

## Sunday, March 6, 2022

1 Timothy 4:13, "Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching."

**Title: Regular Nutrition: Exodus Exodus 16:1 - 6**

**Series: The Journey of Faith ... 6**

Purpose: I want to MOTIVATE my congregation to SEEK the LORD DAILY in His WORD, knowing that He is the SOURCE of our LIFE and BEING.

### Introduction:

The devotional from last week was entitled, "The Need For Rest," and the text was Exodus 15:21 – 27, in particular verse 27.

1. Getting to Elim; 2. Glory of Elim; 3. Goal of Elim

~ 1 Corinthians 10:6, "Now these things took place as examples for us, that we might not desire evil as they did."

~ 1 Corinthians 10:11, "Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come."

~ 1 Corinthians 10:13, "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."

~ Review of the devotional series, "The Journey of Faith":

Jan. 9 – Starting the Journey of Faith: the personal need of a Lamb (Savior)

Jan. 16 – First Steps With God: Turning to God; Labor of Love; Steadfastness of Hope

Jan. 23 – Crossing the Red Sea: Worship; Obedience; Partnerships; Renewed Praise

Feb. 20 – Making Bitter Water Sweet: Inserting Christ Jesus into the bitter pools of our life

Feb. 27 – The Need for Rest: Elim a picture of Salvation and the Sufficiency of God

~ Each of these steps in our FAITH JOURNEY are not a one time faith action but are renewed daily.

Today we will participate together in

"COMMUNION;" which is a personal reminder of the confession that we each made in the past!

### 1. Christ Jesus is Our Manna:

~ John 6:29 – 35; compare the manna with our Lord Jesus Christ:

~ Both were given by the Father! John 6:32 and John 3:16

~ Both were/are given to a Chosen People! Ephesians 1:4

~ Both were/are the only source of Life! 1 John 5:12, "Whoever has the Son has life; whoever does not have the Son of God does not have life."

~ Both were/are obtained by going to Receive it! Matthew 6:34, "But seek first the kingdom of God and his righteousness, and all these things will be added to you."

~ Matthew 4:4, "But he answered, 'It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God."'"

### 2. Abundance of Manna:

~ Exodus 16:16, "This is what the LORD has commanded: 'Gather of it, each one of you, as much as he can eat. You shall each take an omer, according to the number of the persons that each of you has in his tent.'"

~ Take one omer per person.

~ There are 4.01 pints in an omer times 2,000,000 people = 8,020,00 pints per day and twice that on Friday!

~ It is thought that 4 pints weighed about 3 pounds; that is 6,015,000 pounds per day, twice on Friday!

~ 6,015,000 pounds divided by 2,000 per ton = 3,007.5 tons per day, twice on Friday!

~ At 15 tons per boxcar there would be 200 boxcars per day, and twice that on Friday!

~ Philippians 4:19 – 20, "And my God will supply every need of yours according to his riches in glory in Christ Jesus. (20) To our God and Father be glory forever and ever. Amen."

~ Isaiah 65:24, "Before they call I will answer; while they are yet speaking I will hear."

~ Illustration: The Burtons were missionaries in Africa; at one point they were isolate, 21 days to the nearest station. Mrs. Burton was suffering from a lack of vitamin C; they prayed God would somehow give a supply. That afternoon a basket arrived from mission friends, the Crawfords; Mrs. Crawford had sent green oranges to her friend. They were at the next station 21 days away!

### 3. Receiving the Manna:

~ Exodus 16:21, "Morning by morning they gathered it, each as much as he could eat; but when the sun grew hot, it melted."

~ They each gathered what they NEEDED!

~ They went in the MORNING; before the heat of the day melted the manna.

~ Psalm 63:1, "O God, you are my God; earnestly I seek you; my soul thirst for you; my flesh faints for you, as in a dry and weary land where there is no water."

~ In the poem "The Secret" by Ralph Spaulding Cushman he closes with these lines: "So I think I know the secret, Learned from many a troubled way: You must seek Him in the morning If you want Him through the day."

~ Illustration: In a class of Hebrew boys studying the book of Exodus; one asked the question – Why was the manna daily? Rabbi Simeon Ben Jachai responded: There was a certain king who had one son; this son received an allowance once a year. After a few years the king saw his son once a year. Guess which day? The king changed the allowance, dividing it by 360. Then he gave the allowance day by day. How often do you think he saw his son now?

### 4. Assurance of Manna:

~ Exodus 16:33 ~ Hebrews 4:14 – 16

~ Revelation 2:16 - 17

**Conclusion: Communion**