

Bread: Old English Hlaf (“loaf”), German Laib, Russian Khleb,
Middle English “bread”, German Brot, Dutch Brood,

Corn bread, Sour dough bread, Rye bread, Pumpernickel bread, Flat bread, Pita pocket bread, Ezekiel bread Eze 4:9 sprouted grains: Wheat, Barley, Beans, Lentils, Millet, Fitches (spelt margin, black cummin, nutmeg flower seeds). Ancient grains (Spelt, Kamut, Einkorn, Emmer) low in gluten.

Modern breads, hybridized GMO wheat, high molecular weight gluten, gluten intolerance, Celiac disease and produces **Acrylamide** from starch when heated > 120 degrees F. Neurotoxic, adversely affects male reproduction, fetal development and is carcinogenic. 99% found in the crust.
On the other hand, crust has more dietary fiber and antioxidants.

Bread made without leavening. Fried (Puri, tortillas, chipatis), baked (matzo), or with leavening and added ingredients: nut bread, sunflower/poppy seeds, onion bread, raisin bread.

Bread in the Beginning:

Eat bread by the sweat of your face until you return to the ground. Gen 3:19

King of Salem, Melchizedek brought bread and wine to Abraham. Gen 14:44

Abram offers the 3 visitors to Mamre “a morsel of bread to comfort their hearts” Gen 18:54

Vs 58 it was unleavened bread, he washed their feet....passover?

Exodus 12 came out of Egypt eating unleavened bread

Exodus 16 Exactly 1 month after leaving Egypt: murmured, “Would God that we had died in Egypt, When we sat by the flesh pots, and had bread to the full”

Vs 4 “I will rain bread from heaven for you, but don’t leave it overnight or breed worms and stink!

...on the 6th day there shall be twice as much for two days, it didn’t breed worms and stink!

So, bake, seethe, Num 11:8 ground it, beat, baked into cakes. But on the 7th day no manna fell.

Vs 31 people called it “**Manna**” (What is it?), like coriander seed, tasted like wafers made with honey.

Psalms 105:40 He satisfied them with the “**bread of heaven**”

1Kings 13 A man of God out of Judah came to Bethel, prophesied against Jeroboam’s altar:

O altar, a child born to the house of David, Josiah by name, shall offer upon this altar the bones of the priests of the high places, the altar shall be rent, and the ashes poured out.

Jeroboam: ARREST that man! Arm withered! Altar crumbled and ashes poured out.

Pray to God and restore my hand! Come home with me and refresh yourself.

Eat no bread, drink no water, return by a different way....

Elisha at Dothan, surrounded, stuck blind. Elisha take leads them to the King of Israel.

“Shall I smite them? Shall I smite them?” No, feed them, **set bread and water before them**, let them go home.

Psalms 41:9 My own familiar friend, in whom I trusted, which **did eat bread with me**, has turned up his heel against me. Judas betrayed him, dipped the sop together.

Cast thy bread upon the waters and after many days you shall find it. Ecc 11:1

“So shall my word which proceeds out of my mouth, not return unto me void” Isa 55:11

Isa 4:1 In that day, 7 woman shall take hold of 1 man (Messiah) and say,
“We will **eat our own bread** (thank you very much), and wear our own apparel (we don’t want your wedding garment): only let us be called by your name (Christian), to take away our reproach.

Isaiah 55:2 Why do you spend money for that which is **not bread**?

Bread: the “staff of life” Jesus was born in Beth-lehem: **House of Bread**.

When the crowds had gathered and had listened to Jesus all day long,
The question was asked: “**Where shall we buy bread** that these may eat?”
Who said that? Jesus! Philip said: “200 day’s wages wouldn’t be enough to feed them!”
5000 men alone. John 6:10.

5 barley loaves: 1:5000 ratio. Not much? 12 baskets left over!
Next day: You seek me, not because of the miracles but because you ate the bread and were filled.
6:31 “Our father’s ate manna in the desert. As it is written “He gave them bread from heaven”
“Moses didn’t give that bread, but my Father gives YOU the true bread from heaven. For the Bread of God is He which comes down from heaven, and gives life to the world.”
Like the woman at the well, who said, “Give me this water!”,
they say, “Lord, evermore give us this bread!”
6:35 Jesus said, “I am the bread of life: he that comes to me shall never hunger;
He that believes on me shall never thirst.

Matt 5: “Blessed are they that hunger and thirst after righteousness, for they shall be filled!”
Filled with what? With Who? The Bread of Life, and the Water of life.
6:37 “He that comes to me I will in no wise cast out.”

John 9 Man born blind: Jesus makes a “mud pie” spit+dirt. Mixed it up together in his hand,
Smeared it on the blind man’s eyes, washed it off, he could see!

Mud: water of life from “that eternal life which was with the Father” 1John 1:2 -- divinity
And dirt (“from dust you came and to dust you shall return”) – humanity
This was Jesus, the Word become flesh, Spirit and Flesh combined.

6:41 The Jews murmured at him: We know who his father is: Joseph of Nazareth. Come down from heaven?
44: “No man can come unto me unless the Father draws him”
46: “No man has seen the Father except He which is OF God” 48: “I am that bread of life”
51: “I am the living bread which came 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.”
Jews murmured more! “How can this man give us his flesh to eat?” Cannibals?
“Except you eat the flesh of the Son of man, and drink his blood, you have no life in you.”
6:56 “He that eats my flesh and drinks my blood, dwells in me, and I in him.”
6:57 “As the living father has sent me, and I live by the Father”
(Because I feed on His words, and I drink in His Spirit, and He dwells in me John 14:10)
So he that eats (my words), even he shall live by me (and have my life in them).
6:60 “This is a hard saying, who can hear it?” More murmur. Even the disciples! Does this offend you?
6:63 “The WORDS that I speak unto you, they are **spirit** and they are **life**.
Feed on my words, let them be bread for your soul, nourishment for your life.
Jeremiah 15:16 “They words were found and I did eat them....
And thy word was unto me the joy and rejoicing of my soul!”