

Food Part 2

VIII. “1 And they took their journey from Elim, and all the congregation of the children of Israel came unto the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departing out of the land of Egypt. 2 And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness: 3 And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger. 4 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. 5 And it shall come to pass, that on the sixth day they shall prepare that which they bring in; and it shall be twice as much as they gather daily. 6 And Moses and Aaron said unto all the children of Israel, At even, then ye shall know that the LORD hath brought you out from the land of Egypt: 7 And in the morning, then ye shall see the glory of the LORD; for that he heareth your murmurings against the LORD: and what are we, that ye murmur against us? 8 And Moses said, This shall be, when the LORD shall give you in the evening flesh to eat, and in the morning bread to the full; for that the LORD heareth your murmurings which ye murmur against him: and what are we? your murmurings are not against us, but against the LORD. 9 And Moses spake unto Aaron, Say unto all the congregation of the children of Israel, Come near before the LORD: for he hath heard your murmurings. 10 And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the glory of the LORD appeared in the cloud. 11 And the LORD spake unto Moses, saying, 12 I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the LORD your God. 13 And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host. 14 And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground. 15 And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat. 16 This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents. 17 And the children of Israel did so, and gathered, some more, some less. 18 And when they did mete it with an omer, he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating. 19 And Moses said, Let no man leave of it till the morning. 20 Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them. 21 And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted. 22 And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses. 23 And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning. 24 And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein. 25 And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to

day ye shall not find it in the field. 26 Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none. 27 And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none. 28 And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws? 29 See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day. 30 So the people rested on the seventh day.” (Exodus 16:1-30 KJV) In Exodus 16, God provided manna for His people in the desert after He had brought them out of Egypt. Manna was nutritious food provided to sustain them. Some baked it and some boiled but they ate it daily in the desert for forty years. God fulfilled His promise to them and supplied their needs.

When the Israelites saw what God had rained to them, they questioned Moses about it, and they said, “*It is manna: for they wist not what it was.*” (Exodus 16:15 KJV) Moses explained it to them that, “*This is the bread which the LORD hath given you to eat.*” (Exodus 16:15 KJV) That form of bread might not have matched the bread that they were baking and eating but it was what God had chosen to give them to eat for survival. Their situation can be compared to the situation today. When we are in need of food to eat, we pray to God and in answer to that, the Lord might open a door for us to eat that might be contradictory to our taste and what we wants to eat, but what God is giving us is good for us to survive and is good for our health and wellbeing.

God when He gave them the manna He placed on them the amount that they needed to collect for each person, “*16 This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents. 17 And the children of Israel did so, and gathered, some more, some less. 18 And when they did mete it with an omer, he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating.*” (Exodus 16:16-18 KJV) God ordained for them to collect around two liters for each person and that was the amount that each person needed to eat. Therefore, we need to be moderate in our eating and not to exceed the amount that God ordained for us to eat, otherwise we shall be obese and we might fall in sicknesses like diabetes, hypertension, heart diseases, and the rest of the diseases that come along obesity.

The Israelites needed to go out daily to collect it, “*19 And Moses said, Let no man leave of it till the morning. 20 Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.*” (Exodus 16:19-20 KJV) We also need to work and eat to keep our bodies in good health. If we just eat and don’t move our bodies will get sick.

God also judged their Laziness that they needed to go and collect every morning in a certain time otherwise if they will be late it will be melt, “*21 And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.*” (Exodus 16:21 KJV) God was so particular with them that they needed to wake up early to gather the manna at a particular time, “*14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.*” (Ephesians 5:14 KJV) If they had delayed, they would have missed their food. So they were trained and disciplined by God to value and appreciate the job and the food that God had given them.

