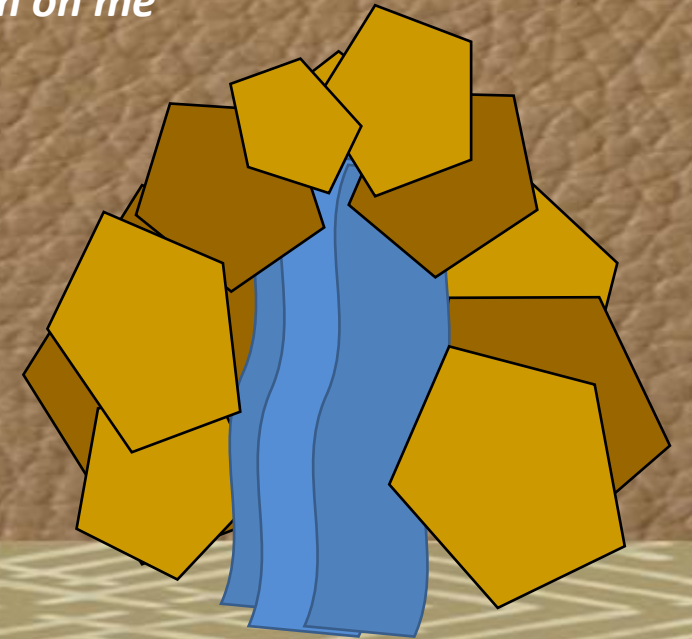
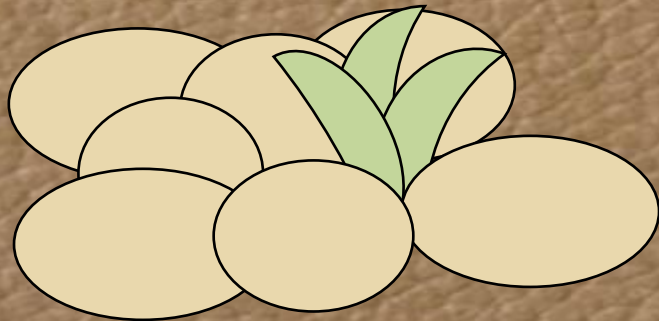


# Murmur For Manna

## Exodus 16-17

*And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.*

*John 6:35*

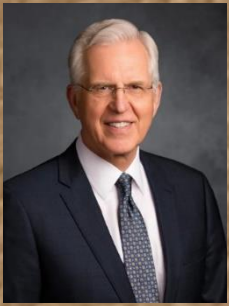


# When did you last eat?

If you recently ate, why are you hungry now?



Why do we have to eat regularly?



# Sustenance

We all recognize the need for physical sustenance.

Hunger and thirst remind us very strongly if we forget.

But the spiritual need for sustenance is equally strong. (2)



# Wilderness of Sin

The wilderness of Sin is adjacent (due east) to the wilderness of Shur



Arriving on the 15th day of the second month. (Iyar 15)



# Murmuring

What problem did Israel face in the wilderness?

Whom did the children of Israel murmur against?

Even though the children of Israel had just been delivered from bondage, why did they wish they had died back in Egypt?



# Bread From Heaven

## Exodus

Manna is described as being "a fine, flake-like thing" like the frost on the ground.

It had to be collected before it was melted by the heat of the sun, and was white like coriander seed

Raw manna tasted like wafers that had been made with honey



## Numbers

It arrives with the dew during the night and would melt like mush if not collected on time it would breed larvae

The Israelites ground it and pounded it into cakes, which were then baked, resulting in something that tasted like cakes baked with oil

# Manna

T

1. Manna was small (see verse 14).

F

2. Some days there was not enough manna for everyone (see verses 16–18).

F

3. The Israelites could store all the manna they wanted (see verses 19–20).

T

4. If the manna was not gathered early enough in the day, the sun would melt it (see verse 21).

T

5. If the Israelites collected double the manna on the sixth day, it would not spoil on the Sabbath day (see verses 22–24).

