

Monday 18th July 2022

John 6: 31 *“Our forefathers ate the manna in the desert; as it is written: ‘He gave them bread from heaven to eat.’”*

John 6: 35 *“Then Jesus declared, ‘I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.’”*

As a species we need food and water to survive. Our physical state is dependent on being able to eat and drink. Manna is a trehalose, a crystalline carbohydrate forming in suitable conditions and tasting sweet. It would have appeared as a God send to weary and starving Israelites in the desert.

Jesus draws the analogy but he is referring to feeding the soul. *“Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.”* (John 6:21) In other words ‘believe in me and follow my example because God the Father approves of my thinking and way of life’. Can we rise above the simple pleasures of eating and drinking and follow Jesus with conviction?