

## **Bread from Heaven #9**

**Series: Epic Journey: From Where We Are to Where God Wants Us**

### **Exodus 16**

After 430 years living as slaves in Egypt, God raised up Moses; miraculously parted the Red Sea, destroyed the Egyptian army; and the Israelites are finally free. There are now hundreds of thousands of people, standing on the other side of the Red Sea...**Now what?**

If we had never read the book of Exodus before, here's what we would expect: they would walk problem-free to the Promised Land in the most direct way possible and live happily ever after. That's not what happens. They still have a long way to go, not because it's a long journey, but because they're not ready yet. They're physically free from slavery, but not spiritually.

Like I've been saying throughout this series, just like God was bringing them from where they were to where he wanted them to be, God does the same thing in our lives. And just so you know that place where God is taking them is not just some physical location, like the Promised Land, it is a state of being, a way of life, where you learn to trust God, honor God, and obey Him.

But it's not an instant process. It's a journey. And along the way, God works on changing our ways of thinking that need to line up with His values. And you can look at that as a negative thing, like, "I'm never good enough for God!" Or you can look at it as a privilege, believing "God treats me, trains me, and cares for me because He's my Heavenly Father and I'm His child."

Today's message from Exodus 16, I'm calling, "Bread from Heaven."

Let me take a quick poll: how many of you have had something to eat already, today? How many of you plan on eating after church? How many of you snuck food into church, and you're secretly eating something right now?

So, as we begin Exodus 16, the people of Israel are getting hungry, and God uses that moment to teach them something incredibly important.

Exodus 16, starting in verse 1. I invite you now to hear the Word of God...

***"The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. 2In the desert the whole community grumbled***

**against Moses and Aaron. 3The Israelites said to them, “If only we had died by the Lord’s hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.”**

**4Then the Lord said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. 5On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.”**

**6So Moses and Aaron said to all the Israelites, “In the evening you will know that it was the Lord who brought you out of Egypt, 7and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?” 8Moses also said, “You will know that it was the Lord when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the Lord.”**

**Verse 13 That evening quail came and covered the camp, and in the morning, there was a layer of dew around the camp. 14When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. 15When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was.**

**Moses said to them, “It is the bread the Lord has given you to eat. 16This is what the Lord has commanded: ‘Everyone is to gather as much as they need. Take an omer (about 3 pounds) for each person you have in your tent.’”**

**17The Israelites did as they were told; some gathered much, some little. 18And when they measured it by the omer, the one who gathered much did not have too much, and the one who gathered little did not have too little. Everyone had gathered just as much as they needed.**

**19Then Moses said to them, “No one is to keep any of it until morning.”**

**20However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them.**

**21**Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. **22**On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. **23**He said to them, “This is what the Lord commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’”

**24**So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. **25**“Eat it today,” Moses said, “because today is a sabbath to the Lord. You will not find any of it on the ground today. **26**Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.”

**27**Nevertheless, some of the people went out on the seventh day to gather it, but they found none. **28**Then the Lord said to Moses, “How long will you refuse to keep my commands and my instructions? **29**Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.” **30**So the people rested on the seventh day.

**31**The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey. **32**Moses said, “This is what the Lord has commanded: ‘Take an omer of manna and keep it for the generations to come, so they can see the bread I gave you to eat in the wilderness when I brought you out of Egypt.’”

**33**So Moses said to Aaron, “Take a jar and put an omer of manna in it. Then place it before the Lord to be kept for the generations to come.”

**34**As the Lord commanded Moses, Aaron put the manna with the tablets of the covenant law, so that it might be preserved. **35**The Israelites ate manna forty years, until they came to a land that was settled; they ate manna until they reached the border of Canaan.” (NIV)

### **Let's Pray**

STORY: A man had just moved into town and stopped at local restaurant for dinner. The waitress did her best to please him, but the man complained that he'd only received one piece of bread with his meal, so the waitress promptly brought him four slices.

