

Scripture Resources

For Reflection and Discussion

Exodus 14: 13-16 Israel at the Red Sea

¹³ But Moses said to the people, “Do not be afraid, stand firm, and see the deliverance that Yahweh will accomplish for you today; for the Egyptians whom you see today you will never see again. ¹⁴ Yahweh will fight for you, and you have only to be still.”

¹⁵ Then Yahweh said to Moses, “Why do you cry out to me? Tell the Israelites to go forward. ¹⁶ But you lift up your staff, and stretch out your hand over the sea and divide it, that the Israelites may go into the sea on dry ground.”

Exodus 16:1-5 Manna in the Wilderness

¹ All the congregation of the people of Israel set out from Elim and came into the wilderness of Sin, between Elim and Sinai, on the fifteenth day of the second month – one month after they departed from the land of Egypt.

² And the whole congregation of the people of Israel grumbled against Moses and against Aaron in the wilderness. ³ And the people of Israel said to them, “We wish that Yahweh’s hand had killed us in the land of Egypt while we were still sitting by the meat pots and ate bread to the full. You’ve brought us out into this wilderness to kill this whole assembly with hunger.”

⁴ Then Yahweh said to Moses, “Look, I’m about to rain for you bread from heaven. And every day, the people will go out and gather a day’s portion, that I may train them, that they may walk by my law or not. ⁵ On the sixth day, when they prepare what they bring in, there’ll be twice as much as they gather other days.”

Exodus 19:1-8a Israel at Mount Sinai

¹ On the third new moon after the people of Israel had gone out of the land of Egypt, on that day they came into the wilderness of Sinai. ² They set out from

Rephidim and came into the wilderness of Sinai, and they encamped in the wilderness. There Israel encamped before the mountain,³ while Moses went up to God.

Yahweh called to him out of the mountain, saying, "Thus you shall say to the house of Jacob, and tell the people of Israel:

⁴ You yourselves have seen what I did to Egypt,
and how I bore you on eagles' wings
and brought you to myself.

⁵ Now therefore, if you will indeed hear my voice
and keep my covenant,
you shall be my treasured possession among all peoples,
for all the earth is mine;

⁶ and you shall be to me a kingdom of priests
and a holy nation.

These are the words that you shall speak to the people of Israel."

⁷ So Moses came and called the elders of the people and set before them all these words that Yahweh had commanded him. ⁸ All the people answered together and said, "All that Yahweh has spoken we will do."

Deuteronomy 8:2-3 Not by Bread Alone

² Remember the long way that Yahweh your God has led you these forty years in the wilderness, in order to teach you humility, training you in order to know what's in your heart, whether you'd keep his commandments. ³ He taught you humility and let you experience hunger, and he fed you with manna, which neither you nor your ancestors had ever known, in order you may know that the human being will not gain life by bread alone, but the human will gain life by everything that comes from the mouth of Yahweh.

Psalm 46:1-11 Be Still and Know that I am God

¹ God is our refuge and strength,
a very present help in trouble.

² Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;

- ³ though its waters roar and foam,
 though the mountains tremble with its tumult. *Selah*
- ⁴ There is a river whose streams make glad the City of God,
 the holy habitation of the Most High.
- ⁵ God is in the midst of the city; it shall not be moved;
 God will help it when the morning dawns.
- ⁶ The nations are in an uproar, the kingdoms totter;
 he utters his voice, the earth melts.
- ⁷ Yahweh of hosts is with us;
 the God of Jacob is our refuge. *Selah*
- ⁸ Come, behold the works of Yahweh;
 see what he destroys in the earth.
- ⁹ He makes wars cease to the end of the earth;
 he breaks the bow, and shatters the spear;
 he burns the shields with fire.
- ¹⁰ “Be still, and know that I am God!
 I am exalted among the nations,
 I am exalted in the earth.”
- ¹¹ Yahweh of hosts is with us;
 the God of Jacob is our refuge.

Psalm 78:18-19, 22-25 The Bread of Angels

- ¹⁸ They tested God in their heart
 by demanding the food they desired.
- ¹⁹ They spoke against God, saying,
 “Can God spread a table in the wilderness?”
- ²² ... They had no faith in God, ...
 and did not trust his power to deliver.
- ²³ Yet he commanded the clouds above,
 and opened the doors of heaven;
- ²⁴ he rained down on them manna to eat,
 and gave them the grain of heaven.
- ²⁵ Humans ate of the bread of angels;
 he sent them food in abundance.

Isaiah 40:1-5 A Voice Crying in the Wilderness

¹ “Comfort, comfort my people!” says your God.

² “Speak to the heart of Jerusalem, and proclaim to her
that her hard battle is completed,
that her iniquity is pardoned,
that she has received from Yahweh’s hand
double for all her sins.”

³ A voice crying in the wilderness:

“Prepare a way for Yahweh;
make straight in the desert a highway for our God.

⁴ Every valley shall be lifted up,
and every mountain and hill be made low;
the uneven ground shall become level,
and the rough places a plain.

⁵ And the glory of Yahweh shall be revealed,
and all flesh shall see it together,
for the mouth of Yahweh has spoken.”

Isaiah 43:18-22 Rivers in the Desert

¹⁸ “Don’t remember the former things, nor consider the things of old.

