

HWMR - CRYSTALLIZATION STUDY OF NUMBERS, Book 3, Week 15

**The Change of our Diet
to the Heavenly Christ as the Reality
of the Heavenly Manna
So That We May Be Reconstituted with Christ
to Become God's Dwelling Place**

Scripture Reading: Num. 11:4-9; 21:5; Exo. 16:1-36; John 6:31-35, 48-51, 57-58, 63

- Numbers 11:4 - And the mixed multitude that was among them lusted exceedingly; and the children of Israel also wept again and said, Who shall give us **meat** to eat?
- Numbers 11:5 - We remember the **fish** which **we used to eat** in Egypt for nothing, the **cucumbers** and the **melons** and the **leeks** and the **onions** and the **garlic**;
- Numbers 11:6 - But now **our appetite has gone**; there is nothing at all but this manna to look at.
- Numbers 11:7 - Now the **manna** was like **coriander seed**, and its appearance like the **appearance of bdellium**.
- Numbers 11:8 - The people went about and **gathered it** and **ground it** between two millstones or **beat it** in a mortar; then they **boiled it** in pots and **made cakes of it**; and its taste was like the taste of cakes baked in oil.
- Numbers 11:9 - And when **the dew fell** on the camp at night, the **manna** would **fall with it**.
- Exodus 16:1 - And they journeyed from Elim, and all the assembly of the children of Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departure out of the land of Egypt.
- Exodus 16:2 - And the whole assembly of the children of Israel murmured against Moses and against Aaron in the wilderness.
- Exodus 16:3 - And the children of Israel said to them, If only we had died by the hand of Jehovah in the land of Egypt, when we sat by the fleshpots, when we ate bread to the full; for you have brought us out into this wilderness to kill this whole congregation with hunger.
- Exodus 16:4 - Then Jehovah said to Moses, I will now 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 or not they will walk in My law.
- Exodus 16:5 - And on the sixth day when they prepare what they bring in, it will be twice as much as they gather daily.
- Exodus 16:6 - So Moses and Aaron said to all the children of Israel, In the evening you will know that Jehovah has brought you out from the land of Egypt;
- Exodus 16:7 - And in the morning you will see the glory of Jehovah, for He hears your murmurings against Jehovah. And what are we, that you murmur against us?
- Exodus 16:8 - And Moses said, This you will see when Jehovah gives you flesh to eat in the evening, and bread to the full in the morning; for Jehovah hears your murmurings which you murmur against Him. And what are we? Your murmurings are not against us but against Jehovah.
- Exodus 16:9 - And Moses said to Aaron, Say to all the assembly of the children of Israel, Come near before Jehovah, for He has heard your murmurings.
- Exodus 16:10 - And as Aaron spoke to the whole assembly of the children of Israel, they looked toward the wilderness, and there the glory of Jehovah appeared in the cloud.
- Exodus 16:11 - And Jehovah spoke to Moses, saying,
- Exodus 16:12 - I have heard the murmurings of the children of Israel. Speak to them, saying, At twilight you will **eat flesh**, and in the morning you will be **filled with bread**; and you shall know that I am Jehovah your God.
- Exodus 16:13 - And at evening **quails** came up and covered the camp, and in the morning there was a **layer of dew** around the camp.
- Exodus 16:14 - And when the layer of dew lifted, there upon the surface of the wilderness were **fine round flakes**, **fine** as the **frost** on the earth.
- Exodus 16:15 - And when the children 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** which Jehovah has given you to eat.
- Exodus 16:16 - This is what Jehovah has commanded, **Gather** of it, each one according to his eating; you shall take **an omer a head**, according to the number of your persons, each one for those who are in his tent.
- Exodus 16:17 - And the children of Israel did so; and some gathered much, and some little.
- Exodus 16:18 - And when they measured it with an omer, he who gathered much had no excess, and he who gathered little had no lack; each of them gathered according to his eating.
- Exodus 16:19 - And Moses said to them, Let no man leave any of it until the morning.
- Exodus 16:20 - But they did not listen to Moses, and some men left part of it until the morning; and it bred worms and stank. And Moses was indignant with them.
- Exodus 16:21 - And they **gathered it morning by morning**, each one according to his eating; and when the sun became hot, it melted.
- Exodus 16:22 - And on the sixth day they gathered twice as much bread, two omers for each one; and all the leaders of the assembly came and told Moses.
- Exodus 16:23 - And he said to them, This is what Jehovah has spoken, Tomorrow is a Sabbath of complete rest, a holy Sabbath to Jehovah. Bake what you will bake, and boil what you will boil, and all that is left over put aside for yourselves to be kept until the morning.
- Exodus 16:24 - And they put it aside until the morning, as Moses commanded; and it did not stink, nor was there any worm in it.
- Exodus 16:25 - And Moses said, **Eat it today**, for **today is a Sabbath to Jehovah**; today you will not find it in the field.