The man said, "That's good, but not good enough. I love bread!" The customer left a sizable tip and was otherwise a very likeable patron.

So, the next night he was given six slices of bread with his supper. He said, "Good! But aren't you still being a little stingy?"

The next night he received a basketful of bread... but he still complained. Finally, the owner had had enough. Being a bit mischievous, he baked one HUGE loaf of bread that was six feet long, three feet wide and it took the manager and two waitresses to carry it to the table.

Then they just stood back and smiled, waiting for the man's reaction. The customer looked at the gigantic loaf of bread and said, 'Oh...so, we're back to just ONE piece again?'

Every culture on earth loves its bread. Americans alone eat 34 million loaves of bread a day, not to mention rolls, bagels, croissants, pitas, doughnuts, and dozens of other kinds of bread. Bread is a major staple of food for every nation.

A family of 4 can live for 10 years on the bread produced by one acre of wheat in one growing season.

In 1941, the US govt passed a law requiring bakeries to add niacin, thiamine, riboflavin, and iron to their bread. That's what you get when you buy 'enriched bread.' Bread was once so prized that it was used as currency which is why money is sometimes called...'bread.'

In 13th century England, bread was a vital source of food for the British and bakeries had total control of the bread supply. But some bakers would cheat their customers by scrimping on the flour and selling smaller loaves. Eventually King Henry III caught wind of this and instituted a law to punish bakers who cheated people. So, just to be safe - and avoid punishment - bakers began selling their customary 12 loaves... and adding one extra loaf (13 rather than 12). And that's where we get the term 'BAKER'S DOZEN.'

**Today I want to talk to you about 3 things. Our Physical Hunger, Our Spiritual Hunger, and Our Greatest Hunger. Our Physical hunger, our Spiritual hunger, and our Greatest hunger.**

## **I. Our Physical Hunger.**

This event takes place exactly a month after the departure from Egypt. So whatever supply of food they had with them when they left was about gone. And they got hungry. And their hunger turned into anger.

So, it says the whole community grumbled against Moses and Aaron. They had barely started on their journey, and they are already griping and complaining. In fact, this is not the first time. They complained just before they crossed the Red Sea that they were going to die.

Then in the previous chapter they complained because they couldn't find good water to drink and now, they are complaining because they are hungry.

They got angry and started to reminisce about life back in Egypt: "**There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.**"

That sounds like some of us old folks when reminisce about the "**good ol' days.**" I doubt their food in Egypt was great. But the fact is, they need food.

And here's the thing: God was fully aware of that! God is the one who created us with a need to eat and fuel our bodies.

So, in response to their complaint, God says to Moses I will rain down bread from heaven. Moses probably thought, 'I'm not sure what that means.' But the next morning, when the morning dew evaporated, it says there were thin flakes like frost all over the ground. And when the Israelites saw it, they said, '**Manna?**' Which means, in Hebrew, '**What is it?**'

For the next 40 years, nobody could think of a better name, so they kept calling it 'Manna.' What is this stuff? They couldn't look at the ingredients label. They couldn't say, 'we understand how the moisture of the dew interacts with the minerals on the ground and produces...'what is it.'

Notice this bread was not just something found in a bakery. It did not come from any plant or animal on earth. It was not manmade. It was not something that the Israelites brought with them out of Egypt. It was not something that they had to make and bake. **God was the source of that bread.**

God sent the bread directly from heaven. Hundreds of years later a psalmist named Asaph referring to this very incident said, '**He gave a command to the skies above and opened the doors of the heavens;**

***He rained down manna for the people to eat, He gave them the grain of heaven. Human beings ate the bread of angels; he sent them all the food they could eat.***  
(Psalm 78:23-25, NIV)

This was angel food cake! This bread was given to them by God who was the source of all that they needed from day to day. There were two questions nobody ever had to ask for forty years, ***“What’s for dinner?”*** It was either going to be fried manna, grilled manna, sautéed manna, baked manna, steamed manna, mashed manna, stewed manna, hot manna, or cold manna. They also never had to ask, ***“Where did it come from?”*** That is because they knew it always came from God.

