Christ, the bread from heaven

Bruce Anstey · John 6:51 · December 27, 2025



The manna God provided for Israel in the wilderness was more than physical sustenance; it also served as a foreshadowing of Christ. Several of its characteristics point directly to who Christ is and what He came to accomplish.

First, manna had a heavenly origin. It rained down from heaven (Exodus 16:4), pointing to Christ as the heavenly man (1 Corinthians 15:47), who came down from heaven as the Father's sent one to do His will (John 6:38–39).

Second, manna was granular or round in form (Exodus 16:14). This feature reflects Christ's eternal existence, whose "goings forth are from of old, from everlasting" (Micah 5:2).

Third, manna was fine or small (Exodus 16:14). This speaks of Christ's outward unremarkableness in the eyes of humanity. He did not appear impressive or majestic, and many failed to recognize Him (Isaiah 53:2–3; Matthew 13:55).

Fourth, manna was white (Exodus 16:31), symbolizing Christ's perfect holiness and spotless purity. He was conceived by the Holy Spirit (Luke 1:35), is called the Holy and Righteous One (Acts 3:14), and is described as a lamb without blemish or spot (1

Peter 1:19; Revelation 3:7).

Fifth, manna was like coriander seed (Exodus 16:31). This points to Christ as the source of life. Just as a seed contains the germ of life within itself, so Christ is the one in whom life resides: “In Him was life” (John 1:4).

Sixth, manna tasted sweet (Exodus 16:31). This reflects what Christ is to the hearts of those who truly receive Him—sweet, satisfying, and delightful. Meditation on Him brings joy and pleasure to the soul (Psalm 104:34; Song of Solomon 2:3).

Finally, manna rested on the dew and did not touch the ground of the desert (Numbers 11:9). This illustrates Christ’s moral separation from sin and corruption. Though He lived among sinners, He remained “holy, innocent, undefiled, separated from sinners” (Hebrews 7:26).

In every detail, manna points beyond itself to Christ—the true bread from heaven who gives life to the world.

Source https://thebiblestudy.site/article/christ-the-bread-from-heaven/