- Exodus 16:26 - Six days you shall gather it, but on the seventh day is the Sabbath; on it there will be none.
- Exodus 16:27 - And on the seventh day some of the people went out to gather, and they found none.
- Exodus 16:28 - And Jehovah said to Moses, How long do you refuse to keep My commandments and My laws?
- Exodus 16:29 - See, Jehovah has given you the Sabbath, therefore He gives you bread for two days on the sixth day. Let each of you stay in his place; let no man go out of his place on the seventh day.
- Exodus 16:30 - So the people rested on the seventh day.
- Exodus 16:31 - And the house of Israel called its name **manna**, and it was like **coriander seed, white**; and its taste was **like wafers** made with honey.
- Exodus 16:32 - And Moses said, This is what Jehovah has commanded, Let an omerful of it be kept throughout your generations, that they may see the bread which I fed you in the wilderness, when I brought you out from the land of Egypt.
- Exodus 16:33 - And Moses said to Aaron, Take a pot, and put an omerful of manna in it, and place it before Jehovah, to be kept throughout your generations.
- Exodus 16:34 - As Jehovah commanded Moses, so Aaron placed it before the **testimony** to be kept.
- Exodus 16:35 - And the children of Israel ate the manna **forty years**, until they came to inhabitable land; they ate the **manna** until they came to the border of the land of Canaan.
- Exodus 16:36 - Now an omer is a tenth of an ephah.
- John 6:31 - Our fathers ate the **manna** in the wilderness, as it is written, "He gave them **bread out of heaven** to eat."
- John 6:32 - Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the **true bread** out of heaven.
- John 6:33 - For the **bread of God** is He who comes down out of heaven and gives life to the world.
- John 6:34 - They said therefore to Him, Lord, give us this bread always.
- John 6:35 - Jesus said to them, I am the **bread of life**; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
- John 6:48 - **I am the bread of life.**
- John 6:49 - Your fathers ate the **manna** in the wilderness, and they died.
- John 6:50 - This is the **bread** which comes down **out of heaven**, that anyone may eat of it and not die.
- John 6:51 - I am the **living bread** which came down out of heaven; if anyone eats of this bread, he shall live forever; And the bread which I will give is My flesh, given for the life of the world.
- John 6:57 - As the living Father has sent Me and I live because of the Father, so **he who eats Me, he also shall live because of Me.**
- John 6:58 - This is the **bread** which **came down out of heaven**, not as the fathers ate and died; he who eats this bread shall live forever.
- John 6:63 - It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.

