

Murmurings – Manna and Quail

Exodus 16

14 And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a **small round** thing, as small as the hoar frost on the ground.

15 And when the children of Israel saw it, they said one to another, It is **manna**: for they wist not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat.

Next, when the dew of the morning lifted, there was left a ‘small round thing’, which was as the ‘hoar frost’ on the ground. What does this mean? The word ‘small’ in verse 14 is #1851 and means: *crushed*, i.e. (by implication) *small or thin*. The word ‘round’ is #2636 and means: to *peel*; a *shred or scale*. The *Companion Bible* (<https://t.me/BestStudyBible/6>) had a note that says this means ‘flakey’. So, the dew left a thin, flakey substance on the ground in the morning and the children of Israel said it was ‘manna’ simply because *they didn’t know what it was*. Well, YHVH had already told them He would give them ‘bread from heaven’ (vs 4) but they called it manna because they had never seen anything like that before. The word ‘manna’ simply means: *what is that?* Manna: #4478 - literally, *a whatness* (so to speak), i.e. manna (so called from the question about it). It comes from #4100 - a primitive particle meaning: an *interrogative what?* (including *how? why? when?*); **but also exclamation, what!** (including *how!*), or indefinitely what (including *whatever*, and even relatively, *that which*); often used with prefixes in various adverbial or conjunctive senses.

It’s easy to see how this name (manna) came about. Can’t you just see Israel going out in the morning and looking around them at the ground and saying ‘what the heck is that?! Yes, that’s all manna means: ‘what is that’?! *It was bread from heaven*, just as God promised He would send. And it was a small, flakey ‘bread’. Numbers 11:7-8 tells us that the manna was as a coriander seed, the color of bdellium and that it tasted like fresh oil. It also tells us that *the people went about, and gathered it, and ground it in mills, or beat it in a mortar, and baked it in pans, and made cakes of it*. So, it was apparently kind of like a flat biscuit (it could be picked up) but could also be ground and made into ‘cakes’ (which were probably not like cakes we think of today).

Yet again, this is another type for us for spiritually; it tells us that the Word of God is the spiritual bread we need to survive and *it only comes from Heaven*. Remember what Jesus said...

47 Verily, verily, I say unto you, He that believeth on me hath everlasting life.

48 I am that bread of life.

49 Your fathers did eat manna in the wilderness, and are dead.

50 This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

51 **I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.**

52 The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat?

53 *Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.*

54 *Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.*

55 *For my flesh is meat indeed, and my blood is drink indeed.*

56 *He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.*

57 *As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.*

58 *This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.*

59 *These things said he in the synagogue, as he taught in Capernaum.*

60 *Many therefore of his disciples, when they had heard this, said, This is an hard saying; who can hear it?*

61 *When Jesus knew in himself that his disciples murmured at it, he said unto them, Doth this offend you?*

62 *What and if ye shall see the Son of man ascend up where he was before?*

63 ***It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.***

John 6:47-51

Jesus used an analogy of physically eating His flesh and drinking His blood to explain something spiritual to us, but the ‘Jews’ (and even many of His disciples) were highly offended with this analogy because they didn’t get it: they were only thinking in the flesh. They thought Jesus was literally telling them they had to eat His flesh and drink His carnal blood to have everlasting life. But, as verse 63 reveals, that was not the point at all. Jesus was telling them that He was going to die in the flesh (He would give His flesh and blood for our sins) so we could spiritually consume the Word of God and receive His Holy Spirit, which helps us to *understand* His Word *and to obey it*. As He clearly stated in verse 63, His Words are His Spirit and they are literally life of the soul, just as the blood is the life of the flesh (Lev 17:11).

Another type from these verses is that, just as Israel did not know what the bread from heaven was, likewise most people don’t know what the true bread from heaven is. Even those who claim to know and believe in Jesus Christ are unfamiliar with basic Biblical truths such as:

[1] Satan’s seduction of Even in the Garden of Eden, which led to the child Cain being born and the descendants of Satan, which the Bible calls the Kenites...

