

Numbers 11:6 - “But now our strength is dried up, and there is nothing at all but this manna to look at.” (ESV)

Greetings in the powerful name of our Lord and Savior, Jesus Christ. Today is another gift of grace from the Lord, and I invite you to reflect with me on His Word.

When the Israelites entered the wilderness, they had no idea that their diet would consist of only one kind of food—manna. At first, they were amazed by it. The manna was sweet, fresh, and miraculously provided every morning by the hand of God. But as time passed, their excitement faded. They began to grow tired of it. Seeing the same food every day—morning, noon, and night—they started longing for something else. They asked themselves, “*How long will this go on?*” They craved variety—meat, fish, cucumbers, garlic, and perhaps if they lived in our time, pizza and burgers.

Numbers 11:4-6 (ESV) tells us:

“Now the rabble that was among them had a strong craving. And the people of Israel also wept again and said, ‘Oh that we had meat to eat! We remember the fish we ate in Egypt that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic. But now our strength is dried up, and there is nothing at all but this manna to look at.’”

They had forgotten that the foods of Egypt, though appealing, came with bondage, disease, and suffering. They longed for the delicacies of slavery rather than the simplicity of freedom. The manna, though repetitive, was life-giving. It kept them healthy and sustained. As Moses later reminded them:

Deuteronomy 8:3-4 (ESV):

“And he humbled you and let you hunger and fed you with manna... that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord. Your clothing did not wear out on you and your foot did not swell these forty years.”

Theologically, manna is a symbol of the **Word of God**. It represents Christ Himself, who is the true bread from heaven (John 6:31–35). When we come to faith in Christ, we must understand that our nourishment comes from one source alone: the Word of God. This is the spiritual food for our souls. We wake up with it, walk with it, go to bed with it. It is our life, our strength, and our daily bread. We were not given Scripture *plus* self-help books or entertainment to comfort us. We were not given the Word alongside worldly distractions like sports or pop culture to keep us occupied. The Word is sufficient on its own.

But how easily our hearts drift. Like the Israelites, many believers today grow tired of the Word. At the beginning of our faith journey, we eagerly listened to sermons, devoured Scripture, and meditated on it with joy. We valued the Word above all else. But over time, many begin to find it repetitive, boring, or too demanding. We want “something more”—new forms of stimulation, emotional excitement, or cultural relevance.

Soon, believers start mixing the Word with worldly music, entertainment, and philosophies. The Word no longer becomes the **main course**, but just one of many “dishes” in their spiritual diet. Like the Israelites, we begin to **despise the manna**—the very thing that sustains our lives.

The consequences are serious. When the Israelites rejected manna and craved meat, God gave them what they wanted—but it came with judgment.

Numbers 11:33 (ESV):

“While the meat was yet between their teeth, before it was consumed, the anger of the Lord was kindled against the people, and the Lord struck down the people with a very great plague.”

This should sober us. When we choose other “foods” over God’s Word, we risk spiritual weakness, confusion, and even judgment. God’s Word is not optional—it is vital. As Jesus said to Satan in the wilderness:

Matthew 4:4 (ESV):

“It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”

Beloved, let us not be like the Israelites who rejected the food that gave them life. Let us learn to love the Word again. Even if the world calls it

outdated or unappealing, we know that it is the only food that truly satisfies the soul. It strengthens, purifies, and prepares us for eternity.

We must stop wandering in search of flavor. Obey the Word. Trust the Word. Depend on the Word. Leave worldly cravings to the world.

May God help us to find daily joy in His Word alone. If we feed on it faithfully, we will not weaken, but be strengthened, blessed, and made ready for His Kingdom.

Be encouraged. Be nourished. Be steadfast.

And may the Lord richly bless you.

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