

# MANNA AND THE BREAD OF LIFE

Bread is a recurring symbol of life in Scripture because it was the staple food of ancient times. Ground Manna could be baked into Bread; it was also called the Bread of Shamym (Heavens). Soon after the Yasharalites (Israelites) leave Mytsrym (Egypt), אַיָּאֵל (Yahuah) rains Manna down from the Shamym (Heavens) on a daily basis to provide them with food:

**Exodus 16:4** אַיָּאֵל (Yahuah) said to Moshah (Moses), “I will rain down Bread for you from the Shamym (Heavens), and the people shall go out and gather each day that day’s portion, that I may test them, whether they will walk in my Turah or not.

**Exodus 16:13-15** In the morning there was a fall of dew about the camp. 14. When the layer of dew lifted, and look, on the surface of the wilderness, lay a fine and flaky substance, as fine as frost on the ground. 15. When the Yasharalites (Israelites) saw it, they said to one another, “Man (4478; Manna; From Mah; what, how. literally, a whatness (so to speak), i.e. Manna (so called from the question about it) -- Manna.) Hu (1931: he, as for her, himself, it, the same, she herself, such, that)?” (“What is it?”) for they did not know what it was. And Moshah (Moses) said to them, “That is the bread (lechem 3899) which אַיָּאֵל (Yahuah) has given for food....

Scripture is unclear about what this food actually is: Exodus describes its taste as “like a wafer made with Honey,” while Numbers describes it as tasting like, possibly “oily cake” or “butter cake”. Another possibility would be flat cake (bread) with the taste of fresh oil.

מָן (MaN) = Manna

מָ (Mem): Mighty, Blood

נָ (Nun): Continue, Heir, Son, Seed, Life

Manna = Mighty/Blood, Son/Seed/life

לֶחֶם (LeHheM) = Bread

לָ (Lamed) Staff, Goad, Control, Teach, Yoke, Toward, Bind

חֵט (Hhet) Outside, Divide, Half, Tent Wall, Fence, Separation

מָ (Mem) Mighty, Blood

Lechem = Teach/Yoke. Separation/Divide. Mighty/Blood

**Psalm 78** emphasizes the food’s Heavenly origin: He Commanded the Shamym above, He opened the doors of Shamym (Heavens) and rained Manna upon them for food, giving them Heavenly grain. Each man ate the Bread of Malkym (Angels); He sent them provision in plenty.

**Psalm 78:23-25**

In short, Manna is not like ordinary bread; it is the Bread of Malkym (Angels), which falls miraculously from Shamym (Heavens) at **אֲיָאֵל** (Yahuah)'s Command, to nourish the Yasharalites (Israelites) in the wilderness.

## VARYING VIEWS ABOUT MANNA

**Numbers 11:6** But now our strength is dried up, and there is nothing at all but this Manna to look at!" The complaint here is offered against the background of a kind of "fuzzy nostalgia" about the variety of food available in Mytsrym (Egypt), mirage-like memories that seduce them into griping about the Manna that descends for them miraculously every day.

It appears that the Yasharalites (Israelites) were less impressed with the Manna than you would have thought, yet in the Brit HaDashah they found the Manna to be an amazing miracle, and the story of the Manna has caused many through the ages to contemplate the substance, experience, meaning, and spiritual potential that accompanied this food.

**Numbers 11:7-11** Now the Manna was like coriander seed, and its appearance like that of bdellium. The people went about and gathered it and ground it in handmills or beat it in mortars and boiled it in pots and made cakes of it. And the taste of it was like the taste of cakes baked with oil. When the dew fell upon the camp in the night, the Manna fell with it. Moshah (Moses) heard the people weeping throughout their clans, everyone at the door of his tent. And the anger of **אֲיָאֵל** (Yahuah) blazed hotly, and Moshah (Moses) was displeased. ...

Some believe that the phrase, "Give us this Day our daily Bread" in **וְיָאֵל** (Yahusha) example prayer, is a reference to Manna, meaning that we are to trust **אֲיָאֵל** (Yahuah) to supply our physical needs one (1) day at a time, as the Yasharalites did in the desert.

