

**#15 The Change of Our Diet to the Heavenly Christ
as the Reality of the Heavenly Manna
So That We May Be Reconstituted with Christ
to Become God's Dwelling Place**

(Crystallization-Study of Numbers 2) 2019/8/26-9/1

I. The heavenly Christ is the reality of the heavenly manna sent by God to be the daily life supply of His chosen people: John 6:32-33 ...but My Father gives you the true bread out of heaven. For the bread of God is He who comes down out of heaven and gives life to the world. 48 I am the bread of life. 57 As the Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.

A. He is the heavenly bread as the bread that came down out of heaven. **B.** He is the bread of God as the One who is of God, who was sent by God, and who was with God.

C. He is the bread of life as the bread with eternal life, with zoe; the bread of life refers to the nature of the bread, which is life; it is like the tree of life, which also is the life supply "good for food".

D. He is the living bread; this refers to the condition of the bread, which is living.

E. He is the true bread; He is the true food, and all other foods are merely shadows of Him as the real food; the reality of the food that we eat daily is Jesus Christ.

II. "As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me... It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life":

A. To eat is to take food into us that it may be assimilated organically into our body; hence, to eat the Lord Jesus is to receive Him into us that He may be assimilated by the regenerated new man in the way of life.

B. We live not merely by Christ but because of Christ as our energizing element and supplying factor; we live Christ in His resurrection, and we live Christ by eating Him.

C. We eat the Lord Jesus as our spiritual food, receiving Him as the Spirit who gives life, by eating His words of spirit and life, receiving His words by means of all prayer: **1.** His spoken words are the embodiment of the Spirit of life; He is now the life-giving Spirit in resurrection, and the Spirit is embodied in His words. **2.** When we receive His words by exercising our spirit, we get the Spirit who gives life (cf. Hymns, #612). Mon

III. God wants to change our diet to a diet of Christ as the real manna sent by God the Father for God's chosen people to be reconstituted with Christ and to live because of Christ to become God's dwelling place:

A. Although God's people had been brought out of Egypt into the wilderness of separation, they were still constituted with the element of Egypt, signifying the world; God's intention was to change their element by changing their diet in order to change the nature of His people; He wanted to change their being, their very constitution, to make them a heavenly people constituted and transformed with the heavenly Christ.

B. For forty years God gave the children of Israel nothing to eat but manna; this shows that God's intention in His salvation is to work Himself to the believers in Christ and to change their constitution by feeding them with Christ as their unique heavenly food, thereby qualifying them to build up the church as God's dwelling place; in fact, after being reconstituted with Christ, the believers themselves become the dwelling place of God. Exo. 16:35 And the children of Israel at the manna forty years ...until they came to the

border of the land of Canaan. Num. 11:6 But now our appetite has gone; there is nothing at all but this manna to look at. John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever.

C. God's way to deal with the flesh of His people is to put it aside and not to feed it; for this reason He changes the diet of His people and sends them food that their flesh does not like; the mixed multitude and the people of Israel both abhorred and were bored of the heavenly taste of manna and lusted for the worldly taste of the Egyptian food.

D. The Egyptian diet denotes all the things that we desire to feed on in order to find satisfaction; America is the leading country with respect to the Egyptian diet, the worldly entertainment; whatever we desire, hunger, and thirst after is the diet according to which our being has been constituted.

E. On the one hand, the heavenly manna nourishes us and heals us; on the other hand, it eliminates the negative things in us.

F. How marvelous it was that God gave the people nothing except manna; this indicates that He gave them nothing except Christ; may the Lord take away the desire and hunger for anything other than Christ!

G. By feeding on manna, God's people eventually became manna; our constitution must be rearranged through the eating of Christ so that the church as the dwelling place of God may be built up; may the Lord change our diet so that we may be reconstituted with Christ and become God's dwelling place.

H. Along with the change of diet, we need a change of appetite; the Lord Jesus said, "Work not for the food which perishes, but for the food which abides unto eternal life." (John 6:27): **1.** By food, we mean anything that we take into us for our satisfaction; Christ Himself is the only food that does not perish; this food abides unto eternal life.

