresh oil." (Numbers 11:8)

When we approach the Word of God, we don't just read and go. No, there is work to do with it. It's like an investigation. Why? First and foremost, the Bible books are not written in chronological order. Even within some books, chapters are not in chronological order. Some words mean more than one thing, and what looks like mere stories have deeper meanings that will never be understood by superficial readers. The Word of God is sometimes like a puzzle that needs to be solved or like investigating a criminal record. When we have the Bible, we must read it carefully.

"For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little:" (Isaiah 28:10)

The manna was pounded, made into powder, and baked, so the Word of God must be dissected rightly and deeply to fully benefit us.

"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." (2 Timothy 2:15)

It's not just a matter of reading the Bible every morning, cover to cover, year after year. No, study slowly, asking the right questions, and looking for the deeper meaning of Scripture, because this is what will surely benefit the soul.

9. It stopped raining when the children of Israel ate the corn of the Promised Land (Joshua 5:12).

When the children of Israel stepped into the Promised Land and ate the corn thereof, the manna stopped raining. They never tasted the manna again, and till now, it has never rained again.

"And the manna ceased on the morrow after they had eaten of the old corn of the land; neither had the children of Israel manna anymore; but they did eat of the fruit of the land of Canaan that year." (Joshua 5:12)

Someone will quickly judge our Heavenly Father, wondering: "If the manna is the best food, why did He not give it to man at the very beginning? Why not leave it to fall continuously? If He loves us, He would have left us with the seeds of the manna to plant. Why withdraw it?"

The answer is because of the lessons God wanted to convey through the manna. The manna, representing the Word of God, indicates the same lesson as to why it was hidden. When we reach the Promised Land, there is **no more feeding on the Word of God for purposes of overcoming sin**. This is because we have already overcome. For in this life, the major purpose of eating the word of God is overcoming sin. We will continue to feed on the word of God, for the purpose of fulfilling human happiness, for God orchestrated that humans can be truly and entirely happy with increase in knowledge.

Conclusions

A quick look at history reveals absolute evidence that we have been exceedingly loved by God, more than any other people in different generations since the world began. Generally, the generations are categorized thus:

1. Adam to Abraham
2. Abraham to David
3. David to the Babylonian captivity.
4. Babylonian captivity to Jesus Christ.
5. From Jesus Christ to the destruction of Jerusalem (70 AD).
6. Destruction of Jerusalem to the beginning of Papal Rome rule (538 AD).
7. From the beginning of papal Rome Rule to its end in 1798.
8. From its end in 1798 to the Great Disappointment (1844).

9. From the Great Disappointment to when Jesus will come (Unknown).

Except in our time, **from the Great Disappointment to when Jesus will come**, all the other generations have not had the opportunity of having the Word of God whole, easily accessible, and readily available. In both soft and hard copies, we have the Bible. In over 500 languages, thus covering the entire world, the Bible is found. In as many English versions as we have, and others to come, theology professors and doctors, Bible schools - we have the Word everywhere. In our time, the Word, the light of the Word, is all around us.

But the hurting thing is that it is our time that we are having the grossest and darkest darkness. It's in our time that people are morally wicked, and this has been sanctioned by the law. People's love has grown exceedingly cold. Iniquity has abounded, and it no longer makes news. But why is this?

The answer is that few people are reading the Bible rightly. Most people don't read the Bible and view it as fiction. Those reading it are either not understanding it, misapplying or misquoting it, reading it superficially, and not taking it into their hearts. The Word is being read like any other book. Some so-called professors are even critiquing it! It's read just for purposes of gaining knowledge, and nothing more.

Reading the Bible in the right way with the right intentions will enable us to perfect our Christian character. It is the Word that Jesus uses to take sin out of our lives. It is the Word that obedience to it will draw us closer to God and away from the devil. And we do all this now, in this life.

The Bible shows a group of people who will remain morally pure amidst these times. People who will stand firm, brave, and bold for what is right. One of the pillars essential to this state is the Word of God in the heart. And you want to be among these people. You can make the choice right now to study your Bible right and start now.

The Bible says:

"I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof,

and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world." (John 6:48-51)

Notice the words of Jesus; He uses the past tense, "the bread which came down from heaven" - that is, the manna was symbolizing His flesh, His literal flesh.

Look out for Part 2, where we shall explore how manna represents the literal flesh of Jesus.



Episode 1