## IMPORTANCE OF BREAD

Bread is considered a staple food—i.e., a basic dietary item. A person can survive a long time on only bread and water. Bread is such a basic food item that it becomes synonymous for food in general. We even use the phrase "breaking bread together" to indicate the sharing of a meal with someone. Bread also plays an integral part in the Pesach (Passover) meal.

The Abry (Hebrews) were to eat unleavened Bread during Pesach and unleavened Bread for seven (7) days following as a remembrance of the Exodus from Mytsrym (Egypt). Finally, when the Abry (Hebrews) were wandering in the desert for 40 years, **אֲיָאֵל** (Yahuah) rained down "Bread from Shamym (Heavens)" to sustain the nation (**Exodus 16:4**).

All of this leads to the scene being described in **John 6** when **וְיָאֵל** (Yahusha) used the term "Bread of life." He was trying to get away from the crowds to no avail. He had crossed the Sea of Galilee, and the crowd followed Him. After some time, **וְיָאֵל** (Yahusha) inquires of Philip how they're going to feed the crowd. Philip's answer displays his "little Amunah (Faith)" when he says they don't have enough money to give each of them the smallest morsel of food. Finally, Andrew brings to **וְיָאֵל** (Yahusha) a boy who had five (5) small loaves of bread and two (2) fish. With that amount, **וְיָאֵל** (Yahusha) miraculously fed the crowd with lots of food to spare.

Afterward, **OWYAF** (Yahusha) and His disciples cross back to the other side of Galilee. When the crowd sees that **OWYAF** (Yahusha) has left, they follow Him again. **OWYAF** (Yahusha) takes this moment to teach them a lesson. He accuses the crowd of ignoring His miraculous signs and only following Him for the “free meal.” **OWYAF** (Yahusha) tells them in **John 6:27**, “Do not labor for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him **AYAF** (Yahuah) the Father has set his seal.” In other words, they were so enthralled with the food, they were missing out on the fact that their Mashiach had come.

So, the Hebrews ask **OWYAF** (Yahusha) for a sign that He was sent from Alhym (as if the miraculous feeding and the walking across the water weren't enough). They tell **OWYAF** (Yahusha) that **AYAF** (Yahuah) gave them Manna during the desert wandering. **OWYAF** (Yahusha) responds by telling them that they need to ask for the true Bread from Shamym (Heavens) that gives life. When they ask **OWYAF** (Yahusha) for this Bread, **OWYAF** (Yahusha) startles them by saying, “I am the Bread of Life; whoever comes to me shall not hunger, and whoever believes in me shall never Thirst.” This is a phenomenal statement! By equating Himself with Bread, **OWYAF** (Yahusha) is saying he is essential for life.

The life **OWYAF** (Yahusha) is referring to is not just speaking about this physical life, but also eternal life. **OWYAF** (Yahusha) is trying to get the Hebrews thinking off of the physical realm and into the spiritual realm. He is contrasting what He brings as their Mashiach with the Bread He miraculously created the day before. That was physical Bread that perishes. He is Spiritual Bread that brings Eternal Life.

### “HUNGER AND THIRST”

The key is found in another statement **OWYAF** (Yahusha) made, back in His Sermon on the Mount. **Matthew 5:6**, **OWYAF** (Yahusha) says, “Baruk (Blessed) are those who Hunger and Thirst for Righteousness, for they shall be Satisfied.” When **OWYAF** (Yahusha) says that those who come to Him will never Hunger and those who believe in Him will never Thirst, He is saying He will Satisfy our Hunger and Thirst to be made Righteous in the sight of **AYAF** (Yahuah).

In the midst of the crowded synagogue in Capernaum, **OWYAF** (Yahusha) compared Himself to the Manna, the Bread from Shamym (Heavens). He told the people, “Truly, Truly, I say to you, it is not Moshah (Moses) who has given you the Bread out of Shamym (Heavens), but it is My Father who gives you the true bread out of Shamym (Heavens)” **John 6:32**.

This saying does not deny that the Manna in the wilderness came from Shamym (Heavens) or even that the Manna came by the agency of Moshah (Moses). The Manna that came in the days of Moshah (Moses) was, indeed, Bread from Shamym (Heavens), but not “True Bread out of Shamym (Heavens).” Unlike the Manna that came through the ministry of Moshah (Moses), the true Bread out of Shamym (Heavens) “gives life to the world” **John 6:33**.

