

Food

Part 2

The fuel for our physical body is the physical food that we need to eat to receive calories to sustain us to live and do the work of God. As we review the Scripture we can see that the Lord supplied His people and will supply us with our daily food so we can continue to live to serve Him and achieve His plans in our lives.

5- ⁴ *The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt.* ² *In the desert the whole community grumbled against Moses and Aaron.* ³ *The Israelites said to them, “If only we had died by the LORD’s hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.”* ⁴ *Then the LORD said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions.* ⁵ *On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.”* ⁶ *So Moses and Aaron said to all the Israelites, “In the evening you will know that it was the LORD who brought you out of Egypt, ⁷ and in the morning you will see the glory of the LORD, because he has heard your grumbling against him. Who are we, that you should grumble against us?”* ⁸ *Moses also said, “You will know that it was the LORD when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the LORD.”* ⁹ *Then Moses told Aaron, “Say to the entire Israelite community, ‘Come before the LORD, for he has heard your grumbling.’”* ¹⁰ *While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the LORD appearing in the cloud.* ¹¹ *The LORD said to Moses, ¹² “I have heard the grumbling of the Israelites. Tell them, ‘At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.’”* ¹³ *That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp.* ¹⁴ *When the dew was gone, thin flakes like frost on the ground appeared on the desert floor.* ¹⁵ *When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was. Moses said to them, “It is the bread the LORD has given you to eat.”* ¹⁶ *This is what the LORD has commanded: ‘Each one is to gather as much as he needs. Take an omer for each person you have in your tent.’”* ¹⁷ *The Israelites did as they were told; some gathered much, some little.* ¹⁸ *And when they measured it by the omer, he who gathered much did not have too much, and he who gathered little did not have too little. Each one gathered as much as he needed.* ¹⁹ *Then Moses said to them, “No one is to keep any of it until morning.”* ²⁰ *However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them.* ²¹ *Each morning everyone gathered as much as he needed, and when the sun grew hot, it melted away.* ²² *On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses.* ²³ *He said to them, “This is what the LORD commanded: ‘Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’”* ²⁴ *So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it.* ²⁵ *“Eat it today,” Moses said, “because today is a Sabbath to the LORD. You will not find any of it on the ground today.* ²⁶ *Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.” (Exodus 16:1-26)*

God provided for His people in the desert after He brought them out of Egypt the manna as food and nutrition for their bodies. Some they bake it and some they boil and they ate it in the desert for forty years; every day they ate the same food. *“The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey.”* ³² *Moses said, “This is what the LORD has commanded: ‘Take an omer of manna and keep it for the generations to come, so they can see the bread I gave you to eat in the desert when I brought you out of Egypt.’”* ³³ *So Moses said to Aaron, “Take a jar and put an omer of manna in it. Then place it before the LORD to be kept for the generations to come.”* ³⁴ *As the LORD commanded Moses, Aaron put the manna in front of the Testimony, that it might be kept.* ³⁵ *The Israelites ate manna forty years, until they came to a land that was settled; they ate manna until they reached the border of Canaan.” (Exodus 16:33)*

The manna was God’s plan and provision for His people in the desert. Although they grumbled against the Lord and wanted meat as we can read here: *“⁴ The rabble with them began to crave other food, and again the Israelites started wailing and said, “If only we had meat to eat! ⁵ We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic. ⁶ But now we have lost our appetite; we never see anything but this manna!”* (Numbers 11:4-6) The Lord gave them the quail as meat but that was never God’s will for them, therefore after He gave them the quail He struck them with a severe plague, *“³³ But while the meat was still between their teeth and before it could be consumed, the anger of the LORD burned against the people, and he struck them with a severe plague. ³⁴ Therefore the place was named Kibroth Hattaavah, because there they buried the people who had craved other food.”* (Numbers 11:33-34) Whatever God is giving you food don’t grumble and complain and speak against God and against the other people; be careful not to behave in such a way; God will discipline you for that. In addition the food that God is giving you is what you need, and it has balanced nutritional values that are beneficial for you. You will do well if you will accept it with gratitude in your heart toward the Lord.

After the people entered the Promised Land, *“¹² The manna stopped the day after they ate this food from the land; there was no longer any manna for the Israelites, but that year they ate of the produce of Canaan.”* (Joshua 5:12) So God was arranging their food properly; in the desert He gave them the manna for forty years, after they entered Canaan they ate the fruit of the land.

My Dear and Beloved: Jesus spoke about the manna when the people asked Him to give them miraculous sign, *“³⁰ So they asked him, “What miraculous sign then will you give that we may see it and believe you? What will you do? ³¹ Our forefathers ate the manna in the desert; as it is written: ‘He gave them bread from heaven to eat.’”* ³² *Jesus said to them, “I tell you the truth, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven.”* (John 6:30-32) Manna was given to the Israelites to sustain their bodies in the desert to reach the Promised Land. But the focus should not be on the physical food. Simple food is needed to sustain our bodies to serve God and live our lives unto Him till we reach eternity. Jesus also said, *“Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval.”* (John 6:27) Whatever God is giving you and supplying you from food is only to sustain your physical body in order for you to live and achieve the things that He ordained for you to achieve as you commit your life unto Him and agree to pray.

My Prayer: Father God I come before you in the name of Jesus who died on the cross for my sins and rose from the dead to give me eternal life. Lord thank you for my income and whatever food you are providing for me, I commit myself to live to serve you and walk in your ways achieving your purpose in my life. Sustain me Lord and keep providing for me my daily needs, this all I ask and pray in Jesus name, Amen.