- Parable of the Tares <https://t.me/BibleStudyDownload/251>
- He That Hath an Ear, Part 1 (about the tares) <https://t.me/BibleStudyDownload/381>
- He That Hath an Ear, Part 2 (about the tares) <https://t.me/BibleStudyDownload/382>
- He That Hath an Ear, Part 3 (about the tares) <https://t.me/BibleStudyDownload/383>

[2] That we all lived in spiritual bodies before coming to earth in a flesh body...

- 3 World Ages <https://t.me/BibleStudyDownload/190?single>
- Genesis 1 <https://t.me/BibleStudyDownload/183?single>
- Already There <https://t.me/BibleStudyDownload/191?single>
- Exalted, The Inside Scoop <https://t.me/BibleStudyDownload/192?single>
- Spiritual and Material Dimensions <https://t.me/BibleStudyDownload/263>
- What Were We Like In the Beginning <https://t.me/BibleStudyDownload/322>
- I Saw Satan Fall Like Lightning From Heaven <https://t.me/BibleStudyDownload/327>

[3] That you are not automatically ‘once saved, always saved’

- Saved <https://t.me/BibleStudyDownload/208>
- Is Believing in Jesus Enough <https://t.me/BibleStudyDownload/328>

[4] That most Churches teach traditions of men (lies) and not the truth of God’s Word

- Church is Not Christianity <https://t.me/BibleStudyDownload/212>

[5] What the ‘Sabbath’ really is

- A Day of Rest <https://t.me/BibleStudyDownload/317>
- The Sabbath Day and Is It Saturday <https://t.me/BibleStudyDownload/321>

[6] What heaven and hell really are

- Sinners Are Not Tormented Forever <https://t.me/BibleStudyDownload/330>
- Where Are All of the People That Have Died <https://t.me/BibleStudyDownload/323>
- Where Did the People Go <https://t.me/BibleStudyDownload/340>

[7] What the Church really is

- The Church <https://t.me/BibleStudyDownload/332>

[8] That there is NO Rapture; Satan will be coming to this earth to deceive God’s children into worshiping Him *before* the true Jesus Christ returns

- What is the Rapture <https://t.me/BibleStudyDownload/334>
- When Does Satan Appear <https://t.me/BibleStudyDownload/339>
- Do Not Be Deceived <https://t.me/BibleStudyDownload/235>
- Antichrist, Satan or Man <https://t.me/BibleStudyDownload/345>
- You Will See Clouds and Wheels, Part 1 <https://t.me/BibleStudyDownload/392>
- You Will See Clouds and Wheels, Part 2 <https://t.me/BibleStudyDownload/393>

[9] What the ‘mark of the beast’ really is

- Physical, Mental, and Spiritual Consequences <https://t.me/BibleStudyDownload/374>
- How Can Satan Deceive the Whole World <https://t.me/BibleStudyDownload/380>
- The Tribulation is for Your Soul <https://t.me/BibleStudyDownload/403>
- Are you Mentally and Spiritually Prepared? <https://t.me/BibleStudyDownload/404>

Most people wonder with the same bewilderment when a truth of God's Word has been planted in their minds (Mth 13), as the children of Israel wondered in bewilderment as to what this 'bread from heaven' was. Likewise, just as the Israelites had to pick up the manna and work with it to make something they could eat, so do we have to pick up the Word of God and study it so we can spiritually eat it. It truly is a striking type.

Exodus 16

16 This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents.

17 And the children of Israel did so, and gathered, some more, some less.

18 And when they did mete it with an omer, he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating.

YHVH commanded Israel to gather what they could eat for the day and they were to use the 'omer' to measure it out. An 'omer' is #6016 and means: a *heap*, i.e. a *sheaf*; also an omer, as a *dry measure*. So, they were to measure out what they needed to make bread that day and it would depend on how many people they had in their family, and the appetites of their family members, as to how much they would need to gather. They were to learn how much they needed and gather only that much because it would not store (as we shall see). So naturally, some gathered more and some less but YHVH let them get what they needed just as a Shepherd lets the sheep eat however much grass they need. This also is a type for us today, for just as we all have different physical appetites, so likewise we all have different appetites. We should study to show ourselves approved to God (2 Tim 2:15) and not to appease men. God is happy when we study the amount we can absorb but He doesn't want us to study to 'show off' to people by studying longer than we need to because we're only acting like we're more 'holy' than others (Mth 6:1-8).