**OWYAF** (Yahusha) offered the people in the Capernaum synagogue true Bread from Shamym (Heavens). If they ate of it, they would never again Hunger or Thirst. The true Bread from

Shamym (Haven) gives life to the world. He made a similar offer to the Samaritan woman at the well. He offered her living Water, saying, “Whoever drinks of the Water that I will give him shall never Thirst; but the Water that I will give him will become in him a well of Water springing up to eternal life” (**John 4:13-14**). The Samaritan woman misunderstood. She thought **OWYʼAʼL** (Yahusha) offered her a literal miracle Water. She said, “Master, give me this Water, so I will not be thirsty nor come all the way here to draw” **John 4:15**.

The people in the Capernaum synagogue also took **OWYʼAʼL** (Yahusha)’s offer of Heavenly Bread literally. They said to Him, “Master, always give us this Bread” (**6:34**). The Samaritan woman and the people in the Capernaum synagogue did not look beyond the material-physical world.

**OWYʼAʼL** (Yahusha) replied, “I am the Bread of Life” **John 6:35**. He offered them imperishable food and water—Eternal Life. Like the host of a banquet, He invited the people to come, drink, and eat.

The “Living Water” of **John 4** and “Bread of Life” of **John 6** allude to an important Tanakh passage from YashaYahu (Isaiah): Everyone who thirsts, come to the waters; and you who have no money come, buy and eat. Come, buy wine and milk without money and without cost. Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and delight yourself in abundance. Incline your ear and come to Me. Listen, that you may live .... **Isaiah 55:1-3**

In YashaYahu (Isaiah), the one who comes to the Waters and the one who comes to buy imperishable food is the same as the one who listens carefully: “Listen carefully to Me ... Incline your ear and come to Me. Listen, that you may live ...” This clarifies things. Coming to **OWYʼAʼL** (Yahusha) and partaking of the Bread of Life certainly requires believing in the one (1) **ʼYʼAʼL** (Yahuah) has sent (**6:29, 36**), but believing in **OWYʼAʼL** (Yahusha) includes listening to Him, heeding Him, believing His words, and submitting to His authority also.

## **THE MANNA FROM SHAMYM (HEAVEN)**

**Exodus 16:1-36** They set out from Elim, and all the congregation of the people of Yasharal (Israel) came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth (15<sup>th</sup>) day of the second (2<sup>nd</sup>) month after they had departed from the land of Mytsrym (Egypt). And the whole congregation of the people of Yasharal (Israel) grumbled against Moshah (Moses) and Aahron in the wilderness, and the people of Yasharal (Israel) said to them, “Would that we had died by the hand of **ʼYʼAʼL** (Yahuah) in the land of Mytsrym (Egypt), when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.” Then **ʼYʼAʼL** (Yahuah) said to Moshah (Moses), “Behold, I am about to rain bread from Shamym (Heavens) for you, and the people shall go out and gather a day's portion every day, that I may test them, whether they will walk in my Turah or not.

**Exodus 16:5** On the sixth (6<sup>th</sup>) day, when they prepare what they bring in, it will be twice as much as they gather daily.”

**Exodus 16:8** And Moshah (Moses) said, “When אַיָּהוָה (Yahuah) gives you in the evening meat to eat and in the morning bread to the full, because אַיָּהוָה (Yahuah) has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against אַיָּהוָה (Yahuah).”

**Exodus 16:11-12** And אַיָּהוָה (Yahuah) said to Moshah (Moses), “I have heard the grumbling of the people of Yasharal (Israel). Say to them, ‘At twilight you shall eat meat, and in the morning, you shall be filled with Bread. Then you shall know that I am אַיָּהוָה (Yahuah) your Alhym.’”

**Exodus 16:14-18** And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. **15** When the people of Yasharal (Israel) saw it, they said to one (1) another, Man-Hu “What is it?” For they did not know what it was. And Moshah (Moses) said to them, “It is the bread that אַיָּהוָה (Yahuah) has given you to eat.

**Exodus 16:16-18** This is what אַיָּהוָה (Yahuah) 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.’” And the people of Yasharal (Israel) did so. They gathered, some more, some less. But when they measured it with an omer, whoever gathered much had nothing left over, and whoever gathered little had no lack. Each of them gathered as much as he could eat.

