

As the Israelites travelled in the wilderness for 40 years prior to entering the land of Canaan, their daily diet consisted of manna (a whitish wafer with a semi-sweet taste), which appeared on the ground like dew every morning. It was a food they had never seen before. Indeed, manna got its name from the Hebrew expression: "What is it?" (Exodus 16:15) Jesus used manna as an illustration of His own role as the true Bread Of Life that came down from Heaven. (John 6:32-33) Just as the Israelites were to be nourished daily by the manna God provided, so are we to be nourished daily as we feed on Jesus Christ, the Bread Of Life. The Bible is Jesus in print.

Make sure you are setting aside time each day to be nourished by feeding on God's living and written Word, remembering that Jesus *is* the Word.

Exodus 16:31 "The house of Israel called its name manna. It was like white coriander seed, and the taste of it was like wafers made with honey."