

# INTRODUCTION

---

## THE TRUE BREAD OF HEAVEN

Prepared by  
Elder Dwight Burford  
[www.hisworkmanship.net](http://www.hisworkmanship.net)  
December 2002  
Edited July 2007

*And [the Lord] humbled thee, and suffered thee to hunger, and fed thee with manna ... that he might make thee know that man doeth not live by bread only, but by every word that proceedeth out of the mouth of the Lord doth man live. (Deuteronomy 8:3)*

*Then Jesus said unto them, Verily, verily, I say unto you, ... my Father giveth you the true bread from heaven. For the bread of God is He which cometh down from heaven, and giveth life unto the world ... I am the bread of life; he that cometh to me shall never hunger; and he that believeth on me shall never thirst. (John 6:32-35)*

As I began committing my writings to formal documents in the early 1990's I was led of the Lord to preface my name as the writer of these works with "*prepared by.*" A number of years later the Lord taught me about the appropriateness of doing so through a special *shadow*<sup>1</sup> found in scripture.

Sometime in the mid 1990's my mother, Wanda Burford, shared some insights with me that she had gained in a class on food preparation about manna. Manna was not ready-made *bread* as I had supposed. It was *rained* down from heaven upon the children of Israel in the form of a small seed, similar to a "*coriander*" seed.<sup>2</sup> It had to then be gathered and prepared for eating, first by grinding or beating it with a mortar, and then by baking it into cakes or loaves; it was also prepared by seething or boil-

ing.<sup>3</sup>

As I contemplated the significance of God feeding His people in this special manner, through many scriptures the Lord affirmed to me that manna and the way in which it had been provided and the way in which it needed to be prepared was indeed a shadow of the way in which God feeds His children spiritually through His word.<sup>4</sup>

Like manna, God's word is *rained* down upon His children as a seed (cf. Isaiah 55:10,11).

*A sower went out to sow his seed; and as he sowed, some fell by the wayside... and some fell upon a rock... and some fell among thorns... and others fell on good ground... Now the parable is this; The seed is the word of God. (Luke 8:5-11; cf. Alma 16:152)*

---

1 cf. Colossians 2:16,17 & Hebrews 8:5 & 10:1

2 Coriander is an annual herb of the parsley family; the seed is small and round, roughly the size of a grain of wheat.

---

3 Numbers 11:7-8 with Exodus 16:23,31

4 cf. Deuteronomy 8:3 with Alma 14:75 & 17:78-81

And as manna was gathered and prepared, so is the word of God to be gathered and prepared through study, fasting, and the prayer of faith so that it might be readied for feeding God's people through preaching, teaching, testifying, writing, prophesying, leading, administering, presiding, etc.<sup>5</sup>

*Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. (II Timothy 2:15)*

*And we talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, that our children may know to what source they may look for a remission of their sins. (II Nephi 11:48)*

*...and they had waxed strong in the knowledge of the truth; for they were men of sound understanding, and they had searched the scriptures diligently, that they might know the word of God. But this is not all: they had given themselves to much prayer, and fasting, therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority, even as with the power and authority of God. (Alma 12:3-5)*

*Therefore, verily I say unto you, my friends, Call your solemn assembly, as I have commanded you; and as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning even by study, and also by faith. (D&C 85:36a)*

To be a faithful and wise servant of the Lord, then, each of us who are called to this ministry must “give... meat **in due season**” to

5 Alma 16:152-172 & Luke 8:11-15 with D&C 85:36 & 41:1b; cf. Romans 10:15,16, I Corinthians 1:21 & II Nephi 14:4 & 15:5 with II Nephi 11:48

God's children; meaning, we must feed the Lord's flock with His word, appropriately prepared and delivered in its season.<sup>6</sup> Doing so requires preparation, both of ourselves and of our understanding of His word.<sup>7</sup> And, as with any meal, effort must be expended through grinding and milling, and through baking and seething (of the process of writing in this present case).<sup>8</sup> Equally important is the care that must be taken when preparing the word of truth to ensure that we *rightly divide* the word, and that we neither add to it nor take away from God's living Word.<sup>9</sup> Further, care must be taken to ensure that meals are balanced and well rounded, e.g. not just sweets or fast-food.

Simply stated, God's call upon my life to prepare these writings was the call to prepare a meal of God's word – according to His will and design – for His people in this generation.<sup>10</sup> And it has been through the Comforter's assurance and guidance that I have sought to bring this task to fruition.<sup>11</sup>

Among my earliest formal writings is a document entitled, “The Word of Faith,” which contains some key lessons the Lord taught me through faith about His word to equip me for this work. Each lesson it contains is centered in the fundamental truth that Jesus Christ is the Word of God, the One through whom we may receive everlasting life – if we but receive Him.<sup>12</sup> He is, in His own words, *the way, the truth, and the life*.<sup>13</sup> He is the path, called wisdom's path,<sup>14</sup> in which (in whom) we are to walk each day. Therefore, in the words of the apostle Paul, we are to *walk in Christ*.<sup>15</sup>