**Exodus 16:20-21** But they did not listen to Moshah (Moses). Some left part of it until the morning, and it bred worms and stank. And Moshah (Moses) was angry with them. **21** Morning by morning they gathered it, each as much as he could eat; but when the sun grew hot, it melted.

**Exodus 16:22-27** On the sixth (6<sup>th</sup>) day they gathered twice as much bread, two (2) omers each. And when all the leaders of the congregation came and told Moshah (Moses), he said to them, “This is what אַיָּהוָה (Yahuah) has Commanded: ‘Tomorrow is a day of solemn rest, a Qadosh (Holy) Sabbath to אַיָּהוָה (Yahuah); bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.’” So, they laid it aside till the morning, as Moshah (Moses) commanded them, and it did not stink, and there were no worms in it. Moshah (Moses) said, “Eat it today, for today is a Sabbath to אַיָּהוָה (Yahuah); today you will not find it in the field. Six (6) days you shall gather it, but on the seventh (7<sup>th</sup>) day, which is a Sabbath, there will be none.” **27** On the seventh (7<sup>th</sup>) day some of the people went out to gather, but they found none.

**Exodus 16:31** Now the house of Yasharal (Israel) called its name Manna. It was like coriander seed, white, and the taste of it was like wafers made with honey.

**Exodus 16:32-34** Moshah (Moses) said to Aahron, “This is what אַיָּהוָה (Yahuah) has Commanded: ‘take an omer of it be kept throughout your generations, so that they may see the Bread with which I fed you in the wilderness, when I brought you out of the land of Mytsrym (Egypt).’” And Moshah (Moses) said to Aaron, “Take a jar, and put an omer of Manna in it, and place it before אַיָּהוָה (Yahuah) to be kept throughout your generations.” As אַיָּהוָה (Yahuah) Commanded Moshah (Moses), so Aahron placed it before the testimony to be kept.

**Exodus 23:25** You shall serve **יְהוָה** (Yahuah) your Alhym, and he will Barak (Bless) your Bread and your Water, and I will take sickness away from among you.

**Exodus 25:30** And you shall set the Bread of the Presence on the table before me regularly.

**Exodus 29:2** And unleavened bread, unleavened cakes mixed with oil, and unleavened wafers smeared with oil. You shall make them of fine wheat flour.

**Exodus 29:23** And one (1) loaf of Bread and one (1) cake of Bread made with oil, and one wafer out of the basket of unleavened bread that is before **יְהוָה** (Yahuah).

**Numbers 11:8-9** The people went about and gathered it and ground it in handmills or beat it in mortars and boiled it in pots and made cakes of it. And the taste of it was like the taste of cakes baked with oil. When the dew fell upon the camp in the night, the Manna fell with it.

**Isaiah 30:20** And though **יְהוָה** (Yahuah) give you the Bread of Adversity and the Water of Affliction, yet your Teacher will not hide himself anymore, but your eyes shall see your Teacher.  
<sup>21</sup> And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.

**Nehemiah 9:20** You gave your good Ruch (Spirit) to instruct them and did not withhold your Manna from their mouth and gave them Water for their thirst.

**Deuteronomy 8:3** And he humbled you and let you hunger and fed you with Manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of **יְהוָה** (Yahuah).

**Deuteronomy 8:14-16** then your heart be lifted up, and you forget **יְהוָה** (Yahuah) your Alhym, who brought you out of the land of Mytsrym (Egypt), out of the house of slavery, <sup>15</sup> who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, <sup>16</sup> who fed you in the wilderness with Manna that your fathers did not know, that he might humble you and test you, to do you good in the end.

**Nehemiah 9:15** You gave them bread from Shamym (Heavens) for their hunger and brought water for them out of the rock for their thirst, and you told them to go in to possess the land that you had sworn to give them.

**Numbers 11:1-35** And the people complained in the hearing of **יְהוָה** (Yahuah) about their misfortunes, and when **יְהוָה** (Yahuah) heard it, his anger was kindled, and the fire of **יְהוָה** (Yahuah) burned among them and consumed some outlying parts of the camp. Then the people cried out to Moshah (Moses), and Moshah (Moses) prayed to **יְהוָה** (Yahuah), and the fire died down. So, the name of that place was called Taberah, because the fire of **יְהוָה** (Yahuah) burned among them. Now the rabble that was among them had a strong craving. And the people of Yasharal (Israel) also wept again and said, "Oh that we had meat to eat! We remember the fish

we ate in Mytsrym (Egypt) that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic. ...