2. Whatever satisfies, strengthens, and sustains us is our food; the unique food that we take for our sustenance, strength, and satisfaction must be Christ alone. **3.** All those who have been regenerated need to change their diet for a change of appetite; God's intention is to cut off the worldly diet and to limit us to a diet of heavenly food, which is Christ.

4. We all should be able to say, "The Lord is the only One who satisfies me. Apart from Him, I have no satisfaction. I am daily strengthened and sustained by Christ. He is the only food on which I rely."

I. The unique food that we take for our sustenance, strength, and satisfaction must be Christ, and the one unique ministry in the New Testament conveys Christ as the unique food for God's people. 1 Cor. 3:16 Do you not know that you are the temple of God, and that the Spirit of God dwells in you?

Tue/Wed

IV. We need to see and experience the characteristics of Christ as our unique food, our daily manna, for our metabolic transformation: **A.** Manna is a mystery:

1. The Hebrew expression man hu, from which the word manna derives, means "What is it?"

2. Just as we cannot analyze or explain manna, we cannot analyze or explain the Lord Jesus; to the people of the world, Christ is the real manna, the real "What is it?"

B. Manna is a long-term miracle; manna was sent every morning, and it had to be gathered every morning; this indicates that we cannot store up the supply of Christ but that the experience of Christ as our life supply must be daily, morning by morning; as our food, Christ will last for eternity. Exo. 16:21 And they gathered it morning by morning, each one according to his eating; and when the sun became hot,

it melted.

C. Manna is from heaven; on the one hand, the Lord Jesus is “the bread out of heaven”; on the other hand, He is “the bread of God,” the One who came down out of heaven to be our food.

D. Manna comes with the dew, which signifies the Lord’s refreshing and watering grace brought in by His fresh compassions; grace is God reaching us to refresh us and water us.

E. Manna comes in the morning, indicating that it gives us a new beginning through our living contact with the Lord.

S. S. 7:12 Let us rise up early for the vineyards; Let us see if the vine has budded, If the blossom is open, If the pomegranates are in bloom; There I will give you my love. **Rom. 6:4** ...so also we might walk in newness of life.

F. Manna is small; Christ was born in a manger, and He was raised in the home of a carpenter in a small, despised town; this indicates that the Lord did not make a display of His greatness but preferred to be small in the eyes of man.

John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger.... **Thu**

G. Manna is fine, indicating that Christ is even and balanced and that He became small enough for us to eat.

H. Manna is round, indicating that as our food, Christ is eternal, perfect, and full, without shortage or defect.

Exo. 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.

I. Manna is white, showing that Christ is clean and pure, without any mixture. **Psa. 119:140** Your word is very pure, And Your servant loves it.

J. Manna is like frost, signifying that Christ not only cools and refreshes us but also kills the negative things within us.

K. Manna is like coriander seed, indicating that Christ is full of life that grows in us and multiplies.

L. Manna is solid (implied in the fact that the people “ground it between two millstones or beat it in a mortar, then they boiled it in pots”, signifying that after gathering Christ as manna, we must prepare Him for our eating by “grinding, beating, and boiling” Him in the situations and circumstances of our daily living.

M. Manna’s appearance is like that of bdellium, indicating the brightness and transparency of Christ.

N. Manna’s taste is like that of cakes baked in oil, signifying the fragrance of the Holy Spirit in the taste of Christ.

O. Manna’s taste is like that of wafers made with honey, signifying the sweetness of the taste of Christ.

P. Manna is good for making cakes, indicating that Christ is like fine cakes good for nourishment. **Fr**

V . The open manna is manna that we have not eaten, whereas the hidden manna refers to manna that we have eaten, digested, and assimilated:

Rev. 2:17 To him who overcomes, to him I will give of the hidden manna, and to him I will give a white stone

A. “Do not think that it is impossible for you to be an overcomer. You can become an overcomer by enjoying Christ as manna. Eat the open manna, and Christ will become the hidden manna. This hidden manna will constitute you into an overcomer”.