6 Matthew 24:52 with D&C 50:4-6

7 e.g. II Timothy 2:15; cf. Alma 12:3-7

8 cf. Ether 5:26

9 cf. II Timothy 2:15 & I Corinthians 3:10-20 with Proverbs 30:6 & Revelation 22:18,19

10 Genesis 6:5-7 IV, Acts 20:28 & I Peter 5:2 with Ephesians 4:11,12

11 Luke 8:15 with Hebrews 11:1

12 cf. Genesis 6:62 with John 1:1-16

13 John 14:6

14 cf. I Corinthians 1:23,24 with Helaman 4:55

15 Colossians 2:6-10

*As ye have therefore received Christ Jesus the Lord, **so walk ye in him**; rooted and built up in him, and established in the faith, as ye have been taught, abounding therein with thanksgiving. Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. For in him dwelleth all the fullness of the Godhead bodily. And ye are complete in him...* (Colossians 2:6-10)

How are we to walk in Jesus Christ, i.e. to walk in Him as the Word of God? We are to feast upon Him as *the Bread of Life!* Jesus declared that except we eat His flesh and drink His blood, there is no life in us.<sup>16</sup> Therefore, we receive eternal life and the associated wisdom which comes from above<sup>17</sup> – i.e. the knowledge to walk uprightly (righteously) before God – by *feasting* upon the very person of Jesus Christ. That is, we are to feast upon Him as the *incarnate Word of God, the Word made flesh, as the bread of heaven, the living manna.*

*And the same word was made flesh, and dwelt among us, and we beheld his glory, the glory as of the Only Begotten of the Father, full of grace and truth...For in the beginning was the Word, even the Son, who is made flesh, and sent unto us by the will of the Father. And as many as believe on his name [The Word] shall receive of his fullness. And of his fullness have all we received, even immortality and eternal life, through his grace.* (John 1:14,16)

*And now my son, I have told you this, that ye may learn **wisdom**, that ye may learn of me that there is no other **way** nor means whereby man can be saved, only in and through Christ. Behold, he is the life and the light of the world. Behold, he is the word of truth and righteousness.* (Alma 18:11,12)

---

16 John 6:47-58  
17 James 3:17

Specifically, we are to feast upon God's Word, Jesus Christ, by feasting upon Jesus' words (which He said are the words of His Father).<sup>18</sup> His words are *life* because they impart wisdom to us by showing us what we should do and say and, thus, how to live our lives.

*Wherefore, I said unto you, Feast upon the words of Christ; **for behold the words of Christ will tell you all things what ye should do.*** (II Nephi 13:4)

Why feast upon His words? Jesus explains.

*It is the Spirit that quickeneth; the flesh profiteth nothing; **the words that I speak unto you, they are spirit, and they are life.*** (John 6:63)

Our Lord's words are His flesh and blood. They are life-giving. And except we feast upon Him by feasting upon His words, there is no life in us. That is to say, it is not *the flesh* that is life-giving. It is His Spirit of truth, the Comforter, the Holy Ghost, the One who brings Christ's words to our *remembrance*, which quickens us and makes alive all things unto the honor and glory of God.<sup>19</sup>

And so it is written, "*man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord doth man live.*"<sup>20</sup> Briefly understood, Jesus Christ is every word that God has given to us to live by.<sup>21</sup> Hence Paul's testimony that we are complete or perfect in Jesus Christ our Redeemer.

How often are we to feast upon the Word of God? Jesus taught us to pray, "*Give us this day our daily bread.*"

*... Our Father who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will*

---

18 John 12:49,50

19 John 14:15-26 & 16:13 with Genesis 6:64 & II Corinthians 3:17

20 Deuteronomy 8:3, John 3:34 & 6:48-51; cf. Jacob 2:49,50 with I Peter 2:2,3

21 cf. I John 4:9

*be done on earth, as it is done in heaven. Give us this day, our daily bread [i.e. the living Word, the Bread of Life]. And forgive us our trespasses, as we forgive those who trespass against us. And suffer us not to be led into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever, Amen.* (Matthew 6:9-15)

Jesus is *our daily bread*. As the children of Israel had to collect manna each day (except for the manna for the Sabbath, which they gathered the day before), we too must feast upon Him, i.e. His words, every day in order to have eternal life. In this way we can understand that Jesus is our life.<sup>22</sup> He not only sustains and maintains us from day to day, He nourishes our eternal souls in this life and throughout eternity.<sup>23</sup>

Remember the testimony God gave of His Son following His baptism and upon the Mount of Transfiguration: “*This is my beloved Son, hear him.*” Therefore, according to God’s word we must feast upon His words by feasting on the Word that was made flesh and dwelt among us.

The Word of God must be invested in our souls as a seed.<sup>24</sup> Once planted, His Word works effectually within us to bring about the righteousness of God in our lives by growing up in us until it bears the fruit of the same.<sup>25</sup>

*He came unto His own, and His own received Him not. But as many as received Him, to them gave He power to become the sons of God; only to them who believe on His name...And the same word was made flesh, and dwelt among us, and we beheld his glory, the glory as of the Only Begotten of the Father, full of grace and truth...For in the beginning was the Word, even the Son, who is made flesh, and sent unto us by the*

22 Colossians 3:4; cf. I John 4:9

23 Colossians 1:16-18 with Hebrews 7:24; cf. Genesis 6:62

24 Alma 16:152-172 with Luke 8:5-18

25 II Corinthians 5:15-21, 13:5, Ephesians 5:9, Philipians 2:12,13, Colossians 1:27, I Thessalonians 2:13,17, Hebrews 13:21, etc.