F

6. Manna came every day of the week (see verses 25–27).

T

7. Manna tasted like wafers made with honey (see verse 31).

F

8. The Lord fed the Israelites manna for 50 years (see verse 35).



# Gather For 6 Days

“By providing a daily sustenance, one day at a time, Jehovah was trying to teach faith to a nation that over a period of some 400 years had lost much of the faith of their fathers.

He was teaching them to trust Him, to ‘look unto [Him] in every thought; doubt not, fear not’ (D&C 6:36).

He was providing enough for one day at a time. Except for the sixth day, they could not store manna for use in any succeeding day or days.

In essence, the children of Israel had to walk with Him today and trust that He would grant a sufficient amount of food for the next day *on the next day*, and so on. In that way He could never be too far from their minds and hearts.”



**When we rely on the Lord daily, He will bless us with the spiritual nourishment we need.**

# What the Lord Will Provide?

Flesh to eat at night



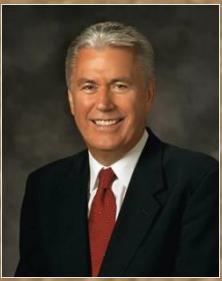
At evening the quails came up, and the people caught with ease as many as they needed.

Bread to eat in the morning



Bernardino Luini

The manna fell only six days in the week, and in double quantity on the sixth day



# Quail VS Manna

The children of Israel enjoyed the feast of quail in the wilderness, but what kept them alive was the small and simple miracle of manna—their daily bread.

Brothers and sisters, daily bread is best prepared and served at home.

Faith and testimony are best fostered in normal and natural ways, one bite at a time, in small and simple moments, in the constant flow of daily living. (5)



# Relying on the Lord

Deuteronomy 8:3

Man cannot live by  
bread alone



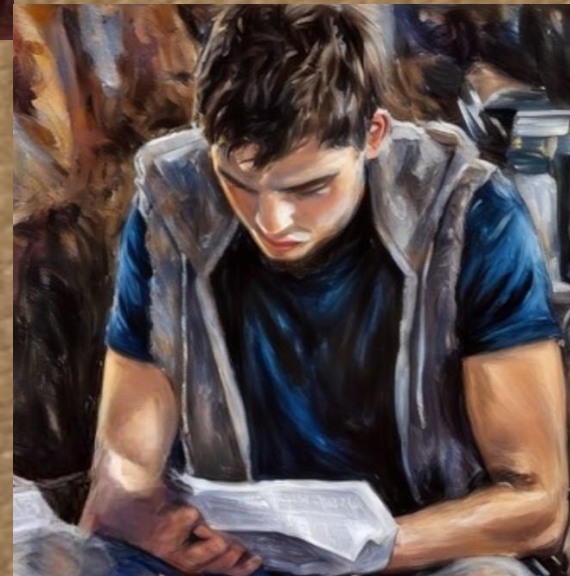
2 Nephi 32:3

Feast upon the  
words of Christ



1 Nephi 17:3

God nourishes and  
strenthens



Alma 37:36-37

Let all your thoughts  
be of the Lord

# Murmuring Against the Lord

Do we also complain?

Against the Lord?

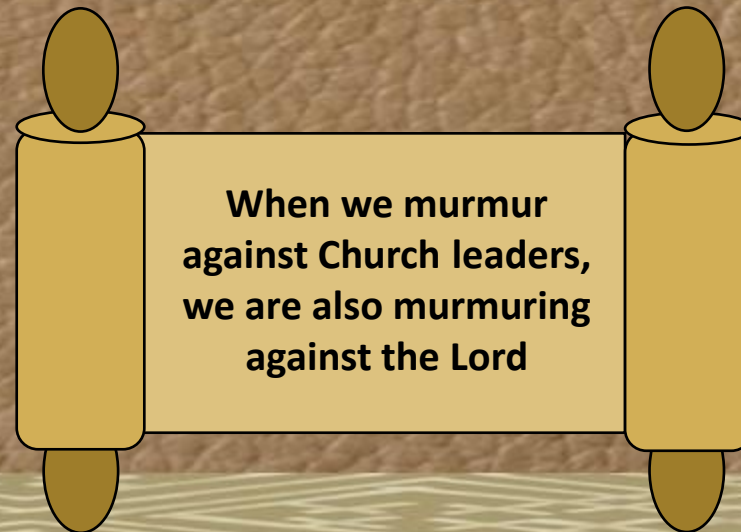
Against some of the Policies and Guidelines of the Church?

