

Sanctuary Studies

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The Golden Pot of Manna *part one*

★ The Ark of the Covenant contains a “Golden Pot of Manna”. It becomes evident, seeing that the Ark of the Covenant has a pre-eminent significance within the Sanctuary, that the Golden Pot of Manna is set forth as an essential symbol. The accounts within the Bible on this subject demand our study, that we might understand the intended principles which result in a sure foundation. Let us dig into the precious lessons concerning the manna!

I. First mention of Manna - **Exodus 16**

- a. Why was it called manna & who gave it? **vs. 15**
- b. What did God just promise them in **Exodus 15:26**?
- c. What great purpose did God intend by giving the bread from heaven? **vs. 4**
- d. How much manna was found on the sixth day? **vs. 5**
- e. When was the manna to be found? **vs. 14**
- f. What is the intended lesson in **vs. 16-18**?
- g. What happened to the manna when the sun waxed hot? **vs. 21**
- h. Which day were they to bake, seethe, and prepare? **vs. 23**
- i. What was the response of the Lord when some did not heed the instructions? **vs. 28**
- j. How did Paul know in **Hebrews 9:4** that there was a pot of manna in the ark? **vs. 32-34**
- k. How long did the children of Israel eat of the manna? **vs. 35**

★ There are a number of lessons drawn from this chapter. Here are a few listed below: There are quotations on the back to coincide with the numbered points.

1. The Lord allowed the trial for the purpose of simply turning their hearts to Him as their Deliverer. Many times our faith fails today as we consider the wants of tomorrow. To anticipate lack instead of provision, when God has promised, is to manifest a sinful unbelief. See **Psalms 37:25, Matthew 6:33, & Philippians 4:19**
2. We should be careful never to forget our deliverance! God manifested great power and majesty to free the Israelites from bondage. He spared their children from the death angel who passed over! He created a way of escape in the Red Sea and destroyed their enemies. We also should look back in our life and recount the mercies of God! He has no intention of bringing us thus far and then forsaking us! **Psalms 103:1,2 Philippians 1:6, 1 Thessalonians 5:24, & John 14:18**
3. God was testing them to see whether or not they would walk in His law. How so you may ask? **Exodus 16:4,28** These verses prove that God had a Law and commands before the declaration given in Exodus 20. Furthermore they were commanded to gather twice upon the 6th day as a provision for the 7th day sabbath! A three-fold miracle was manifest every week for forty years. (1) Manna fell twice as much on the 6th day (2) None fell on the 7th day (3) Nothing spoiled the morning of the 7th day Sabbath when every other day the manna would spoil if left over. These miracles were given to impress them with the Sacredness of the Sabbath. **Exodus 31:13, Exodus 20:12, & Isaiah 58:13,14**
4. Take notice that the manna melted when the sun waxed hot. It is import to seek God's provisions while they may be found! See **Isaiah 55:6,7**. We must make sure we are spending time gathering up our heavenly sustenance to strengthen us for the trials of the day and journey to the promised land! There is no greater time to do this than in the morning! **Psalms 30:5, Psalm 143:8, Proverbs 8:17, Isaiah 50:4, & Mark 1:35**
5. Manna was not a rich feast. It was a simple fare. God knew that his people could not glorify Him while they practiced the diet of Egypt. God desires us to learn the lessons of health through simplicity. **Proverbs 30:8, 1 Corinthians 10:31, & Daniel 1:12-15**

1. They had not as yet suffered from hunger; their present wants were supplied, but they feared for the future. They could not understand how these vast multitudes were to subsist in their travels through the wilderness, and in imagination they saw their children famishing. The Lord permitted difficulties to surround them, and their supply of food to be cut short, that their hearts might turn to Him who had hitherto been their Deliverer. If in their want they would call upon Him, He would still grant them manifest tokens of His love and care. He had promised that if they would obey His commandments, no disease should come upon them, and it was sinful unbelief on their part to anticipate that they or their children might die for hunger. {PP 292.2}
2. In reviewing our past history, having traveled over every step of advance to our present standing, I can say, Praise God! As I see what the Lord has wrought, I am filled with astonishment, and with confidence in Christ as leader. We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history. {LS 196.2}
3. When the Sabbath commences, we should place a guard upon ourselves, upon our acts and our words, lest we rob God by appropriating to our own use that time which is strictly the Lord's. We should not do ourselves, nor suffer our children to do, any manner of our own work for a livelihood or anything which could have been done on the six working days. Friday is the day of preparation. Time can then be devoted to making the necessary preparation for the Sabbath and to thinking and conversing about it. Nothing which will in the sight of Heaven be regarded as a violation of the holy Sabbath should be left unsaid or undone, to be said or done upon the Sabbath. God requires not only that we refrain from physical labor upon the Sabbath, but that the mind be disciplined to dwell upon sacred themes. The Fourth Commandment is virtually transgressed by conversing upon worldly things or by engaging in light and trifling conversation. Talking upon anything or everything which may come into the mind is speaking our own words. Every deviation from right brings us into bondage and condemnation. {CG 529.3}
4. Christ applied himself diligently to a study of the Scriptures; for he knew them to be full of precious instruction to all who will make it the man of their counsel. He was faithful in the discharge of his home duties, and the early morning hours, instead of being wasted in bed, often found him in a retired place, meditating and searching the Scriptures, and in prayer. { FE 402.3 }
5. When God led the children of Israel out of Egypt, it was his purpose to establish them in the land of Canaan a pure, happy, healthy people. Let us look at the means by which he would accomplish this. He subjected them to a course of discipline, which, had it been cheerfully followed, would have resulted in good, both to themselves and to their posterity. He removed flesh-food from them in a great measure. He had granted them flesh in answer to their clamors, just before reaching Sinai, but it was furnished for only one day. God might have provided flesh as easily as manna, but a restriction was placed upon the people for their good. It was his purpose to supply them with food better suited to their wants than the feverish diet to which many of them had been accustomed in Egypt. The perverted appetite was to be brought into a more healthy state, that they might enjoy the food originally provided for man,—the fruits of the earth, which God gave to Adam and Eve in Eden. { CTBH 118.1 }

Had they been willing to deny appetite in obedience to his restrictions, feebleness and disease would have been unknown among them. Their descendants would have possessed physical and mental strength. They would have had clear perceptions of truth and duty, keen discrimination, and sound judgment. But they were unwilling to submit to God's requirements, and they failed to reach the standard he had set for them, and to receive the blessings that might have been theirs. They murmured at God's restrictions, and lusted after the fleshpots of Egypt. God let them have flesh, but it proved a curse to them. { CTBH 118.2 }

Again and again I have been shown that God is trying to lead us back, step by step, to his original design,—that man should subsist upon the natural products of the earth. Among those who are waiting for the coming of the Lord, meat-eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavor to work steadily toward it. I cannot think that in the practice of flesh-eating we are in harmony with the light which God has been pleased to give us. All who are connected with our health institutions especially should be educating themselves to subsist on fruits, grains, and vegetables. If we move from principle in these things, if we as Christian reformers educate our own taste, and bring our diet to God's plan, then we may exert an influence upon others in this matter, which will be pleasing to God. { CTBH 119.1 }