*will of the Father. And as many as believe on his name shall receive of his fullness. And of his fullness have all we received, even immortality and eternal life, through his grace.* (John 1:11,12,14,16)

*He that believeth on the Son of God hath the witness in himself... And this is the record, that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life.* (I John 5:10-12)

*There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit...For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit, the things of the Spirit.* (Romans 8:1,5)

*But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance; against such there is not law. And they that are Christ’s have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit.* (Galatians 5:22-25)

As admonished by the apostle James, then, *receive the engrafted Word* which is able to save your souls. Receive Jesus Christ as the incarnate Word of God by feasting upon His words,<sup>26</sup> and He will give you life everlastingly. He will quench your thirst and satisfy your hungering soul.

But be careful. Not everything that is purported to be the word of God is authentic, and not everyone who claims to preach God’s word has been sent by Him.<sup>27</sup>

*For evil men and seducers shall wax worse and worse, deceiving, and being deceived. But continue thou in the things which thou*

26 James 1:21 with John 1:14-16

27 Romans 10:15 & Hebrews 5:4 with Matthew 7:24-37

*hast learned and hast been assured of, knowing of whom thou hast learn ed them; and that from a child thou hast know the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. And all scripture given by inspiration of God, is profitable for doctrine, for reproof, for correction, for instruction in righteousness; that the man of God may be perfect, thoroughly furnished unto all good works.* (II Timothy 3:13-17)

*But there were false prophets also among the people, even as there shall be false teachers among you who privily shall bring in abominable heresies, even denying the Lord that bought them, and bring upon themselves swift destruction, and many shall follow their pernicious ways; by reason of whom the way of truth shall be evil spoken of. And through covetousness shall they with feigned words make merchandise of you; whose judgment now of a long time lingereth not, and their destruction slumbereth not.* (II Peter 2:1-3)

Remember, God often chooses *the weak* and *the base things* of the earth to declare His word so the power and excellency might be of God, not of men or the wisdom of the world.<sup>28</sup> This is why it is written “*it pleased God by the foolishness of preaching to save them that believe.*”<sup>29</sup> Faith comes by hearing, and hearing by the very Word of Life, Jesus Christ.<sup>30</sup> And often God will choose to speak to you by that which you despise because He hates pride and proves you to know if you love His word over your pride.

Briefly summed up, this is the witness we have received of God: if we receive His Word of truth such that it is *in* us, His word will abound within as – unless we quench His Holy Spirit (by whom we have utterance).<sup>31</sup>

28 I Corinthians 1:27-29 & II Corinthians 4:3-7

29 I Corinthians 1:21

30 Romans 10:16 with I John 1:1-3

31 John 15:1-8 & 17:17 with I Corinthians 1:5 & I Thessalonians 5:16-24, Acts 2:4, etc.

*Behold, that which you hear is as the voice of one crying in the wilderness; in the wilderness, because you can not see him: my voice, because my voice is Spirit; **my Spirit is truth: truth abideth and hath no end; and if it be in you it shall abound.*** (D&C 85:17)

Like all seeds, the Word of God brings forth fruit, even much fruit, after its own kind.<sup>32</sup> That is, the Word of God brings forth the words of Christ from the life in which it has been received and nourished until it is able to flourish and abound.<sup>33</sup>

*...Do ye not remember that I said unto you that after that ye have received the Holy Ghost, ye could speak with the tongue of angels? And now, how could ye speak with the tongue of angels save it were by the Holy Ghost? Angels speak by the power of the Holy Ghost, wherefore, they speak the words of Christ. Wherefore, I said unto you, Feast upon the words of Christ; for behold the words of Christ will tell you all things what ye should do...For behold, again I say unto you that if ye will enter in by the way and receive the Holy Ghost, it will show unto you all things what ye should do.* (II Nephi 13:2-4,6)

Therefore, as admonished by the apostles of old, let the Word of Christ dwell in you richly.<sup>34</sup> Let God’s Word rain down upon you as the living manna from heaven, and if you receive it and prepare it through prayer and study, the Word will abound wondrously from within your own soul. By nourishing the word through the prayer of faith, you will become filled with His words until you reap an abundant harvest that will feed not only you, but the souls of many.<sup>35</sup>

32 cf. Luke 8:5-15, Alma 16:152,158 & Genesis 1:15 with II Nephi 14:2,3 & Isaiah 57:19

33 cf. Alma 16:152-172 with Galatians 6:9 & II Timothy 3:16,17

34 Colossians 3:16.

35 Alma 16:152-172 with Isaiah 57:19, Proverbs 10:21, I Corinthians 1:5, Hebrews 13:15, D&C 50:6a,b, etc.