Exodus 16

19 And Moses said, Let no man leave of it till the morning.

Moses specifically commanded (at the behest of YHVH) Israel not to leave any of the manna till the morning. Israel wouldn't be able to store any manna for later. They therefore had to trust totally on God providing their physical daily food, just as we have to trust on Him to provide for us our spiritual daily food. This is why Jesus taught us to pray for it (Mth 6:11).

Exodus 16

20 Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.

21 And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.

Israel had to go out in the morning and gather the manna because it would not be available later in the day. This took discipline and faith on their part. Again, YHVH was using this experience to build their faith in Him. Still yet today, we must rely on Him to provide for us. He expects us to obey His Laws (Word) and if we are punished by man for doing so, we must not worry. If we lose our job because we don't want to participate in Satanic rituals by masking up and taking poisonous injections that change our DNA (<https://t.me/BibleStudyDownload/285>), we must trust that God will provide for us. We might not be able to keep all the fleshly toys and big houses our carnal mind desires but that is a small sacrifice for keeping your heart clean and loyal to God Almighty. We have to remember not to melt under pressure. Just because people are trying to get us (or seduce us) to disobey God's Word, does not mean we should cave. We've got to have the moral integrity (i.e., the Word of God in our mind and heart) to stand up for what is right, for it is **Our Obligation** to do so: <https://t.me/BibleStudyDownload/249>.

Exodus 16

22 And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses.

On the sixth day, Israel was to gather twice as much as they needed because they would not be gathering on the Sabbath. Why? Because there would be no manna on the Sabbath! What God gave them on the day before the Sabbath, would be enough to provide for them through the next day. This is when God began to initiate the Sabbath being a day to rest, physically, from their work. And, although it's important for our flesh to rest one day of the week, we should not make a religion out of it; for Jesus told us that *the Son of man is Lord even of the sabbath day* (Matt 12:8). This was in response to the Pharisees complaining that Jesus' disciples were picking corn on the Sabbath to feed themselves. The Pharisees had spent years manipulating God's Word to suit their lusts. They therefore had lost sight of what the Sabbath was all about: resting our physical bodies so they don't get too tired. That's why, in Mark 2:27, Jesus also said, *the sabbath was made for man, and not man for the sabbath*. In other words, the Pharisees were trying to build their religion around foolish traditions they thought made themselves look holy but did nothing to please God because the reality is, their traditions actually went against God's Word. Or, as Jesus put it: *ye made the commandment of God of none effect by your tradition* (Matt 15:6).

These religious hypocrites had totally lost sight of the true intent of the Sabbath: to give rest to our flesh bodies. They also got after Jesus for healing people of the Sabbath; as if there's ever a day that is not ok to help someone. Jesus pointed out that they had no problem with saving an animal (such as an ox) on the Sabbath and asked why it was not then ok for Jesus to heal someone on the Sabbath? *Healing, and feeding (physically and spiritually), is what the Sabbath*

is intended for (Mk 3:1-5). After all, the priesthood (equivalent to Pastors today) has to work on Sabbath and that's totally ok by God. In fact, He *commanded* it. So, the Pharisees and Scribes did not at all understand the point of the Sabbath (nor did they really care about it), which is much like people still yet today for some have built an entire doctrine around what particular day they think we ought to go to a physical building they call Church.

A Day of Rest <https://t.me/BibleStudyDownload/317>

The Sabbath Day and Is It Saturday <https://t.me/BibleStudyDownload/321>

The Church <https://t.me/BibleStudyDownload/332>

Exodus 16

23 And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

24 And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.

This in itself was another miracle. Before, when they laid up the manna it stunk and bred worms but, on the Sabbath, it was totally fine. This goes to show us that, when we obey God (follow His instructions, which are found in His Word – all of it – the Old and New Testaments) then we will be provided for, both physically and spiritually. What gets most people in trouble is that they lust and want more than they need (or is even good for them), so they begin to break God's Laws to get what they lust for. This is what the children of Israel did in the wilderness and its still what God's children are doing today. But, as this account testifies to (and many other Scriptures also document), we'll always have just what we need when we obey God. We'll 'eat to our full' and can enjoy life when our heart is clean (John 15:3) and right with God. This is why we spiritually must rest in Jesus Christ (the Word of God) seven days a week! (Heb 4)

Exodus 16

25 And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to day ye shall not find it in the field.

26 Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.

