

## Manna

The bread God sent to the Hebrew people while they were in the wilderness for 40 years

### **Exodus 16:2-4**

Here in the wilderness the whole Israelite community grumbled against Moses and Aaron.

The Israelites said to them, “If only we had died at the LORD’s hand in the land of Egypt, as we sat by our kettles of meat and ate our fill of bread! But you have led us into this wilderness to make this whole assembly die of famine!”

Then the LORD said to Moses: I am going to rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.

### **Hebrews 9:4**

Behind the second veil was the tabernacle called the Holy of Holies, in which were the gold altar of incense and the ark of the covenant entirely covered with gold. In it were the gold jar containing the manna, the staff of Aaron that had sprouted, and the tablets of the covenant.

A picture of the Ark of the Covenant:



## The Eucharist

One of the seven Sacraments. The Eucharist is the Body and Blood of Jesus under the appearances of bread and wine.

### John 6:25-35

And when they found him across the sea they said to him, “Rabbi, when did you get here?”

Jesus answered them and said, “Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal.”

So they said to him, “What can we do to accomplish the works of God?”

Jesus answered and said to them, “This is the work of God, that you believe in the one he sent.”

So they said to him, “What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: ‘He gave them bread from heaven to eat.’”

So Jesus said to them, “Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven.

For the bread of God is that which comes down from heaven and gives life to the world.”

So they said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst

A picture of the tabernacle, where the Eucharist is held:

