

Mana

Exo 16:14 And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground.

Exo 16:15 And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat.

Exo 16:21 And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.

Exo 16:19 And Moses said, Let no man leave of it till the morning.

Exo 16:20 Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.

Exo 16:22 And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses.

Exo 16:23 And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

Exo 16:24 And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.

Exo 16:25 And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to day ye shall not find it in the field.

Exo 16:26 Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.

Exo 16:27 And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none.

Exo 16:28 And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?

The instructions in the manna story was the Sabbath day to remember. the manna story was after creation and before the ten commandments were given to Moses on tablets at Mount Saini. This shows the importance of the Sabbath to God from Creation to this point in time.

the commandment for the Sabbath was given in writing by Gods finger to the Children of Israel after the mana point in time and was as follows:

Exo 20:8 Remember the sabbath day, to keep it holy.

Exo 20:9 Six days shalt thou labour, and do all thy work:

Exo 20:10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

Exo 20:11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.