**Joshua 5:10-12** While the people of Yasharal (Israel) were encamped at Gilgal, they kept Pesach (Passover) on the fourteenth (14<sup>th</sup>) day of the month in the evening on the plains of Yericho. And the day after the Pesach (Passover), on that very day, they ate of the produce of the land, unleavened cakes and parched grain. And the Manna ceased the day after they ate of the produce of the land. And there was no longer Manna for the people of Yasharal (Israel), but they ate of the fruit of the land of Canaan that year.

**Psalms 37:25** I have been young, and now am old, yet I have not seen the Righteous forsaken or his children begging for Bread.

**Psalms 78:24-25** And he rained down on them Manna to eat and gave them the grain of Shamym (Heavens). Man ate of the Bread of the Malakym (Angels); he sent them food in abundance.

**OWYAZL** (Yahusha) repeated the miracle of Manna in the Feeding of the 5,000. The crowd following him was in the "wilderness" and he multiplied a few loaves of bread until everyone had eaten their fill.

**John 6:4-71** Now Pesach (Passover), the feast of the Hebrews, was at hand. Lifting up his eyes, then, and seeing that a large crowd was coming toward him, **OWYAZL** (Yahusha) said to Philip, "Where are we to buy bread, so that these people may eat?"

**John 6:30-31** So they said to him, "Then what sign do you do, that we may see and believe you? What work do you perform? Our fathers ate the Manna in the wilderness; as it is written, 'He gave them Bread from Shamym (Heavens) to eat.'"

**John 6:32-35** **OWYAZL** (Yahusha) then said to them, "Truly, truly, I say to you, it was not Moshah (Moses) who gave you the Bread from Shamym (Heavens), but my Father gives you the true bread from Shamym (Heavens). For the bread of **AYAZL** (Yahuah) is he who comes down from Shamym (Heavens) and gives life to the world." They said to him, "Sir, give us this Bread always." **OWYAZL** (Yahusha) said to them, "I am the Bread of life; whoever comes to me shall not Hunger, and whoever believes in me shall never Thirst.

**John 6:41** So the Hebrews grumbled about him, because he said, "I am the Bread that came down from Shamym (Heavens)."

**John 6:48-51** I am the Bread of life. Your fathers ate the Manna in the wilderness, and they died. This is the Bread that comes down from Shamym (Heavens), so that one may eat of it and not die. I am the living Bread that came down from Shamym (Heavens). If anyone eats of this Bread, he will live forever. And the Bread that I will give for the life of the world is "My Flesh."

**John 6:58** This is the Bread that came down from Shamym (Heavens), not like the Bread the fathers ate and died. Whoever feeds on this Bread will live forever."

**2 Corinthians 9:10** He who supplies Seed to the Sower and Bread for food will Supply and Multiply your Seed for Sowing and Increase the Harvest of your Righteousness.

**Hebrews 9:4** Having the golden altar of incense and the Ark of the Covenant covered on all sides with gold, in which was a golden urn holding the Manna, and Aaron's staff that budded, and the Tablets of the Covenant.

**Matthew 4:1-11** Then **OWYAZL** (Yahusha) was led up by the Ruch (Spirit) into the wilderness to be tempted by HaSatan (the devil). And after fasting forty (40) days and forty (40) nights, he was hungry. And the tempter came and said to him, “If you are the Son of **AYAZL** (Yahuah), Command these stones to become loaves of Bread.” But he answered, “It is written, “Man shall not live by Bread alone, but by every word that comes from the mouth of **AYAZL** (Yahuah).”” Then HaSatan (the devil) took him to the Qadosh (Holy) city and set him on the pinnacle of the temple ...

**Matthew 13:33-35** He told them another parable. “The kingdom of Shamym (Heaven) is like leaven that a woman took and hid in three (3) measures of flour, till it was all leavened.”

