“And you shall remember that the LORD your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.” Deuteronomy 8:2-3

Without food life in the body will not survive. People who are not well fed loose weight and are most of the time in poor health. In the Maslow hierarchy of needs food forms the basic block of human needs. Man can give everything he has for food. All other needs are less important until the physical needs are met. Food is the fuel that keeps our bodies alive in this state of life.

The children of Israel were in the wilderness for forty years. We are told that the journey from Egypt to Canaan can probably take two weeks. But it took them forty years. Their time in the wilderness did not allow them to settle and grow food. They were travelling all the time. “And the LORD went before them by day in a pillar of cloud to lead the way, and by night in a pillar of fire to give them light, so as to go by day and night.” Exodus 13:21.

We read in our text for the day where God is reminding Israel how He kept them alive. Though they did not have time to raise a crop He fed them. Moses writes;“ So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.” David picks it up and writes; “He had commanded the clouds above, and opened the doors of heaven, had rained down manna on them to eat, and given them of the bread of heaven. Men ate angels’ food. He sent them food to the full.” Psalm 78:23-25

When the children of Israel could not feed themselves, God fed them. He says I fed you with manna which you did not know nor did your fathers know, that I might make you know that man shall not live by bread alone; but man shall live by every word that proceeds from the mouth of the Lord.
What are these words that proceeded out of the mouth of God? You remember the first time God appeared to Moses? He said to him, “Come now, therefore, and I will send you to Pharaoh that you may bring My people, the children of Israel, out of Egypt.” When Moses asked Him what His name was; He said, I AM WHO I AM. In Hebrew it is “EH-YEH A-SHER EH-YEH.” Those who know the language tells us that the direct translation should be “I WILL BE WHAT I WILL BE.” God said to Moses go and deliver my children and I WILL BE WHAT I WILL BE. In other words God said I WILL BE WHAT THEIR NEED WILL BE.

When they were there in the wilderness for forty years and could not raise their own crop; He became what their need was. They were fed by the word He spoke to Moses; I will be what their need is. When they were at Mara and the water was bitter, He became the Sweet Waters of Mara. When they were thirsty at Meribah He became streams of water from the rock. When they complained and murmured against Moses; “Can God prepare a table in the wilderness? Behold, He struck the rock, so that waters gushed out, and the streams overflowed. Can He give bread also?” Psalm 78:20 Behold He rained bread out of heaven and fed them with manna which they did not know.

What did they eat? They ate nothing but “I AM.” They ate and lived by every word that proceeded out of the mouth of God. When Jesus came He explained this further. After baptismal He was led into the wilderness to be tempted by the devil. After forty days and forty nights of fasting the devil approached Him and said; “If You are the Son of God, command that these stones become bread.” But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” Later He said to the crowd; “I AM THE BREAD OF LIFE. He who comes to Me shall never hunger, and he who believes in Me shall never thirst. John 6:35. He said further in relation to our text; “I am the bread of life. Your fathers ate the manna in the wilderness, and are dead. This is the bread which comes down from heaven, that one may eat of it and not die. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world.” John 6:48-51. I believe Jesus was saying; “Man, you tell me about bread? I AM THE BREAD OF LIFE.”

Jesus said “I AM.” This is the same statement that the Lord said to Moses at the burning bush – I AM THAT I AM. Even today we can trust the great I AM for every kind of need we might have. Jesus Christ is the same yesterday, today, and forever. Hebrews 13:8. Do not forget He is the Word. The word is food
when we need food; the word is clothes when we need clothes; the word is drink when we are thirsty. The word will be what our need is. Praise God.