A Type of Christ

Manna is a type of **Christ** (John 6:31-35, 48-51, 57-58). As **the real manna**, Christ was sent by God the Father that God's chosen people might live by Christ. Although the children of Israel had had their exodus from Egypt, they were still Egyptian in their constitution. They **needed to change their constitution** that they might become materials for the building of God's habitation. God gave them **manna** to change their diet that they might **become a new constitution** through their eating. Today Christ has come from God to be our real food, and God has changed our food from something worldly to Christ Himself. **We need to eat Him that He may enter into us organically to become our inner constituents that we may be built as God's habitation.** (Truth Lessons, Level 3, Vol. 1, Chapter 16, Section 4)

DAY 1

John 6:32-33, 48, 57

I. The heavenly Christ is the reality of the heavenly manna sent by God to be the daily life supply of His chosen people (John 6:31-35, 48-51, 57-58, 63):

- He is the **heavenly bread** as the bread that **came down out of heaven** (vv. 31-32, 41-42, 49-50).
- He is the **bread of God** as the One who is of God, who was **sent by God**, and who was with God (v. 33).
- He is the **bread of life** as the bread with **eternal life**, with zoe; the bread of life refers to the **nature** of the bread, which is life; it is like the tree of life, which also is the life supply "good for food" (vv. 35, 48; Gen. 2:9).
- He is the **living bread**; this refers to the **condition** of the bread, which is **living** (John 6:51).
- He is the **true bread**; He is the true food, and all other foods are merely shadows of Him as the real food; the **reality** of the food that we eat daily is Jesus Christ (V. 32).

II. "As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me...It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life" (vv. 57, 67):

- A. To eat is to take food into us that it may be **assimilated organically** into our body; hence, **to eat the Lord Jesus is to receive Him into us** that He may be assimilated by the regenerated new man in the way of life.
- B. We live not merely **by** Christ but **because** of Christ as our energizing element and supplying factor; we live Christ in His resurrection, and **we live Christ by eating Him** (Gal. 2:20; Phil. 1:19-21a).
- C. We eat the Lord Jesus as our spirit food, receiving Him as the Spirit who gives life, by eating His words of spirit and life, receiving His words by means of all prayer (Jer. 15:16 and footnote 1; Eph. 6:17-18):
 - 1. His spoken **words** are the **embodiment** of the Spirit of life; He is now the life-giving Spirit in resurrection, and **the Spirit is embodied in His words**.
 - 2. When we receive His words by exercising our spirit, we get the Spirit who gives life (cf. Hymns, #612).

DAY 2 & DAY 3

III. God wants to **change our diet to a diet of Christ as the real manna sent by God the Father for God's chosen people to be reconstituted with Christ and to live because of Christ to become God's dwelling place (Exo. 16:1-36):**

- A. Although God's people had been **brought out** of Egypt into the wilderness of separation, they were still constituted with the element go Egypt, signifying the world; God's intention was to change their element by changing their diet in order to **change the nature** of His people; He wanted to change their being, their very constitution, to make them a heavenly people constituted and transformed with the heavenly Christ.
- B. For forty years God gave the children of Israel nothing to eat but **manna** (v. 35; Num. 11:6); this shows that God's intention in His salvation is to work Himself into the believers in Christ and to change their constitution by feeding them with Christ as their unique heavenly food, thereby qualifying them to build up the church as God's dwelling place; in fact, after being **reconstituted** with Christ, the believers themselves become **the dwelling place of God** (cf. 1 Cor. 3:16-17; 6:19; 2 Cor. 6:16; i Tim. 3:15; Heb. 3:6; Rev. 21:2-3).
- C. God's way to deal with the flesh of His people is to put it aside and not to feed it; for this reason He changes the diet of His people and sends them food that their flesh does not like; the mixed multitude and the people of Israel both abhorred and were bored of the heavenly taste of **manna** and lusted for the world taste of the Egyptian food (Num. 11:4-9; 21:5).
- D. The **Egyptian diet** denotes all the things that we desire to feed on in order to find satisfaction; America is the leading country with respect to the Egyptian diet, the **worldly entertainment**; whatever we desire, hunger, and thirst after the diet according to which our being has been constituted.
- E. On the one hand, the heavenly **manna nourishes** us and **heals** us; on the other hand, it **eliminates** the negative things in us.
- F. How marvellous it was that God gave the people nothing except **manna**; this indicates that He gave them nothing except Christ; may the Lord take away the desire and hunger for anything other than Christ!
- G. By feeding on **manna**, God's people eventually **became manna**; our constitution must be rearranged through the eating of Christ so that the church as the dwelling place of God may be build up; may **the Lord change our diet so that we may be reconstituted with Christ and become God's dwelling place** (Matt. 16:18).
- H. Along with **change of diet** we a **change of appetite**; the Lord Jesus said, "*Work not for the food which perishes, but for the food which abides unto eternal life*" (John 6:27).
 - 1. By food, we mean anything that we take into us for our satisfaction; **Christ Himself is the only food that does not perish; this food abides unto eternal life**.
 - 2. Whatever satisfies, strengthens, and sustain us is our food; the unique food that we take for our sustenance, strength, and satisfaction must be Christ alone.
 - 3. All those who have been regenerated need to change their diet for a change of appetite; God's intention is to cut off the worldly diet and to limit us to diet of heavenly food, which is Christ.
 - 4. We all should be able to say, "*The Lord is the only one who satisfies me. Apart from Him, I have no satisfaction. I am daily strengthened and sustained by Christ. He is the only food on which I rely.*"
- I. The **unique food** that we take for our **sustenance**, **strength**, and **satisfaction** must be Christ, and the one unique ministry in the New Testament conveys Christ as the unique food for God's people (Num. 11:5-6; cf. Acts 1:17, 25; 2 For. 4:1; 1 Tim. 1:12; 2 For. 3:6).