**Genesis 18:6** And Abraham went quickly into the tent to Sarah and said, “Quick! Three (3) seahs of fine flour! Knead it, and make cakes.” (to feed the visiting Malkym (Angels/Messengers))

The purpose of the Manna provision was to help the Yasharalites (Israelites) know **AYAZL** (Yahuah). The same reason the Bread of Life (**OWYAZL** (Yahusha)) came, to reunite us back to **AYAZL** (Yahuah) and to establish a closer relationship with him. The wilderness season was an intimate time for **AYAZL** (Yahuah) with His people. So that they would *know* Him. No taskmasters. No distractions of keeping up with daily chores. No demanding bills to pay. Just simple experiences of trust and provision.

Whenever **AYAZL** (Yahuah) provides for us, it is meant to be a tangible revelation of His character. We are wise to regularly consider all His many provisions and reflect on the relationship He is building between us.

As believers, we are instructed to pray for our daily bread (**Matthew 6:11**). We can get so easily caught up in retirements and saving plans (that are good and wise) but at the end of the day, daily bread reminds us who does the real providing for us. Daily Bread reminds us of what is important and purifies our focus in this life.

The Yasharalites (Israelites) were also instructed to rest one (1) day a week. This was for their fruitfulness. Rest requires we trust that **AYAZL** (Yahuah) will provide for us. When we rest, it's like a flag-waving over our lives, shouting “I trust You, **AYAZL** (Yahuah)!” As believers, we need rest too. When we engage in YAH-directed rest, it Sings of our trust too.

Manna was also something that served as a dividing line for the Yasharalites (Israelites). It was new and different, and it wasn't continued into the Promised Land. It forced that generation of **AYAZL** (Yahuah) followers to know Him personally, rather than culturally or as a “religious thing.”

You shall remember all the way which **אֵלֶיךָ** (Yahuah) your Alhym has led you in the wilderness these forty (40) years, that He might humble you, testing you, to know what was in your heart, whether you would keep His Commandments or not. He humbled you and let you be hungry, and fed you with Manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by Bread alone, but man lives by everything that proceeds out of the mouth of **אֵלֶיךָ** (Yahuah) **Deuteronomy 8:2-3**.

**וַיֵּלֶם** (Yahusha) is the very word that proceeded out of the mouth of **אֵלֶיךָ** (Yahuah). He was the Manna which you did not know, nor did your fathers know. **וַיֵּלֶם** (Yahusha) frequently referred to himself as bread: "I am the true Bread from Shamym (Heavens) " (**John 6:32**), "I am the Bread of Alhym" (**John 6:33**), "I am the Bread of life" (**John 6:35, 48**), and **John 6:51** "I am the living Bread that came down from Shamym (Heavens). If anyone eats of this Bread, he will live forever. This Bread is my flesh, which I will give for the life of the world."

Today, believers observe a communion service, in which the participants eat some form of bread, as Mashiach commanded his followers to do at the Last Supper **Matthew 26:26**.

The final mention of Manna occurs in **Revelation 2:17**, He who has an ear, let him hear what the Ruch (Spirit) says to the Assemblies. To the one (1) who overcomes I will give some of the hidden Manna, and I will give him a white stone, with a new Name written on the stone that no one (1) knows except the one (1) who receives it.'

One interpretation of this verse is that **וַיֵּלֶם** (Yahusha) supplies spiritual nourishment (hidden Manna) to help us grow as we wander through the wilderness of this world until we reach the promise land.

**Matthew 6:11-12** Give us this day our daily Bread (Manna), And forgive us our debts (Sins), as we also have forgiven our debtors (those who Sin against us).

**Luke 22:19** And he took Bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me."

For I received from the Adon (Lord) what I also delivered to you, that the Adon (Lord) **וַיֵּלֶם** (Yahusha) on the night when he was betrayed took Bread, and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new Covenant in my Blood. Do this, as often as you Drink it, in remembrance of me." For as often as you Eat this Bread and Drink the Cup, you proclaim **וַיֵּלֶם** (Yahusha)'s Death until he comes. **Luke 22:19-20; Matthew 26:26-28; Mark 14:22-24; 1 Corinthians 11:23-25**

**1 Corinthians 5:8** Let us therefore celebrate the festival, not with the old leaven, the leaven of malice and evil, but with the unleavened Bread of Sincerity and truth.