The teaching of the New Testament also judges laziness and we are called to work in order for us to eat and in order for us to provide for ourselves and lack nothing, *“11 And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you; 12 That ye may walk honestly toward them that are without, and that ye may have lack of nothing.”* (1 Thessalonians 4:11-12 KJV) *“14 And let our's also learn to maintain good works for necessary uses, that they be not unfruitful.”* (Titus 3:14 KJV) Up to the point that if we will not work then we should not eat, *“10 For even when we were with you, this we commanded you, that if any would not work, neither should he eat.”* (2 Thessalonians 3:10 KJV)

When the Israelites asked God to give them food and meat in the wilderness they had their own cattle with them, but they were not allowed to slaughter their animals to eat for their cattle were reserved to be offered to God. *“24 And Pharaoh called unto Moses, and said, Go ye, serve the LORD; only let your flocks and your herds be stayed: let your little ones also go with you. 25 And Moses said, Thou must give us also sacrifices and burnt offerings, that we may sacrifice unto the LORD our God. 26 Our cattle also shall go with us; there shall not an hoof be left behind; for thereof must we take to serve the LORD our God; and we know not with what we must serve the LORD, until we come thither.”* (Exodus 10:24-26 KJV) Now here, in the same way, we cannot squander our finances on extravagant food at the cost of offering our tithes, firstfruits, offerings, and vows to God.

Before the Israelites left Egypt, they ate the Passover lamb, and after they departed from Egypt, they did not slaughter any of their animals until they were at Mount Sinai. *“1 And he said unto Moses, Come up unto the LORD, thou, and Aaron, Nadab, and Abihu, and seventy of the elders of Israel; and worship ye afar off. 2 And Moses alone shall come near the LORD: but they shall not come nigh; neither shall the people go up with him. 3 And Moses came and told the people all the words of the LORD, and all the judgments: and all the people answered with one voice, and said, All the words which the LORD hath said will we do. 4 And Moses wrote all the words of the LORD, and rose up early in the morning, and builded an altar under the hill, and twelve pillars, according to the twelve tribes of Israel. 5 And he sent young men of the children of Israel, which offered burnt offerings, and sacrificed peace offerings of oxen unto the LORD. 6 And Moses took half of the blood, and put it in basons; and half of the blood he sprinkled on the altar. 7 And he took the book of the covenant, and read in the audience of the people: and they said, All that the LORD hath said will we do, and be obedient. 8 And Moses took the blood, and sprinkled it on the people, and said, Behold the blood of the covenant, which the LORD hath made with you concerning all these words.”* (Exodus 24:1-8 KJV)

The Israelites needed to set aside the meat of the cattle that they had and wait for the mercy of God to send them quails. *“13 And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host.”* (Exodus 16:13 KJV) The daily food of the Israelites was manna and water. God gave the people quails as a rare exception. Even when the seventy elders, Aaron, Nadab, and Abihu went up the mountain to see the Lord, they ate manna and drank water. *Even though they were the leaders of the church, no special food was prepared for them. “9 Then went up Moses, and Aaron, Nadab, and Abihu, and seventy of the elders of Israel: 10 And they saw the God of Israel: and there was under his feet as it were a paved work of a sapphire stone, and as it were the*

body of heaven in his clearness. 11 And upon the nobles of the children of Israel he laid not his hand: also they saw God, and did eat and drink.” (Exodus 24:9-11 KJV)

The Israelites were called to exercise self-control and patience and survive on manna and water and occasionally received quail meat.

They needed to collect manna from the bare ground covered in dust and eat it. They had to accept this from God. *“14 And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground. 15 And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat. 16 This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents.”* (Exodus 16:14-16 KJV) * Who among us is today willing to pick up his food from the ground? God made them collect their food from the ground to force them to humble down and break their pride. * Many will refuse to take up a low profile job just because they cannot bear what the people would speak about them. I knew a family man who had no job and was in need. After a while, he found a job but refused to take it up. The job was in a restaurant and he needed to drive around to deliver food to the customers. He shared with his wife that he found it embarrassing and degrading to deliver food at people's doorstep especially at his friends'. His wife tried to make him see reason by telling him that it was better to deliver food than ring someone's bell to borrow money.

