

## Our Story in Exodus (11)- “Manna Training”

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[Main: Exodus 16:1~20, ESV]

1 They set out from Elim, and all the congregation of the people of Israel came to the **wilderness of Sin**, which is between Elim and Sinai, on **the fifteenth day of the second month** after they had departed from the land of Egypt.

2 And the whole congregation of the people of Israel **grumbled against Moses and Aaron** in the wilderness,

3 and the people of Israel said to them, “Would that we had died by the hand of the LORD **in the land of 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.”

4 Then the LORD said to Moses, “**Behold, I am about to rain bread from heaven 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 law or not.**

5 On the sixth day, when they **prepare** what they bring in, it will be twice as much as they gather daily.”

6 So Moses and Aaron said to all the people of Israel, “At evening you shall know that it was the LORD who brought you out of the land of Egypt,

7 and in the morning you shall see the glory of the LORD, because he has heard your grumbling against the LORD. For what are we, that you grumble against us?”

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

9 Then Moses said to Aaron, “Say to the whole congregation of the people of Israel, ‘**Come near before the LORD**, for he has heard your grumbling.’”

10 And as soon as Aaron spoke to the whole congregation of the people of Israel, they looked toward the wilderness, and behold, the glory of the LORD appeared in the cloud.

11 And the LORD said to Moses,

12 “I have heard the grumbling of the people of 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 the LORD your God.**’”

13 In the evening quail came up and covered the camp, and in the morning dew lay around the camp.

14 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 Israel saw it, **they said to one another, “What is it?” For they did not know what it was.** And Moses said to them, **“It is the bread that the LORD has given you to eat.**

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.’”**

17 And the people of Israel did so. They gathered, some more, some less.

18 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.

19 And Moses said to them, **“Let no one leave any of it over till the morning.”**

20 But they **did not listen** to Moses. Some left part of it till the morning, and it bred worms and stank. And Moses was angry with them.

## **[Introduction]**

Hallelujah!

As we continue to explore 'Our Story in Exodus,' we also reflect on how similar we are. Last Sunday, we looked at some of Israel's most representative spiritual maladies and how our God heals them. Here's a summary in a table.

### **\*Our Story in Exodus (10)**

1. Not a **'faith bipolar'** that fluctuates with the environment but **'remembers the Almighty who governs my life'** and follows Him; not a **'priority perception disorder'** obsessed with issues of eating and living, but an Exodus life living **'centered on God's kingdom'** first!

2. In any situation, whether at 'Marah' or 'Elim,' being healthily disciplined by **'God's method of training'** which **refines** me, and recovering from any illness through **'God's treatment method'** of **'Word - Action - Persistence'**—an Exodus life!

In this era, for us Christians living an 'Exodus life', too, 'difficult situations' called 'Marah' are inevitable. Still, there is also definitely a resting environment called 'Elim' because our Almighty God personally leads us there!

No matter what period I am currently passing through, whether it is 'Marah' or 'Elim,' we must always remember my Almighty, my God, and believe that I must live in this place as the Lord trains me and heals me, following His word.

Despite having experienced 'the rest and abundance of Elim' at the end of the last period, Israel's spiritual sickness still does not improve much. This continues in the same state in today's Chapter 16, verses 1 and 2.

1 They set **out from Elim**, and all the congregation of the people of Israel came to the **wilderness of Sin**, which is **between Elim and Sinai**, on the **fifteenth day of the second month** after they had departed from the land of Egypt.

2 And the whole congregation of the people of Israel **grumbled against Moses and Aaron** in the wilderness,

it's a continuous loop of Israel's 'grumbling and complaining.'

The 'Exodus life' truly has a long way to go. Despite having just rested adequately at 'Elim' with its 12 water springs and 70 palm trees, something has disturbed them again. Something is still so difficult that they are once again complaining against Moses and Aaron, and ultimately, they are shooting arrows of complaints and grievances at our God. Isn't this the level of a terminal illness? It's certainly not an illness that can be easily cured. How important this place called 'the Wilderness of Sin' is today, it is precisely described in verse 1 as "**between Elim and Mount Sinai**." In other words, it is the 'crossroads' to where we are heading next—**Mount Sinai!** And at Mount Sinai, what does God eventually give to Israel? And at Mount Sinai, what does God ultimately give to Israel? It is a fact that the incredible event at Mount Sinai, where "the Ten Commandments," along with God's laws, God's word, will soon be given to us humans, is drawing nearer.

With this crucial moment right before them, between **Elim and Mount Sinai**, here in the 'Wilderness of Sin,' Israel, still unable to come to its senses, invariably shows symptoms of its spiritual disease.