Five times in this chapter we read the same thing over and over. ***“Then the Lord said to Moses, ‘I will rain down bread from heaven for you.’”*** (Exodus 16:4)

Not only did God make the bread; God promised the bread. Where God guides God provides. God Is Our Source...God Is Our Supply

Every person had the same amount of this miraculous daily supply. You would think the people of Israel would be grateful, but we read later in the Book of Numbers, ***“The rabble with them began to crave other food, and again the Israelites started wailing and said, ‘If only we had meat to eat! We remember the fish we ate in Egypt at no cost-also the cucumbers, melons, leeks, onions, and garlic.’”*** (Numbers 11:4-5, NIV)

Chuck Swindoll says, ***“It takes a heavenly appetite to enjoy a heavenly diet.”***

How many days a week did Israel always have bread to eat? Every day. How many weeks a year? Fifty-two. How many years? Forty. God never missed a day, and they never missed a meal. **God is not only is our source and our supply, but he is our security.**

**With this miraculous provision, God gave the people three guidelines.**

#### A. Personal Responsibility.

God says, "The people are to go out each day and gather." He says, 'You gotta get up, go out, and gather it.' Personal responsibility.

And all through Scripture, you see this value repeated. In the Proverbs, it says hard work leads to success and having enough to eat. Proverbs chapter 6 points us to

the example of ants, who diligently store up supplies during harvest, so they have enough to eat during the winter.

In the New Testament, Paul says, 'I worked with my own hands to provide for my needs.' He says in 2 Thessalonians, ***'If anyone refuses to work, he shall not eat.'***

### **[EXAMPLE]**

God provides it, but He says we're responsible to go out and get it. Allow your hunger to develop your sense of personal responsibility. [Second guideline...](#)

#### B. Daily Dependence.

Why didn't God provide a whole week's worth of manna? They could have just gathered it all up, stored it in Tupperware, and they'd be set for the week.

But God says, "go out every day (except on the Sabbath) and gather just enough for that day." Some people just couldn't seem to follow instructions, and got extra, and the next day, they found...Worms. Maggots. It Spoiled.

Why did God set it up that way? Because he was teaching them daily dependence: moment-by-moment reliance on Him. Remember how Jesus taught us to pray?

***"Give us this day our daily bread."***

God knows the human heart drifts toward self-sufficiency-especially when we have too much. And he wants to develop in us a daily dependence on Him.

Jesus said in that same passage, ***"Your Father knows what you need, so don't worry about tomorrow. Trust God for today."*** Daily dependence.

#### C. Mutual Sharing.

When the people went out to collect the manna, some of them were young and healthy and could cover a lot of ground; some people were older and slower. So apparently, they came back to some central location, and they measured it out by the omer, which was a day's worth of food.

God said, 'Make sure those who gathered a lot don't have too much; and make sure those who gathered a little have plenty.' In other words, 'Share with each other...Look after one another. Make sure your success doesn't come at the expense of weaker members of your community.'

It's interesting: when you keep reading the Old Testament, you see God says, "When you get into the land, and you're harvesting your fields, don't harvest everything. Leave some grain on the edges and the corners." Why? So needy

people can come and glean in your fields. We find the same value in the New Testament church in Acts 2 where they shared with anyone who had a need.

**Here's the point:** Let your physical hunger make you a person of personal responsibility to go out and get what God provides.

Let it make you a person of daily dependence on God. You get hungry every day, so learn to trust God every day.

And let it make you a person who understands that you're surrounded by hungry people, who may need your help, so share what you have.

This message doesn't stop right here because we have something deeper than just physical hunger.

