

Daily Bread

Exodus 16:4; John 6:35

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A. His Word Supplies Bread (Exodus 16:4):

1. Then the Lord said to Moses – The Lord who has demonstrated His might and power (He and He alone delivered Israel from Egypt) and has faithfully sustained His covenant with Israel verbally continuously communicates to Moses what He is going to do to sustain Israel each day in the wilderness.

a) As the people continued toward Sinai, the Lord provided several things for them, including bread (16:4) and quail (v. 13; cf. vv. 8, 12). As the journey lengthened into weeks the supply of bread (cf. 12:34) must have been depleted, so that the redeemed people again murmured against Moses (cf. 15:24). The lack of bread caused the people to forget their horrible plight in Egypt, to think only of the food they had in Egypt (cf. Num. 11:5), and to impugn the motives of their leader.^[1]

2. Then the Lord said to Moses – The power of God is essential for the sustenance of everyone because they are in the wilderness with no food. They are utterly dependent upon God. Without abiding in God, we can accomplish nothing (John 15:5). Their presence in the wilderness, totally depending on God, is a vivid example of our everyday dependence on God.

a) Even though the people were not respectfully responding to God, who had just delivered them, God still spoke to the people through Moses.

3. Behold, I will rain bread from heaven - Before they enter a land flowing with milk and honey, gain houses and land, no longer needing manna from heaven, God wants them to know that He is and must always be viewed as their provider (Deuteronomy 8:3). This is critical because if they get caught up in riches rather than God, they will neglect Him (Matthew 6:24). This is precisely what happened.

4. Behold, I will rain bread from heaven - God expects our complete attention to be on Him. We must seek Him first (Luke 12:31-34) and “run the race that is set before us with our eyes fixed on Christ.” (Hebrews 12:1-3), we must press towards the prize (Philippians 3:12-17), and we must walk worthy (Ephesians 4:1-2).

a) God always had the ability to provide for His people. His people see their problems and make their problems their god.

b) The name given to the bread from heaven, “manna,” means, “What is it?” Consider its looks (Exod. 16:14; Num. 11:7), its taste (Exod. 16:31; Num. 11:8), its preparation (Exod. 16:23; Num. 11:8), its source (Exod. 16:4, 15; John 6:32), its purpose (Deut. 8:3), and its uniqueness (Deut. 8:3). Manna is typical of Christ, the Bread of Life (John 6:33–35).^[2]

5. The people shall go forth – Picking up manna is what everyone must be utterly committed to doing. This was the only way they were going to survive in the wilderness. Our obedience is everything (Proverbs 3:5-6).

a) In other words, the people's willingness to obey the manna-gathering law (*tôrāh*) would show God whether or not they would be inclined to keep his covenant law (*tôrāh*) as revealed at Mount Sinai. It was not just a test to see if they could follow instructions but a test to see if their hearts were inclined to be his covenant people. The test itself required faith for an agricultural people. Farmers know that if one harvests only enough food in a day to meet the needs of that day, eventually one has no food because no crops or animals produce food every day. Now they were being asked to restrain their natural tendency to gather as much as was available to gather in anticipation of the time when no gathering would be possible. God was teaching them to trust him every day afresh, and they were challenged to think about his provision in a way that had never before been part of their planning pattern.^[3]

6. The people shall go forth – Going forward to pick up manna was the step of faith demanded daily. The same is true for us, as Christ would explain to the disciples in John 15:1-5. We must willfully every day commit to remaining in His Word and His Word only. This mindset allows us to come to know Him (1 John 2:3-6).

7. So that I may test them – Having food only for one day and then doing this every day was God's way, allowing them to experience adversity and see if they would continuously obey Him without grumbling (Luke 12:22-32).

a) The circumstance of the bread being to be supplied every day was designed to teach them a lesson of dependence for their daily food; and that of its being bestowed at "a certain rate" was to train them to the exercise of faith in God's Providence.^[4]

8. So that I may test them – Their test teaches us an example so that we are not overcome by evil when life circumstances become overwhelming (1 Corinthians 10:1-13).

9. They will walk – God wanted to see if Israel's behavioral characteristics aligned with what HE had stated to them when life was less than perfect.

10. They will walk – God wanted to see whether Israel would continuously make this their way of life. The same is true for us when we experience daily adversity. Will we continually press towards the mark (Philippians 4:12-17) as the Lord refines our lives (1 Peter 1:3-11).