B. Whatever we eat, digest, and assimilate of Christ will be an eternal memorial; what we shall recall concerning Christ in eternity will have two aspects: the aspect of the enjoyment of Christ as our reconstituting element and the aspect of Christ as the supply to make us God’s dwelling place in the universe. **Exo. 16:32** And Moses said, This is what

Jehovah has commanded, Let an omerful of it be kept throughout your generations, that they may see the bread which I fed you in the wilderness, when I brought you out from the land of Egypt. **C.** Just as the manna in the golden pot was the focal point of God’s dwelling place, so Christ as the manna eaten by us is the focal point of God’s building today. **Sat**

Crucial Point(1):Eat Christ as the food from heaven every day and our inward being is fed with Christ and is reconstituted by Christ and become the useful person to God to build up the house of God

OL1: The heavenly Christ is the reality of the heavenly manna sent by God to be the daily life supply of His chosen people.

OL2: “As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me... It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.” (John 6:57, 63)

OL3: God wants to change our diet to a diet of Christ as the real manna sent by God the Father for God’s chosen people to be reconstituted with Christ and to live because of Christ to become God’s dwelling place.

In John 6:63 the Lord Jesus said, “It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.”...Here the Lord explained that what He would give us to eat is not the meat of His physical body; the meat, which is the flesh, profits nothing. What the Lord gives us is the Spirit who gives life.

Here the “words” follow the Spirit. The Spirit is living and real but rather mysterious, intangible, and difficult for us to apprehend. However, the Lord’s words are substantial. First, the Lord indicated that for giving life He would become the Spirit. Then He said that the words He speaks are spirit and life. This indicates that His spoken words are the embodiment of the life-giving Spirit. He is now the life-giving Spirit in resurrection, and the Spirit is embodied in His words. When we receive His words by exercising our spirit, we receive the Spirit who is life.

On what are you living day by day? What do you take in to satisfy, sustain, and strengthen you? We all must face these questions and answer them. We all should be able to say (pray), “The Lord is the only One who satisfies me. Apart from Him, I have no satisfaction. I am daily strengthened and sustained by Christ. He is the only food on which I rely.”

The people in the world, however, live by many different kinds of foods, ...things such as education, sports, and amusements. Just as there are supermarkets for physical groceries, there are also psychological and religious supermarkets for psychological and religious groceries.... Before we were saved, we were in Egypt enjoying the Egyptian diet with all the other unsaved people. But we have been saved and have made our exodus out of Egypt. Now God intends to change our diet. However, we may still desire to sit by the fleshpots in Egypt, to feed on cucumbers, melons, onions, leeks, and garlic, or to enjoy fish from the Nile.

Num.11:4 And the mixed multitude that was among them lusted exceedingly; and the children of Israel also wept

again and said, Who shall give us meat to eat? 5 We remember the fish which we used to eat in Egypt for nothing, the cucumbers and the melons and the leeks and the onions and the garlic; 6 But now our appetite has gone; there is nothing at all but this manna to look at.

Application to the young people and college students

God nourishes your inward being by Christ as the heavenly manna. As you eat meals three times a day, you should pray read the Word of the Bible many times, touch the living Lord, the life-giving Spirit, and eat and be fed from him. A Japanese proverb says, "If you feel hungry, you can't fight." This means that you can't fight without food and power. If you don't eat and get nourish from Christ as food from heaven, you will lose patience, easily fight with people, and be jealous of their success. If you don't eat, you won't have the power to overcome your jealousy and keep your patience. Today, this power is the Christ you have eaten and entered you.

While being fed by Christ, the true food, you may miss the world's food, entertainment, education and sports. But God wants you to change your meals, change your inner constitution, and build you into God's house. You may not wish that, but no one can change or stop God's wishes and actions based on God's wishes. You can do it little by little, so open your heart to God and learn to make God's wish your wish. Then you will be blessed. Your studies will be blessed, and you can move forward strongly.

The more you eat Christ, the more you will be composed of Christ, and you will become a functional limb in the church life and an excellent leader in school life.

Prayer: "Oh Lord Jesus, you are the mana from heaven, the bread of life. I eat you every day, as I eat material food. In order to experience Christ as my perseverance, understanding and power to advance, I must be a person who eats Christ. When I pray-read your words using my spirit, the words become the spirit and life. Praise the Lord. May I be able to be trained to eat only Christ from a young age and gradually drop the food of this world. I pray in the name of the Lord. Amen!"