Against Church Leaders?

Murmuring seems to come so naturally to the natural man. It crosses the scriptural spectrum of recorded complaints.



A basic cause of murmuring is that too many of us seem to expect that life will flow ever smoothly, featuring an unbroken chain of green lights with empty parking places just in front of our destinations!



Murmuring can also be noisy enough that it drowns out the various spiritual signals to us, signals which tell us in some cases to quit soaking ourselves indulgently in the hot tubs of self-pity!



Murmuring over the weight of our crosses not only takes energy otherwise needed to carry them but might cause another to put down his cross altogether.

Besides, brothers and sisters, if we were not carrying so much else, our crosses would be much lighter.

The heaviest load we feel is often from the weight of our unkept promises and our unresolved sins, which press down relentlessly upon us.

# Rely on the Lord Daily

1. How much manna were the Israelites told to gather?

an omer (ancient unit of measure) for every man, *according to the number of your persons*

2. What happened if they tried to save it until the next day?

Bred worms and stank

3. How often did the children of Israel need to gather the manna?

Every morning

4. According to verse 21, what happened to the manna that wasn't gathered?

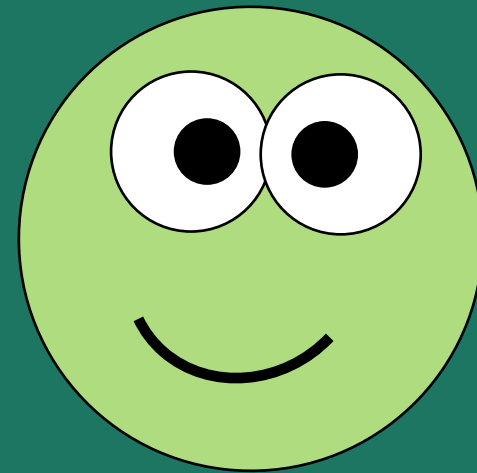
It melted



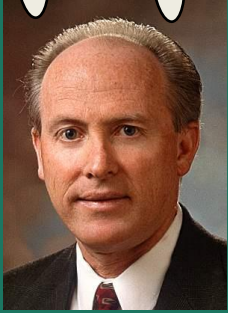
How can we remember the Lord daily?



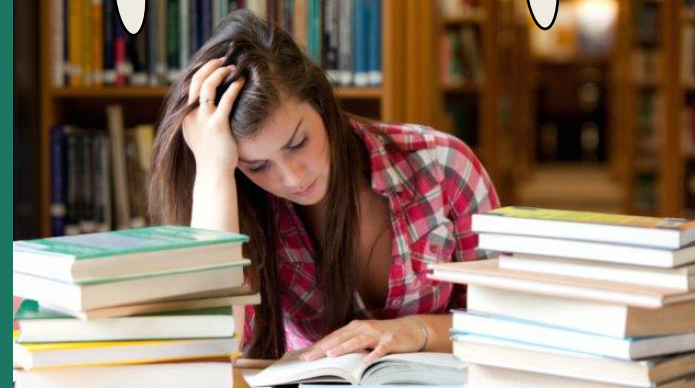
What difference does it make in your life when you remember the Lord and seek Him daily?



# Cramming VS Daily



“Suppose you have a midterm test coming up in geometry in two weeks. One of your goals is to get an A in geometry. How do you go about reaching that goal? Do you wait until the last minute and cram the night before the test? This technique is filled with risk. Instead of truly understanding the material, the attempt is to learn enough that somehow you can make it through the test successfully.”



“Another student who, with the same goal of attaining an A in geometry, realizes that he doesn’t want to count on the intangibles of luck and hope. So, instead of cramming, he or she sets aside a little time every day to calmly and in depth study the subject. This gives the necessary time to digest and properly understand the material. If confusion arises on any given topic, there’s plenty of time to ask the teacher for help.”

