

3/31-4/6 #16 **Our Spiritual Food, Our Spiritual Rock, and the Contents of the Lord's Table: CP1:** The deep truth in Exodus 16 is that God wants to change our diet to a diet of Christ as our spiritual food, the real manna sent by God the Father for God's chosen people to live by Christ. **1 Cor. 10:3** And all ate the same spiritual food. **John 6:31** Our fathers ate the manna in the wilderness, as it is written, "He gave them bread out of heaven to eat." **D** The characteristics of Christ as our unique food, our daily manna, become our characteristics for His magnification through our metabolic transformation as we continually enjoy Him: **1** Manna is a mystery. **2** Manna is a long-term miracle. **3** Manna is from heaven. **4** Manna comes with the dew. **5** Manna comes in the morning. *The fact that manna came in the morning indicates that it gives us a new beginning. Because the earth revolves on its axis daily, every day we have a new beginning, a new turn...If God sent the manna yearly, we could not survive...Thank the Lord that He sends the manna daily. Every morning we can have a new beginning. In our spiritual experience we need these daily turns, these daily new beginnings...As I go to bed at night, I may say, "Lord, after resting tonight, I expect to have a new beginning with You in the morning." Praise the Lord for every new day, for every new beginning! Manna always brings us such a new start.* **6** Manna is small. **7** Manna is fine. **8** Manna is round. **9** Manna is white. **10** Manna is like frost. **11** Manna is like coriander seed. **12** Manna is solid. **13** Manna's appearance is like that of bdellium. **14** Manna's taste is like that of fresh oil. **15** Manna's taste is like that of wafers made with honey. **16** Manna is good for making cakes.

**Testimony** I testify that if I don't practice Morning Revival every morning and start my day by eating the Lord daily, I cannot experience daily victories in my business life. When I started working, every day was busy and every day was a battle. At one point, I was not awake and could not react and missed a case I should have opposed. Another time, I was fallen to a difficult spot because I made an unnecessary remark when I should have been quietly watching. After I experienced these failures often, I began to understand that business life is a spiritual battle against Satan. I strongly felt the need to eat the Lord every day and grow little by little in the spiritual

warfare. I thought that even if I missed one or two days during the week, I would not have a big problem because I was doing it five or six days a week. However, Satan attacked me on the one or two days that I did not practice Morning Revival. As a result, my business life was in chaos, stirred up by Satan. I came to the conclusion that **"I could not stand firm and fight a spiritual battle against Satan unless I practice a daily, morning-by-morning revival seven days a week, 31 days a month, and 365 days a year."** After that, I relied on the Lord's grace to spend first 15 minutes every morning calling on His name, praying, reading His Word, fellowshipping with Him, touching Him, being nourished and doing all these to be revived so thoroughly. When I practiced these, it was not that I was less attacked by Satan, but that I was able to deal with Satan's attacks properly, and the number of cases that I was caught up in chaos caused by my own failures, and worn out, was drastically reduced. The Morning Revival brought daily victories.

Brother Lee told us, "No matter how much we fail that day, when we go to bed at night, a new day begins the next morning. I thank God that we have a new beginning every 24 hours. I understand that daily life is a spiritual battle, and when I wake up in the morning, I first touch the Lord with the Lord's name and Word, to be nourished, and revived by Him. Then we can live a daily victorious life in fellowship with the Lord during the day. In spiritual warfare, the practice of "Morning Revival" is extremely important to me. Hallelujah, "Revived every morning, victory every day"! **Psa. 23:5** You spread a table before me. In the presence of my adversaries; You anoint my head with oil; My cup runs over.