## **II. Our Spiritual Hunger.**

Before Moses died, he reflected on this moment in Deuteronomy 8 and said, ***"2 Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. 3He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord." (NIV)***

He says, "Yes, of course the manna filled your stomach and kept you physically alive, but it was also teaching you that in a deeper sense, you have a spiritual need that can only be filled by a different kind of bread: the Word of God."

Remember when Jesus was fasting, and he was tempted by Satan in the wilderness? And Satan said, "If you're really the Son of God, why don't you turn this stone into bread? ('Go ahead and satisfy your physical hunger!') But Jesus responded by quoting this same verse; ***"It is written, 'man does not live on bread alone but on every word that comes from the mouth of the Lord.'"***

Somehow, the Word of God has a similar effect on our spirit that physical food does on our bodies. It fills us spiritually.

**Here's the second teaching of the manna: Learn to feast on the Word of God.**

In the giving of the manna, they were taught of the faithfulness of God, the goodness of God, and even the graciousness of God. I once came across some



figures that reveal the miraculous supply of manna provided for the children of Israel day by day.

Considering the number of people there were, it would have meant that about 12 million pints were gathered every day. That is around 9 million pounds, or 4,500 tons of manna was gathered every day.

Someone worked out that 10 trains, each having 30 cars and each car having 1,500 tons, would be needed for a single day supply. In the giving of the manna the children of Israel became greater acquainted with what the Lord could do.

The Bible - God's bread from heaven - introduces us to God and acquaints us with Him. It is in His Word that we learn who He is and what He is. The Bible is God's revelation of Himself.

We say that God is love, but where did we learn that God is love? The Bible.

We say that God full of grace and mercy. Where did we learn such wonderful truths about God? In the Bible! We say that God is an ever-present help in trouble. How do we know that He is so? The Bible!

The Bible not only reveals God, but it also reveals His ways for our life. It is by the Bible that we learn what is right and wrong. It is by the Bible we learn how we are to live as Christians. The Bible is a roadmap for a godly life. The test of our obedience is whether we do what God says in His Word.

When we read the Bible, we ought to ask is there a **promise** for me to claim, is there a **truth** for me to learn and is there a **command** for me to obey.

The same things that guide our physical hunger applies to our spiritual hunger. Take Personal responsibility, Learn Daily dependence, and share with others.

***So first, feast on God's Word Personally.***

Go out and get it! Learn to feed yourself. Read a short passage of Scripture; and here's the key: learn to turn that truth into bread. Chew on it; taste it; digest it. That's how you go and collect the manna. It takes effort.

There was a story in Readers Digest about a son who left for his freshman year at Duke University. His parents gave him a Bible, assuring him it would be of great

help. Later, he began sending letters asking for money. They would write back and tell him to read his Bible.

He would write back telling them he was reading his Bible, but he still needed money. When he came home for a semester break his parents told him they knew he had not been reading his Bible. What he did not know was that all through his Bible they had tucked \$10 and \$20 bills. Being the Carolina or NC State fans that some of you are, you're not surprised that a Duke student was not reading his Bible!

Truth is you will not find the Bible to be a source of money, but you will find it to be bread from heaven. So, take personal responsibility and feast on the Word. It's so worth the time.

***Secondly, feast on God's Word Daily.*** Don't try to live today off yesterdays or last week's insights. Sometimes our spiritual development is frozen in time because we're not discovering anything new. Lamentations 3 says his mercies are new every morning.

The most important strength we need every day is not physical strength; it is spiritual strength. That is why we need every day to feed from God's word. They needed to eat new manna every day.

**ILLUSTRATION:** Menekil II was one of the rulers of Africa and the creator of modern Ethiopia. He had one known eccentricity. Whenever he was feeling ill, he would eat a few pages of the Bible, insisting that it always restored his health. One day in December 1913, recovering from a stroke and feeling extremely ill, he had the entire book of Kings torn from a Bible and he ate every page....and then died ([Must have been the long names that choked him?](#))

When I talk about feeding on God's Word, I am not talking about literally eating pages of the Bible. I am talking spending time gathering from God's promises, principles, and precepts the spiritual nourishment you need every day.