DAY 4

IV. We need to **see and experience the characteristics of Christ as the unique food, our daily manna, for our metabolic transformation:**

- A. Manna is **a mystery** (Exo. 16:15; Col. 2:2; Isa. 9:6; Eph. 3:4; John 3:8):
 - 1. The Hebrew expression *man hu*, from which the word *manna* derives, means "**What is it?**" (Exo. 16:15).
 - 2. Just as we cannot analyze or explain manna, we cannot analyze or explain the Lord Jesus, to the people of the world; Christ is the real manna, the real "what is it?"
- B. Manna is a long-term **miracle**, manna was **sent** every morning, and it had to be **gathered** every morning; this indicates that the experience of Christ as our life **supply** must be daily, morning by morning; as our food, Christ will last for eternity (vv. 4, 21; cf. Matt. 6:34).
- C. Manna is **from heaven**; on the one hand, the Lord Jesus is "**the bread out of heaven**"; on the other hand, He is "**the bread of God**," the One who came down out of heaven to be **our food** (Exo. 16:4; John 6:32-33,51).

- D. Manna **comes with the dew**, which signifies the Lord's **refreshing** and **watering** grace brought in by His fresh compassions; grace is God reaching us to refresh us and water us (Exo. 16:13-14; Num. 11:9; Psa. 133:3; Lam. 3:22-23; Her. 4:16; Psa. 110:3).

With the Dew

From Exodus 16:13-14 we see that **manna came with the dew**: "In the morning there was a layer of dew around the camp. And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes." This small, round thing was manna. Numbers 11:9 also says, "When the **dew** fell on the camp at night, the **manna** would **fall with it**." According to the Bible, the **dew** signifies **daily grace**, the grace of the Lord Jesus Christ. Psalm 133:3 mentions "the dew of Hermon / That came down upon the mountains of Zion." The dew of Hermon signifies **grace which comes down from the heavens**. According to Lamentations 3:22 and 23, **God's mercy, like the dew, is fresh every morning**. **Mercy** in the Old Testament eventually issues in **grace** in the New Testament. **Grace is God reaching us**. When God reaches us in a positive manner, full of mercy and compassion, He becomes grace to us. **Manna** coming down with the **dew** signifies that **Christ as our heavenly bread of life comes to us through grace**. (Truth Lessons, Level 3, Vol. 1, Chapter 16, Section 4)

- E. Manna **comes in the morning**, indicating that it gives us a **new beginning** through our **living contacts with the Lord** (Exo. 16:21; cf. S. S. 1:6b; 7:12; John 5:39-40; Rom. 6:4; 7:6).