## UNLEAVENED BREAD CONNECTION

To effectively remove Sin and to prevent it from regaining a foothold in our lives, we must do something—we must replace our human weaknesses and Sinful tendencies with something far better. And we learn this from אַיָּאֵל (Yahuah)'s instruction to eat unleavened bread throughout this feast.

What does the unleavened bread represent? **OWYֵאֵל** (Yahusha) Himself explains in **John 6**. As the Feast of Unleavened Bread approached, and shortly after He performed a great miracle to feed thousands (**John 6:4-13**), notice what He told the crowd that followed Him:

"Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you . . . Moshah (Moses) did not give you the Bread from Shamym (Heavens), but My Father gives you the true Bread from Shamym (Heavens). For the Bread of אַיָּאֵל (Yahuah) is He who comes down from Shamym (Heavens) and gives life to the world . . .

"I am the Bread of Life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst . . . I am the Bread of Life. Your fathers ate the Manna in the wilderness, and are Dead. This is the Bread which comes down from Shamym (Heavens), that one (1) may eat of it and not die.

"I am the Living Bread which came down from Shamym (Heavens). If anyone eats of this Bread, he will live forever; and the Bread that I shall give is My flesh, which I shall give for the life of the world . . . This is the Bread which came down from Shamym (Heavens)—not as your fathers ate the Manna, and are dead. He who eats this Bread will Live Forever" **John 6:27-58**.

Notice the different terms **OWYֵאֵל** (Yahusha) applied to Himself—"the True Bread from Shamym (Heavens)," "the Bread of אַיָּאֵל (Yahuah)," "the Bread of Life" and "the Living Bread which came down from Shamym (Heavens)." He emphasized that this "Bread" that אַיָּאֵל (Yahuah) would provide would do much more than satisfy their physical hunger, as He had done when He miraculously fed them. It would satisfy the much deeper Spiritual Hunger, filling the Spiritual vacuum that exists in every human being.

## THE SIGNIFICANCE OF BREAD

How significant was Bread to the people of that day? It was crucial in many ways. Bread was a food staple; it was the most important part of their diet. It was eaten at every meal. It was so common that the term "Break Bread" meant to eat a meal. The words "Bread" and "Food" were virtually synonymous. In traveling, it was common to take Bread to sustain oneself. A considerable part of a typical woman's day was occupied with grinding grain to make flour and baking Bread from that flour.

Bread was a key part of life throughout the day. It meant everything to the people of that time. Bread sustained their lives. Without Bread, a person went hungry or starved. We see this

reflected in part of **OWYAZL** (Yahusha)'s Prayer—"Give us this day our daily Bread." Bread was crucial to people, which is why we find it mentioned 366 times throughout Scripture. Enough for each day of the year with some extra to share with your neighbors.

So, what is **OWYAZL** (Yahusha)'s point in calling Himself "the True Bread from Shamym (Heavens)," "the Bread of **AYAZL** (Yahuah)" and "the Bread of Life"? He's saying that just as physical Bread was essential for physical life, He as the Bread of **AYAZL** (Yahuah) and the Bread from Shamym (Heavens) and the Bread of Life is essential for our Spiritual and Eternal Life! Without Him we do not have and cannot have Eternal Life!

We see, then, that the Spiritual lesson of **AYAZL** (Yahuah)'s command to eat unleavened bread during this feast is that if we want to rid our lives of the leaven of Sin and Wickedness, we have to fill our lives with the unleavened Bread of Life, **OWYAZL** (Yahusha) HaMashiach. We have to take Him into our lives.

That means we accept Him as the final authority in our lives. It means we hunger for Him as we hunger for physical food. It means we desire to learn about Him so we can become like Him in every aspect of our lives. It means we study His teachings and example so we can better follow Him as a disciple. It means we make His priorities our priorities. It means taking in and living by the whole of **AYAZL** (Yahuah)'s Word.

All of this is part of what the Shaul (Paul) meant when he wrote in **Galatians 2:20**: "I am crucified with Mashiach: nevertheless, I live; yet not I, but Mashiach lives in me: and the life which I now live in the flesh I live by the Amunah (Faith) of the Son of **AYAZL** (Yahuah), who loved me, and gave himself for me".

