

Names of God from the Bible

41 – Bread of Life

God is the initiator and sustainer of all life. God created the world and, eventually, humanity. However, He didn't stop there. He enabled us to procreate, the greatest privilege we could be granted, outside of an intimate relationship with God as our Heavenly Father.

Reading: Exodus 16:1-35

Every human being, every beating human heart, longs for unconditional love. For someone to accept them and love them for who they are, regardless of their mistakes, failures and imperfections. And yet, we seem to seek for that in vain. Whoever we focus on, in the hope they will satisfy that need, ultimately fails to deliver because we find that this kind of love is only available to us from God.

Most of us feel inadequate. This is exacerbated by the world's system and values. None of us is rich enough, clever enough, beautiful or handsome enough. None of us is confident we know all the answers to life's problems and, consequently, in the solitude of our bedrooms, we cry out for someone to value us, just for who we are. But this world is not designed to do that.

Only God can answer the need for self-worth. When God looks at each one of us, He sees not only that we are totally unique but also of the highest value. How do we know? Because He sent Jesus, His beloved Son, to die for us – that's how valuable God thinks we are.

Furthermore, we all long to know that our life amounts to something. None of us can remain at the top of our game, our business or our popularity for ever. The acquisition of things, toys, cars, boats, batches or bundles of cash never satisfies in the long term. As we look back over our lives, many feel a sense of regret as there is nothing of lasting value to see.

That's why so many people want to change jobs on reaching thirty-five years of age and more. They want to change from having a life of striving for more money to a life of significance. But what does that look like? We all have a different take on it but for many it's just too late anyway. Only God can give us true perspective. When we fulfil the role He has planned for us, there is no greater sense of significance or any sense of regret.

God gave the Hebrews 'Manna' on their desert journey for a variety of reasons – not just to satisfy their physical and bodily hunger. It was a sign of God's supernatural provision for them. God wanted them to realise that He would care for them every day and to not worry about their future because He had it all under control. However, God also wanted the people to understand that an obedient relationship with Him was far more important than food on the table. God would provide the Bread of spiritual life as well as physical life. Physical life is temporary whereas Spiritual life is eternal.

Jesus pointed out to the religious leaders of His day that although they honoured Moses for providing the "Manna" in the desert, it wasn't Moses who provided that food. It was God. Jesus further claimed that He was "the Bread of Life".

Jesus is both the provider of our physical life but, more importantly, He is the source of eternal spiritual life. Only Jesus can satisfy our longing for security, self-worth and significance. Only a relationship with God, through Jesus Christ, will provide us with a real sense of fulfilment and lasting value.

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Our lives are bereft without Jesus. He alone brings joy and satisfaction into our daily existence. Only Jesus provides us with a sure hope for the future. Only through serving Christ with our whole lives can we face death, knowing that we have fulfilled our true calling and completed the work we were born to achieve.

What does that name mean for us today

God is the complete answer to our deepest and spiritual needs. We will never feel fulfilled by seeking those answers anywhere else – they only eventually leave us feeling more empty and helpless than when we started.

Prayer

Father, I thank You for being the source of all life. Thank You, too, that we can find total satisfaction in a relationship with You. You meet all my needs and You satisfy my hunger for reality, security and truth. Thank You for being the Bread of Life to me. Amen.

Additional Readings

- Nehemiah 9:1-21
- Matthew 4:1-4
- John 6:30-58

Questions

1. What is the significance of bread in our daily lives?
2. Has God revealed Himself as the Bread of Life to you? How and when?
3. How does Jesus fulfil that name?