DAY 5

- F. Manna is **small**; Christ was born in a manger, and He was raised in the home of a carpenter in a small, despised town; this indicates that the Lord did not make a display of His greatness but **preferred to be small** in the eyes of man (Exo. 16:14b; Luke 2:12; John 6:35; cf. Judge 9:9, 11, 13; Matt. 13:31-32).
- G. Manna is **fine**, indicating that Christ is **even** and **balance** and that He became small enough for us to eat (Exo. 16:14; John 6:12).
- H. Manna is **round**, indicating that as our food, Christ is **eternal**, **perfect**, and **full**, without shortage or defect (Exo. 16:14; John 8:58).
- I. Manna is **white**, showing that Christ is **clean** and **pure**, without any mixture (Exo. 16:31; Psa. 12:6; 119:140; 2 For. 11:3b).
- J. Manna is **like frost**, signifying that Christ not only **cools** and **refreshes** us but also **kills** the negative things within us (Exo. 16:14; Prov. 17:27).
- K. Manna is **like coriander seed**, indicating that Christ is **full of life** that grows in us and multiplies (Num. 11:7; Luke 8:11).
- L. Manna is **solid** (implied in the fact that the people "ground it between two millstones or beat it in a mortar, then they boiled it in pots" — Num. 11:8), signifying that after gathering Christ as manna, **we must prepare Him for our eating** by "**grinding, beating, and boiling**" Him in the situations and circumstances of our daily living (cf. 2 For. 1:4; Eph. 6:18).
- M. Manna's appearance is **like that of bdellium**, indicating the **brightness** and **transparency** of Christ (Num. 11:7; Rev. 4:6, 8; Ezek. 1:18).
- N. Manna's taste is **like that of cakes** baked in oil, signifying the **fragrance** of the Holy Spirit in the taste of Christ (Num. 11:8; Psa. 92:10).
- O. Manna's taste is **like that of wafers** made with honey, signifying the **sweetness** of the taste of Christ (Exo. 16:31; Psa. 119:103).
- P. Manna is **good for making cakes**, indicating that Christ is like fine cakes good for **nourishment** (Num. 11:8; 1 Tim. 4:6).

DAY 6

V. The open manna is manna that we have not eaten, whereas the hidden manna refers to manna that we have eaten, digested, and assimilated (Rev. 2:17):

- A. "Do not think that it is impossible for you to be an overcomer. You can **become an overcomer by enjoying Christ as manna**. **Eat the open manna**, and Christ will **become the hidden manna**. This hidden manna will constitute you into an overcomer" (Life-study of Exodus, pp. 459-460).
- B. Whatever we eat, digest, and assimilate of Christ will be an **eternal memorial**; what we shall recall concerning Christ in eternity will have two aspects: the aspect of enjoyment of Christ as our reconstituting element and the aspect of Christ as the supply to make us God's dwelling place in the universe (Exo. 16:16, 32).
- C. Just as the manna in the golden pot was the focal point of God's dwelling place, so **Christ as the manna eats by us is the focal point of God's building today** (Heb. 9:3-4; Eph. 4:16; Col. 2:19).

Christ as the Reconstituting Element for God's People

The fact that **the Christ we eat is the Christ we preserve** indicates that **whatever we eat of Christ will become a memorial** in generations to come. Only the **Christ we have eaten** and experienced is worthy of remembrance. The **Christ whom we enjoy** will be an eternal memorial, because **the Christ we experience and enjoy becomes our very constitution**. He actually becomes the reconstituting element for God's people, that element which causes them to be reconstituted. Nothing of what we are, what we have, or what we can do is worthy of remembrance. Only the Christ who has become our constitution is worthy to be an eternal memorial. **What we remember in eternity will be nothing other than Christ**. For generation after generation, Christ will be our memorial. (Life-Study of Exodus, Chapter 38, Section 2)