

Chapter Seven

Bread from Heaven



AND NOW, with the delivered multitude we stand safely upon the border of the Red Sea crossing and behold the perished Egyptian army wash upon the shore of solemn death. A reverent hush for God's awesome deliverance ripples among the living. Then spontaneously an anthem of praise resounds over the billowing waves then rises heavenward to God on high.

Then Miriam the prophetess, the sister of Aaron, took the timbrel in her hand; and all the women went out after her with timbrels and with dances. And Miriam answered them:

"Sing to the lord, For He has triumphed gloriously! The horse and its rider He has thrown into the sea!" Exodus 15:20-21

And so, accompanied by This Man we leave behind Egyptian tyranny forever, and with exceeding joy the great exodus movement of freedom ventures forward.

Once again guided by God's leading presence, clothed in a drifting cloud by day and illuminating fire by night, the great mass of congregated life, two to three million souls with their vast herds and flocks, journey further into *the Wilderness of Shur. Exodus 15:22*

So Moses brought Israel from the Red Sea; then they went out into the Wilderness of Shur. And they went three days in the wilderness and found no water. Now when they came to Marah, they could not drink the waters of Marah, for they were bitter. Therefore the name of it was called Marah. Exodus 15: 22-23

The thirsting multitude stands before the bitter waters of Marah, their dehydrated bodies drained by the desert heat.

And the people complained against Moses, saying, "What shall we drink?" So he cried out to the LORD, and the LORD showed him a tree. When he cast it into the waters, the waters were made sweet. There He made a statute and an ordinance for them, and there He tested them, and said, "If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you." Exodus 15: 24-26

Now This Man unfolds before us a lesson which enfolds a test for God's people.

"Indeed as Moses cries out for help and the Lord shows Moses a tree, and Moses casts the tree into the bitter contaminated waters purifying and making them sweet, God's miraculous act of healing unfolds a lesson of promise before His people: God has the power and overwhelming desire to heal His people of all bitter contaminating disease and bestow upon their

lives sweet abundant health.

Yet God's promise of healing comes with a test and a condition attached: That responding to God's promise of healing love, in reciprocal love for Him, the Israelite nation shall willingly and obediently live within the love boundaries of His holy ways.

For it is not God's way to bestow unconditional healings upon those who knowingly and willfully go against His will, who blatantly choose to live in sinful ways of life.

Any bestowal of God's unconditional healing upon blatant lawlessness would be like condoning sin in the wayward person's life. God's mission is to root out sin, not dilute sin as though doing wrong is sinless or as if doing wrong is okay.

Sin is deadly in all its wrongful forms, an incurable disease spreading terminal death throughout a person's sinful life.

And so above all, God longs to deliver the sinful person from sin. He longs to eradicate sin from their repentant believing life, so they will receive new born spiritual life, found only in Him. Then streaming from God's healing deliverance, His spirit of saving grace sweetens the inward soul with peace."

Now from Mariah's sweetened waters we move onward into new testing times. Day by day we continue to wind through the rugged landscape where we pass through rocky canyons and weather shifting desert sands until eventually with welcoming relief all arrive at ...Elim, where there were twelve wells of water and seventy palm trees; so they camped there by the waters. Exodus 15: 27

With the weary multitude we gratefully make camp in this restful oasis so human and live stock alike can be refreshed with energizing life.

When all are refreshed, upon Moses' command given from God, all eagerly dismantle their tents, and in orderly ranks the twelve tribes followed by the mixed multitude march on into the frontier beyond.

... they journeyed from Elim, and all the congregation of the children of Israel came to the Wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they departed from the land of Egypt. Exodus 16: 1

Now having journeyed well into the second month, a dark cloud of impending disaster seems to gather over the sparse wilderness. Provisions of daily food harvested from Egypt's fields of abundance have dwindled, and now with eyes transfixed upon the barren desert and away from God many fear for their lives.

With questioning thought we begin to wonder what might happen next in this desolate place.

But with discerning insight This Man turns our focus upon a food crises in our day, the 21st century, and with saddened eyes we behold starving multitudes in the death grip of famine, bodies emaciated, robbed of all nutrition to sustain their ebbing lives.

As we turn from their tragic plight our gaze falls upon prosperous nations with over abundance of food that could surely help to feed the famine stricken millions. Yet strangely, even within the borders of prosperous nations we behold massive loads of illness, suffering and poverty. And still there are homeless people, hungry and destitute of shelter and daily food. Yet this is not all, for now we are confronted by an even greater calamity that threatens the very existence of planet earth's entire population, numbering over seven billion souls.

With dire concern in his voice This Man informs us.

“Indeed a catastrophic crisis is escalating in our world where growing and harvesting of food is diminishing on an epic scale all over the planet. Fraught by extreme, erratic weather, food crops yielding life sustaining harvests are being decimated by cyclones, hurricanes, floods, fire and drought while at another level of conflicting life, growing and supply of foods are being purposely sabotaged and controlled by man’s sinister dealings. And the fallout of this global carnage means food shortages that lead to rising prices, eroding the ability to buy food, driving hungry malnourished families into poverty.

Jesus’ prophetic words recorded in the Bible echo down to us today forewarning us that famine and other decimating troubles of magnitude never seen before in earth’s history shall shake the very foundations of our failing world.

And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet. For nation will rise against nation, and kingdom against kingdom. And there will be famines, pestilences, and earthquakes in various places. All these are the beginning of sorrows. Matthew 24:6-8

With this prophesied reality, we realize like never before that we must fix our entire lives, mind, body and spiritual soul, upon God’s sustaining power of deliverance. Thus we may safely abide under His spiritual wings of providential care.

And so stepping from our sorrowing times, we return again to Israel’s meandering encampment. We wander through the alley ways of the tent city in the midst of the hustle and bustle. Families are preparing the last meager remnants of food, and we wonder if this might be the Israelites’ last meal. Passing from tribe to tribe we hear voices murmuring bitter complaints that in this foodless waste land all shall perish. Yes sadly, faith in God’s bountiful deliverance is fading in the minds of the wavering people. Wild accusations are now hurled at Moses and Aaron accusing them of leading the nation into impending genocide.

And the children of Israel said to them, “Oh, that we had died by the hand of the LORD in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full! For you have brought us out into this wilderness to kill this whole assembly with hunger.”

Then the LORD said to Moses, “Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not. Exodus 16:3-4

And so, once again we behold God's merciful love; His unwavering faithfulness to deliver His Israelite people from every dire circumstance. Yes, God will rain down a very special kind of food from heaven, enough for every man, woman and child.

This Man assures us also, that as we journey through the hostile wilderness of daily life in the 21st century, these last days in the end times, we too may rest assured of God's miraculous power to provide for our every need, even food sent from heaven's store house. If we are faithful, we do not need to despair if our crops fail, or if we find ourselves walking down the road with nothing or when we are denied the right to buy and sell.

Look at the birds of the air, for they neither sow nor reap nor gather into barns, yet your heavenly Father feeds them. Matthew 6:26

And for the Israelite nation the food is not merely for one day, or one week, one month, one year but heaven's bread will continue in full supply for an astounding forty years. Exodus 16:35

Men ate angels' food;

He sent them food to the full.

Psalm 78:25

And the LORD spoke to Moses, saying, "I have heard the complaints of the children of Israel. Speak to them, saying, 'At twilight you shall eat meat, and in the morning you shall be filled with bread. And you shall know that I am the LORD your God.' "

So it was that quails came up at evening and covered the camp, and in the morning the dew lay all around the camp. And when the layer of dew lifted, there, on the surface of the wilderness, was a small round substance, as fine as frost on the ground. So when the children of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "This is the bread which the LORD has given you to eat." Exodus 16:11-15

So they gathered it every morning, every man according to his need. And when the sun became hot, it melted.

And so it was, on the sixth day, that they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses. Then he said to them, "This is what the LORD has said: 'Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.' " So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any worms in it.

Then Moses said, "Eat that today, for today is a Sabbath to the LORD; today you will not find it in the field.

"Six days you shall gather it, but on the seventh day, which is the Sabbath, there will be none."

Now it happened that some of the people went out on the seventh day to gather, but they found none. And the LORD said to Moses, "How long do you refuse to keep My commandments and My laws? See! For the LORD has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the sev-

enth day.”

So the people rested on the seventh day. And the house of Israel called its name Manna. And it was like white coriander seed, and the taste of it was like wafers made with honey. Exodus 16:21-31

And so blending with His provisions of Manna, God restores His sacred seventh day Sabbath in the Israelites' lives. For you see, unlike their predecessors in past generations who were free to keep God's seventh day Sabbath holy in their lives, the enslaved Israelites afflicted by their Egyptian task masters had no freedom at all to keep the Sabbath before God.

Driven into slavery and forced from their homeland of Goshen, the Israelites endured 400 years of slavery. Little by little their connection to God's seventh day Sabbath was eroded from their lives as they worked and survived in the corrupt midst of Egypt's worship of false gods. And concealed within these false gods, is none other than Satan residing on his demonic throne, receiving counterfeit worship as if he is the one true God of this world. Do not be fooled, these false gods are worshipped today in the 21st century. But we shall come to that, in due time.

And so free at last from the seeping influence of Egypt's satanic religion, in the wilderness God uplifts His Sabbath before His people. Yet God is not introducing something strange or new. The seventh day Sabbath is as old as planet earth itself, reaching down to our time.

