

"And you shall remember all the way which the Lord your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not. And He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the Lord" DEUTERONOMY 8:2-3

"What intrigues me about this text is the means by which God taught Israel 'that man does not live by bread alone'. God's way of instructing Israel in this regard was by allowing them to hunger and by feeding them with manna (of which the people rapidly tired). Therefore, by restricting the people's appetites they would be more likely to rely on God and His word and less likely to become selfindulged, relying on 'bread alone" (Berry Kercheville, Focus Magazine, May 2006, p. 6).





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- Our heart is where our treasure is (Matthew 6:21), so maybe that is why all our daydreams center around earthly things.





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- There is freedom in realizing how little we actually need. It lightens the load and frees up energy and space for what matters.
- Dependence on God puts things into perspective. "Ho! Every one who thirsts, come to the waters; and you who have no money come, buy and eat. Come, buy wine and milk. Without money and without cost. Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and delight yourself in abundance" (Isaiah 55:1-2).