God did not give Israel any manna on the seventh day because that's the day they were to rest from their labors. Likewise, we must spiritually labor during this flesh life, but *blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them* (Rev 14:13).

Exodus 16

27 And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none.

In every family and group, there are always some people who just cannot bring themselves to obey God. They just don't have the faith to act in obedience to His Word. So it was with ancient Israel. Some hard-hearted people just had to go out and see if there was manna despite the fact that God told them there wouldn't be. Remember, 'seeing' is NOT 'believing'...

For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it.

Heb 4:2

Ye stiffnecked and uncircumcised in heart and ears, ye do always resist the Holy Ghost: as your fathers did, so do ye

Acts 7:51

The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun.

Eccl 1:9

Exodus 16

28 And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?

29 See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

30 So the people rested on the seventh day.

God (YHVH) was rightfully angry at Israel. They had disobeyed His Commandments, which were given to them for their benefit (Deut 10:13). Many people just don't understand that ***obeying God's Word is how you 'claim' the promises of God.*** This, in spite of Lev 26 and Deut 28, which testify to this fact. And obedience to God cannot be faked (that's what a self-righteous hypocrite is - Lk 12:1); it must come from the heart (Mth 15:16-20, Rom 6:17, Eph 6:6). So, YHVH had to reiterate the command to Israel, which Moses then took to the people and finally, they rested on the seventh day. For some people, the truth must be repeated often for they seem to enjoy the lies much better (2 Tim 4:3-4).

Exodus 16

31 And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey.

Numbers 11:7-8 also tells us it was like the coriander seed and that it tasted like fresh oil but we get even more of a description of it from this verse: it was white and also tasted like wafers made with honey. The word 'wafers' is #6838 and means: a *flat thin cake*. This tells us that raw, the manna tasted like fresh oil but when they baked it into cakes it tasted like honey. That's amazing in itself! Another point to consider is how Israel would later complain *again* about having to eat manna all the time and lusted after the food they had in Egypt (Num 11). To the carnal side (our

flesh) this is understandable. Could you imagine eating the same thing, day in and day out, despite how good it was? We all would probably have a hard time with this, which goes to teach us that *we should learn to be content with what God gives us*. We must learn to cut the lust out of our hearts when the thought or desire pops up. After all, 1 Tim 6:6, 8 tells us that we should be *content with food and clothing* and that *godliness with contentment is great gain*. It is lust and pride that corrupts our soul and takes us to eternal death (James 1:15, 2 Pt 1:4, 1 John 2:15-17).

Exodus 16

32 And Moses said, This is the thing which the LORD commandeth, Fill an omer of it to be kept for your generations; that they may see the bread wherewith I have fed you in the wilderness, when I brought you forth from the land of Egypt.

33 And Moses said unto Aaron, Take a pot, and put an omer full of manna therein, and lay it up before the LORD, to be kept for your generations.

34 As the LORD commanded Moses, so Aaron laid it up before the Testimony, to be kept.

An Omer, the amount Israel was to use to measure the manna, was to be filled and kept forever as a witness to future generations that their forefathers were fed manna in the wilderness after YHVH freed them from Egyptian bondage. In other words, it was to be kept as a testimony of God's amazing (and loving) ability to provide for His children. The point to remember is that provisions from Him depend on our sincerely striving to obey Him. As Ps 111:5 says: *He hath given meat unto them that fear him: he will ever be mindful of his covenant*. And, even though the Ark of the Covenant is not yet made, Israel did obey this command because Moses and then Joshua saw to it. As Heb 9:4 tells us, *the ark of the covenant overlaid round about with gold, wherein was the golden pot that had manna, and Aaron's rod that budded, and the tables of the covenant*. So, not only was this manna in the Ark of the Covenant but also Aaron's rod that budded in a testimony against Korah's rebellion (Num 17:8) but also the Testimony of the Law itself. Rev 11:19 also tells us that *the temple of God was opened in heaven, and there was seen in his temple the ark of his testament* (<https://t.me/BibleStudyDownload/341>).