“If you stay close to Him on a daily basis, He will stay close to you, and you will reap untold blessings in every aspect of your life, especially the most important, the spiritual.”

For 40 years, the Israelites are daily fed from heaven (Joshua 5:12)

# The Sabbath

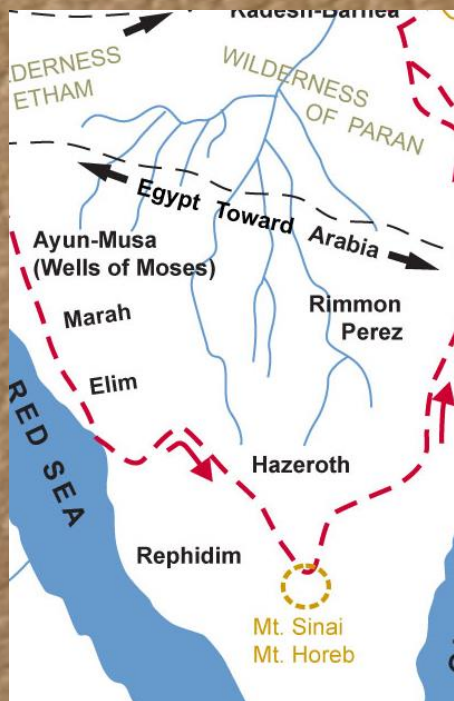
God used the provision of manna on six days and not the seventh to teach Israel obedience, and convicted them of disobedience



Jesus Christ uses the manna, God-given 'bread from heaven', as a type of Himself, the true bread of life, and contrasts the shadow with the substance: 'your fathers did eat manna in the wilderness, and are dead' John 6:49

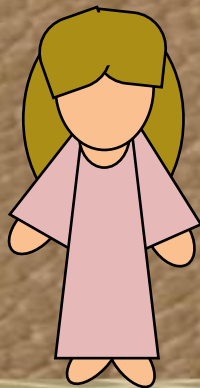
# Water From a Rock

## Rephidim



*...take with thee of the elders of Israel; and thy rod, wherewith thou smotest the river, take in thine hand, and go.*

I'm thirsty



I wanna go home



**Rock in Horeb**

# Massah, and Meribah

*And he called the name of the place Massah, and Meribah, because of the chiding of the children of Israel, and because they tempted the LORD, saying, Is the LORD among us, or not?*



Traditional site of rock in Horeb

# The Bread, The Rock, and The Living Water

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

John 6:35



And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ.

1 Corinthians 10:4

But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life. John 4:14



**The Lord is the source of all spiritual nourishment.**

## Sources:

Video: Daily Bread: Pattern (2:52)



1. Wikipedia
2. Elder D. Todd Christofferson “Give Us This Day Our Daily Bread” [Church Educational System fireside, Jan 9, 2011]; broadcast.lds.org); Elder D. Todd Christofferson (“Daily Bread: Pattern,” Gospel Library)
3. Elder Neal A. Maxwell “Murmur Not” October 1989 Gen. Conf. Presentation by ©<http://fashionsbylynda.com/blog/>
4. Excerpts from Elder Richard J. Maynes A Celestial Connection to Your Teenage Years Oct. 1997
5. Elder Dieter F. Uchtdorf (“Jesus Christ Is the Strength of Parents,” *Liahona*, May 2023, 57)



The wilderness

**Jesus Christ was the “bread of life”** (John 6:35) that came down from heaven to give life to His people (see John 6:31–35). The manna given by Jehovah to nourish and save the children of Israel was a symbolic foreshadowing of Jesus Christ. Shortly after the Savior physically fed the 5,000 (see John 6), He referred to the account of God providing manna to teach that all people need to receive spiritual nourishment from the “living bread” (John 6:51) to obtain eternal life. The Savior taught, “Whoso eateth my flesh, and drinketh my blood, hath eternal life” (John 6:54).

Elder Bruce R. McConkie of the Quorum of the Twelve Apostles explained, “To eat the flesh and drink the blood of the Son of God is, first, to accept him in the most literal and full sense, with no reservation whatever, as the personal offspring in the flesh of the Eternal Father; and, secondly, it is to keep the commandments of the Son by accepting his gospel, joining his Church, and enduring in obedience and righteousness unto the end. Those who by this course eat his flesh and drink his blood shall have eternal life, meaning exaltation in the highest heaven of the celestial world” (*Doctrinal New Testament Commentary*, 3 vols. [1965–73], 1:358).

