

An illustration depicting a scene from the Bible where people are gathering manna in the wilderness. The scene is set in a dry, open landscape with a hazy, purple-tinged sky. Numerous people, dressed in traditional robes and head coverings, are scattered across the ground. Many are kneeling or bending over, reaching for small, white, bread-like pieces of manna that are scattered on the sandy ground. Some individuals are using small bowls or baskets to collect the manna. In the background, a few people are standing and talking, while others are further away, some carrying items on their heads. The overall atmosphere is one of busy activity and divine provision. The word "MANNA" is superimposed in large, white, bold, sans-serif capital letters across the center of the image.

MANNA

What Was Manna?

Manna or “What is it?” (Ex 16.15, 31), “bread [grain] from heaven” (Ex 16.4; Ps 78.24; 105.40), “bread of angels” (Ps 78.25), or “spiritual food” (1 Co 10.3)

It was “a fine, flake-like thing, fine as frost on the ground” (Ex 16.14)

“It was like coriander seed, white, and the taste of it was like wafers made with honey.” (Ex 16.31) Or “the taste of cakes baked with oil.” (Nu 11.8)

The Instructions

The people were to gather a day's portion every day, as much as they could eat, and enough for each family member. (Ex 16.4, 14, 16) They could not leave any leftovers or it would spoil. (20) On Fridays, they gathered a double portion to cover the Sabbath. (5)

Besides the daily gathering, they put some in the tabernacle, eventually placed in the ark of the covenant. (Ex 16.32-34; Heb. 9.1-7)

What Was God's Purpose?

To show His glory. (Ex. 16.7)

To teach them that He was their God. (Ex 16.12)

To test them. (Ex 15.23-27; 16.3-4; Dt 8.2-3, 16)

To prove to them that He keeps His promises. (Ex 13.3-5; 16.35; Josh 5.11-12; Ne 9.20-21)

The True Manna | Connections to Jesus

Jesus quoted Dt 8.3 in Mt 4.4.

Jesus taught us to pray for our “daily bread.” (Mt 6.11)

Jesus claimed, “I am the bread of life” (Jn 6.35) and contrasted Himself with manna. (Jn 6.26-27; 32-33, 35, 38, 48-51, 57-58)