

Texts for Scriptural Reasoning Bread

The Scriptural Reasoning Society

From the Commentary of al-Ṭabarī on *The Heifer* 61^a

The saying in respect of the interpretation of the saying of the Exalted One, ‘*And when you said, “O Moses! We shall not bear with a single food”*’, we have already demonstrated in the foregoing the meaning of *ṣabr* [‘patience, bearing, endurance’], for indeed it holds back the self and constrains it from a thing. And this being the case, the meaning of the verse is such: And recall when you said, O assemblies of the Children of Israel, we shall not endure the restraining of ourselves in a single food – and that single food is that by which God, Majestic is His Glory, fed them in their wilderness, and it is quails in the saying of some of the People of Interpretation, and in the saying of Wahb bin Munabbah it is pure bread with meat; so ask for us

your Lord that He bring out for us of that which the earth grows, of its herbs and its cucumbers. And what God has named besides that, and recollected what they asked Moses. On the authority of Qatāda [in respect of], ‘*And when you said, “O Moses! We shall not bear with a single food”*’ he said, “The people were in the desert, [when] a cloud cast shade over them, and He sent upon them manna and quails, and they became tired of that, and

remembered the life that they had in Miṣr, and they asked Moses for it. So God the Exalted said ‘*Go down to Miṣr, so indeed you will get what you ask for*’... Ibn Zayd said, “The food of the Children of Israel in the wilderness was one, and their drink was one, and their drink was honey which He sent down for them from heaven which is called manna, and their food was birds which are called quails. They were eating the birds and drinking the honey, and they did not yet know bread nor anything other than that. So they said, ‘O Moses! Indeed we shall not bear with a single food, so call upon your Lord for us that he bring out for us of that which the earth grows of its herbs!’”

تفسير الطبري: البقرة ١٠٥

القول في تأويل قوله تعالى: ﴿وَإِذْ قُلْتُمْ يَا مُوسَى لَنْ نَصْبِرَ

عَلَى طَعَامٍ وَاحِدٍ﴾ قد دللنا فيما مضى قبل على معنى

الصبر، وأنه كف النفس وحبسها عن الشيء. فإذا كان

ذلك كذلك، فمعنى الآية إذا: واذكروا إذا قلتم يا معشر

بني إسرائيل لن نطبق حبس أنفسنا على طعام واحد وذلك

الطعام الواحد هو ما أحير الله جل ثناؤه أنه أطعمهموه في

تبيهم وهو السلوى في قول بعض أهل التأويل، وفي قول

وهب بن منبه هو الخبز النقي مع اللحم فاسأل لنا ربك

يخرج لنا مما تنبت الأرض من البقل والقثاء. وما سمى الله

مع ذلك وذكر أنهم

سألوه موسى. عن

قتادة قوله: ﴿وَإِذْ قُلْتُمْ

يَا مُوسَى لَنْ نَصْبِرَ

عَلَى طَعَامٍ وَاحِدٍ﴾

قال: كان القوم في

البرية قد ظلل عليهم

الغمام، وأنزل عليهم

المن والسلوى، فملوا

ذلك، وذكروا عيشا

كان لهم بمصر، فسألوه

موسى، فقال الله

تعالى: ﴿اهْبِطُوا مِصْرًا

فَإِنَّ لَكُمْ مَا

سَأَلْتُمْ... ابن زيد، قال: كان طعام بني إسرائيل في التيه

واحدًا، وشرابهم واحدًا، كان شرابهم عسلا يتزل لهم من

السماء يقال له المن، وطعامهم طير يقال له السلوى،

يأكلون الطير ويشربون العسل، لم يكونوا يعرفون خبزًا

ولا غيره. فقالوا: يا موسى إنا لن نصبر على طعام واحد،

فادع لنا ربك يخرج لنا مما تنبت الأرض من بقلها!

﴿وَإِذْ قُلْتُمْ يَا مُوسَى لَنْ نَصْبِرَ عَلَى طَعَامٍ وَاحِدٍ
فَادْعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنْبِتُ الْأَرْضُ مِنْ
بَقْلِهَا وَقِثَّائِهَا وَفُومِهَا وَعَدَسِيهَا وَبَصَلِهَا قَالَ
أَتَسْتَبْدِلُونَ الَّذِي هُوَ أَدْنَى بِالَّذِي هُوَ خَيْرٌ اهْبِطُوا
مِصْرًا فَإِنَّ لَكُمْ مَا سَأَلْتُمْ﴾

And when you said, “O Moses! We shall not bear with a single food, so call your Lord for us that He bring out for us of that which the earth grows, of its herbs and its cucumbers and its garlic and its lentils and its onions.” He said, “Would you exchange that which is better for that which is lower? Go down to Miṣr, so indeed you will get what you ask for.”