¹⁹ Behold, I’m doing a new thing; now it springs forth, don’t you perceive it? I’ll
make a way in the wilderness and rivers in the desert. ²⁰ The wild beasts will honor
me, the jackals and the ostriches, for I give water in the wilderness, rivers in the
desert, to give drink to my chosen people, ²¹ the people whom I formed for myself
that they might declare my praise. ²² Yet you did not call upon me, O Jacob; but
you grew weary of me, O Israel!”

Isaiah 64:1-3 Open the Heavens and Come Down

¹ O that you would tear open the heavens and come down, so that the
mountains would quake at your presence – ² ... so that the nations might tremble

at your presence! ³ When you did awesome deeds that we did not expect, you came down, the mountains quaked at your presence.

Matthew 4:3-4 If You're God's Son

³ And when the Tester approached, he said to Jesus, "If you're God's Son, tell these stones to become loaves of bread." ⁴ But Jesus answered, "It's written, 'The human being will not live on bread alone, but on every word that comes forth from God's mouth.'"

Mark 1:1-13 John the Baptist and Jesus in the Wilderness

¹ The beginning of the Announcement of Good News of Jesus Anointed King, Son of God.

² As it's written in Isaiah the prophet,

*"Look, I'm sending my messenger ahead of you,
who will make your way ready."* [Mal 3:1]

³ "A voice of one crying in the wilderness:

*'Prepare the way of the LORD,
make his pathways straight.'"* [Isa 40:3]

⁴ John came as one baptizing in the wilderness and proclaiming a baptism of repentance for forgiveness of sins. ⁵ And they were going out to him – all the Judean country and all the Jerusalemites – and they were being plunged by him in the river Jordan, confessing their sins.

⁶ Now John wore clothing made with camel's hair and wore 'a leather belt around his waist' and ate locusts and wild honey. ⁷ And he began proclaiming saying, "One who's stronger than I am is coming after me. I'm not worthy to stoop down and untie the strap of his sandals. ⁸ I plunged you in water, but he'll plunge you in Holy Spirit."

⁹ And it happened in those days, Jesus came from Nazareth in Galilee and was plunged in the Jordan by John. ¹⁰ And straight as he came up out of the water, he saw the heavens being torn open and the Spirit descending on him like a dove.

¹¹ And a voice came from the heavens:

“You’re my beloved Son; in you I am well-pleased.”

¹² And directly the Spirit cast him out into the wilderness. ¹³ And he was in the wilderness forty days, being tested by the Satan. And he was with the wild animals, and the angels were ministering to him.

John 6:1-15 Jesus Feeds Throngs in the Wilderness

¹ After this, Jesus departed to the other side of the Sea of Galilee, or Sea of Tiberias. ² But a large crowd was following him, because they were watching the signs that he was doing for those who were sick.

³ But Jesus went up into the mountain and sat down there with his disciples. ⁴ At that time, the Passover was near, the great feast of the Jews.

⁵ So it happened, when Jesus raised his eyes and observed that a great crowd was coming toward him, he said to Philip, “Where should we buy loaves of bread so that these people may eat?” ⁶ He was saying this as a way of testing him, for he himself knew what he was about to do.

⁷ Philip answered him, “Loaves costing two hundred denarii aren’t enough so that each one could get a little.”

⁸ One of his disciples, Andrew, Simon Peter’s brother, said to him, ⁹ “There’s a young boy here who has five barley loaves and two small fish. But what are they for so many people?”

¹⁰ Jesus said, “Have the people recline.” Now there was a great deal of grass in the place; so the men reclined, about five thousand in number.

¹¹ Then Jesus took the loaves, and after he gave thanks, he distributed them to those reclining; likewise, also from the two fish – as much as they desired.

¹² When the people were completely filled, he told his disciples, “Gather up the pieces that were more than enough, so that nothing’s lost.” ¹³ So they gathered and filled twelve baskets of pieces from the five barley loaves, pieces that were more than enough for those who had eaten.

¹⁴ When, therefore, the people perceived the sign that he did, they began saying, “This is truly the prophet who’s coming into the cosmos [Deut. 18:15].”

¹⁵ But when Jesus recognized that they were going to come and seize him in order to make him a king, he withdrew again into the mountain by himself alone.

John 6:30-35 I am the Bread of Life

³⁰ Therefore, the people said to Jesus, “What sign are you doing, in order that we may see and believe you? What work are you actually performing?”

³¹ Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” [Psalm 78:24; Exodus 16:4]

³² Thus Jesus said to them, “Very truly, I’m telling you, Moses has not given to you that bread from heaven, rather my Father is giving you the true bread from heaven. ³³ For the bread of God is that coming down from heaven and giving life to the cosmos.”

³⁴ Therefore they said to him, “Lord, always give us this bread.”

³⁵ Jesus said to them, “I am the bread of life. One who comes to me will never hunger, and one who believes in me will certainly never thirst.”

John 6:47-51 I am the Living Bread

⁴⁷ “Very truly I’m telling you, whoever believes possesses life of the age to come. ⁴⁸ I am the bread of life. ⁴⁹ Your ancestors ate the manna in the wilderness, and died. ⁵⁰ This is the bread that comes down from heaven, in order that one may eat of it and not die. ⁵¹ I am the living bread that came down from heaven. Anyone who eats of this bread will live into the age to come; and the bread that I will give is my flesh for the life of the cosmos.”

1 Peter 2:9-10 A Royal Priesthood

⁹ But you are a chosen family, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light. ¹⁰ Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.