If you are going to be a healthy, hearty, holy Christian you've got to eat the bread of God's word every single day. This gives new meaning to the Lord's Prayer; "Lord, give us this day our daily bread."

**I think of Ralph Spaulding Cushman's words in The Secret:**

I met God in the morning when my day was at its best,  
And His presence came like sunrise...Like a glory in my breast.  
All day long the Presence lingered, All day long he stayed with me,  
And we sailed in perfect calmness...O'er a very troubled sea.  
Other ships were blown and battered...Other ships were sore  
distressed,  
But the winds that seemed to drive them...Brought to us a peace and  
rest.  
Then I thought of other mornings, With a keen remorse of mind,  
When I too had loosed the moorings, With the Presence left behind.  
So, I think I know the secret...Learned from many a troubled way:  
You must seek Him in the morning If you want Him through the day!

***Third, feast on God's Word with Others.*** Spend time to meet with God alone. But don't do just that. Because just like with the Israelites, it's not every man and woman for themselves. We grow in the context of relationships. We need to spend time and share meals in small groups with people and talk about what this Scripture means, and pray about it, and talk about what it means to live it out. That's community.

A part of our gathering Bread from Heaven is asking God to speak to us, to open our eyes that we may understand His Word; that we may learn His Word, share His word with others, and that His Word would work in our hearts.

Moses says, "God gave you the manna to teach you that man does not live on bread alone, but on every word that comes out of the mouth of God."

**Let your physical hunger remind you that you also have a spiritual hunger and learn to satisfy that hunger with the Word of God.**

*If the message ended now, it would be worthwhile. But I must tell you about...*

### **III. Our Greatest Hunger.**

Did you know Jesus talks about the manna in John 6...

***“32 Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. 33For the bread of God is the bread that comes down from heaven and gives life to the world.”***

***34“Sir,” they said, “always give us this bread.”***

***35Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.***

Just a couple days prior to this story, is where Jesus fed the 5000 with just 5 small loaves of bread and 2 fish – and they collected 12 baskets of leftovers.

Jesus leaves and the people get anxious. When they did find Him, they wanted more bread, but Jesus apparently wasn't going to give them anymore.

We read "they said to (Jesus), ***“Then what sign do you do, that we may see and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat’”*** (John 6:30-31).

In answer Jesus replied, ***“I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”*** John 6:35

The crowd wants more bread, but Jesus says "I am the bread of life!" Jesus didn't say "I am the GIVER of bread." He said "I AM the bread."

The problem was that the crowd wanted the bread but NOT Jesus. But Jesus was saying they couldn't get the blessings without Him! I AM THE BREAD.

Without this bread, Israel is no more. Without this bread, Israel dies in the wilderness. Without this bread, we never hear from them again. This bread was their salvation. It is the reason they made it to the Promised Land. This bread is a picture of Jesus.

Where was this bread from? It was from heaven. It was real bread - bread that you could eat, bread you could digest. It was heavenly bread, and it was human bread. Two thousand years ago, a baby was born in Bethlehem. He was both a heavenly baby and a human baby.

When Jesus looked back on this manna, he said in John 6, ***‘Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who***

***gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world.”*** (John 6:32-33)

***“‘Sir,’ they said, ‘always give us this bread.’” Then Jesus declared, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.’”*** (John 6:34-35, NIV)

**That Old Testament manna was a picture of the New Testament Jesus.**

God gave the manna only to Israel, but he has given Jesus to the whole world.

The manna only gave physical life, but Jesus gives eternal life.

Just as the Jews had to go get that bread, we must go to Jesus.

