

**Guidelines for the Exercise of the Lord's day Propheying Message Fifteen : The change of our diet to the Heavenly Christ as the reality of the Heavenly Manna so that we may be constituted with Christ to become God's dwelling place**

**I. Overview:**

The heavenly Christ is the reality of the heavenly manna sent by God to be the daily life supply of His chosen people. To eat is to take food into us that it may be assimilated organically into our body; we may live Christ by eating Him. God wants to change our diet to a diet of Christ as the real manna to be reconstituted with Christ and to live because of Christ to become God's dwelling place. We need to see and experience the characteristics of Christ as our unique food, our daily manna, for our metabolic transformation. The open manna is manna that we have not eaten, whereas the hidden manna refers to manna that we have eaten, digested, and assimilated. This can make us become an overcomer by enjoying Christ as manna.

**II. Truth and Enlightenment:**

Day 1 —

A. Explain the difference in John 6:57 between the word "because" and the word "by".

In John 6:57 the word because implies that there is a factor. The word by, however, indicates an instrument, not a factor. To walk by Christ implies that Christ is the instrument for walking, as a cane is used for walking. To walk because of Him indicates that He is the factor of our walking. We do not live by Christ, rather, we live because of Christ.

B. Expound John 6 is unique in giving many details concerning the Lord as the bread.

There are five characteristics of the Lord as our bread: the heavenly bread, the bread of God, the bread of life, the living bread, and the true bread. As the bread that came down out of heaven, He is the heavenly bread. As the bread of God, He is of God, He was sent by God, and He was with God. As the bread of life, He is the bread with eternal life. As the living bread, He is living. As the true bread, Christ is the bread of truth, or reality.

Day 2 —

A. Why should we live on Christ and on Christ alone according to God's economy?

Christ should be our unique diet, and we should live by Him. We should not seek to live on any other food. However, many believers do not take Christ as their unique source of satisfaction, strength, and sustenance. Instead, they are trying to be satisfied, sustained, and strengthened by other things. Because God wants us to live on Christ, we should be sustained, strengthened, and satisfied by Christ alone.

B. Explain why God wants to change our diet.

His intention is to cut off the worldly diet and to limit us to a diet of heavenly food, which is Christ. I wish to inquire concerning your diet. On what are you living day by day? What do you take in to satisfy, sustain, and strengthen you? We all should be able to say, "The Lord is the only One who satisfies me. Apart from Him, I have no satisfaction.

Day 3 —

A. Explain those who built the tabernacle were those with a heavenly constitution.

It was at least four months after the children of Israel left Egypt that they began to build the tabernacle. During these months, their diet had been changed and their constitution was at least in the process of changing and of being replaced with the element of manna. As those constituted of manna, they could build the tabernacle as God's dwelling place.

B. Expound the meaning of what the Lord Jesus said, "Work not for the food which perishes."

Today all the people in the world are working for the food which perishes. This perishing food includes things such as television, sports, music, and entertainments. All satisfaction of this kind will perish. Christ Himself is the only food which does not perish. This food abides unto eternal life.

Day 4 —

A. Expound Exodus 16:21 saying that the Israelites "gathered it morning by morning."

The fact that manna came in the morning indicates that it gives us a new beginning. Because the earth revolves on its axis daily, every day we have a new beginning, a new turn. Thank the Lord that He sends the manna daily. In our spiritual experience we need these daily turns, these daily new beginnings. Sometimes at the end of the day I am eagerly awaiting the next morning and a new beginning.

B. Explain how to experience the manna coming in the morning with the dew.

The manna comes whenever you are willing to have a new beginning. In the morning let us come to the Lord and say, "Lord, I want a new beginning. I do not want to be the same as yesterday. I thank You, Lord, that in Your sovereignty and in Your economy, You offer us a new beginning every day of the year." If you pray to the Lord in this way, eager for a new beginning, the manna will come in the morning with the dew.

Day 5 —

A. Explain in Exodus 16:14, "manna was something small."

Contrary to the human concept, manna was something small. People usually appreciate something that is great, and we often praise the Lord for His greatness. However, He 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. On the contrary, He preferred to be small in the eyes of man.

B. Explain that manna was white; it was clean and pure, without any kind of mixture.

Only Christ and His word are pure. The more we feast on Christ and eat His word, the more we are purified and saved from every kind of mixture. Those who feed on Christ eventually become simple and pure. Most people are complicated; the only way to be simplified is to eat the Lord Jesus. To be white means to be without stain. Although we may be good in certain respects, we may not be white.

Day 6 —

A. Explain in what the hidden manna differs from the open manna.

The hidden manna is for the overcomers. The open manna was for the enjoyment of the Lord's people in a public way; the hidden manna is a special portion reserved for His overcoming seekers who overcome the degradation of the worldly church. Do not think that it is impossible for you to be an overcomer. You can become an overcomer by enjoying Christ as manna. This hidden manna will constitute you into an overcomer.

B. Why can we say that the supply of manna even became the tabernacle?

According to the Bible, this memorial of manna indicates that as the real manna Christ is the source of supply for God's dwelling place. With manna as their supply the children of Israel built the tabernacle. The tabernacle was a symbol of the children of Israel, who were the real dwelling place of God by being supplied with manna and reconstituted with it.

### **III. Conclusion:**

The children of Israel in the Old Testament is the greatest type of the church in the New Testament. They had been redeemed by God through Passover, had been saved by Him through Exodus, and had been enjoying God's miraculous supply in the wilderness. According to the Old Testament, the children of Israel ate manna in the wilderness for a period of forty years; this matter really exposed the flesh of His people because they considered the food was tasteless and desired the same food they ate in Egypt. God changed their diet so that they may be reconstituted with Christ to become His dwelling place. Today the church in Lord's recovery only provides the food belonging to Christ and Christ alone. We as God's people must be patient and daily enjoy Christ as the open manna, passing through the processes of eating, digestion and assimilation to become the hidden manna for eternal memorial. This hidden manna will constitute us into an overcomer.