I greet you in the name of our Lord Jesus Christ. Welcome to studying the Word of life.

It’s important to understand the manna that the children of Israel were given in the wilderness. Although it was the same type of manna, it wasn’t always of the same quality. You might wonder, why is that?

Three Types of Manna:

Manna that Lasted for One Day (Exodus 16:19-21):

There was manna that lasted only for one (1) day. This is the manna they gathered every morning, cooked, and ate. By midday, it melted under the sun. However, if left until the second day, it would spoil. This manna symbolized God’s daily provision (Matthew 6:11) and taught the Israelites to rely on Him for their needs, one day at a time.

Theological significance: This type of manna points to the concept of “daily bread,” a principle emphasized in Jesus’ prayer in Matthew 6:11 – “Give us this day our daily bread.” This reflects God’s continuous care and provision for His people in their

dependence on Him.

Manna that Lasted for Two Days (Exodus 16:22-26):

The second type of manna lasted for two (2) days. On the sixth day, they were instructed to gather a double portion of manna so they could rest on the Sabbath. This manna did not spoil on the Sabbath, which reflects God’s grace in preserving His people during their times of rest. However, if they kept it for longer than that, it would spoil.

Theological significance: This reminds us of the Sabbath rest, established in the Old Testament as a day of rest and worship, pointing to the rest found in Christ (Hebrews 4:9-10). It signifies that in the fullness of time, Jesus would be the true Sabbath rest, offering eternal rest to those who believe in Him (Matthew 11:28).

Manna that Lasted Forever (Exodus 16:32-34):

Finally, there was the manna that lasted forever—manna which did not spoil and was kept in the ark of the covenant as a memorial to future generations. This manna symbolized the eternal Word of God, which stands forever and is never subject to

decay or death.

Theological significance: This manna points to the eternal, living Word of God, which is Jesus Christ Himself. John 1:1-14 declares that Jesus is the “Word” that became flesh and dwelt among us. Jesus is the Bread of Life that came down from heaven to give eternal life to those who believe (John 6:35).

What Does This Reveal in the New Covenant?

The First Manna:

The first manna, which only lasted for one day, represents the daily nourishment we receive from God in our spiritual walk. Just as the Israelites had to gather fresh manna every morning, we, as believers, are called to seek God daily through prayer, reading His Word, and depending on Him for our daily needs (Matthew 6:34).

Theological significance: In the New Covenant, this manna points to Jesus Christ as the Bread of Life (John 6:48-51). Jesus provides sustenance for our souls. Just as the Israelites ate manna to sustain their physical lives, we are spiritually nourished by the Word of God, which is life-giving and eternal. Jesus says, “I am

the bread of life. Whoever comes to Me shall not hunger, and whoever believes in Me shall never thirst” (John 6:35).

We are called to feed on the Word of God daily. Jesus Himself emphasized the importance of this in John 4:34, saying, “My food is to do the will of Him who sent Me, and to finish His work.”

The Second Manna:

The second manna, which lasted for two days, reflects the spiritual nourishment that believers experience as they grow in their relationship with Christ. It also points to the significance of observing the Sabbath, a day of rest and worship, which, for Christians, finds its ultimate fulfillment in Christ (Hebrews 4:9-10).

Theological significance: Sabbath rest is no longer limited to one day a week for Christians, but it is fulfilled in the eternal rest found in Christ. Hebrews 4:9-10 says, “So then, there remains a Sabbath rest for the people of God; for whoever has entered God’s rest has also rested from his works as God did from His.” This rest is spiritual and eternal, rooted in Jesus’ finished work on the cross (John 19:30).

By serving in God’s work and continuing in faithful ministry, believers are sustained by the strength of God’s Word, which preserves them spiritually. Just as the Israelites’ manna did not spoil on the Sabbath, we are preserved by Christ’s presence and the power of the Holy Spirit when we serve Him wholeheartedly.

The Third Manna:

The third manna, which lasted forever and was stored in the ark of the covenant, represents the eternal Word of God, which is unchanging and forever secure. Jesus Christ, the living Word, is our eternal sustenance. He is the Bread that came down from heaven (John 6:58).

Theological significance: Christ is our true manna, the eternal provision of God that never spoils. As believers, we are called to remain in Christ, the true “Ark” (Colossians 2:9-10). Just as the manna was preserved in the ark, so Christ is the repository of all wisdom and knowledge. In Christ, we have eternal life, and in Him, we are forever nourished (John 6:51).

In Revelation 2:17, Jesus promises to give the hidden manna to those who overcome. The “hidden manna” is the eternal spiritual

nourishment that is given to those who persevere in faith and remain faithful to the Word of God.

The Fullness of the New Covenant and the Hidden Manna:

In Revelation 2:17, we see that Jesus promises the hidden manna to those who overcome. This hidden manna represents the deep, intimate relationship with Christ, and the grace and knowledge of God that are revealed to those who walk faithfully with Him. Jesus promised that He would not leave us hungry or thirsty spiritually; instead, He would provide eternal satisfaction in His presence.

The “white stone” mentioned in Revelation 2:17 is often understood as a symbol of victory and acceptance. In the ancient world, a white stone was sometimes given to victors in contests or used as a ticket to enter a banquet. Here, it symbolizes the believer’s victory over sin and the world, and the personal invitation to the eternal banquet of the Lord, where we will feast on the hidden manna for eternity.

Theological Significance of Overcoming:

To overcome means to remain faithful, resisting the temptations

and false teachings of the world (Revelation 2:12-17). It involves rejecting worldly philosophies and adhering to the truth of God’s Word, which makes us holy (John 17:17).

We are to remain faithful to the teachings of Christ, just as the Israelites were to remain faithful to the manna provided by God. False teachings, symbolized by Balaam (Revelation 2:14), would lead believers astray, just as Balaam led the Israelites to sin. Therefore, we are called to avoid worldliness and remain true to the holiness found in Christ and His Word.

Conclusion:

The hidden manna is a gift for those who persevere in faith and stay true to Christ. It is the eternal life given through the Word of God, which nourishes us spiritually and leads us to victory over sin. Jesus is the Bread of Life, the true and eternal manna that sustains us. As we walk with Him, we experience spiritual nourishment that will never fade and a rest that is found in Him alone.

May the grace of the Lord Jesus Christ continue to sustain you as you strive to know Him more deeply and receive the fullness of

His blessings.

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