Crucial Point(2): Revive every morning and have a new start every day

OL1: Manna is a long-term miracle; manna was sent every morning, and it had to be gathered every morning; this indicates that we cannot store up the supply of Christ but that the experience of Christ as our life supply must be daily, morning by morning; as our food, Christ will last for eternity. Exo. 16:21 And they gathered it morning by morning, each one according to his eating; and when the sun became hot, it melted. OL2: Manna is from heaven; on the one hand, the Lord Jesus is "the bread out of heaven"; on the other hand, He is "the bread of God," the One who came down out of heaven to be our food. OL3: Manna comes with the dew, which signifies the Lord's refreshing and watering grace brought in by His fresh compassions; grace is God reaching us to refresh us and water us. OL4: Manna comes in the morning, indicating that it gives us a new beginning through our living contact with the Lord. John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger,

From my experience I can assure you that manna comes whenever you are willing to have a new beginning. In the morning let us come to the Lord and say, "Lord, I want a new beginning. I do not want to be the same as yesterday. I thank You, Lord, that in Your sovereignty and in Your economy, You offer us a new beginning every day of the year." If you pray to the Lord in this way, eager for a new beginning, the manna will come in the morning with the dew.

Daily we need to go on with the Lord. We should not only read the Bible, but also deal with the living person of Christ who dwells in us. As we read the words of the Scripture, we must contact this living person. Instead of being occupied with doctrines or methods, we should desperately seek the Lord Himself. If we pursue the Lord in this way, we shall have a new beginning with Him every morning....But it is possible to read the Word every morning without gathering any manna, for we may not have living contact with the Lord. The printed words in the Bible do not give us life. In John 5:39 and 40 the Lord Jesus said to the religionists, "You search the Scriptures, because you think that in them you have eternal life; and it is these that testify concerning Me. Yet you are not willing to come to Me that you may have life." If we want to receive life, we must come to the Lord. To have life we must have Him.

As we seek the Lord for a new beginning and for the supply of manna, we need to turn to our spirit. However, it is easy for us to exercise the mind instead of the spirit. Because this is our tendency, it is a good habit to contact the Lord in the Word before we become occupied with the affairs of the day.

Application to the new ones

You believed in the name of the Lord and the spirit was regenerated and saved. But before you were saved, your spirit was dead and lived daily according to your soul, so your soul is very strong. After being saved, you should train your spirit every day. And the spirit needs to be the strongest part of your three parts, spirit, soul and body.

Specifically, first call the Lord's name for a minute before you contact people, things or other matters every morning. When calling the name of the Lord, do not think about anything, just exercise the spirit and keep calling. Then your spirit will be filled with the Lord and strengthened. After preparing by calling for the Lord's name, pray-read the words such as "The Holy Word for Morning Revival" and "Nourishment of the first believers" with brothers and sisters. If you read a few outlines and messages as well as the words, use them to prayer as soon as possible. In order to make your spirit to become stronger than your soul, you must do morning revival (calling the name of the Lord, praying and reading the word of the Lord, touching the Lord, being fed and revived). Even if you try to use the spirit after you start working or go to school, it doesn't work because you have the habit of living with the soul. However, if you get revived and go to work or school, the spirit is strengthened, so you can put your thoughts into the spirit, work and study in practical matters.

Prayer: "O Lord Jesus, O Lord Jesus, your name is wonderful. I love you. Your name can save me and provide me with a divine supply. Lord, I praise your name and also praise your words. When I pray-read the word, you can speak to me. These immediate words are my daily supply of life. I eat your words every morning with brothers and sisters. By doing morning revival every morning, I can have a new start in the Lord every day. Lord, thank you."

Crucial Point(3): Eat manna every morning to be nourished, to reach God's building, and to remember in eternity

OL1: Manna is white, showing that Christ is clean and pure, without any mixture. Exo. 16:31 And the house of Israel called its name manna, and it was ...white;

OL2: Manna is like frost, signifying that Christ not only cools and refreshes us but also kills the negative things within us. Exo. 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.

