



DAILY Bread
Renews the
Mind

1 Then they set out from Elim, and all the congregation of the sons of Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departure from the land of Egypt.

Exodus 16:1–21

2 The whole congregation of the sons of Israel grumbled against Moses and Aaron in the wilderness.

3 The sons of Israel said to them, “Would that we had died by the LORD’S hand in the land of Egypt, when we sat by the pots of meat, when we ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger.”

4 Then the LORD said to Moses, “Behold, I will rain bread from heaven for you; and the people shall go out and gather a day’s portion every day, that I may test them, whether or not they will walk in My instruction.

5 “On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.”

6 So Moses and Aaron said to all the sons of Israel, “At evening you will know that the LORD has brought you out of the land of Egypt;

7 and in the morning you will see the glory of the LORD, for He hears your grumblings against the LORD; and what are we, that you grumble against us?"

8 Moses said, “*This will happen* when the LORD gives you meat to eat in the evening, and bread to the full in the morning; for the LORD hears your grumblings which you grumble against Him. And what are we? Your grumblings are not against us but against the LORD.”

9 Then Moses said to Aaron, “Say to all the congregation of the sons of Israel, ‘Come near before the LORD, for He has heard your grumblings.’”

10 It came about as Aaron spoke to the whole congregation of the sons of Israel, that they looked toward the wilderness, and behold, the glory of the LORD appeared in the cloud.

11 And the LORD spoke to Moses, saying,

12 “I have heard the grumblings of the sons of Israel; speak to them, saying, ‘At twilight you shall eat meat, and in the morning you shall be filled with bread; and you shall know that I am the LORD your God.’ ”

13 So it came about at evening that the quails came up and covered the camp, and in the morning there was a layer of dew around the camp.

14 When the layer of dew evaporated, behold, on the surface of the wilderness there was a fine flake-like thing, fine as the frost on the ground.

15 When the sons of Israel saw *it*, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread which the LORD has given you to eat.

16 “This is what the LORD has commanded,
‘Gather of it every man as much as he should
eat; you shall take an omer apiece according to
the number of persons each of you has in his
tent.’ ”

17 The sons of Israel did so, and *some* gathered much and *some* little.

18 When they measured it with an omer, he who had gathered much had no excess, and he who had gathered little had no lack; every man gathered as much as he should eat.

19 Moses said to them, “Let no man leave any of it until morning.”

20 But they did not listen to Moses, and some left part of it until morning, and it bred worms and became foul; and Moses was angry with them.

21 They gathered it morning by morning, every man as much as he should eat; but when the sun grew hot, it would melt.

35 Jesus said to them, “*I am the bread of life*; he who comes to Me will not hunger, and he who believes in Me will never thirst.

John 6:35

41 Therefore the Jews were grumbling about Him, because He said, “*I am the bread that came down out of heaven.*”

John 6:41

11 *'Give us this day our daily bread.*

Matthew 6:11

Tools of Renewal:

1. Fill your mind with truth!

Tools of Renewal:

2. Listen to your
conscience.

Tools of Renewal:

3. Rejecting lies.

"Why do I believe
this?"

Tools of Renewal:

4. Relentlessly taking every thought captive to the obedience of Christ.