**For such Israel**, the daily bread that our God sends down from heaven like rain is "**manna**." **Manna**, of course, fundamentally represents the overflowing grace of our God the Father. However, it is not just that; it is also **God's method of training**, specifically for these people heading towards Mount Sinai to receive God's law, yet showing no signs of improvement. This is what is said in verse 4.

4 Then the LORD said to Moses, "**Behold (Hinneh, Look)**, I am about to rain bread from heaven **for you**, and the people shall go out and gather a day's portion every day, that I may **test (Nisah, Training, I will train!)** them, **whether they will walk in my law or not**."

If our God says '**Hinne, LOOK**,' it's a part where He emphasizes greatly, wanting us to pay special attention and look at it properly. And here, the ultimate purpose of the manna He sends down for Israel, as clearly spoken by our God, is:

**"I may test them, whether they will walk in my law or not. "**

As we saw last Sunday, the Hebrew expression 'to test' is "Nisah, Training, to train." In this way, I believe that our God the Father is providing us 'the manna of grace' while also finely tuning and **training** us for our 'Exodus life.'

God's grace includes God's train. So, everything is indeed God's grace. That's why I titled today's message 'Manna Training!'

So, as our God sends down the manna of this grace from heaven like rain for Israel, let's examine specifically which areas He is training among these people. We also live today within God's grace, and I earnestly hope that, just as these aspects are being properly trained, true Exodus lives for this era will be lived by both you and me.

Let's start by summarizing just one of the wrong answers that Israel still shows today.

## [Main]

### 1. Israel's Mistake Before Manna Training

Today, before the training with manna begins, Israel again shows a wrong answer by complaining and grumbling, as seen in verse 3.

3 and the people of Israel said to them, "Would that **we had died by the hand of the LORD in the land of 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."

In this wilderness, where all the food they brought from Egypt has run out, the Israelites' recollection of their previous life in Egypt is greatly distorted. They remember their past in Egypt when they were sitting by the meat pots and eating their fill of bread, but their current memory is completely twisted. What was life like in Egypt? Exodus 1:13-16 vividly records this.

"So they **ruthlessly** made the people of Israel work as slaves and made their **lives bitter (Mara, bitter) with hard service**, in mortar and brick, and in all kinds of work in the field. **In all their work they ruthlessly (Peraq, violence) made them work** as slaves. Then the king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, "When you serve as midwife to the Hebrew women and see them on the birthstool, **if it is a son, you shall kill him**, but if it is a daughter, she shall live. (Exodus 1:13-16)"

These are the actual facts of what the Israelites experienced and lived through in the land of Egypt.

These are the facts. As we saw last Sunday, although the Israelites cried out loudly, "This is Marah! This wilderness life is so bitter," because they had no water to drink for three days, in reality, the true 'Marah' was not the wilderness; it was their past life in Egypt.

**The agony of Marah** was always present **in their lives**, and the tasks assigned to them were all extremely harsh. This is referred to as *peraq*, which means violence. That was the actual life in Egypt, where such extreme violence prevailed. And the level of violence is not just that I get hit a few times. What does it lead to? This was my real life in Egypt, which eventually escalated into such extreme violence that even my newborn son was killed.

**But** how could the memory of "sitting by the meat pots" and "eating their fill of bread" be the real memory of Egypt in their minds now? It's just that the fact has been completely distorted. Looking up similar pathological symptoms in medical terms, I found that there is indeed something called '**confabulation**.'

#### \* **Confabulation**

**"The symptom of judging something untrue as true and exaggerating or distorting events that have occurred."**

=> "The people of Israel said to them, "Would that **we had died by the hand of the LORD in the land of 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." (Exodus 16:3)"

The Israelites are indeed experiencing confabulation. They perceive something as 'fact' when it's not, and they don't even remember the actual 'facts' they saw just moments ago.

Therefore, even their past memories are completely distorted, and they're just spouting whatever comes to mind. They say things like, "It would have been better if we had died by the hand of the Lord," not understanding what it truly means to die by the hand of the Lord, not even realizing it's eternal death. Their confabulation goes beyond falsehoods and turns into slander.

So, what is the actual, complete fact that the Israelites are currently experiencing? The real Fact?

It's the fact that ten plagues came upon the land of Egypt, allowing them to leave Egypt finally!

It's the fact that despite the ten plagues, they are alive today because of the blood of the Passover lamb!

It's the fact that even in this wilderness, the pillar of cloud and fire from God has continuously protected and guided them!

It's the fact that the Red Sea split apart, allowing them to walk on dry land!

It's the fact that our God eventually turned the bitter water of Marah sweet!