OL3: Whatever we eat, digest, and assimilate of Christ will be an eternal memorial; what we shall recall concerning Christ in eternity will have two aspects: the aspect of the enjoyment of Christ as our reconstituting element and the aspect of Christ as the supply to make us God's dwelling place in the universe. Exo. 16:32 And Moses said, This is what Jehovah has commanded, Let an omerful of it be kept throughout your generations, that they may see the bread which I fed you in the wilderness, when I brought you out from the land of Egypt.

OL4: Just as the manna in the golden pot was the focal point of God's dwelling place, so Christ as the manna eaten by us is the focal point of God's building today. Rev. 2:17 He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give of the hidden manna.

If we come daily to the Lord Jesus and take Him into us and feed on His word, we shall undergo a process of purification that makes us more and more pure. Those who feed on Christ eventually become simple and pure. Most people are complicated.... The only way to be simplified is to eat the Lord Jesus. The more we eat Him and receive His word, the more we are simplified. In this way we become single and pure.

As we partake of Christ as our manna, we are not only purified and simplified, but we also become white. To be white means to be without stain.... For example, our love and humility may have a certain natural color. Actually, none of our human virtues is white. But the more we take in Christ as our life supply, the more our natural color is eliminated, and the whiter we become.

The manna was also like frost. Frost is something between dew and snow. Both dew and frost are refreshing. But although dew refreshes, it does not kill germs. Frost, however, does kill germs. As manna, not only does Christ refresh us; He also kills the negative things within us.

Only the Christ we have eaten and experienced is worthy of remembrance. The Christ whom we enjoy will be an eternal memorial, because the Christ we experience and enjoy becomes our very constitution. He actually becomes the reconstituting element for God's people, that element which causes them to be reconstituted. Nothing of what we

are, what we have, or what we can do is worthy of remembrance. Only the Christ who has become our constitution is worthy to be an eternal memorial. What we remember in eternity will be nothing other than Christ.

What we shall recall concerning Christ in eternity will have two aspects: the aspect of the enjoyment of Christ as our reconstituting element and the aspect of Christ as the supply to make us God's dwelling place in the universe. These two aspects are clearly related to our experience in the Lord's recovery today. By taking Christ as our life supply, meeting after meeting we are enjoying Christ as our constituent, and we are building up God's dwelling place. These aspects of our experience of Christ will become a memorial in eternity. Do not think that when we are in eternity we shall not remember our experience today. On the contrary, we shall remember how we enjoyed Christ and how we took Him as our supply to become God's dwelling place. This is manna preserved as a memorial before God.

Do not think that it is impossible for you to be an overcomer. You can become an overcomer by enjoying Christ as manna. Eat the open manna, and Christ will become the hidden manna. This hidden manna will constitute you into an overcomer. It will also fulfill the requirements of the inner law of life and bring you into peace. As a result, you will be an overcomer according to Revelation 2:17.

Application to the young working saints and graduate students

When you handle a complicated project in your office, you may feel that yourself needs to be simplified by the Lord. Especially a project leader who controls the project is required to have ability to simplify the complicated things. Even someone has hundreds in his list, but does not have ability to extract their crucial points 1, 2, and 3, then the project will fall into confusion and go nowhere. Manna is white showing it is clean and pure and simple. If you partake manna every day, complicated you can become simple. People are complicated in many cases, so they worry too much and become exhausted. But there are only few crucial points, so he who steps forward in single heart will be blessed.

Manna is white also showing it is without stain. Your natural virtue is not pure white. The more you eat manna, the more your natural color is eliminated and the whiter you become. Once you become white then you can see the colors of situations you are facing. If you are not pure white, you try to look at the situation through your natural color. So you cannot see its true color. Then it becomes difficult for you to judge the situation correctly.

As an example, at the time you must decide whether you can trust someone in your business or not, or how much you can trust him, you cannot make a correct decision if you are complicated or your natural color is too deep. Praise the Lord for manna being white. The more you eat white manna, the more you become single hearted and without stain, so you can become insightful and a useful person for your company.

Prayer: "O Lord Jesus, let me become a person useful to both God and men. For this, I need to eat manna to be simplified, to remove my natural color and to kill germs in me. Manna has a power to nourish and transform my inner being. Such experiences of manna will bring me to God's building and become the remembrance in eternity. Amen!"