^a *Quran* 2; Translated by Muhammad Al-Hussaini

Breaking Bread – Jewish Texts

Genesis 3:17 And to Adam he said, “Because you have listened to the voice of your wife and have eaten of the tree of which I commanded you, ‘You shall not eat of it,’ cursed is the ground because of you; in pain you shall eat of it all the days of your life; 18 thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. 19 By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.”

Genesis 14:18 And Melchizedek king of Salem brought out bread and wine. (He was priest of God Most High.) 19 And he blessed him and said, “Blessed be Abram by God Most High, Possessor of heaven and earth; 20 and blessed be God Most High, who has delivered your enemies into your hand!” And Abram gave him a tenth of everything.

Genesis 18:1 The Lord appeared to him by the oaks of Mamre, as he sat at the door of his tent in the heat of the day. 2 He lifted up his eyes and looked, and behold, three men were standing in front of him. When he saw them, he ran from the tent door to meet them and bowed himself to the earth 3 and said, “O Lord, if I have found favour in your sight, do not pass by your servant. 4 Let a little water be brought, and wash your feet, and rest yourselves under the tree, 5 while I bring a morsel of bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.” So they said, “Do as you have said.” 6 Abraham went quickly into the tent to Sarah and said, “Quick! Three seahs of fine flour! Knead it, and make cakes.” 7 Abraham ran to the herd and took a calf, tender and good, and gave it to a young man, who prepared it quickly. 8 Then he took curds and milk and the calf that he had prepared, and set it before them. And he stood by them under the tree while they ate. 9 They said to him, “Where is Sarah your wife?” And he said, “She is in the tent.” 10 The Lord said, “I will surely return to you about this time next year, and Sarah your wife shall have a son.” And Sarah was listening at the tent door behind him. 11 Now Abraham and Sarah were old, advanced in years. The way of women had ceased to be with Sarah. 12 So Sarah laughed to herself, saying, “After I am worn out, and my lord is old, shall I have pleasure?” 13 The Lord said to Abraham, “Why did Sarah laugh and say, ‘Shall I indeed bear a child, now that I am old?’ 14 Is anything too hard for the Lord? At the appointed time I will return to you, about this time next year, and Sarah shall have a son.”

בראשית ג, יז וְלָאָדָם אָמַר כִּי שָׁמַעְתָּ לְקוֹל אִשְׁתֶּךָ וְתָאֲכַל מִן־הָעֵץ אֲשֶׁר צִוִּיתִיךָ לֵאמֹר לֹא תֹאכַל מִמֶּנּוּ אֲרוּרָה הָאֲדָמָה בְּעִבּוּרְךָ בְּעִצְבוֹן תֹּאכַלְנָהּ כָּל יְמֵי חַיֶּיךָ: יח וְקוֹץ וְדַרְדַּר תִּצְמַח לָךְ וְאָכַלְתָּ אֶת־עֵשֶׂב הַשָּׂדֶה: יט בְּזַעַת אִפְיֶךָ תֹאכַל לֶחֶם עַד שׁוֹבְךָ אֶל־הָאֲדָמָה כִּי מִמֶּנָּה לָקַחְתָּ כִּי־עָפָר אַתָּה וְאֶל־עָפָר תָּשׁוּב:

בראשית יד, יח וּמֶלְכִי־צֶדֶק מֶלֶךְ שְׁלָם הוֹצִיא לֶחֶם וַיֵּיז וְהוּא כֹהֵן לְאֵל עֵלְיוֹן: יט וַיְבָרְכֵהוּ וַיֹּאמֶר בְּרוּךְ אַבְרָם לְאֵל עֵלְיוֹן קִנְיָה שָׁמַיִם וָאָרֶץ: כ וּבְרוּךְ אֵל עֵלְיוֹן אֲשֶׁר־מָגַן צְרִיךְ בְּיַדְךָ וַיִּתֵּן־לוֹ מֵעֵשֶׂר מְכֹל:

בראשית יח, א וַיֵּרָא אֵלָיו יְהוָה בְּאֵלֵי מַמְרֵא וְהוּא יֹשֵׁב פֶּתַח־הָאֵהָל כְּהֵם הַיּוֹם: ב וַיֵּשֶׂא עֵינָיו וַיֵּרָא וְהִנֵּה שְׁלֹשָׁה אַנְשִׁים נֹצְבִים עָלָיו וַיֵּרָא וַיֵּרֶץ לְקִרְאתָם מִפֶּתַח הָאֵהָל וַיִּשְׁתַּחוּו אַרְצָה: ג וַיֹּאמֶר אֲדֹנָי אִם־נָא מִצָּאתִי חֵן בְּעֵינֶיךָ אֶל־נָא תַעֲבֹר מֵעַל עַבְדְּךָ: ד יִקַּח־נָא מֵעֶט־מַיִם וְרָחֲצוּ רַגְלֵיכֶם וְהִשְׁעֲנוּ תַּחַת הָעֵץ: ה וַאֲקַחְהָ פַת־לֶחֶם וְסַעְדוּ לַבָּכֶם אַחַר תַּעֲבֹרוּ כִּי־עַל־כֵּן עֲבַרְתֶּם עַל־עַבְדְּכֶם וַיֹּאמְרוּ כֵּן תַעֲשֶׂה כְּאֲשֶׁר דִּבַּרְתָּ: ו וַיִּמָּהֵר אַבְרָהָם הָאֵהָלָה אֶל־שָׂרָה וַיֹּאמֶר מַה־רֵי שְׁלֹשׁ סָאִים קָמַח סֹלֶת לּוֹשִׁי וְעֹשֵׂי עֲגוֹת: ז וְאֶל־הַבָּקָר רֶץ אַבְרָהָם וַיִּקַּח בֶּן־בָּקָר רֶךְ וְטוֹב וַיִּתֵּן אֶל־הַנֶּזֶר וַיִּמָּהֵר לַעֲשׂוֹת אֹתוֹ: ח וַיִּקַּח חֲמָאָה וְחֵלֶב וּבֶן־הַבָּקָר אֲשֶׁר עָשָׂה וַיִּתֵּן לַפְּנִיָּהֶם וְהוּא עֹמֵד עֲלֵיהֶם תַּחַת הָעֵץ וַיֹּאכְלוּ: ט וַיֹּאמְרוּ אֵלָיו אֵיךְ שָׂרָה אִשְׁתְּךָ וַיֹּאמֶר הִנֵּה בְּאֵהָל: י וַיֹּאמֶר שׁוּב אָשׁוּב אֵלָיִךְ כְּעֵת חַיָּה וְהִנֵּה־בֵן לְשָׂרָה אִשְׁתְּךָ וְשָׂרָה שָׁמַעַת פֶּתַח הָאֵהָל וְהוּא אַחֲרָיו: יא וְאַבְרָהָם וְשָׂרָה זְקֵנִים בָּאִים בַּיָּמִים חֲדָל לְהַיּוֹת לְשָׂרָה אַרְח כְּנָשִׁים: יב וַתִּצְחַק שָׂרָה בְּקִרְבָּהּ לֵאמֹר אַחֲרֵי כִלְתִּי הֵיטֵה־לִּי עַדְנָה וְאֲדֹנָי זָקֵן: יג וַיֹּאמֶר יְהוָה אֶל־אַבְרָהָם לְמָה זֶה צִחְקָה שָׂרָה לֵאמֹר הֲאֵף אֲמַנָּם אֵלֶּךָ וְאֲנִי זָקֵנָתִי: יד הֲיִפְלֵא מִיָּהוָה דָּבָר לְמוֹעֵד אָשׁוּב אֵלָיִךְ כְּעֵת חַיָּה וְלְשָׂרָה בֵּן:

Exodus 12:14 “This day shall be for you a memorial day, and you shall keep it as a feast to the Lord; throughout your generations, as a statute forever, you shall keep it as a feast. 15 Seven days you shall eat unleavened bread. On the first day you shall remove leaven out of your houses, for if anyone eats what is leavened, from the first day until the seventh day, that person shall be cut off from Israel. 16 On the first day you shall hold a holy assembly, and on the seventh day a holy assembly. No work shall be done on those days. But what everyone needs to eat, that alone may be prepared by you. 17 And you shall observe the Feast of Unleavened Bread, for on this very day I brought your hosts out of the land of Egypt. Therefore you shall observe this day, throughout your generations, as a statute forever. 18 In the first month, from the fourteenth day of the month at evening, you shall eat unleavened bread until the twenty-first day of the month at evening. 19 For seven days no leaven is to be found in your houses. If anyone eats what is leavened, that person will be cut off from the congregation of Israel, whether he is a sojourner or a native of the land. 20 You shall eat nothing leavened; in all your dwelling places you shall eat unleavened bread.” ...

