

Journal Page: Bread from Heaven

When the children of Israel were hungry in the wilderness, the Lord sent them manna, which sustained them until they reached the land of Canaan. Manna literally means “what is it” which is what the Children of Israel first called the white substance they found in the mornings. Moses had to explain that this was the “bread of heaven” promised by Jehovah.

Sometimes, on the earthly journey toward our own promised land (heaven) it is difficult to recognize our daily bread—the heavenly delights that the Lord sends to sustain us along the way. Think about the blessings in your life, not just the obvious ones, but the little ones that the Lord gives you, such as hearing a bird sing, seeing a sleeping baby, or sharing laughter with a good friend. What delights did the Lord send you today? What are some ways to remind yourself to look for and take joy in these small blessings to feed your soul day by day?