We must take the bread of his salvation. We must taste and see that the Lord is good and when we do, we won't just have physical life for today; we have eternal life forever. The Jews ate that manna, but they eventually died, but when you eat the bread of life you live forever. The Lord not only sustains life; He gives eternal life.

**ILLUSTRATION:** Stephen Olford says that every detail of the manna speaks of Christ as the Bread of Life. Its size (small) speaks of the humility of Christ. Its shape (round) speaks of the perfection of Christ. Its color (white) speaks of the holiness of Christ. It being like the coriander seed speaks of the fragrance of Christ. As for its taste, wafers made with honey, it speaks of the sweetness of Christ. [“Going Places with God,” Victor Books, 1983, pg. 49-50]

The greatest hunger, the most satisfying bread, is the Bread of Life, the Lord Jesus Christ. He is the one, whether you know it or not, that your soul most hungers for. You can fill your stomach with physical bread, and still be empty. You can even fill your mind with the Word of God, you can memorize a thousand Bible verses, and still be empty. Just ask the Pharisees.

The human heart needs more than information. We are built for a relationship with the eternal God, and we find that through a relationship with Jesus Christ.

**Let your physical hunger point you to your spiritual hunger and let your spiritual hunger lead you to Christ.**

Sometimes, on our journey, we think all we need is the right information. So, we go to a counselor, or we read certain books, or we take notes from sermons. And that's all good! It's all valuable! But what we need most is Jesus.

**That hunger you feel in your soul, that nothing else seems to satisfy, that is your heart crying out for is Jesus Christ. He's the true Bread from Heaven.**

### **COMMUNION NOTES (NOT SERMON NOTES)**

At the Last Supper (which took place BEFORE Jesus was crucified) "... he took BREAD, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me" (Luke 22:19). The bread at that meal wasn't Jesus' body because He hadn't DIED yet!

What He was telling His disciples was - every time that you take communion, and you take of the bread, you need to remember what I did on the cross. When you eat the bread you must REMEMBER My sacrifice.

Max Lucado makes an interesting observation about this. He writes: "Consider how bread is made. Think about the process. Wheat grows in the field, then it is cut down, winnowed, and ground into flour. It passes through the fire of the oven and is then distributed around the world. Only by this process does bread become bread. Each step is essential. Eliminate the plant, and you have no wheat. Eliminate the winnowing and you have no flour. Eliminate the fire and you have no product. Eliminate the distribution and you have no satisfaction. Each step is essential.

"Now, consider Jesus. He grew up - says Isaiah 53:2 - as a 'small plant before the LORD.'

One of thousands in Israel. One of dozens in Nazareth.

He was indistinguishable from the person down the street or child in the next chair. Had you seen him as a youngster, you wouldn't have thought he was the Son of God. You might have thought him polite or courteous or diligent, but God on earth? Not a chance. He was just a boy. One of hundreds. He was seen like a staff of wheat in the wheat field.

"But like wheat, he was cut down. Like chaff he was pounded on and beaten. Isaiah 53:5 says 'He was wounded for the wrong we did'. And like bread he passed through the fire of God's wrath, not because of his sin, but because of ours. Isaiah 53:6 declares 'The LORD has put on him the punishment for all the evil we have done.'

"Jesus experienced each part of the process of making bread: the growing, the pounding, the firing. And just as each is necessary for regular bread, so also each was also necessary for Christ to become the bread of life." ("A Gentle Thunder" p. 40ff)

Passover Meal, and one of the things we point out is how the Bread is made for the Passover. The bread must be made without leaven - because leaven represented sin, and the bread is made so it is pierced, and the bread is made so that there are stripes.

Scripture tells me that Jesus (the Bread of life) was WITHOUT SIN, and that He was PIERCED for our transgressions, and that by His STRIPES we are healed.

Through the bread of communion, we remember that Jesus gave His body to save us. He died on the cross to give us life. As Paul writes: "whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes." (1 Corinthians 11:26)

In the breaking of the bread, you're telling others Jesus is your bread of life.