34 So the people took their dough before it was leavened, their kneading bowls being bound up in their cloaks on their shoulders. 35 The people of Israel had also done as Moses told them, for they had asked the Egyptians for silver and gold jewelry and for clothing. 36 And the Lord had given the people favor in the sight of the Egyptians, so that they let them have what they asked. Thus they plundered the Egyptians. 37 And the people of Israel journeyed from Rameses to Succoth, about six hundred thousand men on foot, besides women and children. 38 A mixed multitude also went up with them, and very much livestock, both flocks and herds. 39 And they baked unleavened cakes of the dough that they had brought out of Egypt, for it was not leavened, because they were thrust out of Egypt and could not wait, nor had they prepared any provisions for themselves.

Exodus 16:2 And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, 3 and the people of Israel said to them, “Would that we had died by the hand of the Lord in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”

שמות יב, יד וְהָיָה הַיּוֹם הַזֶּה לָכֶם לְזִכְרוֹן וְחַגְגְתֶּם אֹתוֹ חַג לַיהוָה לְדֹרֹתֵיכֶם חֻקַּת עוֹלָם תִּחַגְגְּהוּ: טו שִׁבְעַת יָמִים מִצּוֹת תֹּאכְלוּ אֶךְ בַּיּוֹם הָרִאשׁוֹן תִּשְׁבִּיתוּ שְׂאֵר מִבֵּיתֵיכֶם כִּי | כָּל-אֲכָל חֵמֶץ וְנִכְרְתָה הַנֶּפֶשׁ הַהוּא מִיִּשְׂרָאֵל מִיּוֹם הָרִאשׁוֹן עַד-יּוֹם הַשְּׁבִיעִי: טז וּבַיּוֹם הָרִאשׁוֹן מִקְרָא-קֹדֶשׁ וּבַיּוֹם הַשְּׁבִיעִי מִקְרָא-קֹדֶשׁ יִהְיֶה לָכֶם כָּל-מְלֶאכֶה לֹא-יַעֲשֶׂה בָהֶם אֶךְ אֲשֶׁר יֵאָכֵל לְכָל-נֶפֶשׁ הוּא לְבָדוֹ יַעֲשֶׂה לָכֶם: יז וּשְׁמַרְתֶּם אֶת-הַמִּצְוֹת כִּי בְעֵצֶם הַיּוֹם הַזֶּה הוֹצֵאתִי אֶת-צְבָאוֹתֵיכֶם מֵאֶרֶץ מִצְרַיִם וּשְׁמַרְתֶּם אֶת-הַיּוֹם הַזֶּה לְדֹרֹתֵיכֶם חֻקַּת עוֹלָם: יח בְּרִאשׁוֹן בְּאַרְבַּעַת עָשָׂר יוֹם לַחֹדֶשׁ בְּעָרֵב תֹּאכְלוּ מִצַּת עַד יוֹם הָאֶחָד וְעֶשְׂרִים לַחֹדֶשׁ בְּעָרֵב: יט שִׁבְעַת יָמִים שְׂאֵר לֹא יִמָּצָא בְּבֵיתֵיכֶם כִּי | כָּל-אֲכָל מִחֵמֶץ וְנִכְרְתָה הַנֶּפֶשׁ הַהוּא מֵעֵדֶת יִשְׂרָאֵל בְּגֵר וּבְאֶזְרַח הָאָרֶץ: כ כָּל-מִחֵמֶץ לֹא תֹאכְלוּ בְּכָל מוֹשְׁבֵיתֵיכֶם תֹּאכְלוּ מִצּוֹת: . . . לד וַיֵּשֶׂא הָעָם אֶת-בְּצֻקוֹ טָרִם יַחֲמֹץ מִשְׂאֵרְתָם צָרְרֹת בְּשִׂמְלֹתָם עַל-שִׂכְמָם: לה וּבְנֵי-יִשְׂרָאֵל עָשׂוּ כַּדְּבַר מֹשֶׁה וַיֵּשְׂאוּ מִמִּצְרַיִם כְּלֵי-כֶסֶף וְכֵלֵי זָהָב וּשְׂמֹלֹת: לו וַיְהוּהָ נָתַן אֶת-חֵן הָעָם בְּעֵינֵי מִצְרַיִם וַיֵּשְׂאוּם וַיִּנְצְלוּ אֶת-מִצְרַיִם: פ לז וַיִּסְעוּ בְנֵי-יִשְׂרָאֵל מֵרַעַמְסֵס סִפְתָּה כְּשֵׁשׁ-מֵאוֹת אֶלֶף רִגְלֵי הַגְּבָרִים לְבַד מִטָּף: לח וְגַם-עָרֵב רַב עָלָה אִתָּם וְצֹאן וּבָקָר מִקְנֵה כְּבֵד מְאֹד: לט וַיֹּאפּוּ אֶת-הַבֶּצֶק אֲשֶׁר הוֹצִיאוּ מִמִּצְרַיִם עֲגַת מִצּוֹת כִּי לֹא חֵמֶץ כִּי-גָרְשׁוּ מִמִּצְרַיִם וְלֹא יָכֹלוּ לְהַתְמַהֵמָה וְגַם-צָדָה לֹא-עָשׂוּ לָהֶם:

שמות טז, ב וַיִּלִּינוּ [וַיִּלּוֹנוּ] כָּל-עֵדֶת בְּנֵי-יִשְׂרָאֵל עַל-מֹשֶׁה וְעַל-אַהֲרֹן בַּמִּדְבָּר: ג וַיֹּאמְרוּ אֲלֵהֶם בְּנֵי יִשְׂרָאֵל מִי-יִתֵּן מוֹתָנוּ בְּיַד-יְהוָה בְּאֶרֶץ מִצְרַיִם בְּשִׁבְתָּנוּ עַל-סִיר הַבָּשָׂר בְּאֲכָלְנוּ לֶחֶם לְשִׁבְעַת כִּי-הוֹצֵאתָם אֹתָנוּ אֶל-הַמִּדְבָּר הַזֶּה לְהָמִית אֶת-כָּל-הַקָּהָל הַזֶּה בָּרַעַב: ס

4 Then the Lord said to Moses, "Behold, I am about to 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 they will walk in my law or not. 5 On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily." ... 13 In the evening quail came up and covered the camp, and in the morning dew lay around the camp. 14 And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. 15 When the people of Israel saw it, they said to one another, "What is it?" (Heb. *man hu*) For they did not know what it was. And Moses said to them, "It is the bread that the Lord has given you to eat. 16 This is what the Lord has commanded: 'Gather of it, each one of you, as much as he can eat. You shall each take an *omer*, according to the number of the persons that each of you has in his tent.'" 17 And the people of Israel did so. They gathered, some more, some less. 18 But when they measured it with an *omer*, whoever gathered much had nothing left over, and whoever gathered little had no lack. Each of them gathered as much as he could eat. 19 And Moses said to them, "Let no one leave any of it over till the morning." 20 But they did not listen to Moses. Some left part of it till the morning, and it bred worms and stank. And Moses was angry with them. 21 Morning by morning they gathered it, each as much as he could eat; but when the sun grew hot, it melted. 22 On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, 23 he said to them, "This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.'" 24 So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. 25 Moses said, "Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. 26 Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none." 27 On the seventh day some of the people went out to gather, but they found none. 28 And the Lord said to Moses, "How long will you refuse to keep my commandments and my laws? 29 See! The Lord has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day." 30 So the people rested on the seventh day. 31 Now the house of Israel called its name manna. It was like coriander seed, white, and the taste of it was like wafers made with honey.

