

Guidelines for the Exercise of the Lord's Day Prophesying

Message Sixteen : Our Spiritual Food, Our Spiritual Rock, and the Contents of the Lord's Table

I. Overview:

The deep truth in Exodus 16 is that God wants to change our diet to a diet of Christ as our spiritual food. Whatever we eat of Christ to be our reconstituting element and our supply to make us God's dwelling place in this universe will be an eternal memorial. Just as the manna in the golden pot was the focal point of God's dwelling place, so Christ as the manna eaten by us is the focal point of God's building today. Trouble among God's people can be caused by the shortage of water. Since Christ has been crucified and the Spirit has been given, there is no need to strike the rock again so that the living water may flow. To receive the living water from the crucified Christ, we need only to

"take the rod" and "speak to the rock". Moses offended both God's holy nature and His divine economy, so he lost the right to enter the good land. The emphasis of the Lord's table is the fellowship of His blood and body, the participation in the Lord, the enjoyment of the Lord in mutuality, in fellowship. The bread denotes life, and signifies the Lord's physical body to impart life into us. The bread also signifies the Lord's mystical Body to carry out His heavenly ministry for the accomplishment of the divine administration. The cup denotes blessing, which is God Himself as our portion, the cup of salvation that runs over.

II. Truth and Enlightenment:

Day 1 —

A. Explain the revelation of Exodus 16.

Exodus 16 reveals God's intention to change the source of our being, to change our very constituent. It is a superficial understanding of this chapter simply to say that manna is heavenly food which typifies Christ. The deep truth in Exodus 16 is that God wants to change our diet. The crucial point here is not whether or not we love the world; it is whether or not our diet has been changed.

B. Why will Christ whom we enjoy be an eternal memorial?

The Christ whom we enjoy will be an eternal memorial, because the Lord 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.

Day 2 —

A. Explain the heavenly manna being the unique food for God's people.

The heavenly manna is to be the unique food for God's people. The children of Israel could even say, "There is nothing at all but this manna to

look at". In Christianity today, there are hundreds of sources; there are also hundreds of so-called ministries. However, in the Bible, especially in the New Testament, there is just one ministry. The twelve apostles all shared in the same ministry.

B. Expound regarding the description of the manna in Exodus 16 and in Numbers 11.

The fact that manna came in the morning indicates that it gives us a new beginning. In our spiritual experience, we need these daily turns, these daily new beginnings. Another characteristic of manna is its fineness. By nature, we are coarse and unbalanced. However, when we take the Lord Jesus as our food, enjoying His word as our life supply, we are balanced.

Day 3 —

A. Expound Christ as the spiritual rock following the believers to give them the spiritual drink.

The spiritual drink in 1 Corinthians 10:4 refers to the living water that flowed out of the cleft rock, typifying the Spirit, who flowed out of the crucified and resurrected Christ, as our all-inclusive drink. In His crucifixion Christ, as the living, spiritual rock, was smitten by the authority of God's law in order that the water of life in resurrection could flow out of Him into His redeemed people for them to drink.

B. Fellowship the trouble in Numbers 20:2-13 being caused by the shortage of water.

The water typifies the Spirit of life. In type, this shows that whenever God's people are short of the Spirit of life, they will have problems. When God's people have an abundance of the Spirit, their problems among themselves and with God are solved. In Exodus 17 Moses struck the rock with his rod, and water flowed out for the people to drink.

Day 4 —

A. Explain the word fellowship in 1 Corinthians 10:16.

It refers to the believers' communion in the joint participation in the blood and body of Christ. This makes us, the participants in the Lord's blood and body, not only one with one another but also one with the Lord. We, the participants, make ourselves identified with the Lord in the fellowship of His blood and body. It is to illustrate how eating and drinking make the eaters and drinkers one with what they eat and drink.

B. Expound the fellowship of the blood and the body of Christ.

The fellowship of the blood and the body of Christ implies that Christ's blood is separate from His body, indicating that it is now possible for us to feast on Him. In order to become our feast, Christ had to be processed. In 1 Corinthians 10:16 we see that His blood and His body are now on the table, a place of feasting. This implies that Christ has been incarnated, crucified, and resurrected.

Day 5 —

A. Expound the significance of the cup.

This cup is the new covenant, comprising all the rich blessings of the New Testament, including God Himself. The new covenant, a covenant of full

blessing, was established by the Lord's blood, which He shed on the cross for our redemption. According to Luke 22:20, the cup is the new covenant or title deed which was enacted by the blood of Christ. The blood of Christ instituted a new covenant, a better covenant, which became the new testament after His resurrection.

B. Explain what Christ's blood has done for us.

The precious blood of Christ has redeemed us and brings us back to the tree of life! The blood of Christ also leads the believers to the waters of life. Day by day, because of His blood, we may eat of the tree of life and drink of the water of life. According to Revelation 7:14, those who have "washed their robes and made them white in the blood of the Lamb" will be guided by the Lamb to "springs of waters of life".

Day 6 —

A. Expound the efficacy of the blood for us.

The blood brings us into the Holy of Holies; that is, it brings us into God. When the high priest entered into the Holy of Holies, it was not his purpose to observe the law. On the contrary, because of the blood sprinkled in the Holy of Holies, he could enjoy God, behold His beauty, and receive His infusion. Enjoying God in this way is what produces a man of God.

B. Explain the Lord's supper not only for remembering the Lord but also for declaring His death.

The word declare in 1 Corinthians 11:26 means proclaim, announce, or display. While we are remembering the Lord, we display His death. In fact, we remember the Lord Himself by declaring and displaying His death to the entire universe: to the demons, to the angels, and to human beings. When we remember the Lord, the bread and the cup are displayed separately on the table.

III. Conclusion:

In our daily lives living with the Lord, the greatest help is to eat Christ as the heavenly food. By eating Christ, we become Christ, and then we live Him. When we participate in Him as our heavenly food, He will reconstitute us to change our inward constitution so that we can become the heavenly people. At the same time, if we want to drink the water of life, first of all we need to be put in a drinking position and also need to be thirsty. Then we shall come to the Lord and call upon His name. The Lord's table is not only a matter of gathering on Lord's Day, but also a feast of being enjoyed by us every day, even constantly. The Lord is our good land, our feast day after day. As a good land, Christ is a rich feast for us to enjoy. And it is for our enjoyment.