“Murmur Not”  
 Neal A. Maxwell  
 October 1989 Gen. Conf.



Elder Dallin H. Oaks of the Quorum of the Twelve Apostles taught:  
 “We know that our physical bodies require certain nutrients to sustain life and to maintain physical and mental health. If we are deprived of those nutrients, our physical and mental vitality are impaired and we have a condition called malnutrition. Malnutrition produces such symptoms as reduced mental functions, digestive disorders, loss of physical strength, and impairment of vision. Good nutrition is especially important for children, whose growing bodies are easily impaired if they lack the nutrients necessary for normal growth.  
 “Our spirits also require nourishment. Just as there is food for the body, there is food for the spirit. The consequences of spiritual malnutrition are just as hurtful to our spiritual lives as physical malnutrition is to our physical bodies. Symptoms of spiritual malnutrition include reduced ability to digest spiritual food, reduced spiritual strength, and impairment of spiritual vision” (“Nourishing the Spirit,” *Ensign*, Dec. 1998, 7).

**Examples of Murmuring:**

- First, the murmurer often lacks the courage to express openly his concerns. If the complaint concerns a peer, the murmurer seldom follows Jesus’ counsel, “Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.” (Matt. 18:15.)
- Second, murmurers make good conversational cloak holders. Though picking up no stones themselves, they provoke others to do so.
- Third, while a murmurer insists on venting his own feelings, he regards any response thereto as hostile. (See 2 Ne. 1:26.) Furthermore, murmurers seldom take into account the bearing capacity of their audiences.
- Fourth, murmurers have short memories. Israel arrived in Sinai, then journeyed on to the Holy Land though they were sometimes hungry and thirsty. But the Lord rescued them, whether by the miraculous appearance by quail or by water struck from a rock. (See Num. 11:31; Ex. 17:6.) Strange, isn’t it, brothers and sisters, how those with the shortest memories have the longest lists of demands! However, with no remembrance of past blessings, there is no perspective about what is really going on.

Perhaps when we murmur we are unconsciously complaining over not being able to cut a special deal with the Lord. We want full blessings but without full obedience to the laws upon which those blessings are predicated. For instance, some murmurers seem to hope to reshape the Church to their liking by virtue of their murmuring. But why would one want to belong to a church that he could remake in his own image, when it is the Lord’s image that we should come to have in our countenances? (See Alma 5:19.)

Laborers in the Lord’s vineyard who murmur over life’s inequities, declared Jesus, murmur “against the good man of the house.” (Matt. 20:11.) The goodness of the Lord is attested to in so many ways—mansions await!—yet we ungrateful guests still complain about the present accommodations.

Of course there are ways provided—formal and informal—for expressing legitimate concerns and complaints, and for doing so productively. These avenues often go unused, especially if one’s real desire is to parade his discontent.

Yes, such individuals may acknowledge God, but they criticize His ways. (See Jacob 4:8; D&C 1:16; D&C 56:14.) We want things to be done in our ways, even though our ways are much lower ways. (See Isa. 55:8–9.)

## Possible Calendar of the Israelites in the Wilderness

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				29 Elim	30 Camped at Red Sea	31 Wilderness of Sin Arrive Iyar 15 (Exodus 16:1) Sabbath revealed in evening
32 Camp at Wilderness of Sin First Manna	33 Camp at Wilderness of Sin	34 Camp at Wilderness of Sin	35 Camp at Wilderness of Sin	36 Camp at Wilderness of Sin	37 Camp at Wilderness of Sin	38 Camp at Wilderness of Sin First Sabbath
39 Leave in morning to Dophkah	40 Alush	41 Evening at Rephidim (Meribah)  Water from the Rock of Herob	42 Rephidim (Meribah)	43 Rephidim  Amalek attacks	44 Wilderness of Sin  Iyar 28 (Exodus 19:1)	45