Exodus 16

35 And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

God Almighty (YHVH) provided for Israel the entire time they were in the wilderness. For forty years He fed them manna; until they came to the Promise Land. The book of Joshua (chapter 5) tells us that shortly before they entered the Promise Land, God commanded Israel be circumcised again for all the children born in the wilderness had not been. After they healed, they then kept the Passover and...

10 And the children of Israel encamped in Gilgal, and kept the passover on the fourteenth day of the month at even in the plains of Jericho.

11 And they did eat of the old corn of the land on the morrow after the passover, unleavened cakes, and parched corn in the selfsame day.

12 And the manna ceased on the morrow after they had eaten of the old corn of the land; neither had the children of Israel manna any more; but they did eat of the fruit of the land of Canaan that year.

Josh 5:2-12

The manna stopped when they came to the Promise Land. The fact that God provided Israel with manna until they were able to receive the fruit of the Promise Land is a miracle in itself and testifies to the fact that our God is both willing and able to provide for His people, so long as they trust and obey Him.

Exodus 16

36 Now an omer is the tenth part of an ephah.

The Smith's Bible Dictionary states that it's difficult for us to know exactly how much an Omer was equivalent to our measurement today. Some say it's the same as an ephah, which is about three pecks and there's $\frac{3}{4}$ a bushel to a peck. But, at any rate, we know that God gave Israel a specific measurement to use and they were responsible to gather what they needed each day for the entire time they were living in the wilderness. The exact measurement is not as important as understanding the spiritual implications for manna, which we have discussed in this chapter. However, the Psalms also provides some additional (and very insightful) information about manna that we have not yet covered. Let's look at it...

*12 Marvellous things did he in the sight of their fathers, in the land of Egypt, in the field of Zoan.
13 He divided the sea, and caused them to pass through; and he made the waters to stand as an heap.*

14 In the daytime also he led them with a cloud, and all the night with a light of fire.

15 He clave the rocks in the wilderness, and gave them drink as out of the great depths.

16 He brought streams also out of the rock, and caused waters to run down like rivers.

17 And they sinned yet more against him by provoking the most High in the wilderness.

18 And they tempted God in their heart by asking meat for their lust.

19 Yea, they spake against God; they said, Can God furnish a table in the wilderness?

20 Behold, he smote the rock, that the waters gushed out, and the streams overflowed; can he give bread also? can he provide flesh for his people?

21 Therefore the LORD heard this, and was wroth: so a fire was kindled against Jacob, and anger also came up against Israel;

22 Because they believed not in God, and trusted not in his salvation:

23 Though he had commanded the clouds from above, and opened the doors of heaven,

24 And had rained down manna upon them to eat, and had given them of the corn of heaven.

*25 **Man did eat angels' food:** he sent them meat to the full.*

Ps 78:12-25

Here we are told that manna is 'angels food'. That's very interesting because it tells us that **the same food that sustains angels (who are in spiritual bodies in the heavenly dimension) will**

also sustain our flesh bodies. This shouldn't be surprising for we were made in the image of God and the angels...

*26 And God said, **Let us make man in our image, after our likeness:** and let them have dominion over the fish of the sea, and over the fowl of the air; and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.*

*27 **So God created man in his own image, in the image of God created he him;** male and female created he them.*

Gen 1:26-27

This tells us that the angels in heaven were made in God's image and that we in the flesh are made after, not only God's image and likeness, but *also* the angel's image and likeness.