Yes, in holy life and endurance God's true Sabbath, Saturday, the seventh day of our week dates way back to the first beginnings of our planet when God created our world.

Thus the heavens and the earth, and all the host of them, were finished. Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day. Genesis 1:31

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. Genesis 1:31

So we can see from this true biblical account that God created our world in six days and He rests on the seventh day and as He rests His divine presence unfolds a sacred day of sanctified time into the world. Yes, on each weekly seventh day, all people may come aside from their common daily life of Sunday to Friday and on His sacred appointed day of rest, all may worship Him and honour Him as our creator God.

And so the overall focus of the seventh day Sabbath is to worship God the Father and His beloved Son; to rest in Their spiritual presence on their day of sacred time and receive from them a spiritual uplift for the coming week, in a way that can only come through Them.

Of course throughout the week our spiritual walk with God continues as always in worship and praise but Saturday the seventh day is a special dedicated time to meet more fully with God away from the encroachment and distraction of the world's hustle and bustle of daily life.

Meanwhile keeping God's seventh day Sabbath holy in our lives seals a true spiritual relationship with God the Father and His only begotten Son, enthroning them as Lord, King and

Saviour in our lives. You can see that no other day will suffice. No other day is given by God to seal a true Sabbath relationship with Him.

Jesus, the Son of God and Son of Man, in His gospel ministry speaks to us today in the 21st century that the Sabbath is given for the benefit of human life and He is Lord of the Sabbath and so the two blend together in spiritual harmony.

And He said to them, "The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath." Mark 2:27-28

And so in the Arabian wilderness, step by step in spiritual harmony, God leads His people into a true spiritual relationship with Him enfolding His Seventh day Sabbath rest.

Even in our day, God is calling each truth seeker into the sanctity of His seventh day Sabbath rest that He might be fully restored in their lives. Yes, a true Sabbath relationship with God that spirals in spiritual harmony throughout the ages of eternity, without end.

"For as the new heavens and the new earth Which I will make shall remain before Me," says the LORD, "So shall your descendants and your name remain. And it shall come to pass That from one New Moon to another, And from one Sabbath to another, All flesh shall come to worship before Me," says the LORD. Isaiah 66:22-23 Amen.

STRENGTH for LIFE

Synergy—Sunlight & Energy?

HUMANS EAT FOOD for energy and enjoyment. That's a basic idea we learn as children. But in this book, we are still discovering how SUNLIGHT gives us STRENGTH. So, what has eating to do with SUNLIGHT?

In the next chapter, I'm introducing some extraordinary science, which will take your mind off the food shortage rumours. I pray you will be so encouraged you will start to grow more PLANTS FOR FOOD (hint—especially those that contain the green pigment chlorophyll). You can grow plants on a windowsill, a balcony or a patch of ground; in jars, in pots, in gardens... and spend time outside in SUNLIGHT not necessarily sunshine. Remember, you get benefits from the LIGHT from the sun.

So, today I'd like you to think about this: God intended us to have STRENGTH through a special lifestyle – the benefits are not from separate habits, but miraculous results from combining several habits in the way we live. A good word to describe the results of combining more than one good thing is, “synergy”.

Yes, we have learned that getting some sunlight onto skin is vital to improve physical health and mental wellbeing, and to keep our bodies manufacturing and storing vitamin D3 to a much higher level than governments have told us. This information comes from hundreds of studies carried out on people. In turn the vitamin D3 in our bodies reduces inflammation and strengthens our immune systems.

And yes, we do know that God created a simple and beautiful way for humans to produce energy. Let's take a little look at that:

- We eat good food – all or mostly from plants grown without chemicals, depending upon our individual biology, our environment, the food that is available, and the food we can grow or buy;
- Our bodies and our micro-organisms process and digest the food into big and small substances like carbohydrates, proteins, fats;
- Our modern science tells us that plant foods also contain many special helpful substances. There are special beneficial bacteria on raw vegetables

grown without chemicals, if you eat them raw you are getting beneficial probiotics;

- The fibres in plant foods are vital too.
- Plant foods also provide us with vitamins, minerals, antioxidants, flavanoids, polyphenols and so on;
- These substances are used for energy, growth, cleansing and repair;
- And in turn other substances are created – called secondary metabolites, and the micro-organisms produce special substances too, for instance short chain fatty acids like acetate, butyrate or propionate;
- Along the way, other substances are eliminated. These substances might be from the body cleaning itself up, or from the food we eat.

But what if our “science” about the connection between sunlight and energy production from eating food, is unfinished and incomplete? What if something amazing happens when we let the light onto our skin AND eat plenty of foods containing the green pigment known as chlorophyll?

Let’s think on that until the next chapter.