11. My instruction – The regulations the Lord provided were specific and came directly from Him. Their response would demonstrate a personal interaction with the Lord, and their disobedience would cause them to experience God's commitment to His will (Exodus 16:17-21).

a) When you are in the wilderness and hungry and then you are told to wait for God to send bread (Luke 12:22-34), then you can only pick up what you need for a day, and only for six days, these specific instructions can be a temptation to break. Their submission is a true test of faith.

12. My instruction – Our commitment to obey God's Word, especially amid adversity, demonstrates our love for Him (John 15:8-10; 1 John 2:3-6).

B. His Word is Life (John 6:35):

1. Jesus said to them – With the crowds gathered before Christ after He fed them bread, Christ uses their experience of Him to once and for all teach them that this bread (in Jewish culture where bread is historical and is evidence of God's faithfulness to sustain their families) represents the Word (John 1:1-4), is a "light unto their path, and a lamp unto their feet" (Psalm 119:105) for everything they experience each day (1 John 1:5-7).

2. I am — The Lord, who is the bread (the Word of God), needs no one or thing to empower Him to be what He always has been (Hebrews 1:1-3). Christ will always be what He always is, with no dependence on anyone or anything. This is why His Word is everlasting (1 Peter 1:22-25), unchanging and powerful (Hebrews 12:4)

a) He is sovereign, uncreated, unimaginable, personal, a matter of history, holy, and the universal monarch whose purposes cannot ultimately be thwarted. God is the one independent, entirely self-subsistent Being in the universe. All that is, depends upon Him (Gen. 1:1; Col. 1:17; Heb. 1:3,10). He does not need anyone or anything since in Himself He possesses all possible relationships.

3. I am – They don't have to worry about God fulfilling His Word because the Lord is self-sustaining, and His Word never fails (Isaiah 55:11), and it sees and determines the future of everyone's life (2 Peter 1:19-21).

a) "I am who I am" or "I am the existing one" Ex. 3:14 --- John 6:35; 8:12; 10:7,9; 10:11,14; 11:25; 14:6; 15:1,5.

4. The bread of life – Each person, if they continue to obey God's instruction, no matter the difficulties involved, will be rewarded for their faithfulness through the transforming, strengthening work of the Holy Spirit (John 10:10), and with a heavenly reward at the Beamer Seat judgment (James 1:12; Revelation 20:12). God's Word is not just a sermon it is a way of life (sell everything and buy the field; Matthew 13:44). It is a treasure that a pastor-teacher must bring out – old and new (Matthew 13:52).

a) The people wanted Jesus to do what Moses did—give them manna (6:30–31). But Jesus helped the people realize that the ultimate source of manna was not Moses, but the Father (6:32). Then he identified himself as the Father's true bread (6:35). For more on the manna in the wilderness, see Exodus 16:15 and Numbers 11:8. Jesus contrasts

Moses' manna, which was life sustaining but not life giving. He is the true bread, which is life-giving and permanently satisfying. Note the phrase "raise them to eternal life at the last day" (John 6:39, 40, 44, 54). Throughout, the option of resurrection to eternal life or resurrection to eternal judgment lies behind Jesus' words.^[5]

b) Bread from heaven (vs. 33) – Jesus called Himself "the true bread from heaven" (John 6:32), "the bread of God" (John 6:35), "the bread of life" (John 6:35, 48), "the living bread that came down from heaven" (John 6:51) – all in the spiritual sense (John 6:63). For a similar application see Dt. 8:3 and Jesus' quotation of it in Mt. 4:4.

c) Lord's Prayer - *Lord's Prayer Go out each day and gather enough for that day* – Probably the background for Jesus' model petition in Mt. 6:11; Lk. 11:3. The manna came from heaven (Ex. 16:4).

5. The bread of life – Our obedience to the Word of God transforms us from the flesh to the Spirit (John 15:1-5; Romans 8:9-17; Hebrews 5:14), which in turn allows us to experience the fruit of the Spirit, which is life and life abundantly.

a) Jewish expositors had already often used manna as a symbol for food, God's law, or Torah/Wisdom/Word. The dead would be raised to eternal life "on the last day," the day of the Lord, when God would transform the world and inaugurate his eternal kingdom.^[6]

b) He is the bread of life in two senses: it has life in itself, the living bread <John 6:51>, and it gives life to others like the water of life, the tree of life. John often has Jesus saying "I am" [egoo (grk 1473) eimi (grk 1510)]. As also in <John 6:41,48,51; 8:12; 10:7,9,11,14; 11:25; 14:6; 15:1,5>

6. He who comes to Me - The believer who makes it a habit to continually deny themselves in obedience to the Word of God (Luke 14:26-27; John 15:1-11) draws near

through the transforming work of the Holy Spirit so that they eventually experience the work of Christ in them (Matthew 11:28-30; Philippians 2:12-13). This believer eventually 'no longer live' influenced by their flesh or a worldly mindset because their life is completely surrendered to Christ (Galatians 2:20; Romans 12:1-2; Colossians 3:1-4).