The manna was God's plan and provision for His people in the desert with an occasional provision of quails. *“13 And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host.”* (Exodus 16:13 KJV) But there were among them those who were grumbling against God because of the manna: *“4 And the mixt multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat? 5 We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick: 6 But now our soul is dried away: there is nothing at all, beside this manna, before our eyes.”* (Numbers 11:4-6 KJV) When they insisted on eating what they liked, the Lord gave them the meat, but that was never God's will for them. Therefore, after He gave them the meat, He struck them with a severe plague. *“33 And while the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. 34 And he called the name of that place Kibrothhattaavah: because there they buried the people that lusted.”* (Numbers 11:33-34 KJV) * We should not be little, grumble, and complain about whatever God gives us as food because we don't like its taste. We should refrain from speaking against God and against the people who lead us and teach us not to gorge ourselves on food and waste our resources. * We need to be careful not to behave in such a way for God will discipline us for that. God has provided the most nutritious and wholesome food for mankind but some people invite trouble by gorging themselves on fatty food and finding themselves on the hospital bed, seeking treatment and cure for illnesses like hypertension, high cholesterol, heart diseases, diabetes, gout, obesity, stroke, and other fatal sicknesses that may lead to early death.

After the people entered the Promised Land, ***“12 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 any more; but they did eat of the fruit of the land of Canaan that year.” (Joshua 5:12 KJV)*** God had made all the necessary arrangements for their food. In the desert, He had given them manna for forty years and after they entered Canaan, they ate the fruit of the land. **In the same way, God has arranged for us the right food which He provides on time.**

My Dear and Beloved: Jesus spoke about the manna when the people asked Him to give them a miraculous sign. ***“30 They said therefore unto him, What sign shewest thou then, that we may see, and believe thee? what dost thou work? 31 Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat. 32 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 6:30-32 KJV)*** Manna was given by God to the Israelites to sustain their bodies in the desert till they reached the Promised Land. It was a sign from God to His people. They might not have been very happy with it at the beginning, but later on, they considered it as a sign of God’s love for them.

Therefore, the focus should not be on the physical food. Even simple food can sustain our bodies in order to serve God and live our lives for Him till we reach eternity. Jesus also said, ***“27 Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.” (John 6:27 KJV)*** Whatever God provides us as food is a miraculous sign from God to sustain our physical bodies in order for us to live fruitfully on earth till He comes and takes us to Heaven.

My Prayer: Father God I come before you in the name of Jesus who died on the cross for my sins who was buried and rose from the dead on the third day to give me eternal life. Lord thank you for all the kinds of healthy food that you had given to sustain me daily to live for you and to serve you. Lord thank you for all the teaching, the corrections, the rebukes and the admonishments that we received today from your Word.

Confess and renounce now all your sins. Confess your grumbling against God and others about the food that placed in front of you to eat. Repent of eating much and eating unhealthy food that caused sicknesses to your body. Confess your laziness and of not cooking at home but spending more money on buying readymade food and eating in restaurants. Confess and renounce your pride and your worldliness. Confess and renounce your non willingness to suffer for Christ and to serve God in the way that He wants you to serve Him. Lord forgive me, I repent of the following sins _____.

Lord I commit myself to the teaching and to the principles that I received in this message from you. Lord I commit myself to be thankful and accepting the kind and the amount of the daily food that you give me to eat and the good for my body. Lord I commit myself to be diligent, good steward, to cook at home and to avoid buying readymade food and eating in restaurants. Lord I commit myself to discipline myself and control my expenses to continue to give my tithes, offering, my firstfruits and my vows.

Lord thank you for my Brothers and Sisters who accepted your will in their lives, the style of life that you asked them to live and the food that you allocated for them to eat. Lord continue

to give them good health and the strength to continue to serve you. Lord use their lives as good example for others to serve you.

Lord we commit ourselves as your church to implement the teaching we received in this message. Lord refill us with the Holy Spirit and give us the spiritual gifts that we need to go and evangelize, and make new disciples and train new workers to go and plant new Bible studies and congregations for the church. Lord we pray for more people to get water baptized and receive the Holy Spirit baptism. Lord prepare us for your coming to take us when you come. Lord fulfill the vision of the church, ‘Multiplication in peace with implementing the whole will of God.’ Lord bless us, enlarge our territory, let your hand be with us and free us from harm so that we will not feel pain. May the grace of the Lord Jesus and the love of God and the fellowship of the Holy Spirit be with us all in Jesus name, Amen.

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