"Image" is #6754 and means: *to shade; a phantom, i.e. (figuratively) illusion, resemblance; hence, a representative figure, especially an idol.*

"Likeness" is #1823 and means: *resemblance; concretely, model, shape; adverbially, like.*

Why did God say that flesh mankind should be made in the resemblance of God and the angels? As part of God's 'plan of Salvation' (after the rebellion of Satan in the first earth age) *all the angels* were commanded to be sent to this earth *in flesh bodies* so they could experience what death really is. God didn't want to sentence His children (aside from Satan, who started the rebellion) to death before they had a good understanding of what death really is. He knew they'd been lied to (deceived) by Satan and wanted His children to have the chance to fully understand the consequences of their rebellion before sentencing them to die. His desire is for all His children to repent (2 Pt 3:9). Living in these flesh bodies (with all our former knowledge withheld from us) allows us to be born *innocent* and learn many lessons from the cause and effect that a sin brings. When we disobey God, we get sick and eventually die. We get cursings instead of blessings. However, some angels refused to be born of woman (like Satan) and came to earth to have sex with women instead of being born into a flesh body (Gen 3, 6). This created a hybrid race of giants, which God cleaned out through the flood of Noah. However, Satan's literal children (through Cain) He allowed to live on (because the flood was a localized flood to clean up the Adamic race; it was not worldwide as is erroneously taught by many today) simply to perform the negative part of God's plan, which was described well in Genesis 3:15.

The most amazing part of this plan of Salvation through the flesh realm is the fact that God did not exclude Himself. He too came to this flesh dimension *as Jesus Christ* (John 1:1, 14) and thus, literally died for His children. This gave Him the right to redeem our *soul* from Satan's deceptive stronghold on us because He paid the price for our sin, once and for all (Heb 10:10). Jesus' blood bought the right for us to repent and turn back to our Heavenly Father. All who believe in Jesus Christ can be saved, so long as they truly do believe in Jesus Christ which will bring forth *fruits worthy of repentance* (Luke 3:8, James 2). Of course, this is the epitome of what John 3:16 says.

But what many don't understand is that John 3:16 *also* declares we must be born into a flesh body to find salvation. Check it out...

*3 Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born **again**, he cannot see the kingdom of God.*

4 Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born?

*5 Jesus answered, Verily, verily, I say unto thee, Except a man be born of water **and** of the Spirit, he cannot enter into the kingdom of God.*

6 That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.

*7 Marvel not that I said unto thee, Ye must be born **again**.*

8 The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.

John 3:3-8

The word 'again' #509 and means: *from above*; by analogy, *from the first*; by implication, *anew*. Jesus is simply explaining that we must be born into this flesh body and also be born of the Spirit (vs 6 states this very clearly). So, not only must we be born into the flesh body but we also must crucify the old man and allow the Word of God and Holy Spirit to help you raise to a higher level of thinking so that a 'new man' rises up (Rom 6, Eph 4, Col 3, Lk 9:23). But we cannot do that if we don't come to this flesh age. This is why the fallen angels of Genesis 6 are all judged to spiritual death already (as the book of Jude tells us).

Check out the following studies which explain this in much more detail:

- 3 World Ages <https://t.me/BibleStudyDownload/190?single>
- Genesis 1 <https://t.me/BibleStudyDownload/183?single>
- Already There <https://t.me/BibleStudyDownload/191?single>
- Exalted, The Inside Scoop <https://t.me/BibleStudyDownload/192?single>
- Spiritual and Material Dimensions <https://t.me/BibleStudyDownload/263>
- What Were We Like In the Beginning <https://t.me/BibleStudyDownload/322>
- Where Are All of the People That Have Died - <https://t.me/BibleStudyDownload/323>

So, we see then that, the same kind of bread that the angels eat also sustains us in the flesh bodies because the angels are simply people who either have not yet been born into the flesh bodies or have been born into the flesh and since died. Ecc 12:6-7 and 1 Cor 5 explain that our soul and spirit goes back to God after we die while our flesh body decomposes back to the soil it was created from.

This chapter was another excellent chapter in Exodus to help our faith and understanding in our Heavenly Father (and His Son, Jesus Christ) grow. It gives us another type of what we should not do (murmur against YHVH, His Son or His Holy Spirit) and also shows us how God is able to provide for us, even when we are in the 'wilderness' of life (i.e., these flesh bodies). To end with,

let's read the Psalm of the Good Shepherd (<https://t.me/BibleStudyDownload/207>) for it explains how God will help us through this flesh life, also called the 'shadow of death' because it shows us what spiritual death will be like...

1 The LORD is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Ps 23

AMEN.