It's the fact that just moments ago, they could rest by the 12 water springs and 70 palm trees at Elim!

This is the '**grace of the Lord our God,**' which the Israelites have continuously experienced and lived through. This is the real fact of all our Exodus lives. Even through today's training, this is the true fact that our God wants to make the children of Israel know properly. This is verse 12.

12 **"I have heard the grumbling of the people of Israel (Confabulation).** 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 the LORD your God.**"

It's not confabulation, where one constantly resents and speaks as if what's not true is true!

You will know that **Jehovah**, 'the source of all existence, the ruler of all life, and the owner of all things,' **is your God! You will know that this is our God!**

This is the complete Fact that all of us in our Exodus journey must understand from the start! These are truly the words of fact. Hallelujah!

Let us never dwell on the 'resentment of the Israelites' as such 'confabulation,' but always keep in mind the complete fact that the LORD, the Master of History, is indeed our God. I earnestly pray that you and I may live each day only by the grace of God.

## **2. Manna Training = Individual Training + Community Training**

Now, let's delve into the content of 'Manna Training.' First and foremost, our God trains the Israelites with manna in two major aspects: **individual training and community training.**

(1) Let's first examine the aspect of **individual training.** Various factors are being trained, and the first is '**training for contentment.**' If we look at it in tabular form,

### **\* Individual Training (1): Training for Contentment (Satisfaction Training)**

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.'

17 And the people of Israel did so. They gathered, some more, some less.

18 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.**

This part has been emphasized quite frequently before. Scholars estimate that the " omer " unit is about 2 liters in volume, but the exact amount is unknown. However, it is clear that when each person gathers their manna in this "omer" unit, miraculously, there is neither surplus for those who gather much nor lack for those who gather little. **Each person gathers just enough to eat.** So, this unit, "omer," seems to be a relative unit that

can vary from person to person rather than a uniform unit applied to everyone. It's the amount that is neither surplus nor lacking for each person, just enough for oneself.

Therefore, I see this "omer" not as an objective unit, but as the amount of heavenly sustenance that I can gather in my two hands, which is sufficiently satisfying for me.

A young child eats a small omer appropriate for their size yet feels completely satisfied with more than enough. Similarly, even a grown adult eats a large omer and finds nothing left over, providing each person with just the right amount of satisfying "omer."

No measuring tool is needed. Simply waking up in the morning, rubbing the eyes, and pouring out the manna of grace given generously once again, filling both hands, yet leaving nothing leftover and lacking nothing, is the most suitable measure of grace for me.

This is what "omer" signifies. This is the essence of **'Training for Contentment.'**

Our God always speaks of **this training for contentment** to His children. Through David in Psalm 23, He says, "The LORD is my shepherd; **I shall not want.**" Similarly to the Apostle Paul, who had a thorn in his flesh, He says in 2 Corinthians 12:9, "**My grace is sufficient for you.**"

So, the same goes for all my omer that God has given to each of us. Whether it's the people He has placed in my life or the material possessions He has given me, our God, who knows me better than I know myself, has personally poured into my hands what is most suitable for me, what I can handle well, and what is already satisfying grace for me. Through manna, He provides this training for contentment, and **obedience training** is the second aspect of individual training.

#### \* Individual Training (2): **Obedience Training**

19 And Moses said to them, (1) **"Let no one leave any of it over till the morning."**

20 But they **did not listen** to Moses. Some left part of it till the morning, and it bred worms and stank. And Moses was angry with them.

21 (2) **Morning by morning** they gathered it, each as much as he could eat; but **when the sun grew hot, it melted.**

Nevertheless, the Israelites are truly stubborn and disobedient. Even though Moses relayed God's command not to leave any manna until morning, **they stubbornly refused to obey**, not even listening to the word with their ears.

It's not like the instructions were particularly difficult or complex to follow. There were just two:

(1) **Don't leave any until morning!**

(2) **Go out to gather it in the morning!** When the sun gets hot, it melts! Yet, there were still some who left the manna until morning, and there were probably others who lazily stayed in bed until the sun was high in the sky before going out to gather it.

So, when you think about it, it's not that the Israelites disobeyed because God's word was too complex and abundant. Even with just those simple two commands, they struggled to obey. Moreover, if you go back to the Garden of Eden, where there was just one command, "Do not eat from the tree of the knowledge of good and evil," they still didn't obey. So, fundamentally, it's not about the quantity of God's word—it's about **our sinful and disobedient hearts always being the problem.**

Before receiving the Ten Commandments and numerous other laws at Mount Sinai in the future, God is training us in this aspect right now. I believe God's word is always faithful and eternally good, whether in little or much!

