

Days of Prayer 2020

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Day 8—The Manna

“I am the living bread that came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world” John 6:51

Suggested Format for the Prayer Time

Praise (approximately 10 minutes)

- Begin your prayer time by praising God for who He is (His character).
- Praise God that Jesus is the Manna that came down from heaven.
- Praise God for His Word that we can feed upon.

Confession and Claiming Victory Over Sin (approximately 5 minutes)

- Ask God to show you which sins to confess privately. Claim His victory over those sins.
- Ask God for forgiveness for times when you chose not to feed on the Heavenly Manna.
- Ask God for forgiveness for times when you chose to satisfy your hunger with temporary things.
- Thank God that He forgives you according to 1 John 1:9.

Supplication and Intercession (approximately 35 minutes)

- Pray that just as the Israelites gathered manna early in the morning, we will individually seek to have a daily, fresh experience with the Lord, eating His flesh and drinking His blood by surrendering fully to Him in obedience.
- Pray that we individually realize that we are nearing the close of probation. May we each allow the Holy Spirit to do whatever He needs to do in our lives to develop our characters.
- Ask God to teach you how to feed on the Heavenly Manna.
- Ask God to give you His Holy Spirit so that you may understand His Word and understand the truth.
- Ask that God will give you a new life as you read His Word and meditate upon Christ and His life.
- Ask God to help you meditate only on those things that build you up spiritually.
- Pray that church leaders (your local pastor, conference, union, division, and General Conference leaders) and their families will feed on the Heavenly Manna every day.
- Pray for the thousands of Global Mission pioneers who are planting churches, many of them in dangerous situations. Pray for their safety, for wisdom, and for success.
- Pray for faithfulness to God, His Word, His Advent message, and His mission for us. Pray for our willingness to follow Him in everything, and ask that He will demonstrate His power in our lives.
- Pray for increased attendance at Sabbath School, where members and invitees can focus on fellowship, mission, Bible study, and local outreach.
- Pray for a mighty revival of primitive godliness to sweep God’s church in the final days. Pray that we may stand for truth though the heavens fall.
- Pray for God to raise up youth to make disciples among the 1,459 people groups within the 20 countries of South Pacific Division.
- Pray that the seven (or more) people on your list will see their need to eat from the Heavenly Manna.
- Pray for any personal needs you have.

Thanksgiving (approximately 10 minutes)

- Thank God that when you eat His food, you never hunger again.
- Thank God that Jesus showed us how to feed on Heavenly Manna.
- Thank God for the power of His Word.

Suggested Songs to Sing

“Break Thou the Bread of Life” (*SDA Hymnal* #271); “Give Me the Bible” (*SDA Hymnal* #272); “I’d Rather Have Jesus” (*SDA Hymnal* #327); “Open My Eyes That I May See” (*SDA Hymnal* #326); “Take the World, but Give Me Jesus” (*SDA Hymnal* #329).

The Manna

"I am the living bread that came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world" John 6:51

They [Israel] were directed to gather daily an omer for every person; and they were not to leave of it until the morning. Some attempted to keep a supply until the next day, but it was then found to be unfit for food. The provision for the day must be gathered in the morning; for all that remained upon the ground was melted by the sun. . . . On the sixth day the people gathered two omers for every person. The rulers hastened to acquaint Moses with what had been done. His answer was, "This is that which the Lord hath said, Tomorrow is the rest of the holy Sabbath unto the Lord: bake that which ye will bake today, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning." (*Patriarchs and Prophets*, pp. 295, 296)

The manna, falling from heaven for the sustenance of Israel, was a type of Him who came from God to give life to the world. Said Jesus, "I am that Bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven. . . . If any man eat of this bread, he shall live forever: and the bread that I will give is My flesh, which I will give for the life of the world." John 6:48-51. And among the promises of blessing to God's people in the future life it is written, "To him that overcometh will I give to eat of the hidden manna." Revelation 2:17. (*Patriarchs and Prophets*, p. 297)

Our Saviour is the bread of life, and it is by beholding His love, by receiving it into the soul, that we feed upon the bread which came down from heaven. We receive Christ through His word, and the Holy Spirit is given to open the word of God to our understanding, and bring home its truths to our hearts. We are to pray day by day that as we read His word, God will send His Spirit to reveal to us the truth that will strengthen our souls for the day's need. (*Prayer*, p. 297)

By looking constantly to Jesus with the eye of faith, we shall be strengthened. God will make the most precious revelations to His hungering, thirsting people. They will find that Christ is a personal Saviour. As they feed upon His word, they find that it is spirit and life. The word destroys the natural, earthly nature, and imparts a new life in Christ Jesus. The Holy Spirit comes to the soul as a Comforter. By the transforming agency of His grace, the image of God is reproduced in the disciple; he becomes a new creature. Love takes the place of hatred, and the heart receives the divine similitude. This is what it means to live "by every word that proceedeth out of the mouth of God." This is eating the Bread that comes down from heaven. (*The Desire of Ages*, p. 391)

Fill the whole heart with the words of God. They are the living water, quenching your burning thirst. They are the living bread from heaven. Jesus declares, "Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you." (John 6:53.) And he explains himself by saying, "The words that I speak unto you, they are spirit, and they are life." (John 6:63.) Our bodies are built up from what we eat and drink; and as in the natural economy, so in the spiritual economy, it is what we meditate upon that will give tone and strength to our spiritual nature. (*Christian Education*, p. 57)

"You have the word of the living God, and for the asking you may have the gift of the Holy Spirit to make that word a power to those who believe and obey. The Holy Spirit's work is to guide into all truth. When you depend on the word of the living God with heart and mind and soul, the channel of communication will be unobstructed. Deep, earnest study of the word under the guidance of the Holy Spirit will give you fresh manna, and the same Spirit will make its use effectual. The exertion made by the youth to discipline the mind for high and holy aspirations will be rewarded. Those who make persevering efforts in this direction, putting the mind to the task of comprehending God's word, are prepared to be laborers together with God. (*Testimonies for the Church*, vol. 6, pp. 163, 164)

Those with whom the Christian comes in contact have a right to know what has been revealed to the follower of Christ, and he is to make it known both by precept and example. The Christian is to publish the good news of salvation, and he is never to weary of the recital of God's goodness. He is continually to draw with Christ, and continually to draw from Christ, eating the flesh and drinking the blood of the Son of man, which Jesus declares are His words, that are spirit and life. Thus he will always have a fresh supply of heavenly manna. Every Christian, high or low, rich or poor, learned or ignorant, is to talk of the kingdom of God, to speak of Christ and Him crucified, to those who are in ignorance and sin. You are to speak to sinners; for you know not but God is moving upon their hearts. Never forget that great responsibility attaches to every word you utter in their presence. . . . (*The Publishing Ministry*, p. 285)