7. No longer hunger – Just like their obedience to the Lord's command to pick up food only for a day provided them food every day, their obedience to seek the Lord first would also provide them all they need each day spiritually, physically (Luke 12:29-32), and emotionally (Galatians 5:22-25). There would be no need to try to figure out what to do, creating anxiety, stress, and feeling overwhelmed by all the decisions we need to make. This would all be handled by God's Word, which He provides for life and godliness (2 Peter 1:3-4).

8. No longer hunger – Becoming drunk with the Holy Spirit (Ephesians 5:15-18) means we are being strengthened each day (Ephesians 3:14-16), we are better able to understand the true meaning of scripture (1 Corinthians 2:10-15; John 16:13), we sin less because of the powerful conviction of the Holy Spirit (John 16:7-11), we can remember scripture easier (John 14:26) and the Lord would hear the groans of our hearts (Romans 8:28). As a result, we can do all things through Christ (Philippians 4:13) because we become conquerors (Romans 8:37).

a) Believers will not be hungry because Christ's Words are for everything we need (2 Peter 1:3-4). So, the more of the Word we understand through the ministry of the Holy Spirit (6:63), the more I am directed about life. Just working for food, as these people requested, will always require something else. To live for Christ means that He "supplies our needs according to His riches in glory" (Phil. 4:19), and we live under the control and influence of the Spirit that produces the fruit of the Spirit, and that is why Paul would say rejoice (Phil. 4:4-9). This is why David would say, "The Lord is my Shepherd, and I shall not want." This is similar to Paul, who is content after stating that to life is Christ, and to die is gain.

9. He who believes - The person determined to have a deep, unreserved commitment to obey God's Word, no matter the obstacles they may experience, will never lack spiritual nourishment in a dry and thirsty land. They will find strength when they are weak (2 Corinthians 12:7-12), wisdom when they are perplexed (2 Corinthians 4:7-12), and light in darkness (1 John 1:5-7).

10. Will never thirst – The nation of Israel received bread and water based on God's supply. It is their lack of obedience that makes them thirsty. This thirst is definitely horrifying because they were in the wilderness. Obedience satisfied their thirst.

11. Will never thirst – WATER SEEMS TO BE TIED TO THE SPIRIT OF GOD - A person who has a steadfast commitment to obey Christ would not lack righteousness or the benefits that come from experiencing eternal life (the Work of the Holy Spirit becoming a powerful force would become a living experience; Ephesians 3:16-21). The more they developed a lifestyle of obedience, the more they would live in the Spirit. As a result, they do not thirst for God because they become drunk with the Spirit (Ephesians 5:15-18). Samaritan woman – Christ talked about water and thirst like He did Nicodemus.

12. He who believes would NOT hunger or NEVER thirst - We desire to experience God every moment of the day. This will only happen with a daily integration of our lives in and through His Word.

13. He who believes would NOT hunger or NEVER thirst - Because we are living in a world dominated by the multiplicity of information and now Artificial Intelligence, we must, with much determination and commitment, renew our minds (Romans 12:2), deny ourselves (Luke 14:26-27), not lean to our own understanding (Proverbs 3:5-6) in order to, by the will of God, experience the Spirit of God guiding us each day (John 14:26; 16:13).

^[1] Hannah, J. D. (1985). [Exodus](#). In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 1, p. 134). Victor Books.

^[2] Hughes, R. B., & Laney, J. C. (2001). [Tyndale concise Bible commentary](#) (p. 37). Tyndale House Publishers.

^[3] Stuart, D. K. (2006). [Exodus](#) (Vol. 2, p. 372). Broadman & Holman Publishers.

^[4] Brown, D., Fausset, A. R., & Jamieson, R. (n.d.). [A Commentary, Critical, Experimental, and Practical, on the Old and New Testaments: Genesis–Deuteronomy: Vol. I](#) (p. 338). William Collins, Sons, & Company, Limited.

^[5] Hughes, R. B., & Laney, J. C. (2001). [Tyndale concise Bible commentary](#) (p. 473). Tyndale House Publishers.

^[6] Keener, C. S. (1993). [The IVP Bible background commentary: New Testament](#) (Jn 6:35–40). InterVarsity Press.