**Prayer** *Oh Lord Jesus, Christ is my spiritual food. I eat fresh Lord every morning and have a new start, be empowered and experience Lord's victory in study, work and family life.*

**CP2:II.** Christ has been crucified to become a spiritual rock that follows His people; this following rock is the resurrected Christ as the life-giving Spirit, who is always with the church to supply His believers with the water of life. **1 Cor. 10:4** And all drank the same spiritual drink; for they drank of a spiritual rock which followed them, and the rock was Christ. **A** Trouble among God's people can be caused by the shortage

of water, which typifies the Spirit of life; whenever God's people are short of the Spirit of life, they will have problems; when God's people have an abundance of the Spirit, their problems among themselves and with God are solved. **Num. 20:8** Take the rod, and gather the assembly, you and Aaron your brother, and speak to the rock before their eyes, so that it yields its water. Thus you shall bring forth water for them out of the rock and give the assembly and their livestock something to drink. **B** Since Christ has been crucified and the Spirit has been given, there is no need for Christ to be crucified again; that is, there is no need to strike the rock again so that the living water may flow; in God's economy Christ should be crucified only once. *To receive the living water from the crucified Christ, we need only to "take the rod" and "speak to the rock." To take the rod is to identify with Christ in His death and apply the death of Christ to ourselves and our situation. To speak to the rock is to speak a direct word to Christ as the smitten rock, asking Him to give us the Spirit of life based on the fact that the Spirit has already been given. If we apply the death of Christ to ourselves and ask Christ in faith to give us the Spirit, we will receive the living Spirit as the bountiful supply of life.*

**Testimony** I thought I would feel a little more relaxed after graduating from the full time training, but the church life is very busy, with some services or meetings, gospel, visiting, etc. every day. Sometimes I want to lie in bed for the day and rest or be drawn by this world. When I wake up in the morning, my self immediately comes out and I become negative, but at such times I call on the name of the Lord first, and then I pray to Him honestly, **"Lord, I dedicate this day to You. Please draw me further. I feel so bad right now and need Your supply."** Through praying to the Lord in this way, and through partaking of His word in the group's morning revival and morning Life Study readings, the inner negative things mysteriously disappear, and I am supplied and strengthened. And I thank the Lord that I am willing and able to serve and attend the meetings with joy.

**CP3: III. Christ as the contents of the Lord's table is the reality of the New Testament economy of God.** **1** **Cor.10:16** The cup of blessing which we bless, is it not the fellowship of the blood of Christ? The bread which we break, is it not the fellowship of the body of Christ? **17** Seeing that there is one bread, we who

are many are one Body; for we all partake of the one bread. **A** The emphasis of the Lord's table is the fellowship of His blood and body, the participation in the Lord, the enjoyment of the Lord in mutuality, in fellowship: **1** The Lord has given Himself to us so that we may partake of Him as our feast and enjoy Him by eating and drinking Him; in order to become our feast, the reality of the produce of the good land, Christ had to be processed. **2** The Lord Jesus "took bread and blessed it, and He broke it and gave it to the disciples and said, Take, eat; this is My body." (Matt.26:26) *When we jointly partake of the bread, which symbolizes the individual body of Christ, it comes into us to make us one bread, which signifies the corporate Body of Christ. On the one hand, the bread signifies the Lord's physical body that He gave for us on the cross in order to impart His life into us. On the other hand, the bread signifies the Lord's mystical Body constituted of many members regenerated through the resurrection of Jesus Christ, having been enlivened with the Triune God's life and brought into an organic union with the Triune God. Therefore, the bread indicates that the Lord sacrificed His physical body in order to bring forth His mystical Body.* **3** The Lord Jesus took a cup and gave thanks, and He gave it to them, saying, "Drink of it, all of you, for this is My blood of the covenant, which is being poured out for many for forgiveness of sins." (27,28) *The cup is the new covenant or contract established by the blood of Christ, testifying to the portion we receive from God. The blood of Christ enacted a new covenant, an even more surpassing covenant, which became the New Testament after His resurrection. The blood that Christ shed on the cross became the covenant, and this covenant became the cup, the portion. It is God Himself as the blessing, for our enjoyment. In this new covenant God gives us forgiveness, life, salvation, and all spiritual, heavenly, and divine blessings.*

**Prayer** **Oh Lord Jesus, You as the content of the Lord's table are the reality of the New Testament economy of God. When we partake of the bread which signifies the individual body of Christ, we become one Body, one bread. The cup is the new covenant established by the blood of Christ, the portion we receive from God, the cup of blessing. I treasure the Lord's table every Lord's Day and gladly participate until He comes.**