ד ויאמר יהוה אל-משה הנני ממטיר לכם לחם מן-השמים ויצא העם וילקטו דבר-יום ביומו למען אנסנו הילך בתורת אס-לא: ה והיה ביום הששי והכינו את אשר-יביאו והיה משנה על אשר-ילקטו יום | יום: . . . יג ויהי בערב ותעל השלל ותכס את-המחנה ובבקר היתה שכבת השלל סביב למחנה: יד ותעל שכבת השלל והנה על-פני המדבר דק מחספס דק ככפר על-הארץ: טו ויראו בני-ישראל ויאמרו איש אל-אחיו מן הוא כי לא ידעו מה-הוא ויאמר משה אליהם הוא הלחם אשר נתן יהוה לכם לאכלה: טז זה הדבר אשר צוה יהוה לקטו ממנו איש לפי אכלו עמר לגלגלת מספר נפשתיכם איש לאשר באהלו תקחו: יז ויעשו-כן בני ישראל וילקטו המרבה והממעיט: יח וימדו בעמר ולא העדיף המרבה והממעיט לא החסיר איש לפי-אכלו לקטו: יט ויאמר משה אליהם איש אל-יותר ממנו עד-בקר: כ ולא-שמעו אל-משה ויותרו אנשים ממנו עד-בקר וירם תולעים ויבאש ויקצף עליהם משה: כא וילקטו אתו בבקר בבקר איש כפי אכלו וחס השמש ונמס: כב ויהי | ביום הששי לקטו לחם משנה שני העמר לאחד ויבאו כל-נשיאי העדה ויגידו למשה: כג ויאמר אליהם הוא אשר דבר יהוה שבתון שבת-קדש ליהוה מחר את אשר-תאפו אפו ואת אשר-תבשלו בשלו ואת כל-העדר הנחיו לכם למשמרת עד-הבקר: כד ויניחו אתו עד-הבקר כאשר צוה משה ולא הבאיש ורמה לא-היתה בו: כה ויאמר משה אכלהו היום כי-שבת היום ליהוה היום לא תמצאוהו בשדה: כו ששת ימים תלקטוהו וביום השביעי שבת לא יהיה-בו: כז ויהי ביום השביעי יצאו מן-העם ללקט ולא מצאו: ס כח ויאמר יהוה אל-משה עד-אנה מאנתם לשמר מצותי ותורתתי: כט ראו כי-יהוה נתן לכם השבת על-כן הוא נתן לכם ביום הששי לחם יומים שבו | איש תחתיו אל-יצא איש ממקומו ביום השביעי: לו וישבתו העם ביום השביעי: לא ויקראו בית-ישראל את-שמו מן והוא כזרע גד לכן וטעמו כצפיחת בדבש:

Leviticus 23:9 And the Lord spoke to Moses, saying, 10 "Speak to the people of Israel and say to them, When you come into the land that I give you and reap its harvest, you shall bring the sheaf of the firstfruits of your harvest to the priest, 11 and he shall wave the sheaf before the Lord, so that you may be accepted. On the day after the Sabbath the priest shall wave it. 12 And on the day when you wave the sheaf, you shall offer a male lamb a year old without blemish as a burnt offering to the Lord. 13 And the grain offering with it shall be two tenths of an ephah of fine flour mixed with oil, a food offering to the Lord with a pleasing aroma, and the drink offering with it shall be of wine, a fourth of a hin. 14 And you shall eat neither bread nor grain parched or fresh until this same day, until you have brought the offering of your God: it is a statute forever throughout your generations in all your dwellings. 15 "You shall count seven full weeks from the day after the Sabbath, from the day that you brought the sheaf of the wave offering. 16 You shall count fifty days to the day after the seventh Sabbath. Then you shall present a grain offering of new grain to the Lord. 17 You shall bring from your dwelling places two loaves of bread to be waved, made of two tenths of an ephah. They shall be of fine flour, and they shall be baked with leaven, as firstfruits to the Lord. 18 And you shall present with the bread seven lambs a year old without blemish, and one bull from the herd and two rams. They shall be a burnt offering to the Lord, with their grain offering and their drink offerings, a food offering with a pleasing aroma to the Lord. 19 And you shall offer one male goat for a sin offering, and two male lambs a year old as a sacrifice of peace offerings. 20 And the priest shall wave them with the bread of the firstfruits as a wave offering before the Lord, with the two lambs. They shall be holy to the Lord for the priest. 21 And you shall make proclamation on the same day. You shall hold a holy convocation. You shall not do any ordinary work. It is a statute forever in all your dwelling places throughout your generations. 22 "And when you reap the harvest of your land, you shall not reap your field right up to its edge, nor shall you gather the gleanings after your harvest. You shall leave them for the poor and for the sojourner: I am the Lord your God."

ויקרא כג, ט וידבר יהוה אל-משה לאמר: י דבר אל-בני ישראל ואמרת אליהם כִּי-תבאו אל-הארץ אשר אני נתן לכם וקצרתם את-קצירה והבאתם את-עמר ראשית קצירכם אל-הכהן: יא והניף את-העמר לפני יהוה לרצונכם ממחרת השבת יניפנו הכהן: יב ועשיתם ביום הניפכם את-העמר כבש תמים בן-שנתו לעלה ליהוה: יג ומנחתו שני עשרונים סלת בלולה בשמן אשה ליהוה ריח ניחח ונסכה יין רביעת ההין: יד ולחם וקלי וכרמל לא תאכלו עד-עצם היום הזה עד הביאכם את-קרבן אלהיכם חקת עולם לדורותיכם בכל משבתיתכם: טו וספרתם לכם ממחרת השבת מיום הביאכם את-עמר התנופה שבע שבתות תמימת תהיינה: טז עד ממחרת השבת השביעת תספרו חמשים יום והקרבתם מנחה חדשה ליהוה: יז ממושבתיתכם תביאו | לחם תנופה שתים שני עשרונים סלת תהיינה חמץ תאפינה בכורים ליהוה: יח והקרבתם על-הלחם שבעת כבשים תמימם בני שנה ופר בן-בקר אחד ואילם שנים יהיו עלה ליהוה ומנחתם ונסכיהם אשה ריח-ניחח ליהוה: יט ועשיתם שעיר-עזים אחד לחטאת ושני כבשים בני שנה לזבח שלמים: כ והניף הכהן | אתם על לחם הבפרים תנופה לפני יהוה על-שני כבשים קדש יהיו ליהוה לכהן: כא וקראתם בעצם | היום הזה מקרא-קדש יהיה לכם כל-מלאכת עבדה לא תעשו חקת עולם בכל-מושבתיתכם לדורותיכם: כב ובקצרכם את-קציר ארצכם לא-תכלה פאת שדה בקצור ולקט קצירך לא תלקט לעני ולגר תעזב אתם אני יהוה אלהיכם:

Deuteronomy 8:2 And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. 3 And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord. 4 Your clothing did not wear out on you and your foot did not swell these forty years. 5 Know then in your heart that, as a man disciplines his son, the Lord your God disciplines you. 6 So you shall keep the commandments of the Lord your God by walking in his ways and by fearing him. 7 For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing out in the valleys and hills, 8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, 9 a land in which you will eat bread without scarcity, in which you will lack nothing, a land whose stones are iron, and out of whose hills you can dig copper. 10 And you shall eat and be full, and you shall bless the Lord your God for the good land he has given you.

Psalms 104:14 You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth 15 and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man's heart.

Ecclesiastes 11:1 Cast your bread upon the waters, for you will find it after many days.

דברים ח, ב וזכרת את כל הדרך אשר הוליכך יהוה אלהיך זה ארבעים שנה במדבר למען ענתך לנסתך לדעת את אשר בלבבך התשמר מצותו [מצותיו] אס-לא: ג ויענה וירעבך ויאכלך את המן אשר לא ידעת ולא ידעו אבותיך למען הודיעך כי לא על הלחם לבדו יחיה האדם כי על כל מוצא פי יהוה יחיה האדם: ד שמלתך לא בלתה מעליך ורגלך לא בצקה זה ארבעים שנה: ה וידעת עם לבבך כי כאשר ייסר איש את בנו יהוה אלהיך מיסרך: ו ושמרת את מצות יהוה אלהיך ללכת בדרכיו וליראה אתו: ז כי יהוה אלהיך מביאך אל ארץ טובה ארץ נחלי מים עינת ותהמת יצאים בבקעה ובהר: ח ארץ חטה ושערה וגפן ותאנה ורמון ארץ זית שמן ודבש: ט ארץ אשר לא במסכנת תאכל בה לחם לא תחסר כל בה ארץ אשר אבניה ברזל ומחררה תחצב נחשת: י ואכלת ושבעת וברכת את יהוה אלהיך על הארץ הטבה אשר נתן לך:

תהלים קד, יד מצמיח חציר | לבהמה ועשב לעבדת האדם להוציא לחם מן הארץ: טו ויין | ישמח לבב אנוש להצהיל פנים משמן ולחם לבב אנוש יסעד:

קהלת יא, א שלח לחמך על פני המים כי כרב הימים תמצאנו:

1 Corinthians 11:17-34

17 Τοῦτο δὲ παραγγέλλων οὐκ ἐπαινῶ ὅτι οὐκ εἰς τὸ κρεῖσσον ἀλλὰ εἰς τὸ ἥσσον συνέρχεσθε **18** πρῶτον μὲν γὰρ συνερχομένων ὑμῶν ἐν ἐκκλησίᾳ ἀκούω σχίσματα ἐν ὑμῖν ὑπάρχειν καὶ μέρος τι πιστεύω **19** δεῖ γὰρ καὶ αἰρέσεις ἐν ὑμῖν εἶναι ἵνα [καὶ] οἱ δόκιμοι φανεροὶ γίνωνται ἐν ὑμῖν **20** Συνερχομένων οὖν ὑμῶν ἐπὶ τὸ αὐτὸ οὐκ ἔστιν κυριακὸν δεῖπνον φαγεῖν· **21** ἕκαστος γὰρ τὸ ἴδιον δεῖπνον προλαμβάνει ἐν τῷ φαγεῖν καὶ ὃς μὲν πεινᾷ ὃς δὲ μεθύει **22** μὴ γὰρ οἰκίας οὐκ ἔχετε εἰς τὸ ἐσθίειν καὶ πίνειν ἢ τῆς ἐκκλησίας τοῦ θεοῦ καταφρονεῖτε καὶ καταισχύνετε τοὺς μὴ ἔχοντας τί εἶπα ὑμῖν ἐπαινεῶ ὑμᾶς ἐν τούτῳ οὐκ ἐπαινῶ **23** Ἐγὼ γὰρ παρέλαβον ἀπὸ τοῦ κυρίου ὃ καὶ παρέδωκα ὑμῖν ὅτι ὁ κύριος Ἰησοῦς ἐν τῇ νυκτὶ ἣ παρεδίδοτο ἔλαβεν ἄρτον **24** καὶ εὐχαριστήσας ἔκλασεν καὶ εἶπεν Τοῦτό μου ἐστὶν τὸ σῶμα τὸ ὑπὲρ ὑμῶν· τοῦτο ποιεῖτε εἰς τὴν ἐμὴν ἀνάμνησιν **25** ὡσαύτως καὶ τὸ ποτήριον μετὰ τὸ δεῖπνησαι λέγων Τοῦτο τὸ ποτήριον ἡ καινὴ διαθήκη ἐστὶν ἐν τῷ ἐμῷ αἵματι· τοῦτο ποιεῖτε ὡσάκις ἐὰν πίνητε εἰς τὴν ἐμὴν ἀνάμνησιν **26** ὡσάκις γὰρ ἐὰν ἐσθίητε τὸν ἄρτον τοῦτον καὶ τὸ ποτήριον πίνητε τὸν θάνατον τοῦ κυρίου καταγγέλλετε ἄχρις οὗ ἔλθῃ **27** Ὡστε ὃς ἂν ἐσθίῃ τὸν ἄρτον ἢ πίνη τὸ ποτήριον τοῦ κυρίου ἀναξίως ἕνοχος ἔσται τοῦ σώματος καὶ τοῦ αἵματος τοῦ κυρίου **28** δοκιμαζέτω δὲ ἄνθρωπος ἑαυτὸν καὶ οὕτως ἐκ τοῦ ἄρτου ἐσθιέτω καὶ ἐκ τοῦ ποτηρίου πινέτω· **29** ὁ γὰρ ἐσθίων καὶ πίνων κρίμα ἑαυτῷ ἐσθίει καὶ πίνει μὴ διακρίνων τὸ σῶμα **30** διὰ τοῦτο ἐν ὑμῖν πολλοὶ ἀσθενεῖς καὶ ἄρρωστοι καὶ κοιμῶνται ἱκανοί **31** εἰ δὲ ἑαυτοὺς διεκρίνομεν οὐκ ἂν ἐκρινόμεθα· **32** κρινόμενοι δὲ ὑπὸ τοῦ κυρίου παιδευόμεθα ἵνα μὴ σὺν τῷ κόσμῳ κατακριθῶμεν **33** ὥστε ἀδελφοί μου συνερχόμενοι εἰς τὸ φαγεῖν ἀλλήλους ἐκδέχεσθε **34** εἴ τις πεινᾷ ἐν οἴκῳ ἐσθιέτω ἵνα μὴ εἰς κρίμα συνέρχησθε Τὰ δὲ λοιπὰ ὡς ἂν ἔλθω διατάξομαι

17 Now in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. **18** For, to begin with, when you come together as a church, I hear that there are divisions among you; and to some extent I believe it. **19** Indeed, there have to be factions among you, for only so will it become clear who among you are genuine. **20** When you come together, it is not really to eat the Lord's supper. **21** For when the time comes to eat, each of you goes ahead with your own supper, and one goes hungry and another becomes drunk. **22** What! Do you not have homes to eat and drink in? Or do you show contempt for the church of God and humiliate those who have nothing? What should I say to you? Should I commend you? In this matter I do not commend you! **23** For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, **24** and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." **25** In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." **26** For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. **27** Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. **28** Examine yourselves, and only then eat of the bread and drink of the cup. **29** For all who eat and drink without discerning the body, eat and drink judgment against themselves. **30** For this reason many of you are weak and ill, and some have died. **31** But if we judged ourselves, we would not be judged. **32** But when we are judged by the

Lord, we are disciplined so that we may not be condemned along with the world. **33** So then, my brothers and sisters, when you come together to eat, wait for one another. **34** If you are hungry, eat at home, so that when you come together, it will not be for your condemnation. About the other things I will give instructions when I come.