**MESSAGE 39**

**THE HEAVENLY DIET - MANNA (5)**

1. According to Colossians 3:3, what does the manna hidden in the golden pot signify?
2. Only what can preserve Christ as our hidden manna?
3. What does the phrase “before the Testimony” refer to?
4. What does the picture of the golden pot before the tables of the testimony indicate?
5. How can we fulfill the demands and requirements made by the testimony?
6. According to Revelation 2:17, who is the hidden manna for?
7. How can we be constituted into overcomers?
8. How is eating the hidden manna related to building?
9. How do we know that the amount of manna we eat does not depend on our appetite?
10. Why do we say that the sending of manna is a long-term miracle?

**MESSAGE 40**

**THE LIVING WATER OUT OF THE SMITTEN ROCK (1)**

1. Why do we need to pay attention to the sequence of events in Exodus chapters 16 and 17?
2. Why are the orders regarding the tree of life and the water of life different in Genesis and Revelation?
3. What stage of the experience of God’s salvation does Psalm 36:8 refers to?
4. What are the seven outstanding experiences that the children of Israel had before the experience of living water?
5. What is the importance of drinking in our spiritual experience?
6. Why is the smiting of the rock a clear, complete and full picture of Christ’s crucifixion?
7. What are the various aspects of the rock related to our salvation in the Old Testament?
8. What are the significances of the rock in the gospel of John?
9. Why did Paul refer to the rock as following the children of Israel in 1 Corinthians?
10. What is the proper understanding of the picture portrayed in Exodus 17:1-6?