The problem always lies with our disobedience, so in front of any command, even when we cannot fully understand, I hope that you and I are trained to obey before His goodness and faithfulness. The third individual training is also a communal training, which is the **Sabbath training.**

#### **\*Individual Training + Community Training: Sabbath Training**

22 On the sixth day they gathered twice as much bread, **two omers each.** And when all the leaders of the congregation came and told Moses,

23 he said to them, "This is what the LORD has commanded: 'Tomorrow is a day of solemn rest, **a holy Sabbath to the LORD**; 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.'"

24 So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it.

Soon, when we receive the Ten Commandments at Mount Sinai, what is the fourth commandment? **"Remember the Sabbath day, to keep it holy!"**

This scene transitions from simply being 'God's Sabbath' to now being given to His children as well. It's a remarkable moment where God invites us to partake in His Sabbath, urging us to remember it and keep it holy. It's a profound declaration directly from our God.

All focus is now directed towards **the Sabbath.** The reason for specially gathering a double portion of manna the day before the Sabbath, as well as refraining from any work on the Sabbath itself, is solely to enable us to offer true worship, focusing solely on **the Lord of the Sabbath.** This is what God is training us for, both individually and collectively, to remember and keep the Sabbath day holy.

So even on our Christian Sabbath, on this Sunday, which was completed by the resurrection of Jesus Christ, our focus should likewise be solely on the Lord of the Sabbath as we offer true worship to Him. We are all being trained to be worshippers of God, focusing solely on Him. Hallelujah!



The six days we live in this world should always be something other than our focus. When the Lord's Day becomes our center and our beginning, we believe that by the grace poured out, we can live in this world as children of God.

This is how Sabbath training is now beginning,

(2) And also, looking at the part of community training, first is **membership training**.

### **\*Community training (1): Membership Training**

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.**'"

=> "**Your abundance** at the present time should **supply their need**, so that **their abundance may supply your need**, that there may be **fairness**. As it is written, "**Whoever gathered much had nothing left over, and whoever gathered little had no lack.**"(2 Corinthians 8:14-15) "

As we've seen earlier, gathering manna as an omer is primarily about "satisfaction training" on an individual level, but at the same time, it's also emphasized as "**You shall each take an omer, according to the number of the persons that each of you has in his tent (for community)**." in a communal sense. Referring to this, the apostle Paul in the New Testament mentions that it's about filling and receiving from each other generously, aiming ultimately for equality between churches and within them.

So, while gathering an omer for oneself is a basic rule, each person must also gather for those in their tent. This means that if someone lacks, I can share some of my omer with them; if someone has more, I can also receive a portion of their omer.

This is the method of God's **membership training** to make our branches and our bodies grow together and stand firmly together on the one tree called "Jesus Christ." Hallelujah!

Where does "mine" come from initially? Everything is manna poured out by God's grace. So, as we fill and receive from each other, we are increasingly trained and grow as exodus people.

Now, the final part of communal training is the training of the inheritance of faith.

### **\*Community training (2): Heritage of Faith Training**

32 Moses said, "This is what the LORD has commanded: 'Let 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 Egypt.'"

=> to an inheritance that is **imperishable, undefiled, and unfading, kept in heaven for you,**

What will be preserved for future generations? What will be passed down as the legacy of this family, as the heritage of this community? The Word is training us in this right now. That's why the manna will eventually be stored in the ark of the covenant.

Peter's words in 1 Peter state that it will never decay, perish, spoil, or fade away!

It will never become corrupt, ruined, or destroyed!

And it will never rust away, vanish, or disappear!

It will surely be the "**inheritance kept in heaven for us,**" the "**things belonging to the Father in heaven,**" our "**inheritance of faith**" that will be properly preserved and passed down by trained citizens of the heavenly kingdom, both you and me.

Here's a summary of the manna training:

#### \* Manna Training

1. **Satisfaction Training:** Individual Training
2. **Obedience Training:** Individual Training
3. **Sabbath Training:** Individual Training + Community Training
4. **Membership Training:** Community Training
5. **Heritage of Faith Training:** Community Training

#### [Conclusion]

Beloved saints,

Today, we have once again examined the life of the Exodus. To summarize it again:

#### \* Out story in Exodus Life (11): Manna Training

1. Living the Exodus life by always remembering the complete truth that we serve the **LORD our God**, the author of history, not succumbing to '**Confabulation**', but **living solely by God's grace!**
2. Exodus life that properly receives '**Satisfaction Training,**' '**Obedience Training,**' '**Sabbath Training,**' '**Membership Training,**' and '**Heritage of Faith Training**' through the '**Manna of Grace!**'

May these **Exodus lives** be for both you and I earnestly wish.