The Feast of Unleavened Bread is certainly a time for rejoicing because He freely gives us the help that we need to leave a life of Sin and to lead a new life. **OWYAZL** (Yahusha) HaMashiach, the Lamb of **AYAZL** (Yahuah), was sacrificed for the forgiveness of our Sins, thus enabling us to be unleavened, cleansed of Sin. And He continues to help us put Sin out of our lives by dwelling in us through the Ruch Ah Qudesh, thereby leading us to regular repentance and empowering us to live in obedience to **AYAZL** (Yahuah).

**AYAZL** (Yahuah)'s teaches us to eat unleavened bread during this festival. Why? The answer lies in understanding two (2) passages of Scripture from the Brit HaDashah (NT). In the first (1<sup>st</sup>), Shaul (Paul) is writing to a Gentile Assembly in Corinth, which never had the knowledge of this festival prior to responding to hearing the good news message. In his first (1<sup>st</sup>) letter to the Assembly, Shaul (Paul) tells them to keep this festival with a Deeper Spiritual Understanding.

They had a false pride because of Sin, and he told them to remove the Sinner from their fellowship so they could face Spiritual reality. "Therefore, purge out the old leaven, that you may be a new lump, Since, you truly are unleavened. For indeed **OWYAZL** (Yahusha), our Pesach (Passover), was sacrificed for us. Therefore, let us keep the feast, not with old leaven, nor with

the leaven of malice and wickedness, but with the unleavened bread of Sincerity and truth” **1 Corinthians 5:7-8.**

**OWYAZL** (Yahusha)’s sacrifice for us means forgiveness from the penalty of Sin, Death. Shaul (Paul) was saying that we can't treat it lightly. His teaching is to keep the Feast with the "unleavened Bread of Sincerity and truth.” The ultimate meaning of this festival is "Mashiach in us." One becomes unleavened—which is without Sin—through Mashiach’s life in us. Let’s notice **OWYAZL** (Yahusha)’s teaching about Bread.

Yahukannon (John)’s account records a long discussion by **OWYAZL** (Yahusha) after he performed a miracle feeding people with Bread and Fish. His real purpose was more than providing a lunch for people. It was to teach a Deeper Spiritual purpose to His life. Physical Bread eaten would not satisfy. There was a Bread from Shamym (Heavens) they needed if they hoped for Eternal Life. “For the Bread of **AYAZL** (Yahuah) is he which comes down from Shamym (Heavens), and gives Life unto the World...And **OWYAZL** (Yahusha) said unto them, I am the Bread of Life: he that comes to me shall never Hunger; and he that believes on me shall never Thirst...I am that Bread of Life...This is the Bread which comes down from Shamym (Heavens), that a man may eat thereof, and not die...I am the Living Bread which came down from Shamym (Heavens): if any man eats of this Bread, he shall Live Forever: and the Bread that I will give is my Flesh, which I will give for the Life of the World” (**John 6:33; John 6:55; John 6:48; John 6:50; John 6:51**).

What Bread does a believer eat that fits what **OWYAZL** (Yahusha) is saying here? It is the unleavened Bread of Sincerity and Truth that we eat on Pesach (Passover) and continue eating during the Seven (7) day festival of Unleavened Bread. The unleavened Bread represents **OWYAZL** (Yahusha)’s life within us. As we eat unleavened Bread during the seven (7) days, we’re reminded that we don’t live by Bread alone: “Man does not live by Bread alone,” as **OWYAZL** (Yahusha) said on another occasion, “but by every Word that proceeds from the mouth of **AYAZL** (Yahuah)” **Matthew 4:4.**

The Days of Unleavened Bread give us a seven (7) day period to focus on our need to work against Sin with the help of Mashiach’s life within us. That life, through the power of the Ruch Ah Qudesh, gives us the Amunah (Faith) and the ability to overcome Sin, becoming a new Spiritual creation in the image of our Father. Shaul (Paul) shows us the end result of this Spiritual transformation: "I have been crucified with Mashiach; it is no longer I who live, but Mashiach lives in me; and the life which I now live in the flesh I live by Amunah (Faith) in the Son of **AYAZL** (Yahuah), who loved me and gave Himself for me” **Galatians 2:20.**